



ADVENTURE CHALLENGE

Based on the presentation "Adventure Challenge: Including Everyone!" by Cindy Konarski

An Overview

Adventure Challenge and other team building programs and activities are used to improve communication, problem solving, trust, personal responsibility, and friendships within groups. These programs and activities are typically inclusive, as most groups are made up of individuals with a variety of abilities and disabilities. There is no reason, with the support of a team, that people with disabilities cannot be involved in all activities including a high or low ropes course or Alpine Tower.

The main benefit of Adventure Challenge is an enhanced understanding of behaviors involved in team building. Other benefits include improved self image, personal growth, and friendship development. Participants are challenged on many levels; they are encouraged to work through a challenge and to gain a sense of pride in themselves and in the team.

Team building activities can also be a great mechanism to increase disability awareness. The adventure-type activities can also translate into other adventure activities as participants recognize their ability to accomplish different things. Challenging activities such as hiking, camping, kayaking, ropes courses, and repelling can seem more realistic and achievable when people with disabilities are exposed to outdoor activities like Adventure Challenge.

Team Building Behaviors

- Communication
- Decision Making
- Planning
- Seek to Support
- Respect
- Personal Responsibility
- Total Participation
- Truth
- Trust
- Enjoy Each Other

Examples of Team Building Activities

There are numerous kind of activities used by groups to develop leadership and team building skills. Here are some more common methods:

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|--------------------|-------------------|
| Challenge Courses | Alpine Towers |
| Low Ropes Courses | Ground activities |
| High Ropes Courses | Climbing Walls |

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Adaptation Ideas

It is rare that any adaptations are used in team building activities. The games and activities typically focus on a variety of skills. The group makes a commitment, at the beginning of the session, to find roles that address each participant's strengths so that total participation is always the desired outcome.

Helpful Hints to Increase Success

Hint #1: Locate or support the development of a competent team building facilitator.

Hint #2: If there is no one in your community trained to facilitate Adventure Challenge Groups, contact people involved in leading groups for assistance in locating or training potential facilitators.

Hint #3: To develop a team attitude that promotes inclusion in existing groups you can use one or two team building activities prior to initiating group activities. This may also foster interest in planning a more extensive Adventure Challenge outing.

Hint #4: If equipment funding is a problem, many team building activities use "scrap" equipment, such as stockings, clothes line, bean bags, PVC pipe, tennis balls, hula hoops, and tub socks. However, safety is always a critical consideration.

Resources

Alpine Towers, Inc.
828-733-0953
www.alpinetowers.com

Project Adventure
800-468-8898
www.pa.org

Association for Experiential Education
303-440-8844
www.aee.org

Outward Bound
888-882-6863
www.outwardbound.org

Cindy Konarski
Western Piedmont Community College
Morganton, NC 28655
828-438-5577
www.wp.cc.nc.us/~trat/therrec.html

Access Adventure with Physical Difference
www.e-ability.com/adventure

Wilderness Inquiry
1313 Fifth Street SE, Box 84
Minneapolis, MN 55414
800-728-0719