



Incentives in der Natur
Naturerlebnis- und Abenteuerreisen
Outdoor-Teamtraining
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Adventure school trip

**Our experience-oriented programs for schools, youth groups
and other similar audiences**

Zwerger & Raab GmbH has been offering experiential and environmental education-oriented programs since 1985 and has more than 35 years of experience in implementing programs with children and young people.

Our one- to multi-day events for school classes and youth groups enable participants to have a variety of educational experiences with themselves, with the group and with the environment. Our approach is experiential and environmental education; depending on the objectives of the event, we always work in an experience-oriented manner and, depending on the order, also experiential education. We would be happy to inform you personally about the differences between the two types of programs.



Specially trained trainers, all educators with experience, offer school classes and youth groups a varied, experience-oriented program. We work with a small trainer-participant ratio so that we can always divide groups.

We offer the following programs: (Variations in terms of content and time are possible by arrangement. The exact program content must be adapted to the conditions of the booked accommodation, your time budget and other factors)

At experiential educational events with children and young people, we attach particular importance to a variety of ways to reflect on experiences and to give children different key qualifications to take with them on their path through life. In our opinion, this includes such important things as:

- **Self-confidence**
- **Sense of responsibility**
- **Problem solving ability**
- **Decision-making authority**
- **Communication skills**
- **Teamwork skills**
- **Being able to say “no”.**
- **Fairness**
- **Creative thinking**



One, two or three days of adventure, team and nature

Below you have the opportunity to find out more about the individual building blocks. We will discuss the exact process, the desired components and other special features with you in advance of the event. Depending on the weather and the energy levels of the participants, we also work very flexibly and can always add alternatives to the originally planned elements.



Your investment

Included: educational adventure program

Not included: transfers, meals, accommodation

For **3 days** program: € 115.- per student for at least 20 students

Calculation basis (minimum price: € 2,300.-)

For **2 days** program: € 79.- per student for at least 20 students

Calculation basis (minimum price: € 1,580.-)

1 day: € 40 per student per day for at least 20 students

Calculation basis (minimum price: € 800 with 5-6 hours of activity program and 3-4 building blocks)

1/2 day: € 29.- per student per day for at least 20 students

Calculation basis (minimum price: € 580 with 3 – 3.5 hours of activity program and 2 modules from e.g. 9:30 a.m. – 12:30 p.m./1:00 p.m. or 1:00 p.m. – 4:00 p.m./4:30 p.m.)

Additional costs for canoeing and/or raft building € 5.- per student/day

Our experience, team and adventure building blocks

The following stations are suggestions and can be combined by you. However, as part of a daily program, it is advisable not to choose more than 3 stations. Not all combinations are possible because the corresponding terrain is not suitable everywhere!

Our programs usually consist of a colorful mix of diverse activities. From our point of view, it is important to always take the wishes of the participants into account when designing the program. Our experience has shown that an experiential educational day that consists exclusively of team and cooperation exercises is not always attractive for the students. We would like to recommend adding at least one element with an adventurous or more individual character. The "archery" and "making fire" building blocks are particularly suitable here.

Teamwork and mutual trust

The modules "Trust" and "Teamwork" deserve special attention because they play a major role in the area of experiential education. A block with only trust exercises with a possible subsequent "fall of trust" may not be suitable for every age (body tension! Cognitive processing of failures!). That's why we like to work with a method that we call "distracting suggestion": We carry out adventurous team projects in which the topic of "trust" plays a central role. And we don't name the topics explicitly, unless it happens, as happens very often, that a few of the actors say at the end: "I had to trust a lot." From our point of view, this approach always works well, because many children and young people quickly resist internally when we announce that we will carry out a series of trust exercises.

This is how these topics are experienced and processed without having initially named them. And when a student hangs on the rope held by everyone during the "Rescue from the Geyser" exercise or confides in a subgroup during the "Chicken Handover" exercise, these topics are almost always mentioned in the subsequent reflection.

We therefore reserve the right to adapt this important module to the respective group in a process-oriented manner. Sometimes the "fall of trust" is actually exactly the right exercise, other times we replace it with suitable cooperation exercises with the same focus for a variety of reasons such as the weather, energy and physical condition of the group or cognitive maturity.










Team tasks

These are tasks with a playful nature that are generally perceived as a demanding challenge. The participants are presented with situations that can only be solved through the collaboration of the whole class. In addition to having fun, developing trust, willingness to cooperate and communicate as well as other key qualifications is an important aspect of these exercises.

We have a large number of very different lengths and challenging team tasks at our disposal, so that this building block can be used as a common thread through the experiential education days.



<p>Trust and cooperation</p> <p>A series of easy-to-implement exercises in a playful context leads to trust in yourself and others. With fun and joy, you finally dare to do things that require a little courage. The highlight of this block is the backward fall from a height of 1.5 m from a ladder, in which the young people are caught by the other participants.</p>	
<p>Wilderness – awaken your sense of adventure in nature</p> <p>Improvisation and wilderness training</p> <p>At this station, basic techniques are taught, some of which are necessary during a stay in nature, but which definitely make it easier. Depending on the time available and location, the station includes, for example:</p> <ul style="list-style-type: none"> - Storage and edibles from nature - Fire without artificial aids in the “Stone Age style” 	
<p>Archery</p> <p>After a short introduction about the historical significance of bows and arrows and some safety instructions, participants can take their first shots. Shooting is done with recurve bows.</p>	
<p>Experience nature – experience connections</p> <p>First of all: This is not about moving biology lessons outdoors, but rather about experiencing the topics of forests, teams, trust and cooperation in a series of exciting nature experience games and at the same time arousing interest in the connections in nature.</p> <p>Here we use numerous nature experience exercises that were made famous by Joseph Cornell. There will be a lot of laughter, a lot of running and suddenly the students will be asking more and more questions.</p> <p>For this block we need a beautiful piece of forest and nature as well as a good 1.5 to 2 hours of time and peace.</p>	 
<p>Sensory course</p> <p>We perceive our environment with the five senses of sight, hearing, touch, taste and smell. In a course, participants can test and rediscover their senses together at individual stations.</p> <p>The students are first introduced to the topic through environmental education interventions and then experience a new world of experience in small groups.</p>	
<p>Raft building and rafting</p> <p>Is the class an energetic team? Then we will work with you to build a raft that the entire group can carry at the end. With this raft, which consists of various improvised materials such as barrels, wooden poles, boards, ropes and other aids, a lake can finally be crossed.</p>	

Canoe trip

Teams with two to four participants can prove themselves here: How well do we adapt to each other? How much stamina do we have? Are we patient enough? And in everything, the focus is on having fun in the water and gliding across the surface of the lake.

Please do not book in the Black Forest before May, otherwise the water will be too cold in the event of a capsizing, which can never be ruled out!

**The big egg fall**

NASA gives you the task of developing the prototype of a Mars lander that can land on this planet undamaged. The sensitive electronics are comparable to a raw egg. Landing on the Martian surface is comparable to a free fall from a great height under terrestrial conditions. As a contractor, you receive a certain monetary budget with which you can purchase various materials. In a small group, use a lot of imagination and skill to pack the egg so that it survives this fall in one piece. The objects are demonstrated in a funny way in front of the whole group and of course also tested. A task that creates a lot of atmosphere and creative idea generation in the group.

**The giant marble run**

The forest must be transformed into a giant marble run. The participants work in small teams on the various construction phases such as tunnels, jumps, steep curves and mechanisms that need to be triggered. At the end, all sections have to be brought together and the balls roll through the track, which is up to 50 m long and is made exclusively from natural materials. Does everything work? It stays exciting until the end....!

