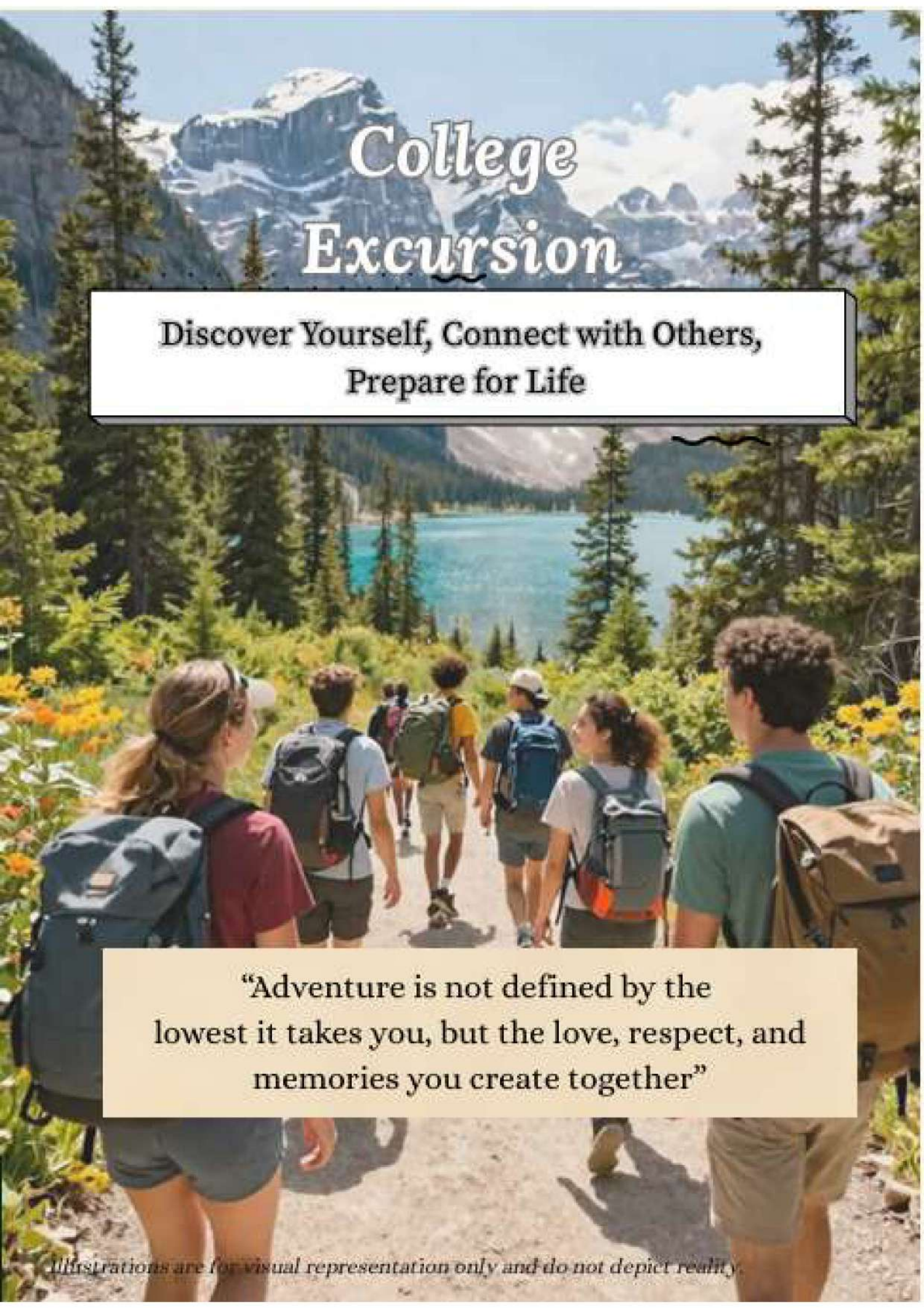

College
Excursion
Discover Yourself, Connect with Others,
Prepare for Life
"Adventure is not defined by the
lowest it takes you, but the love, respect, and
memories you create together"
Illustrations are for visual representation only and do not depict reality.

OVERVIEW

College is one of the most transformative phases of life. It is a time of independence, new friendships, academic challenges, career decisions, emotional changes, and identity formation.

The LifeAdve College Excursion is an immersive experiential learning program that combines Adventure Therapy, Experiential Learning, Nature-Based Education, and Positive Psychology to help students develop the life skills needed for personal and professional success.
The focus is on self-awareness, healthy relationships, leadership, resilience and purposeful living.

Excursion Profile

Objective: To develop emotionally intelligent, resilient, socially responsible, and relationship-oriented young adults through experiential learning.
Relationship Focus: Self-awareness, friendships, teamwork, communication, leadership, empathy, resilience, purpose, mental well-being.
Target Participants: Undergraduate and postgraduate students from all disciplines.
Age : 17–25 years
Group Size: 20–60 participants

Duration: One-day (6–8 hours), Two-day Camp, or Residential Leadership Retreat (2–3 days).
Venue: College campus, nature camp, eco-resort, adventure park, forest trail, lakeside, leadership training centre.
Difficulty: Easy to Moderate
Facilitators: 2–4 Certified LifeAdve Facilitators + Adventure Instructor + Psychologist (recommended).

Excursion Flow



SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES



1. LEADERSHIP NAVIGATION CHALLENGE

- Navigate a marked trail using maps and compasses. Every participant must lead the group for a part of the journey.



2. BRIDGE OF COLLABORATION

- Teams build a functional bridge using materials. The challenge cannot be completed unless every member contributes.



3. SURVIVAL SCENARIO CHALLENGE

- Students face a survival scenario with limited resources. They must prioritise needs, assign roles and make decisions under pressure.



4. WALK IN MY SHOES

- Role-play real-life situations and discuss emotions and possible support.



5. PURPOSE TRAIL

- Reflect through trail stations on values, strengths, dreams and the impact you want to create.



6. CAMPFIRE DIALOGUE – "MY REAL STORY"

- In small groups, share one challenge, one dream and one lesson learned. Others listen without judgement.

THE 7-DAY COLLEGE GROWTH CHALLENGE

- **Day 1:** Introduce yourself to someone new.
- **Day 2:** Practice active listening during one conversation each day.
- **Day 3:** Help a classmate without expecting anything in return.
- **Day 4:** Spend 30 minutes in nature or mindful reflection.
- **Day 5:** Reduce recreational screen time by one hour.
- **Day 6:** Express appreciation to a teacher, friend, or family member.
- **Day 7:** Write one journal entry reflecting on personal growth.

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48- Hour Action Commitment

- Start a conversation with someone new.
- Join a club or volunteer activity.
- Call your parents or a mentor and talk meaningfully.
- Create a personal development plan.
- Practice mindful breathing or journaling.
- Encourage a classmate who may be struggling.

Take Home Kit



- LifeAdve Student Reflection Journal
- 30 Self-Discovery Questions
- Leadership Development Planner
- Goal Setting & Vision Worksheet
- Stress Management Toolkit
- Relationship Building Challenge Cards
- Digital Well-being Toolkit
- 30-Day Personal Growth Challenge

Expected Outcomes

1. Stronger emotional intelligence & self-awareness
2. Healthier friendships & peer relationships
3. Better communication, collaboration & leadership
4. Confidence in handling challenges & change
5. Resilience & stress-management strategies
6. Clarity about values, goals & life purpose
7. Greater belonging, motivation & emotional well-being
8. More responsible, compassionate & socially aware individuals

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