



C A M P S

THIS CAMP IS DESIGNED TO:

Help and strengthen children, teens and adults emotionally and spiritually. This camp is a great opportunity for personal growth, encouraging leadership and for team building.

Participants will be getting to know themselves better through personality assessments, to know their weaknesses and utilize their strengths. They will also be challenged to overcome fears and step outside of their comfort zone by trying new things. They get a great sense of accomplishment when completing difficult challenges which boost their self-image and sense of worth.

The Bible study topics that can be presented are practical, interactive and useful for the everyday Christian walk and for overcoming the difficulties that every person deals with.

Throughout the Camp, life skills lessons can be implemented. The participants will learn about listening, discipline, communicating, social skills - understanding dynamics in social settings, supporting each other, thinking of others, being helpful, leadership etc.

The Adventure Camp is a rustic tented camp with all the necessities, away from everyday life on a beautiful farm. The participants will be away from technology and out in nature breathing fresh air the entire time.

TARIFFS

From **R400** p/p per day. Please contact us for a tailor-made package.
We can accommodate up to 75 people per camp.

This amount includes the following:

- All meals and drinks
- Accommodation
- Life Skills programs
- Team building activities & games
- Adventure activities
- Life skills coaches and facilitators

This amount excludes the following:

- Transport to and from the campsite
- Snacks

ADVENTURE CAMPS



LIFE
Skills & Training



CAMP ACTIVITIES TO CHOOSE FROM:

The main camp activity categories are Life Skills, Bible Studies, Team Building & Adventure activities. You are welcome to let us know what you would like us to include in your camp schedule.

- **Life Skills**

The development of life skills helps us to find new ways of thinking and solving problems.

Some of the programs to choose from:

- Growth Mindset
- Emotional Intelligence
- Study Methods
- Setting Healthy Habits
- Self Esteem & Self Awareness
- Social Skills
- Communication & Conflict
- Bullying
- Setting Healthy Boundaries
- Leadership

- **Bible studies**

We focus on sharing the Gospel in a very practical way and include interesting topics such as faith, forgiveness, who is God?, why am I here?, my Christian walk, how to and helps, etc.

- **Team building activities/ games**

- Setting an environment for the group to interact and learn in a fun way:
 - Group skills
 - Communication & social skills
 - Trust
 - Problem-solving
 - Working together
 - Understanding others
 - Leadership
- Raft building
- Making a potjie
- Night march
- Solving puzzles
- Various Games

WHY AN ADVENTURE CAMP?

1. It takes you out of comfort zone.
2. Provides an intense accelerated learning experience.
3. Help develop skills and attitudes.
4. Because it's fun!!

In a high-paced high-tech world, everyone faces challenging times at some stage of their lives. We need to adapt and survive if we want to cope with change. e.g.:

- Transition from Primary to High School and from High School to University or a job.
- Navigate difficult choices.
- Unexpected Crisis's'.
- Overcoming Anxieties
- Developing a dynamic team.



ACTIVITIES TO CHOOSE FROM continued:

- **Adventure activities**

Helps to overcome fears, personal growth and trying new things. Gets people out of their comfort zones. Challenging and fun.

- High Ropes
- Leap of faith
- Kayaking
- Big Swing
- Climbing Wall
- Swimming
- Swing Ropes
- Archery
- Ab-sailing
- Rock climbing
- Paintball with ketties

** Please note that some of these adventure activities are subject to age.*

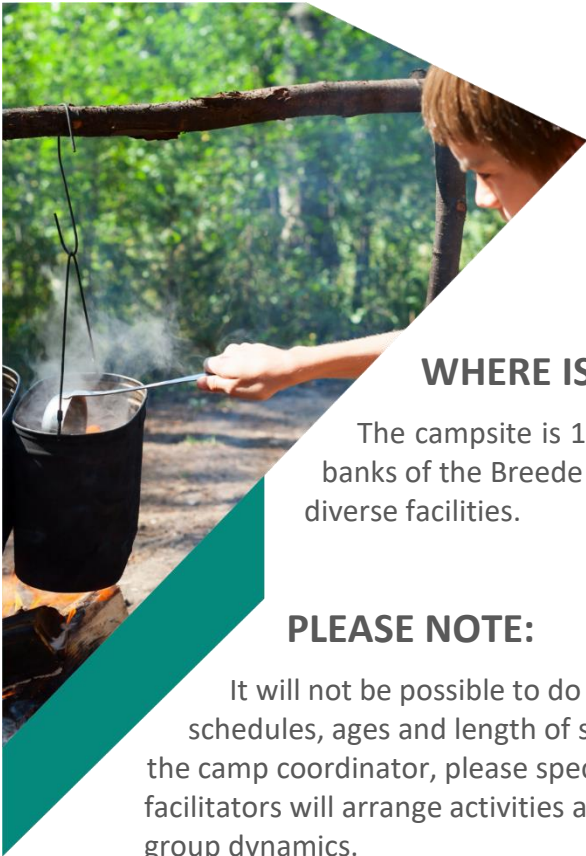
- **Optional extras**

These are extra options that can be added to the camp program, or it can also be the main focus of the camp:

- Basic First Aid training or / EFR Primary & Secondary Care (Certification)
- Discover Scuba Diving Experience (PADI)
- Sports Skills Training & Conditioning
- Bible Study Topics as main focus of the camp (for an Evangelical or/ Spiritual Growth camp)

WHAT YOU NEED TO BRING:

- Cutlery
- Sleeping bag & pillow
- Toiletries & Towel
- Notebook & Pen
- Old clothes that can get dirty
- Warm clothes
- Water bottle
- Closed shoes / tekies
- Flip flops
- Swimming costume
- Hat, sunscreen
- Torch
- Snacks (no tuck shop available)



WHERE IS THE CAMP?

The campsite is 11.5km outside of Bonnievale and 210km from Cape Town on the banks of the Breede River. We make use of this campsite because of its rustic feel and diverse facilities.

PLEASE NOTE:

It will not be possible to do all the activities mentioned above at every camp due to time schedules, ages and length of stay. If you wish to do specific activities, this can be arranged with the camp coordinator, please specify this. If you do not specify, our camp coordinator and facilitators will arrange activities according to the group ages, weather conditions and the specific group dynamics.

Our facilitators are qualified BLS (basic life support) and First Aid providers.

The safety of the participants is our first priority and all necessary precautions are taken at every camp to ensure that everyone has fun in a safe and controlled environment.

FOR MORE INFORMATION & BOOKINGS CONTACT:

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*Once your mindset changes, everything on the outside
will change along with it.*