



PROJECT ADVENTURE

- Cooperation
- Challenging oneself
- Risk assessment
- Trust in others
- Problem solving
- Self-esteem/confidence
- Communication
- Exploring personal limitations

Adventure:

Engaging in an unusual, potentially hazardous activity.

Trust:

Believing and relying on another.

Risk:

A situation that can expose you to danger, harm, or loss.

Flow:

Working well together in a constant, easy way.

Challenge by

Choice:

Having the ability to choose the level of difficulty for each activity that you personally feel comfortable with.