



SOAR ADVENTURES

SOAR Adventures makes a difference.

SOAR is an adventure-based learning program designed by Scripture Union and run in partnership with schools and local churches. The program aims to assist young people transition into healthy adulthood with effective leadership and relational skills. It is designed from a proven evidence base for empowering students to improve their self-perception and to achieve success.

SOAR creates a safe space for participants to learn about themselves and others. The experiential learning environment encourages young people to gain confidence to try and to achieve things they never thought possible.

'Thank you for helping me achieve my goals. You have helped me to work in a team, to work with others, to not put anyone down and to include people.'

– SOAR Adventures Graduate



COME TO LIFE

'For many years I thought I had nothing to offer... In a SOAR session earlier this term I led our group in a teamwork challenge, I was able to lead with confidence, and for the first time I felt I had something to offer other people... I now feel like I AM SOMEBODY'

- SOAR Adventures Graduate



Five Ways to Wellbeing

SOAR adventures works with students across the Five Ways to Wellbeing framework, providing tools and experiences which young people can implement for themselves to enhance wellbeing.

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

In addition, the program also encourages positive external behaviors including:

- Encouraging others,
- Listening to the ideas, opinions and instructions of others
- Not putting people down, managing verbal communication
- Committing to task, self and team efforts
- Looking out for other people.

SOAR Aims

The activities, mentoring relationships and temporary community of the SOAR Adventures program harnesses individual potential to deal holistically with the day to day experiences and hurdles of being a young person. The aims and objectives of SOAR Adventures fall into four broad categories:

Strengths: Adventure-based activities allow young people to experience their own strengths, to reflect on their self-talk and self-assumptions and develop awareness of the needs of others.

Opportunities: Experiences including rock climbing, rafting and hiking are designed to stretch young people, helping them to experience new levels of challenge and achievement. This expanded experience base enables young people to consider an alternative future in which they can also achieve in other environments, such as the classroom.

Aspirations: Participants learn how to set and achieve goals through fun and physical challenges. Experience-based achievement, including challenges, set-backs and hard work, provides young people with some of the building blocks of resilience - the understanding that determination and hard work can pay off.

Results: SOAR Adventures is designed to equip young people with life skills encompassing team work, problem solving, leadership, perseverance, value clarification, reflecting, debriefing, goals setting, serving others, communication, conflict resolution, awareness of inner self, spirituality and environment.

Not only can young people who participate in SOAR recognize these qualities in themselves, they also begin to recognize these qualities in others.

*'SOAR has helped me do my school work, do my homework and to pick better friends.
SOAR has helped me in my life to believe more in myself and to work in a team.'*

- SOAR Adventures Graduate

Key Program Elements

Sessions

Students meet with the school staff and SOAR Adventures team in fortnightly class time sessions to set goals, act on challenges and reflect upon experience, as well as to prepare for the adventure-based learning camps. The program consists of 10 x 3-hour sessions (approximately 5 per term) within the 6-month program period, and covers topics such as group and team work, outdoor recreation skills, and goal setting.

One2One Mentoring.

In alternate fortnights to sessions, One2One mentoring takes place. Mentoring gives a young person someone who cares about them and their day-to-day challenges, providing them an experienced guide who can help in a number of situations. Mentoring has been shown to improve young people lives, impacting education, health, social growth, behavioural and emotional development.

Adventure Based Learning - Camps

Adventure based and experiential learning involves learning by doing, reflection on what has been learned, and application of learning to real life. The unfamiliar environments and novel activities create an element of controlled disequilibrium for young people allowing them to be challenged in safety. It is in these environments that significant participant personal growth occurs.

Selection

Each school will nominate up to 15 young people from the school. These young people will undergo an interview with the SOAR Adventures Team Leader, and school representatives, where they will be given an opportunity to explain why they think they should be part of the program. SOAR Adventures Directors, teams alongside School staff will select the final 10 students from each school to participate in the program.

Volunteers.

Community volunteers are a vital element of the SOAR Adventures program, Volunteers mentor students as well as participate in camps and sessions. Without them, the program simply could not run!

All SOAR volunteers undergo a thorough selection and approval process, including Working With Children Checks and referee checks, as well as completing ChildSafe accreditation. All teams have a qualified first aider, and an appropriately qualified outdoor education professional is engaged for camping experiences.



PARTNERSHIP WITH SU

As a partner, SU Victoria supports the SOAR Adventures Team at each school by providing:

- SOAR program materials and session outlines
- Ongoing training, support and coaching
- Insurance
- ChildSAFE accreditation
- Loan of outdoor/rock climbing/camping equipment
- Volunteer management program
- Emergency Response process during camps and activities



"There has never been a greater need for a program like SOAR Adventures than now! Soar Adventures ability to engage, encourage and empower young people, transforms lives."
- Secondary School Chaplain

NEXT STEPS

- Contact the SU Schools Team on 9482 5700 to express your interest and organize a meeting.
- Share this information with the school leadership team
- Consult with school council
- Build community interest.



CONTACT US

SU Victoria
455 Springfield Road
Mitcham VIC 3132
(03) 9482 5700
schools@suvic.org.au
www.suvic.org.au