



Adventure & Life Skills Camp

IH for MILE School
Summer 2025





Summer School

Un'estate di crescita
con International House



Course Title: Adventure & Life Skills Camp

Duration: 30 Hours (2 Weeks)

Type of Course: Experiential Learning & Teamwork Development

Objectives:

- Develop essential life skills such as teamwork, problem-solving, creativity, and communication.
- Engage in hands-on activities, group discussions, and outdoor experiences.
- Encourage collaboration, critical thinking, and adaptability.



Adventure & Life Skills Camp – An Unforgettable Learning Experience

The Adventure & Life Skills Camp is designed to provide young learners with an engaging and immersive educational experience. Over two weeks, participants will develop essential life skills such as teamwork, problem-solving, creativity, and communication through hands-on activities and interactive challenges.

The program combines experiential learning with outdoor adventures, fostering collaboration, adaptability, and critical thinking in a dynamic and supportive environment.



Adventure & Life Skills Camp – An Unforgettable Learning Experience

From icebreakers and brainstorming sessions to leadership simulations and public speaking exercises, every activity is crafted to build confidence and prepare students for real-world situations. This transformative camp encourages learners to step out of their comfort zones, work together, and develop valuable skills that will benefit them in both academic and personal growth.

Week 1: Collaboration s Teamwork



Week 1: Collaborations Teamwork

The first week of the Adventure & Life Skills Camp is dedicated to fostering collaboration and teamwork. Through interactive activities and group challenges, participants will develop essential skills such as communication, problem-solving, and leadership. Each session is designed to encourage active listening, creative thinking, and decision-making in a supportive and engaging environment.

Week 1: Collaboration s Teamwork

From icebreaker games to brainstorming sessions and leadership simulations, students will explore the importance of teamwork, learn to navigate different perspectives, and take on roles that enhance their ability to work effectively with others. This foundational week sets the stage for a successful and enriching learning experience, equipping participants with the tools to thrive in both academic and social settings.

Week 1: Collaborations Teamwork - Key Highlights

- ✓ **Building Connections** – Icebreaker games and team-building exercises help participants form bonds and create a positive group dynamic from day one.
- ✓ **Creative Problem-Solving** – Activities like brainstorming sessions and group puzzles encourage students to think outside the box while working collaboratively.
- ✓ **Effective Decision-Making** – Through debates and simulations, students learn to analyze different perspectives, justify their choices, and make fair decisions as a team.
- ✓ **Leadership & Responsibility** – Teamwork challenges introduce students to leadership roles, helping them understand how different responsibilities contribute to group success.
- ✓ **Empathy & Inclusivity** – Roleplay scenarios and discussions on diversity help students appreciate different viewpoints and foster a culture of respect and understanding.

Week 1: Collaborations Teamwork - Key Highlights

Why It Matters:

By the end of the week, students will not only have learned how to work effectively in teams but will have also gained confidence in their ability to communicate, collaborate, and think critically. These skills are essential for academic success, personal growth, and future professional opportunities.

DAY 1



Icebreakers & Getting to Know Each Other

Theme/Functions: Building relationships and teamwork introduction

Skills: Communication, Active Listening

Key Points: Interactive games to foster bonding

Activities: Two Truths and a Lie, Name Chain, Group Puzzle

Materials: Icebreaker Worksheet, PPT Slides

DAY 2



Brainstorming & Creativity

Theme/Functions: Developing ideas as a team

Skills: Critical Thinking, Speaking

Key Points: The importance of idea-sharing

Activities: Idea Web, Drawing Game, Rapid Fire Brainstorm

Materials: PPT, Flipchart Paper

DAY 3



Problem-Solving & Decision Making

Theme/Functions: Making fair and logical choices

Skills: Analytical Thinking, Justification

Key Points: Learning how to make group decisions effectively

Activities: Decision Tree, Debate Challenge

Materials: Decision-Making Worksheet, TED-Ed Video

DAY 4



Theme/Functions: Understanding different perspectives

Skills: Empathy, Respectful Communication

Key Points: How diversity strengthens teamwork

Activities: Cultural Awareness Roleplay, Inclusion Scenarios

Materials: Inclusion Video, Worksheet



Lesson 5: Teamwork & Leadership Roles

Theme/Functions: Understanding roles in a team

Skills: Leadership, Collaboration

Key Points: Responsibilities within a group

Activities: Leadership Simulation, Teamwork Challenge

Materials: Leadership Guide, Team Observation Form

Week 2: Practical Life Skills & Communication



Week 2: Practical Life Skills & Communication

Practical Life Skills & Communication – Building Essential Abilities

In the second week of the Adventure & Life Skills Camp, participants will focus on developing practical life skills and effective communication strategies. Through engaging activities, they will learn how to evaluate information critically, manage time efficiently, and express themselves with confidence.

Week 2: Practical Life Skills & Communication

Sessions will cover essential topics such as media literacy, organization, public speaking, and conflict resolution. Whether they identify reliable sources, structure a compelling presentation, or navigate disagreements constructively, students will gain valuable tools to succeed in both academic and real-life situations.

The week concludes with a final group project where participants put their newly acquired skills into action, fostering teamwork, leadership, and creative problem-solving.

Week 2: Practical Life Skills s Communication

- ✓ **Critical Thinking & Media Literacy** – Students will explore how to differentiate between reliable and misleading information, learning the importance of fact-checking and analytical thinking in today’s digital world.
- ✓ **Time Management & Organization** – Practical exercises like planner challenges and scheduling techniques (e.g., the Pomodoro method) will teach students how to prioritize tasks and balance responsibilities effectively.
- ✓ **Public Speaking & Presentation Skills** – Through structured speaking exercises and group presentations, students will build confidence in expressing their ideas clearly and engaging an audience.
- ✓ **Conflict Resolution & Negotiation** – Roleplay scenarios and problem-solving discussions will help students learn how to manage disagreements constructively, using persuasion and emotional intelligence to find fair solutions.
- ✓ **Final Team Challenge** – The week concludes with a collaborative project where students apply all their new skills to solve a real-world challenge, reinforcing teamwork, leadership, and problem-solving abilities.

Week 2: Practical Life Skills s Communication

Why It Matters:

Mastering these life skills will help students become more independent and better prepared for future academic, social, and professional experiences. By strengthening their ability to think critically, organize tasks, and communicate effectively, they will gain lifelong skills that contribute to personal growth and success.

DAY C



Critical Thinking & Media Literacy

Theme/Functions: Identifying reliable sources

Skills: Evaluating information, Fact-checking

Key Points: Understanding fake vs. real news

Activities: Fake News Quiz, Research Activity

Materials: Media Literacy Worksheet, Video Clip

DAY 7



Conflict Resolution & Negotiation

Theme/Functions: Managing disagreements effectively

Skills: Emotional Regulation, Persuasion

Key Points: How to resolve disputes peacefully

Activities: Conflict Roleplay, Compromise Game

Materials: PPT, Case Study Scenarios

Materials: Icebreaker Worksheet, PPT Slides

DAY 8



Time Management & Organization

Theme/Functions: Planning tasks efficiently

Skills: Prioritization, Scheduling

Key Points: Balancing tasks and responsibilities

Activities: Daily Planner Challenge, Pomodoro Technique

Materials: Time Management Toolkit, Planner Templates

DAY G



Public Speaking & Presentation Skills

Theme/Functions: Speaking confidently in front of others

Skills: Voice Projection, Structuring Ideas

Key Points: How to engage an audience

Activities: Elevator Pitch, Group Presentation

Materials: Public Speaking Tips Handout, Video Examples



Lesson 10: Final project

Final Project – Team Challenge

Theme/Functions: Applying all learned skills

Skills: Teamwork, Critical Thinking, Presentation

Key Points: Showcasing collaboration and problem-solving

Activities: Group Challenge (e.g., Create a Community Initiative, Solve a Mystery)

Materials: Group Work Guidelines, Evaluation Rubric



KEY BENEFITS

The main benefits of the camp are:

- ✓ Developing problem-solving and leadership skills
- ✓ Enhancing communication and collaboration
- ✓ Gaining confidence in public speaking
- ✓ Experiencing hands-on learning through fun activities



Informazioni pratiche

- ✦ Periodo: week 1 (30/6-5/7), week 2 (7-11/7)
- ✦ Orari: 8.30-12.30, break, 13.30-16:00
- ✦ Partecipanti: alunni della scuola primaria dalla I alla V
- ✦ Numero massimo iscritti: 12

La summer school verrà attivata se si raggiungerà il numero minimo di 6 iscritti.

**Join Us Today and
Transform Your
Future!**



**Costo: €480 a
settimana**
(Iscrizioni anche per una sola settimana)