



Horizon Programme

Transforming Lives Through Adventure

Team Building - Challenge - Communication - Development - Gaisce



GAISCE
THE PRESIDENT'S
AWARD



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Our Mission

Transforming Lives Through Adventure

Programme Mission

To support young people to explore wild places in safety

Our Goals

Apply experiential learning and brief solution focused coaching to produce transferable learning from the experience to everyday life

Introduction

Active Connections CLG is Irelands leading activity-based intervention service.

Our mission is to 'Transform Lives Through Adventure'

Since inception, one of AC's goals was to actively connect with like-minded people and organisations to spread the founders' genuine belief that the outdoors is a dynamic and powerful environment, in which people can learn to overcome adversity.

Active Connections

A unique programme which combines Experiential Learning & Brief Solution Focused Coaching which will support young people to identify and strive toward their goals.

Meet some of the team



Raymond Burke, Founder, CEO & Field Guide
Ray is an award-winning social entrepreneur, before founding Active Connections Ray travelled the world leading expeditions with young people in Europe and the USA. He is graduate of WIT (Applied Social Studies) and very proudly St. Kevin's College Crumlin (Outdoor Recreation and Business)

Gavin Beetlestone, a graduate of the Outdoor Education (Hons Degree) program at GMIT and passionate advocator of expeditionary learning, I learned the value of experiential learning through design & delivery of outcome orientated adventure programs in USA, Hong Kong and Ireland. Continuing my studies towards a Master's Degree I continue to be inspired by the innovative and alternative approaches to Outdoor Education where the process is the subject for change while the experience is as intrinsic as ever.



Anna O'Toole: Adventures take you to places that you never thought you'd go and shows you things about yourself that you never thought you had. To see the positive changes that young people make, after such adventures, inspires me to do this job every day. I believe that everyone deserves the opportunity to have their own adventure.

Our Approach

Active Connections CLG's Approach

Active Connections staff team have an unconditional positive regard for the young people we work with. Our staff team are experienced outdoor professionals with the technical skills to guide people safely in any outdoor setting. More importantly our team has the soft skill to help participants translate experiences into real life learning. The expedition member can have the opportunity to mountaineer, camp, canoe and experience a host of other activities

Active Connections Field Guides are experienced and professional facilitators. We use Brief Solution Focused Coaching as an integral tool as it helps the participant map their own path to success. To get there, we apply an experiential learning process where individuals can actively test leadership, communication and resiliency.

This guided process will strengthen individual and group understanding of their own abilities and areas for growth. The outcome is an expanded capacity to problem solve, work effectively as a team and be resilient.

THINK OUTSIDE
no box required.



Activities



Activities



We specialise in overnight expeditions, land and water!!

Programme

We at Active Connections can design bespoke programmes to meet the needs of participating teams.

Below are some example of programmes we are currently running

(1 Day) Effective-Teams: Your group will get the opportunity to gain some great outdoor education and to try a variety of activity both land and water based.

<u>1 Day Program</u>	Phase 1	Phase 2	Phase 3
Day One	Land Based Experiential Learning Group will move from check point to check point to compete in a variety of team tasks with the goal of being awarded more resources for a greater chance of success later in the program.	Water Based Experiential Learning Groups will be tasked with building a complete raft with limited materials based on the success of the team's effectiveness during the land based section of the program.	Final Review Facilitated Reflection Session where the group will be tasked to discover solutions to problems experienced on the program.

(2-Day, One Night) Adventure Journey

In line with **An Gaisce Bronze Award** your group will be lead through their expedition by some of our highly experienced guides.



<u>2 Day Program</u>	Phase 1	Phase 2	Phase 3
Day One	Expedition Skills Training Learning the skills required to successfully complete a safe expedition (Navigation, Paddling Skills and Safety Procedures)	Expeditionary travel day one Begin expeditions/travel via land or water. Participants will travel to designated camp site, set up and plan for the next day.	Campfire Review Facilitated discussion on the group's performance on the day's activity.
Day Two	Plan/outline The participants will be asked to reflect on the previous days learning and plan the day as effectively as possible	Expeditionary travel day two Continue the travel via water or land. The participants will be given more responsibility on this day.	Final Review Facilitated reflection and celebration session. Participants will be asked to share key individual and group moments

We can also run multi-day expeditions



Base

We have a base in the Outdoor Hub, Graiguenamanagh Kilkenny, on the banks of the Barrow river and the foot of the Black Stairs Mountains. We also have a mobile unit and sites in Cork and Tipperary

Overnighting

If you decided to stay over-night we have lots of lovely bell tents which can accommodate up to 8 people each.

John Muir Award

We have partnered with the John Muir Trust in the UK to deliver the awards in Ireland. This is an environmental award scheme for people of all backgrounds – groups, families, individuals. It's non-competitive, inclusive and accessible. Within the scheme there are three awards, discover (4 weeks) Explore (8-12 weeks) and conserve (26 weeks +)

Leave No Trace Awareness Training

Participant will explore the 7 principals of leave no trace and how they can lessen the impact of their behaviours on the environment.

Other work shops

Mental Health and wellbeing is a growing epidemic in Ireland. We look at tools and strategies to gain and maintain positive mental health. We run in school information days but we also host outdoor wellbeing sessions.

Drug and Alcohol

In this workshop, we look at the facts behind drugs and alcohol use and the impact that this has on the participant, their communities and society.

ABOUT

Active Connections CLG is an award-winning social enterprise. We are Irelands Leading adventure therapy company

Our mission is to 'Transform Lives Through Adventure'

Adventure Therapy

'Adventure Therapy is the use of adventure-based activities and/or adventure-based theory to provide people with emotional and/or behavioural problems with experiences which lead to positive change'

Cost

Full day activity is €40 per participant

Half day is €25 per participant

Overnights start at €80 per participants

To Book

Simply email info@activeconnections.ie or call/text

0857479283 and one of our team will come back to you ASAP

Gaisce Expeditions
Residential Trips
Team Building
Adventure Days
Environmental Days

Leave No Trace Partner



Connect Programme
Transforming Lives Through Adventure

To find out more visit us on:

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