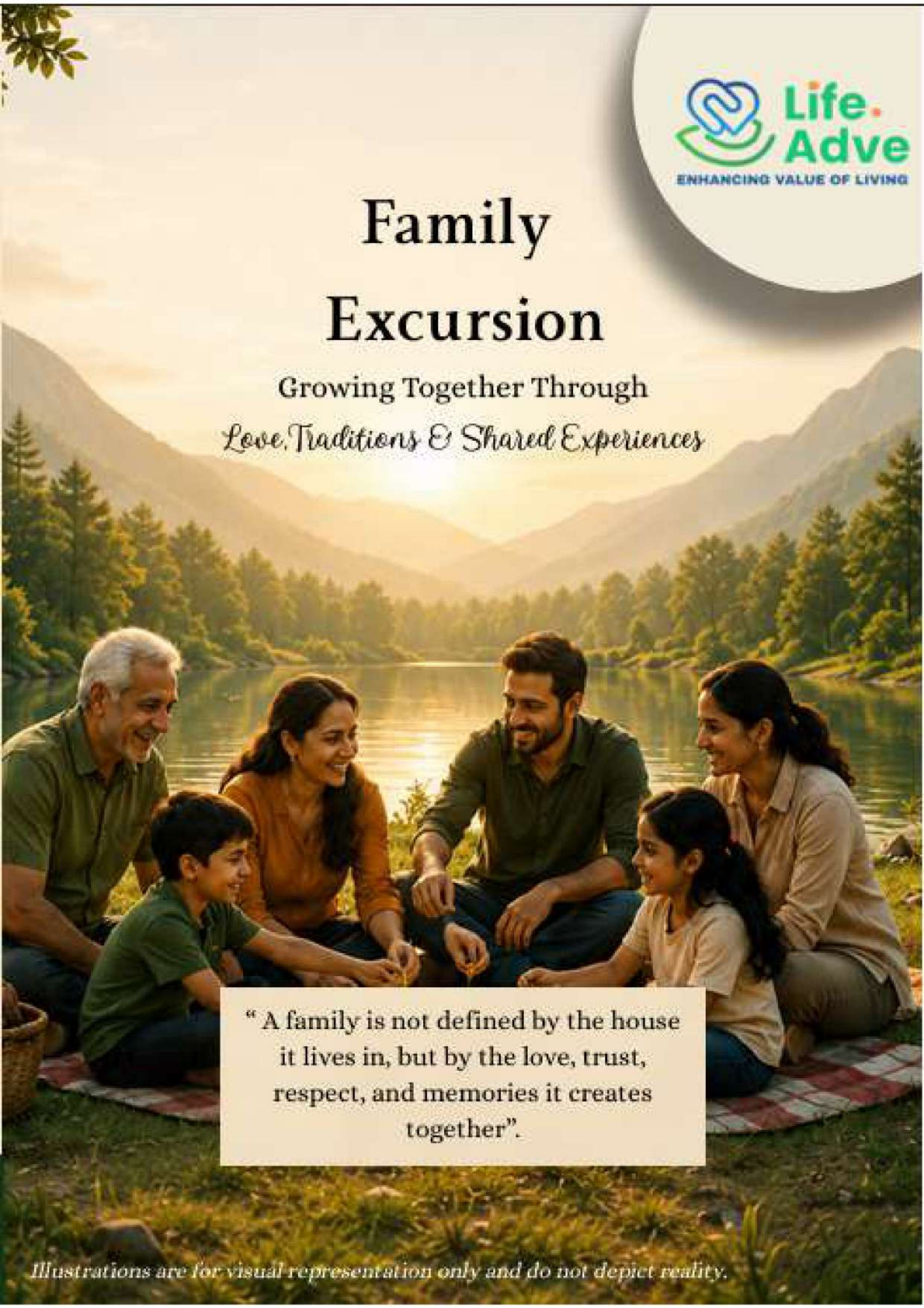
Life. Adve

ENHANCING VALUE OF LIVING

Family Excursion

Growing Together Through

Love, Traditions & Shared Experiences



" A family is not defined by the house it lives in, but by the love, trust, respect, and memories it creates together".

Illustrations are for visual representation only and do not depict reality.

OVERVIEW

Family is the first school of life. It is where we first learn to love, communicate, trust, forgive, share, and care for others. Strong families provide emotional security, build resilience, and shape the values that guide us throughout life.

The LifeAdve Family Excursion is a nature-based experiential journey that helps families reconnect through adventure, teamwork, play, reflection, gratitude, and meaningful conversations. It provides opportunities for grandparents, parents, teenagers, and children to participate together, strengthening intergenerational relationships and creating lasting memories.
The focus is not on solving family problems, but on strengthening family relationships before problems become crises.

Excursion Profile

Objective: Strengthen family bonding, trust & communication
Focus: Connection • Empathy • Teamwork • Respect
Participants: Families across generations
Age: All age groups
Group Size: 10–25 families

Duration: 1-Day / Weekend Retreat
Venue: Nature Resort • Campsite • Eco-Park
Difficulty: Easy
Facilitators: LifeAdve Facilitators + Counsellor/Psychologist

Excursion Flow



The 7 day family connection challenge

Eat one meal together every day without mobile phones.	Spend at least 30 minutes together doing a shared activity.	Express one appreciation to each family member.	Complete one household task together.	Go for one family walk in nature.	Share one meaningful conversation every evening.	Create one new family memory.

SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES

1 FAMILY TREASURE HUNT



- ✓ Communication
- ✓ Teamwork
- ✓ Problem Solving

2 FAMILY BRIDGE CHALLENGE



- ✓ Cooperation
- ✓ Trust
- ✓ Planning

3 FAMILY ROOTS & WINGS TREE



- ✓ Identity
- ✓ Values
- ✓ Belonging

4 FAMILY CAMP KITCHEN



- ✓ Teamwork
- ✓ Responsibility
- ✓ Appreciation

5 MEMORY TRAIL



- ✓ Connection
- ✓ Gratitude
- ✓ Storytelling

6 FAMILY CAMPFIRE CELEBRATION



- ✓ Appreciation
- ✓ Emotional Expression

Illustrations are for visual representation only and do not depict reality.

48- Hour Action Commitment



Take Home Family Connection Kit

- Family Conversation Cards (50 Questions)
- Family Meeting Guide
- Monthly Family Adventure Calendar
- Gratitude Jar Activity Kit
- Family Vision Board Template
- Acts of Kindness Challenge
- Screen-Free Family Activity Guide
- LifeAdve Family Reflection Journal
- 30-Day Family Bonding Challenge

Expected outcomes

- Experience stronger emotional connections.
- Improve communication across generations.
- Increase appreciation and gratitude.
- Strengthen teamwork and shared responsibility.
- Develop healthier routines and traditions.
- Create lasting positive memories.
- Build greater resilience during family challenges.
- Foster a home environment where every member feels valued,

Life. Adve
8208455166
support@lifeadve.com
lifeadve.com
life.adve