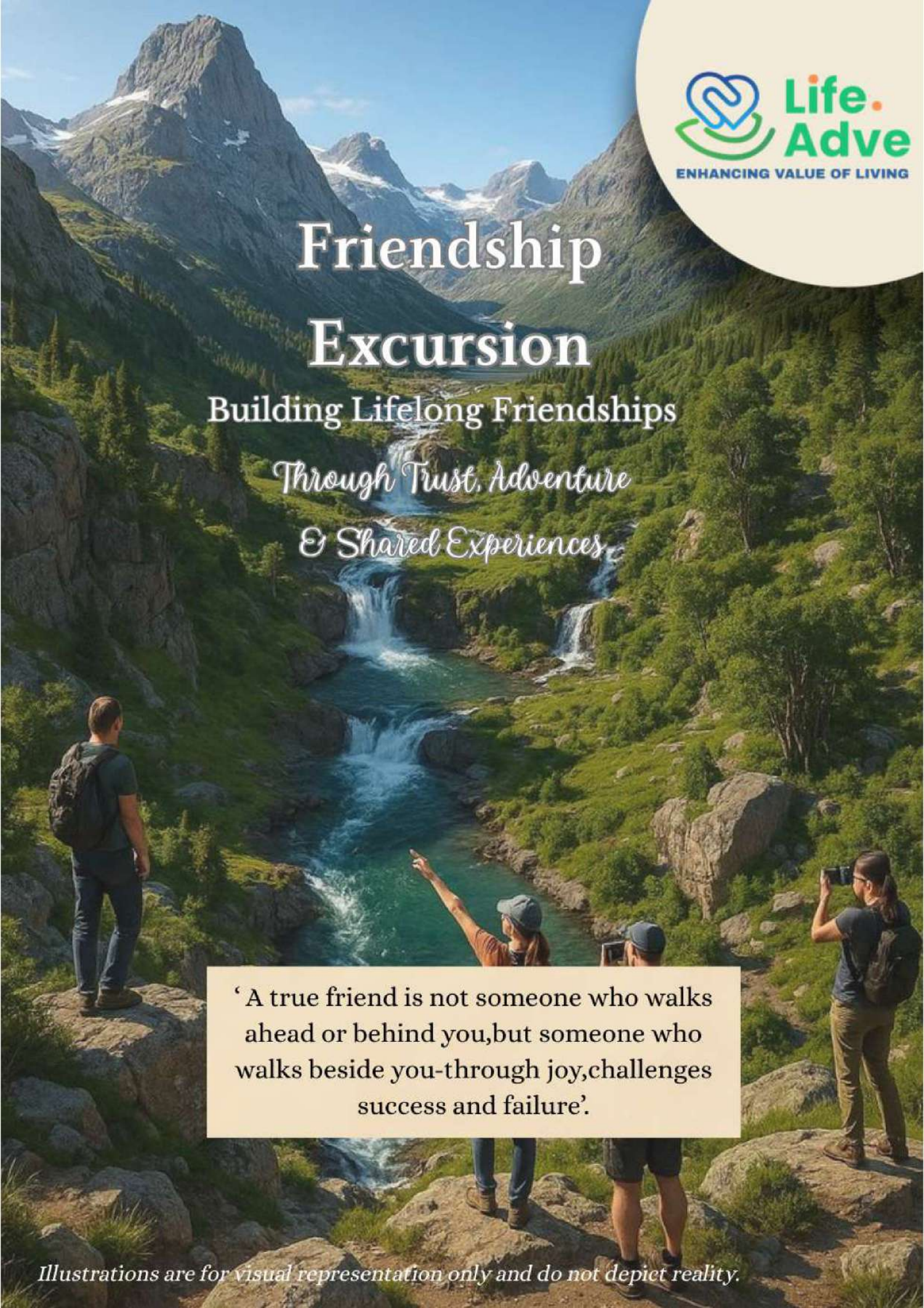

Life.
Adve
ENHANCING VALUE OF LIVING
Friendship
Excursion
Building Lifelong Friendships
Through Trust, Adventure
& Shared Experiences
'A true friend is not someone who walks ahead or behind you,but someone who walks beside you-through joy,challenges success and failure'.
Illustrations are for visual representation only and do not depict reality.

OVERVIEW

Friendship shapes our confidence, values, and well-being. Yet, in today's digital world, genuine connection is fading.
The LifeAdve Friendship Excursion is an experiential journey that strengthens friendships through adventure, teamwork, meaningful conversations, trust-building challenges, and reflection.
This excursion transforms friends from simply spending time together to growing together.

EXCURSION PROFILE

- **Objective**: To strengthen friendships by developing trust, communication, empathy, teamwork, respect, appreciation, and mutual support through experiential learning.
- **Relationship Focus**: Friendship, trust, communication, emotional intelligence, cooperation, inclusion, appreciation, conflict management.
- **Target Participants:** Friends, classmates, youth groups, clubs, community groups, school and college students.
- **Recommended Age**: 12 years and above
- **Group Size:** 12–40 participants
- **Duration**: One-day (6–8 hours) or Weekend Friendship Camp
- **Venue**: Adventure camp, school campus, forest trail, lakeside, eco-park, botanical garden, community park.
- **Difficulty Level:** Easy to Moderate
- **Facilitators:** 2 Certified LifeAdve Facilitators

Excursion Flow

Welcome & Friendship Icebreakers → Nature Connection → Adventure Challenges → Reflection Circle → Friendship Dialogue → Commitment Ceremony

SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES

1. BLIND NAVIGATION CHALLENGE



• Trust • Communication • Leadership

Guiding and trusting friends through a blindfold trail.

2. FRIENDSHIP PUZZLE QUEST



• Cooperation • Problem Solving

Teams complete puzzles together to strengthen cooperation and teamwork.

3. FRIENDSHIP BRIDGE CHALLENGE



• Teamwork • Respect • Responsibility

Build a bridge together with simple materials.

4. FRIENDSHIP TREE



• Appreciation • Gratitude

Write positive qualities and hang them on the tree.

5. CAMPFIRE STORY CIRCLE



• Empathy • Emotional Connection

Share stories, listen deeply, and build strong bonds.

6. FRIENDSHIP PROMISE WALK



• Commitment • Integrity

Make promises and exchange friendship cards.

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POST-EXCURSION COMMITMENTS

The 7-Day Friendship Challenge

- Check in with one friend every day.
- Offer genuine appreciation to a friend.
- Spend quality time without mobile phones.
- Perform one unexpected act of kindness.
- Encourage someone who may be struggling.
- Resolve one misunderstanding respectfully.
- Create one new positive memory together.

48-Hour Action Commitment

- Call an old friend
- Apologize for a misunderstanding
- Thank a mentor/ friend
- Spend phone-free time together

TAKE-HOME CONNECTION KIT

- Friendship Conversation Cards
- Friendship Appreciation Notes
- Acts of Kindness Challenge Sheet
- Friendship Bucket List LifeAdv
- Reflection Journal Pages 30-Day
- Friendship Growth Calendar Peer
- Support Check-in Guide





EXPECTED OUTCOMES

- Stronger, more meaningful friendships.
- Improved communication and active listening skills.
- Greater empathy, inclusion, and emotional awareness.
- Constructive conflict resolution and deeper trust

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ENHANCING VALUE OF LIVING
8208455166
support@lifeadve.com
lifeadve.com
life.adve