

Adventure First



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Adventure First is an Aberdeen based company supplying outdoor education and activities for school groups throughout Scotland. Our aim is to provide new, exciting, original outdoor education programmes for all. Adventure First was set up by Michael Gifford who has over fifteen years experience as the Senior Tutor for Aberdeen City Council Outdoor Education Service and has personally worked successfully with a large proportion of schools throughout Aberdeen City and Shire. Adventure First works within the principles and purpose of Curriculum for Excellence with every educational group. The purpose of Curriculum for Excellence is encapsulated in the four capacities - to enable each child or young person to be a successful learner, a confident individual, a responsible citizen and an effective contributor. Outdoor activities generates success in all four areas. Our staff encourage healthy physical activity, build physical competences and improve aspects of fitness. By participating in outdoor activities pupils will develop personal and interpersonal skills and attributes, as well as enhancing their overall health and wellbeing in preparation for leading a fulfilling and active lifestyle. We provide a variety of outdoor education programmes that are tailor made for you and your pupils. **ACTIVITY DAYS** We offer professional instruction in all of our activities. We can work with your whole class or just a selection of pupils. They will have a great day and will learn lots about themselves as individuals and as team players! **MULTI**

ACTIVITY DAYS We can offer multi activity days where groups participate in up to three or four activities in one day. Popular combinations are orienteering, team building tasks mountain biking and abseiling. MULTI ACTIVITY WEEKS We can organise multi activity weeks where your group will do a new and exciting activity each day chosen to meet your needs. TEAM BUILDING We run successful team building sessions that will challenge and promote teamwork by learning through participation in the various activities that our staff select especially for your group. We change our activities regularly to ensure that you enjoy fresh activities each time (unless requested) as we like to ensure each day we run is new and exciting for you and your pupils. LIST OF ACTIVITIES Hill Walking Rock Climbing Canoeing Kayaking Sea Kayaking Gorge Walking Coasteering Surfing Rafting Mountain Biking Skiing Mountaineering Winter Climbing & Winter Skills.

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