



ATLANTIC ADVENTURE EXPERIENCE (AAE)

6TH AUGUST - 12TH AUGUST 2023 | AGES 12 - 14 YEARS OLD
13TH AUGUST - 19TH AUGUST 2023 | AGES 15 - 17 YEARS OLD



EXPERIENCE

UWC Atlantic
St Donat's Castle
Llantwit Major,
Wales, UK
CF61 1WF

Embrace an unforgettable experience that resembles the UWC Atlantic adventures of today. The Atlantic Adventure Experience (AAE) will take you on a journey that promises to challenge and excite you along with other like-minded young people this summer.

Meet new people, learn new skills and challenge yourself beyond your comfort zone - that is what AAE is all about.

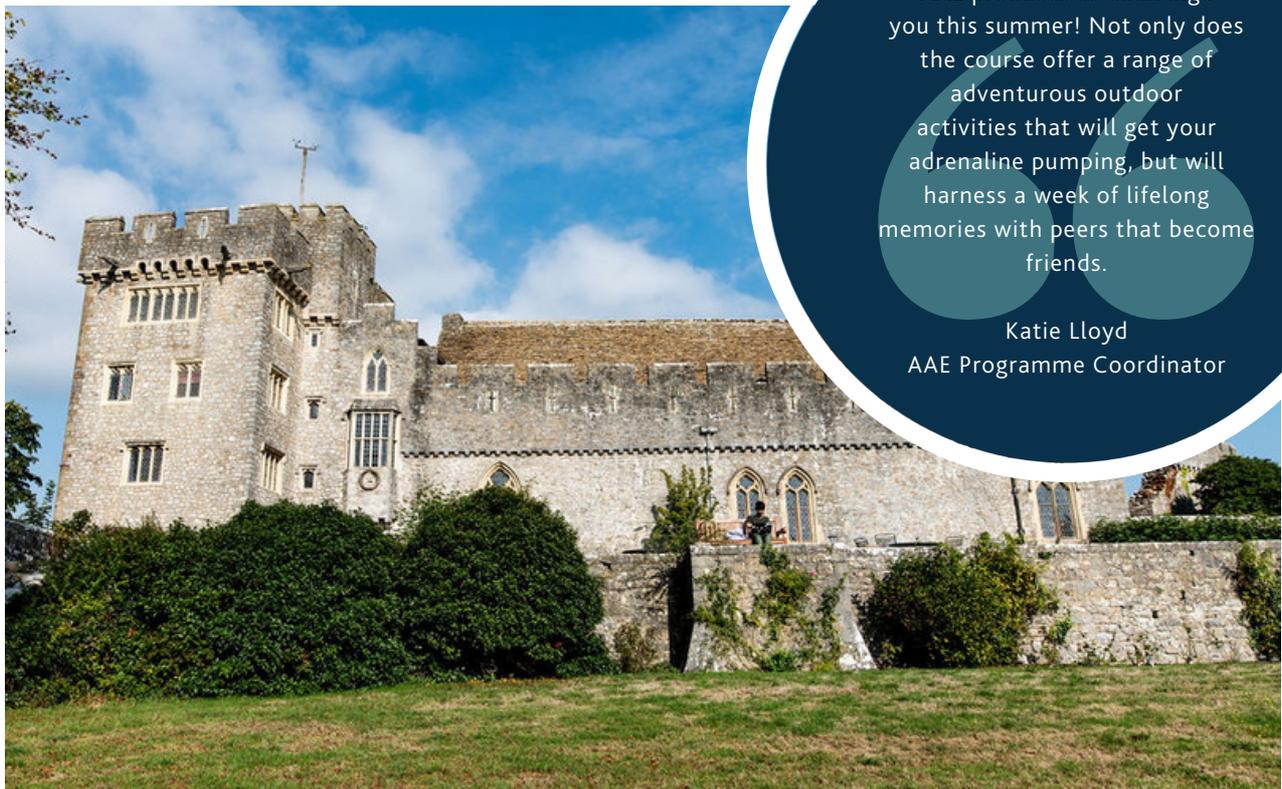
The outdoor environment is the perfect classroom to explore your strengths and weakness, recognise those of others around you and work together to overcome challenges.

Guided by experienced and qualified practitioners, you will develop new skills - physically and mentally, as you take part in a variety of outdoor activities in areas of natural beauty around South Wales. From sea adventures such as exploring deep caves to rock adventures such as climbing and scrambling, you'll work together with your team and have lots of fun in the process.

AAE will further explore the lifelong benefits of the outdoors, providing additional opportunities to connect and fine-tune in nature and understand the key benefits of investing in an active and healthy lifestyle.



Katie Lloyd,
Programme Coordinator



AAE promises to challenge you this summer! Not only does the course offer a range of adventurous outdoor activities that will get your adrenaline pumping, but will harness a week of lifelong memories with peers that become friends.

Katie Lloyd
AAE Programme Coordinator

PROGRAMME COMPONENTS

Through facilitated outdoor activities, insightful discussions and evening activities, you will be invited to explore and challenge your own limits. The programme will focus on:

1. What makes a great leader great and how can we harness our leadership potential
2. Enhance practical problem solving that transfers to daily challenges
3. Resilience building for a changing world
4. Understanding failure and determination
5. How to communicate simply and effectively
6. Explore compassion and empathy in a team setting
7. Discovery of wild places and their benefits

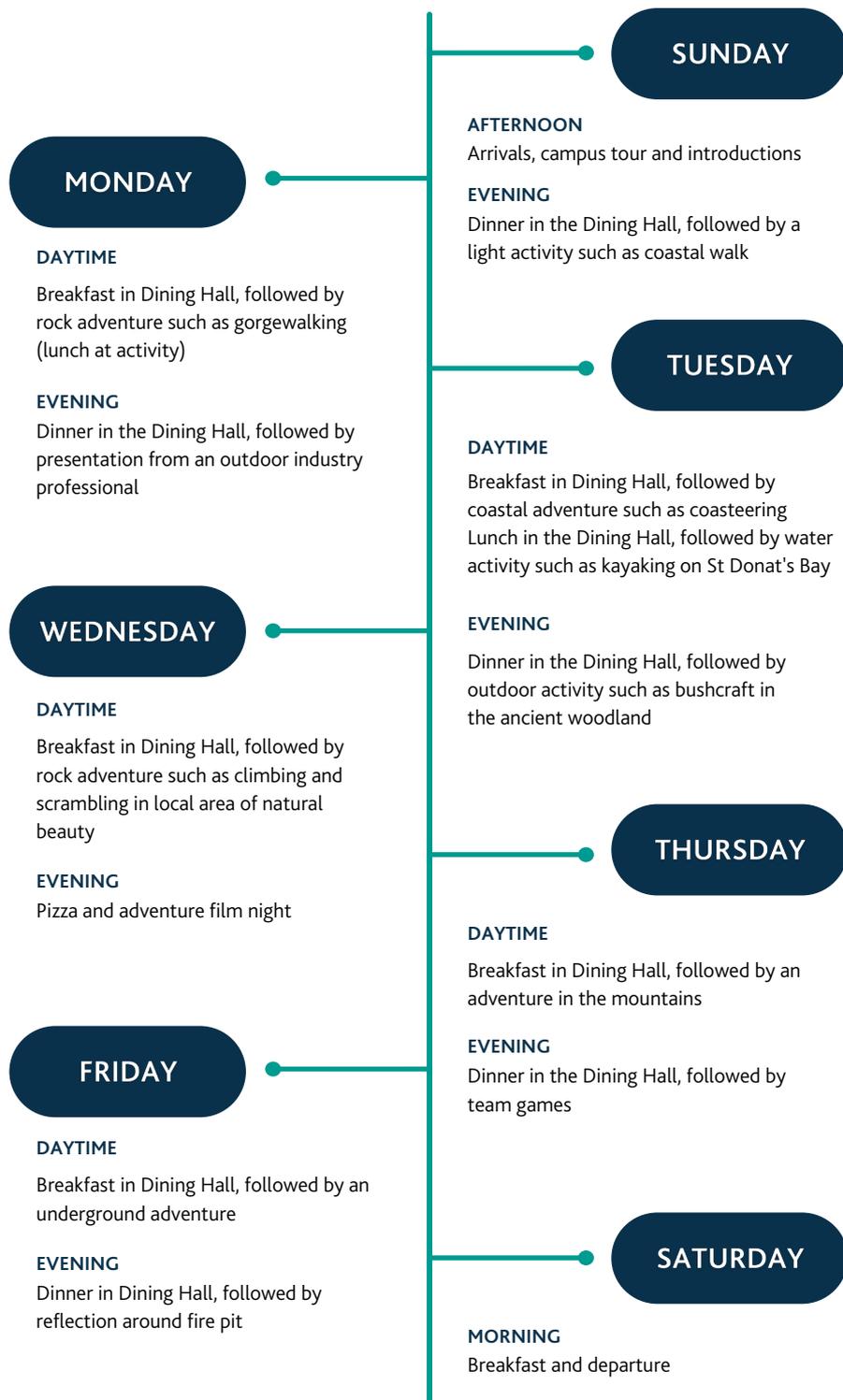


To all of you who coached, mentored, cared for and inspired Archie on the AAE course, my husband and I want to offer our sincere gratitude and heartfelt thanks for everything you have done for him.

Emma Tolland
Parent

SAMPLE PROGRAMME

The sample programme is provided to give an overview of the types of activities included and may change based on group abilities, weather conditions and tides, to provide participants with the best experience possible.



ADVENTURE IN ACTION

The greatest lessons are learnt from practice and reflection. You will have the chance to directly practice what you learn

by taking a lead in shaping and co-facilitating sessions throughout the week.



DUKE OF EDINBURGH AWARD

AAE is a residential adventure programme and meets the Duke of Edinburgh residential outcomes and therefore counts towards your Gold Duke of Edinburgh award. Please ensure you highlight this on your application form so that the course director is aware before your arrival.



HEALTH, FITNESS AND WELLBEING

During your stay here, the days will be action-packed and full to the brim. This is why we have also designed time for reflection - guided by a facilitator - you will have the opportunity to reflect upon the days' activities, alone and together, to more deeply understand your own personal journey.

Free time is important and essential for rest and to take time to explore the wonderful surroundings. This time each day is critical to help participants process the learning and allow their bodies the physical time to recuperate.



We also know that adventure activities can be mentally challenging and our expert facilitators will be there every step of the way to ensure that the learning experience is always positive and well managed.

Whilst on campus, there are also opportunities to use our facilities which include indoor and outdoor swimming pools, gym and sports centre. Participants will be encouraged to access these during the mornings and afternoons to provide additional fitness and recreational activities.

BOARDING

ACCOMMODATION

You will all live together in an on-campus student house. The house has a total of twelve dormitories split between two levels and each room is made up of four per room. Accommodation is shared and is allocated in advance based on age, with floor levels split by gender. The house has a kitchen and shared common room with a TV and Netflix for the short downtime period that is allocated in the programme.



All houses are located within the grounds of the College, with wonderful views of the sea and woodland, and are an easy walk to all facilities.

NUTRITION



There will be three nutritious meals per day – breakfast, lunch and dinner, and on-campus meals will be enjoyed in the spectacular Dining Hall, giving students the feeling of being in a real-life Harry Potter movie! On days where the group will be off campus, a packed lunch will be provided. The house will also be equipped with supplies including coffees, teas, bread, jams, cereals and fruits.

PASTORAL CARE

UWC Atlantic is committed to providing the highest standards of pastoral care including a dedicated overnight supervisor. For activities, participants are split into groups run by DBS checked and qualified outdoor practitioners working to best practices and activity ratios. UWC Atlantic is a gated community and all visitors must check-in to reception on arrival and to ensure their safety, participants cannot leave campus outside of the group activities.

REGISTRATION DETAILS

ABOUT US

The Atlantic Adventure Experience (AAE) is a residential course run by UWC Atlantic Experience - a team within UWC Atlantic dedicated to delivering exceptional summer programmes for young people.

The campus is based in the rural 12th-century St Donat's Castle in Wales and encompasses 122-acres of land including its own woodland, seafront, farm and valley.

Sitting on the Glamorgan Heritage Coast, activities will take place close by, with some activities taking place in other areas of natural beauty in South Wales.

PROGRAMME DETAILS

AAE is a 1-week residential programme aimed at 12-17 year olds. Each course is split by age as follows:

- AAE1: 6th-12th August 2023, ages 12-14 years old*
- AAE2: 13th-19th August 2023, 15-17 years old**

Bookings are accepted on a first to apply basis.

No previous experience is required to apply, but you must be confident with physical activity and have a can do attitude to stepping outside of your comfort zone.

*Participant must be aged 12 or above on the first day of the course

**Participant must be aged 17 or below on the last day of the course

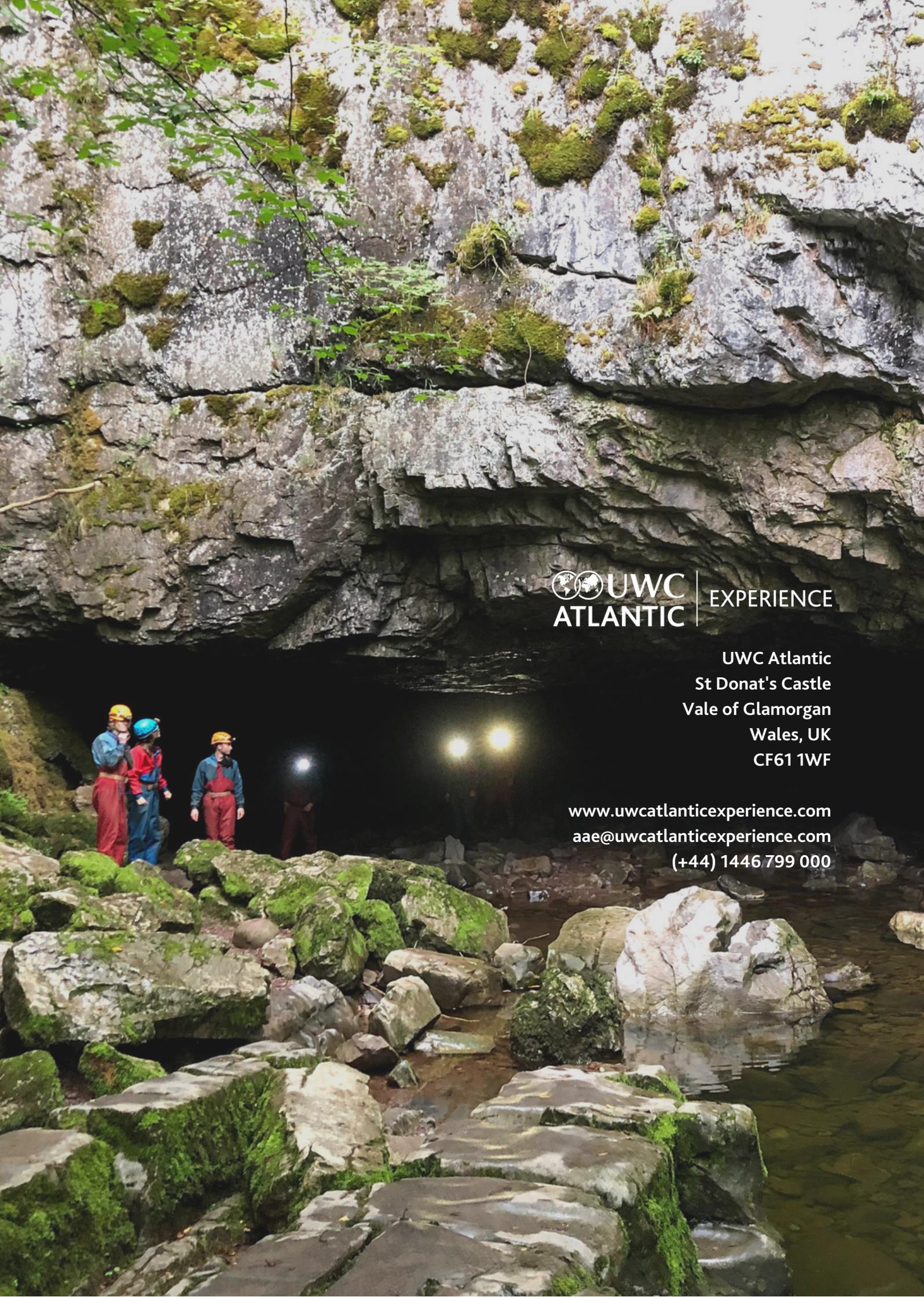
FEES

£1,195 GBP per person, includes all boarding, catering and activity fees. Price is also inclusive of optional pickup from Bridgend Train Station between 12pm-3pm on arrival day and drop off to Bridgend Train Station between 9am-12pm on departure day.

£100 GBP discount available for repeat participants.

HOW TO APPLY

If you're interested in joining the Atlantic Adventure Experience please complete the application form found here: www.uwcatlanticexperience.com/aae

A photograph of a cave entrance. The cave is dark, with several people inside wearing headlamps and safety gear. The cave walls are covered in moss and ferns. The foreground is filled with large, mossy rocks. The water is dark and still, reflecting the lights from the cave.

 UWC
ATLANTIC | EXPERIENCE

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