

able2

AGES  
12-24



# OUTDOOR EXPLORE

***Outdoor Explore* is like no other program!**

The *Outdoor Explore* program builds independence, resilience, respect of self, others and the natural environment.

It is based on the principles of wilderness therapy and engages young people in group challenges and skill building in the bush.

**TUESDAY – 9AM TO 3PM**

**10 WEEK PROGRAM**

**SPRINGWOOD & KATOOMBA**

*“Outdoor Explore makes me strive for greater achievements. It really makes me feel better in my life. The guides encourage me all the time and the food is really nice”*

Starsan, 15 years