

# THE LIVING PROJECT

A WILD ADVENTURE TO INSPIRE LIFE



# WHO WE ARE

We provide Wild adventures to inspire Life.

We have a simple philosophy:

human and whole-planet health and wellbeing benefit from being outside adventures in wild places inspire us to reconnect with ourselves, each other, and the planet adventure (and life for that matter) can be broken down into four key elements

Water

challenge, reflect, refresh

Earth

grounding, security, presence

Fire

intention, ignition, passion

Air

confidence, connection, play

We use our passion and experience to curate Wild adventures to inspire Life



## WHAT WE DO

We provide opportunities for individuals and teams to connect with themselves and each other. The wild is our vehicle. During this Wild Adventure to inspire Life we will support young people at ASL to:

Explore emotional competence & resilience through adventure

Increase understanding and importance of the SDGs globally, in the context of the Peak District National Park and in personal choice

Connect with themselves, others (community) and the wild

Reflect on their experience and the experience of others and consider action for sustainable lifestyles in harmony with nature

Improve personal health and wellbeing

Note: we are licensed by the Adventure Activities Licensing Authority and hold comprehensive insurance with £2m public liability

For further information please take a look at our website: [www.thelivingproject.life](http://www.thelivingproject.life)



## SETTING THE SCENE

This proposal outlines a group and personal development journey, through wild adventure, for 15 - 30, grade 6, 11-12 year old young people, and 3-4 adults.

The wild adventure will be additionally inspired by the importance attached to the United Nations Sustainable Development Goals (SDG's) in your school.

Through a programme of nature connection and wellbeing activities the adventure will offer space for fun, engagement, and reflection, specifically on an understanding of and future personal actions related to SDG 1 and its related target:

### SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION

- By 2030, ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature.

At The Living Project we believe that through the development of a direct relationship with and love of nature, we are more likely to develop lifestyles that are more consciously in harmony with nature.

Our wild adventure will be inspired by your needs & your unique school community.

# LOGISTICS

## PRE-ADVENTURE WORKSHOP

At a time that suits the school and the students, we will visit the school and run a pre-adventure session to begin to build relationships and ascertain hopes, expectations & concerns.

## ACCOMMODATION

We will be based in the beautiful Peak District National Park, just outside the historic village of Castleton. We have *provisionally booked* some appropriate accommodation at the Rotary Centre, just a short walk outside Castleton. It's a stunning location and the venue is managed by a charity and volunteers <https://rotarycentrecastleton.co.uk/>

Accommodation is basic bunkhouse style with capacity for splitting gender groups on separate floors. There is a beautiful field & indoor space for yoga, downtime and general fun! Adults will be provided their own space in the dormitory or in a nearby building on the site. There are separate toilets and showers for adults. During our Get Wild 24 hours all participants will sleep outside in tarps & bivvies. This will be on a local campsite that has access to basic toilet and washing facilities. We feel this is appropriate for Grade 6 participants.

## TRANSPORT

The venue is best reached by train from London St Pancras International to Hope Station (a quick change at Sheffield). Train time from London to Hope can be as quick as 2hr 30min. It will be a short 10-15 min transfer of bags to the venue itself and a short walk. Alternatively, the journey time by minibuses (not coach) from St John's Wood is approximately 3hrs 30min. There is a good size car park for minibuses & Cars at the venue.

## FOOD

All food (healthy and wholesome) is provided by us at The Living Project. While at the accommodation base participants will cook communally with full kitchen facilities to foster group connection and sharing of the experience. During time out in the Wild all meals are provided/cooked by The Living Project in order to provide maximum connection with the Wild for participants. We will in due course require details of all participants' food preferences, intolerance and allergies and will be providing a form for each participant and their guardians to complete to inform us of these and any medical considerations.

## KIT:

The Living Project will provide all required group kit (Tarps/Bivvy Bags/Yoga Mats and emergency). Participants will be required to bring their own personal kit (sleeping mat, sleeping bag & towel). A short Kit list for the adventure will be provided in advance.

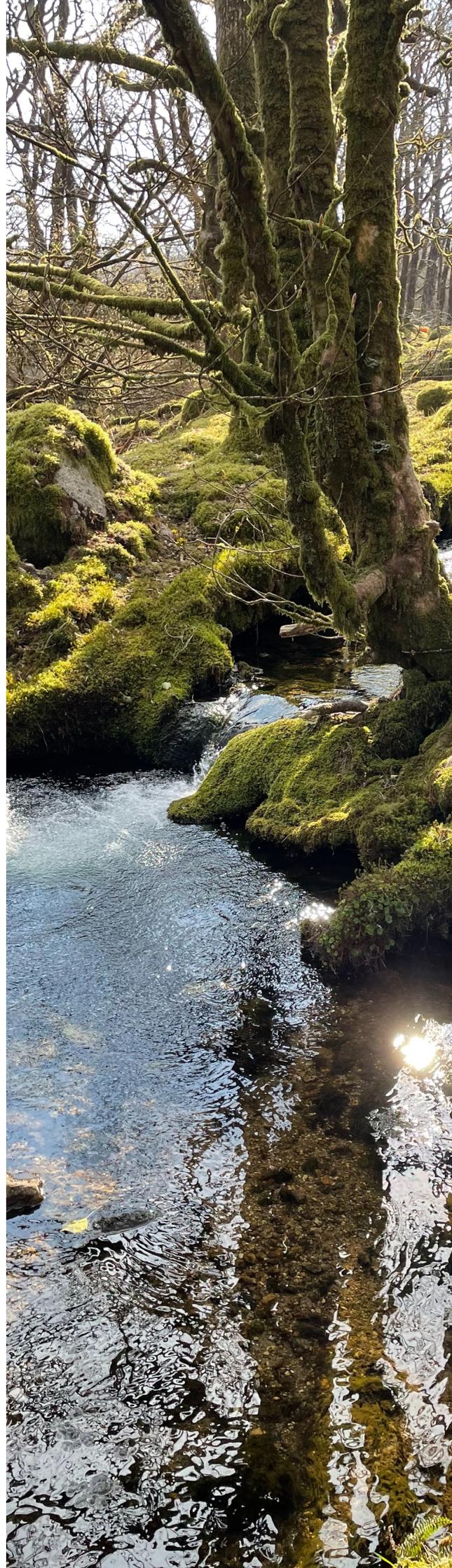
# INCLUSIONS

- Trained Leaders & Local Support Staff
- Local transport (Public) while in the Peak District
- All food, snacks & drinks (Healthy & Wholesome)
- All camp food by Fireport - An award-winning range of kiln dried dehydrated expedition food that is critical to staying healthy in the wild that includes vegan, gluten-free meals, compostable packaging, and extra-large portions.  
<https://www.firepotfood.com/>
- 3 nights local accommodation  
<https://rotarycentrecastleton.co.uk/>
- All Local camping fees
- Personal Journals (Studio In The Sticks) - Nestled upon a hill on Dartmoor sits Studio in the Sticks. A small rural studio doing creative work with the brave, visionary, imaginative ones out there on a mission to change things for the better. We collaborate with people that inspire us.  
<https://www.studiointhesticks.com/>
- Eco Happy Pencils for writing in personal journals - zero waste coloured pencils made in India out of recycled newspaper rather than traditional wood give local women the opportunity to earn a living with good working conditions.
- Coffee by Girls who Grind Coffee - An all female specialty coffee roastery based in the wild South-West of England who source our coffees specifically and exclusively from women producers, seeking out those coffees that are creating positive change.  
<https://girlswhogrindcoffee.com/>
- All group camping (Tarps, Bivvies & Tents) & emergency (FA Kits, Group Shelters etc.)



# EXCLUSIONS

- Transport from school to the venue in The Peak District National Park
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional snacks
- Personal medications
- Personal spending money



# SCHEDULE

## Day 1 (Tuesday): Land

**Where:** Travel from school to accommodation in the Peak District National Park.

**How:** Arrive, settle in accommodation, land + commit to the journey.

**What:** After arrival and an active meet & greet we will engage the senses mindfully to ground and connect with the natural surroundings. We will follow-up with a group exploration of wellbeing and nature. We initiate the art of journaling. In the afternoon we will undertake an insightful and active mindful nature walk with a local expert. Our evening meal is planned, prepared & served communally. The rest of the evening is an opportunity to reflect & prepare. We hope to bring in a local Park Ranger to engage the group on the SDGs in the context of the National Park Authority. We create calm before bed with a choice of yogi tea / water and gratitude before rest.

**Why:** We begin with a sense of fun, and some activities to build our community and connect with the local landscape and nature. We initiate healthy habits of self care, self reflection and conscious engagement with the journey of self, with others and the consideration of nature.

## Day 2 AM (Wednesday): GET Ready

**Where:** Our stunning accommodation in the Peak District.

**How:** Ground, consider personal purpose, listen to that of others + commit to a Getting Wild as a team.

**What:** Yoga + Mindfulness to start the day. Preparations for our Wild night out, pack & Lunch

**Why:** We continue to offer experiences to develop healthy habits of self care and conscious engagement with the self and community. To explore through individual and group discussion and active listening to hopes, concerns and expectations. To be prepared individually and as a team for getting out in the Wild.

# SCHEDULE

## DAY 2 AM & 3 PM (Thursday): GET Wild

**Where:** Into the Wild – walking out from our home (route to be decided based on group confidence weather and student input to what they hope to experience) we head out to camp wild. Whilst remote, we will be within a simple campsite providing basic toilet & washing facilities.

**How/What:** Get wild!! Adventure details below.

**Why:** This unique experience will enable ASI students to have fun and safely connect with themselves, others and the wild. We continue to build on the habits initiated in days 1 + 2AM that foster wellbeing, compassion for others and develop a commitment to the value of the wild, with the aim of becoming stewards of the wild in the future.

-----

### Get Wild - The Adventure

#### LAND:

To begin, you'll be guided through a technique learned from wild people living with their environment in the woods of Sweden. We'll land in the environment through engaging our senses and tune into the wild.

#### REFLECT:

When we encounter Water, we'll take the time to stop, to look into the river and ask ourselves and each other some questions. We'll have the time to journal answers, writing or drawing about our experience.

#### LIVE WILD:

We'll make camp out in the Wild and take time to experience the joy of simply living in nature. True connection.

#### IGNITE:

After eating together we'll build a fire, toast some marshmallows and have some fun with its energy!

# SCHEDULE

## GROUND:

After a night spent sleeping outside we'll wake with some wild yoga, and a tasty breakfast.

## REFRESH:

Before leaving our wild home we'll work with the water once more to wake ourselves up through a safe, invigorating and fun cold water experience.

## REMEMBER:

We'll use the rock of the Peak District, either a stone circle or a high Tor top to guide you through a mindful moment with the Wild.

## CELEBRATE:

As we come to the end of our Wild adventure we'll take the time to stop and share our experience through a powerful group exercise.

## **Day 3 PM (Thursday): Celebrate & Rest!**

**Where:** Return to accommodation

**How:** Group debrief, rest & celebration

**What:** Unpack and dry / return Kit. Rest! Optional village visit / evening walk to watch the Sunset / Stargazing / Fun games evening. Evening meal is planned, prepared & served communally. We create calm before bed with a choice of yogi tea / water and gratitude before rest.

**Why:** Celebrate and Further commit to healthy habits of self care, self reflection and conscious engagement with nature. Recuperate & have fun as a team.

# SCHEDULE/ DETAILS

## Day 4 (Friday) Live Life!

**Where:** Accommodation in Peak District / transport back to school after Lunch.

**How:** Yoga + Mindfulness to start the day. Group facilitation / gratitude & goodbyes

**What:** Group + individual reflection of shared and individual experience of the adventure. Consider the value of the wild adventure in aiding wellbeing and nature connection. Consider individual commitment to present and future actions arising as a result of experience and SDGs. We Pack, clean/tidy and after lunch depart.

**Why:** Cement practices that promote personal wellbeing. Gain clarity on commitment to becoming stewards of the wild (link to SDGs) and personal practices to live in harmony with nature.

## NUMBERS

In order to provide maximum impact and quality experience on this unique event our maximum number of students is 30 + 4 accompanying adults. The minimum number is 15 + 2 adults.

**PRICE: £495 P.P.**

we look forward to working with you + your students  
in the meantime...

**BE TRUE. LIVE WILD**