

THE LIVING PROJECT

WILD ADVENTURES TO INSPIRE LIFE
FOR SCHOOLS



"I just wanted to say thank you for everything you did this past week, it was genuinely such a beautiful experience. The philosophy with which y'all approach things is one many could learn from, and one which I hope to move towards in the future."

Student, Latymer Upper School

**BE TRUE.
LIVE WILD**

CONTENTS

01 Why we're here

02 Safety and leadership

03 The magic (what we do)

04 Wild adventures

05 The John Muir Award

06 Bits of goodness

07 Live wild - Knoydart Peninsula

08 A wild life - Sweden

09 Thrive in the wild - Dartmoor

WHY WE'RE HERE

We're passionate about working with young people, and providing a supportive space for healthy exploration of self, other and the natural world.

We do this through providing mindful adventures in wild places, focusing on the journey.

As a team of heart led leaders, we have over 25 years experience providing safe and meaningful adventures in the wild with young people.

We know that human and whole-planet health and wellbeing benefits from being outside. And that this is more important now than ever.

We'd love the opportunity to provide a wild adventure to inspire your students.



SAFETY AND LEADERSHIP

Comprehensive insurance with Activities Industry Mutual, robust risk assessment and management, and AALA licensing, together with our experienced leaders enables us to provide space for magic to unfold.

Our co-founders have more than 25 years experience working with young people through adventurous activity.

This means that safety is a hygiene factor which runs through everything we do as standard.

Through our experience in the outdoor industry, we also understand the power of the human journey through adventure.

As such, our approach to adventure centres around mindfulness, coaching, teamwork, self-development and communication.

So while our leaders are all technically qualified when it comes to safety, they are also experienced, trained, resourced and committed to delivering meaningful adventures for students.

As well as our core team of leaders, we also partner with experts in fields such as foraging, re-wilding, conservation and sustainability, so that we can provide genuine breadth and depth to our adventures.

All of this enables us provide safe, current and credible programmes centred around exploration, curiosity, personal development, and wellbeing.

It's this unique combination of safety, experience and leadership which allows magic to unfold.

THE MAGIC (WHAT WE DO)

On all our wild adventures, whether they are one day or a week long, we focus on the journey itself - taking the time to move mindfully through the environment we're in.

We are committed to highlighting the benefits of connecting with the natural world through adventure.

We do this by engaging in a mix of activities (depending on the group, the environment and outcomes). Some examples of these - but not limited to are:

- Play
- Coaching
- Reflection and journaling
- Nature connection
- Mindfulness
- Meditation
- Breath-work
- Yoga/movement
- Wild swimming
- Engaging with the elements
- Storytelling round the fire
- Sleeping under the stars

Areas of passion and expertise include - but not limited to:

- Mental Health and wellbeing
- Leadership and teamwork
- Re-wilding
- Conservation and sustainability
- Foraging and wild food

We make conscious decisions about the way we travel to and from our adventures, and the providers, equipment and resources we use on our adventures. We see ourselves as guardians of the planet as well as people.

By making responsible decisions, we are able to subtly immerse students in those considerations in order to develop their awareness in this space.

WILD ADVENTURES

We are committed to building the right adventure around your needs, outcomes and resources. We put the right team on the ground for your students to get the most from their experience.

A WILDFUL DAY

Run at your school - or at a local wild spot to you, these days are a mix of mindful connection with nature, personal reflection, adventure and wild time without having to travel far.



WILD WEEKENDS

Mixing bunkhouse bases and wild camping these allow for safe exploration in wild places like Dartmoor and Snowdonia.



WILD ADVENTURES

Co-created with you and what your students need, and with the resources you have. This is an opportunity for a longer adventure exploring wild places. Think 5-10 days in the wilds of Scotland, or further afield!



THE JOHN MUIR AWARD

We are passionate providers of the John Muir Award which encourages people of all backgrounds to connect with, enjoy and care for wild places.

The John Muir Award is an environmental award scheme focused on wild places. It is inclusive, accessible and non-competitive, though should challenge each participant.

The Award encourages awareness and responsibility for the natural environment through a structured yet adaptable scheme, in a spirit of fun, adventure and exploration.

Award Benefits for young people:

- Environmental awareness from exploring wild places
- Knowledge and skills gained from experience in the outdoors and involvement in conservation activities.
- Shared experiences with friends, colleagues and role models.
- Opportunities to take responsibility for change at a local and national level.
- Strengthens character values of cooperation, achievement, challenge, self-esteem...
- Strengthens values relating to care, respect, nature connection, belonging, sense of place, curiosity, responsibility...

If you're interested in the John Muir Award, talk to us about how we can incorporate it.

In the meantime you can find out more here:
www.johnmuirtrust.org/john-muir-award



BITS OF GOODNESS

Science proves that time in nature has many physical and mental benefits. For students especially, we know these are vital for their personal development and wellbeing.

- Decreases stress
- Improves short term memory
- Relieves attention fatigue
- Increases creativity
- Increases resilience
- Increases confidence
- Increases self-esteem



JEN, TEACHER AT ROYAL GRAMMAR SCHOOL HIGH WYCOMBE

"Incredible. Josh, Cormac and Ember took us on a wonderful journey. We felt equally challenged and looked after. This was a great opportunity to reset after an incredibly challenging year for all, and we couldn't have asked for anyone better than Josh and Cormac to take us on the journey."

GAUTHAM, TEACHER AT AMERICAN SCHOOL IN LONDON

"The gratitude exercises, storytelling, and morning yoga all helped to set the intention for the day. I don't think that is something everyone does and the experience was powerful. I was amazed at how you incorporated the journal writing. Your programme is great - but it's the people that count."

LIVE WILD

THE KNOYDART PENINSULA
SCOTLAND



LIVE WILD: THE KNOYDART PENINSULA

AN OVERVIEW

Beginning with an overnight train from London – Fort William (via Edinburgh) we'll then be based in the stunning and remote Knoydart Peninsula, Scotland. Also known as the UK's last true wilderness.

We can run this programme as a 7 or 10 day programme depending on your needs and objectives. This programme can also be delivered as a John Muir Award.

This is a wild adventure of exploration and self-sufficiency. We also visit an inspiring re-wilding project by the John Muir Trust. While our first night is based at Inverie Long Beach Campsite (reached by ferry from the mainland), after that we'll be wild camping, possibly making use of a mountain bothy (hut) on route.

Our final night will see us back in Inverie and we'll celebrate our return from the wild with a meal provided by a local eatery. Minimum group size is 8, maximum group size is 15 students.

YOUR LEADERS:

Led by two inspiring members of The Living Project team this is a journey of connection, with self, with our team mates, and with the natural world we explore.

LIVE WILD: THE KNOYDART PENINSULA

AN EXAMPLE PLAN

DAY 1:

Overnight Train to FW – A Living Project leader will meet you at London Euston and travel up to Fort William with you overnight

DAY 2:

Onward Travel to Inverie on the Knoydart Peninsula (local transport, ferry, trekking). Preparation for living Wild/ Landing Exercise / Group Cooking/ Camping at Long Beach Inverie

DAY 3:

Yoga & Mindfulness / Cold Water Immersion / Break Camp/Trekking / Journaling / Lunch / WILD CAMPING (Tents & / or Bothy)

DAY 4:

Yoga + Mindfulness / Cold Water Immersion / Breakfast / Break Camp / Trekking / Rewilding Project / Summit / WILD CAMPING

DAY 5:

Yoga & Mindfulness / Cold Water Immersion / Breakfast / Break Camp / Trekking / Journaling / WILD CAMPING (Tents & / or Bothy) / Sunset & Star Gazing

DAY 6:

Arrive back in Inverie lunch time / Camping at Long Beach, Inverie/ Rest / Celebration

DAY 7:

Depart Knoydart by Ferry and head for Fort William & Onward travel



INCLUSIONS

- 2 Qualified + experienced leaders & local support staff
- The Living Project comprehensive insurance
- All group camping kit & emergency kit/ support
- Overnight train from London Euston to Fort William + return
- All Local transport
- All food, snacks & drinks (healthy & wholesome). This will be a mix of communal cooking, and meals at local eat-houses. Our camp food (when we're out in the wild) is by Firepot - An award-winning range of kiln-dried expedition food that is critical to staying healthy in the wild that includes vegan, gluten-free meals, compostable packaging, and extra-large portions.
- Local accommodation fees
- All local camping fees
- Personal journals
- Eco happy pencils for writing
- The Living Project certificate of adventure
- All hot drinks including 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/>



EXCLUSIONS

- Transport to and from London Euston (to and from home)
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional snacks + food during travel to and from Fort William
- Personal medications
- Personal spending money

PRICE

- Price depends on programme duration (ranging from 7-10 days)
- Price depends on whether the programme is tied to the John Muir Award
- Ballpark for 7 days = £795 pp
- Price includes 1 free schools staff place (extra school staff charged 100% pp price)



"Last night, around a fire we reviewed our time in Scotland and each student gave me a one word summary. I thought you'd be interested in their choices..."

"Growth - Adventure - Explore - Inspiration - Comfortable - Overcoming - Life-changing - New - Discovery - Kind"

"Unison - mountain passes forced us to step in each step and sway with each sway..."

"Strengthen - bonds, muscles, minds"

"Camaraderie - A beginning - Unforgettable"

**Sarah - teacher, and the students of
Ringwood Waldorf School**

**BE TRUE.
LIVE WILD**



A WILD LIFE

SWEDEN

A WILD LIFE: SWEDEN AN OVERVIEW

A wholly wild experience in the magical forests and lakes of Sweden. Duration: 7 - 10 days (we offer flexibility in the duration of this programme in line with your needs and objectives).

ARRIVING:

After catching the train from Stockholm to Gnesta (incidentally a hub of Waldorf/Steiner education) we immerse ourselves in the Wild, stripping back to the bare essentials to spend three days learning to live in the environment around us.

PART ONE: PREPARE FOR THE WILD

We'll build our own shelters, learn to forage, cook all our healthy, wholesome meals on the fire and have some fun in the surrounding lakes. We'll learn native walking, observe the wildlife and prepare ourselves for a wilderness journey.

PART TWO: HEAD INTO THE WILD

Part two of this wild life sees us head out on an adventure into the wild. Using all the skills we've learned through the first three days we'll find food on route, make our own temporary shelters, work as a team with the environment around us, and we'll finish with a canoe journey along the lake that enables us to look back on the land we've become part of. We'll celebrate with a wild feast by the water, we'll remember our wild and natural selves before making our way back into the world from which we came.

YOUR LEADERS

Led by Nik, a Gnesta native and wild woodsman who spends most of his life living in, and in harmony with the environment around him. In collaboration with an inspiring member of The Living Project team you'll be guided with love and support every step of the way on this unique journey with the wild.

A WILD LIFE: SWEDEN AN EXAMPLE PLAN

Day 1: Travel Day

From UK to Stockholm – followed by train to Gnesta and walking into the Wild.

Days 2,3,4: Learning to Live Wild

After native/mindful walking into our camp on day 1 we'll set up our temporary homes – tarpaulins. We'll meet round the fire and welcome ourselves into our woodland home. The following days will be spent attuning to our environment and learning the skills required to live a wild life: shelter building, fire making and tending, foraging, trapping and fishing. We'll also have time for some mindfulness, reflection and group expression. As well as a bit of wild water fun!

We'll spend time watching eagles, listening to stories, and dreaming with the starry sky.

Accommodation: Tarps and Bivvi's (provided by The Living Project)/ self-made shelters

Food: fire-cooked food for the whole stay - all local and seasonal (food cache provided for the initial days) and as the days progress, foraged/fished/caught by the team.

Days 5+6 (two nights): A Wild Journey

From our woodland home we'll set out with all we need on our backs, and the skills and tools we've learned in our minds and hearts, we'll go exploring. Moving through the wild, building our own temporary shelters, finding and cooking our own food and sharing the adventure as a family we'll live a truly wild journey.

Accommodation: self-made shelters/ tarps if weather requires

Food: Foraged/fished/caught by the team

Day 7: Return from the Wild

Waking for the last time in the woodland we've been welcomed into we'll take our canoes and paddle out of the forest. Giving us a great opportunity to look back on the land we've called home, and remember our wild selves. We'll have a celebratory feast by the lake before heading for Stockholm by train and flying back to the world from which we came.



INCLUSIONS

- 2 Qualified + Experienced Leaders & 1 local assistant
- The Living Project comprehensive insurance
- All group camping/ wild living kit & emergency kit/ support
- Public transport from Stockholm Airport to Gnesta & return
- All food while in the woods
- Personal Journals
- Eco Happy Pencils for writing
- The Living Project Certificate of adventure
- All hot drinks including Coffee by Girls who Grind Coffee

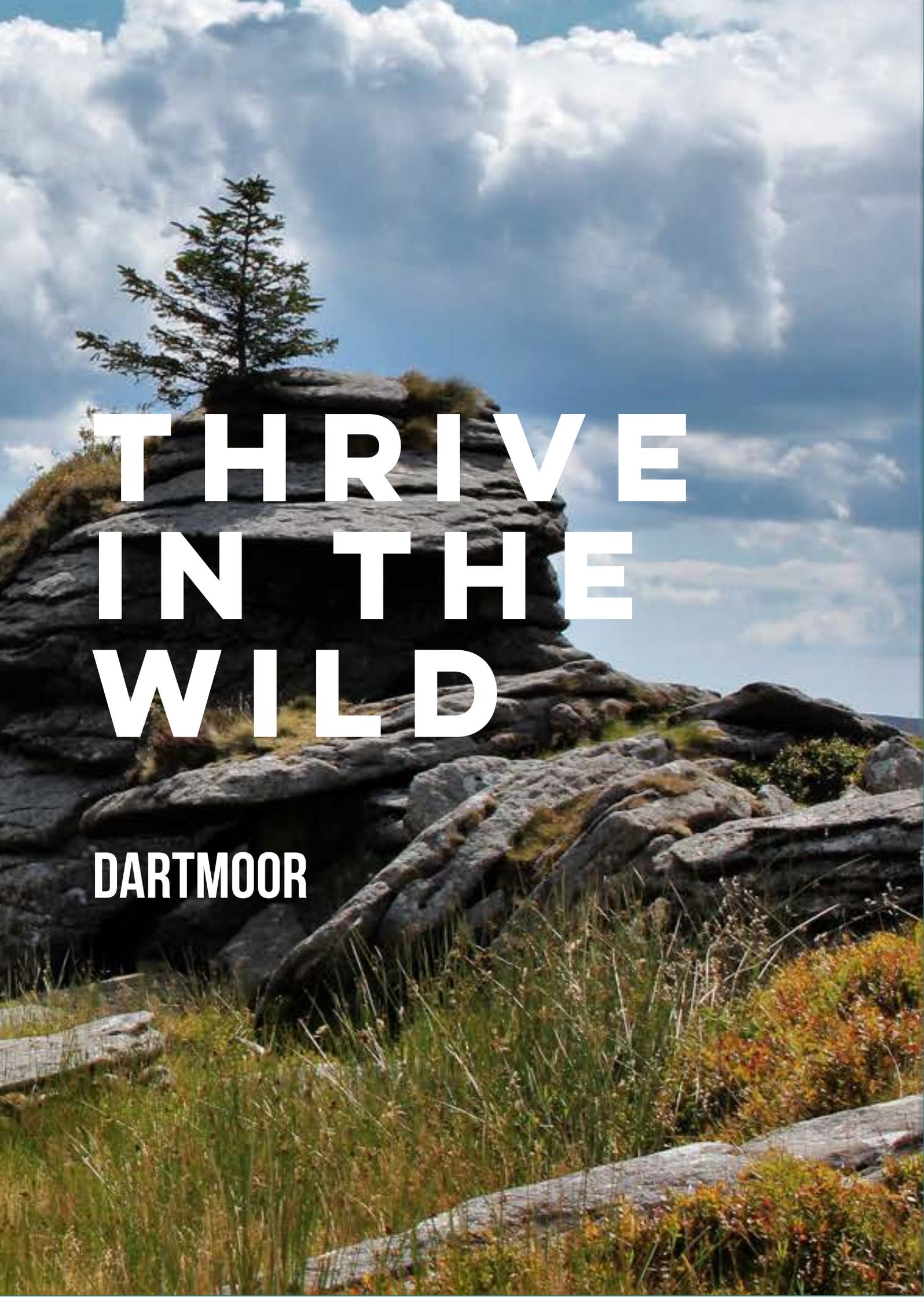
EXCLUSIONS

- Flights from UK to Stockholm (we'll work with you to agree suitable flight timings, and Josh will fly with you to provide support/coordination)
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional food in UK/Sweden when not in the woods
- Additional snacks
- Personal medications
- Personal spending money

PRICE

- Price depends on programme duration (ranging from 7-10 days)
- Ballpark for 7 days = £895pp
- Price includes 1 free school staff place (extra school staff places charged 100% of pp price).





THRIVE IN THE WILD

DARTMOOR

THRIVE IN THE WILD: DARTMOOR

An entirely unique experience in one of the wildest places in the UK. Beginning with a combination of environmental volunteering, living in the woods and eating fire-cooked food, this is an excellent opportunity for students to develop a sense of self-reliance and connection with a wild life.

We then embark on a varied cross-country journey; by foot, steam train and canoe, enabling students to truly connect with the variety of environments to be found in this special part of the land we call the UK. The whole experience is carried out using public transport and only eating local produce, providing a genuinely sustainable experience helpful to the students and the environment they visit. Minimum group size is 8, maximum group size is 15 students.

YOUR LEADERS:

Led by an inspiring member of The Living Project team, in collaboration with Alex, a Dartmoor native, and passionate expert. Alex grew up in Chagford, surrounded by a community committed to Steiner education. He's been teaching bushcraft professionally since 2015. He leads treks worldwide and has walked the length of New Zealand. For Alex, spending time in the woods, living off the land, is what matters the most.

This unique immersive adventure can also be delivered as a John Muir Award.

THRIVE IN THE WILD: DARTMOOR

A TWO PART JOURNEY

PART ONE: Volunteering and wilderness living

A unique experience to live and give back to a wild woodland in Dartmoor National Park. Volunteering options are:

1. Developing a wild flower meadow and diversifying the woodland
2. Working on one of two cooperative organic farms - arable or pastoral option

Accommodation: bell tents in the woods.

Food: fire-cooked food for the whole stay - all local and seasonal produce.

Optional Extras: (no extra cost, we'll chat with you further about which of these you'd like to include):

1. Evening talk from local expert in sustainability
2. Bushcraft and survival workshop
3. Wildlife watching
4. Night walk and stargazing

PART TWO: Journey to the sea

Stage 1: Hike across Dartmoor

Stage 2: Steam train Buckfastleigh to Totnes

Stage 3: Canoe Totnes to Dartmouth and the sea

Accommodation: camping barns on route, or wild camping.

Food: Simple hiking food, locally sourced, cooked by the students.

Optional extras: (no extra cost, we'll chat with you further about which of these you'd like to include):

1. Visit to otter sanctuary on route
 2. Visit to rare breeds farm on route
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INCLUSIONS

- 2 Qualified + Experienced Leaders & Local Support Staff
- The Living Project comprehensive insurance
- All group camping kit & emergency kit/ support
- Private Transport from Exeter St David's Train station to start location in the Woods
- Private Transport from end point to Totnes (closest)/Exeter St Davids for journey home
- All food, snacks & drinks (Healthy & Wholesome). This will be a mix of communal cooking on the fire when based in the woods. All food is seasonal and locally sourced. Our camp food (when we're out in the wild) is either locally sourced or provided by Firepot
- All accommodation costs
- Personal Journals
- Eco Happy Pencils for writing
- The Living Project Certificate of adventure
- All hot drinks including Coffee by Girls who Grind Coffee



EXCLUSIONS

- Transport from home to Exeter St David's (start), or from Totnes/Exeter St David's to home at the end
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional snacks
- Personal medications
- Personal spending money

PRICE

- Price depends on programme duration (ranging from 7-10 days)
- Price depends on whether the programme is tied to the John Muir Award
- Ballpark for 7 days = £825 pp



"It's ignited a flame, it's an experience I'll remember for the rest of my life."

**BE TRUE.
LIVE WILD**



THE ADVENTURE STARTS HERE...
WE'D LOVE TO HEAR FROM YOU

The Living Project
www.thelivingproject.life
hello@thelivingproject.life

**BE TRUE.
LIVE WILD**