

# VENTURE OUT



WILDERNESS PROJECT CLG



'I took a walk  
in the woods &  
came out taller  
than the trees.'

Henry David Thoreau

# ABOUT US



‘We aim to inspire  
personal growth  
& development  
through outdoor  
experiences.’

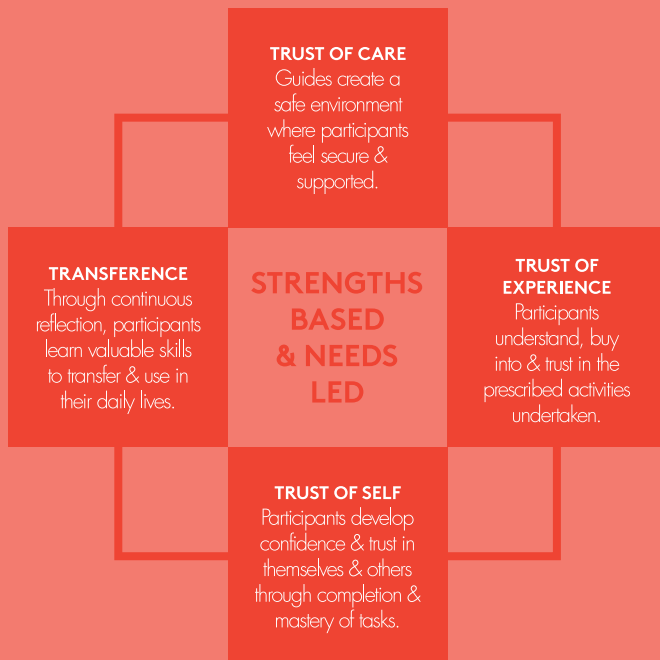
## WHO WE ARE

Venture Out Wilderness Project CLG are a registered charity, social enterprise, not-for-profit company limited by guarantee. We prescribe and deliver wilderness based therapeutic programmes to young people and families from disadvantaged and marginalised communities. Through tailored programmes, experienced Venture Out guides create opportunities for participants to learn, grow, explore and enjoy the outdoors for their physical, emotional, social and mental well-being.

## OUR TEAM

Our team consists of experienced social care practitioners with professional qualifications in outdoor adventure activities. Following years of extensive experience delivering personal development programmes to people of all ages and from all backgrounds, our guides are ideally qualified to support participants through their therapeutic outdoor adventure journeys.

# OUR APPROACH



Venture Out adopt a strengths based, needs led, participant centred approach. Through experiential learning and active participation, participants are supported in their journeys of self discovery and reflection. All programmes are designed to build resilience and help participants develop positive coping strategies to overcome everyday challenges. To achieve this, great emphasis is placed on strengthening and reinforcing informal social support networks, increasing self confidence levels and improving self management skills. Using motivational interviewing, mindfulness, reflection and positive self talk techniques, experienced Venture Out guides support participants embrace positive change to help achieve their full potential in all areas of learning and development.

# UNEARTH

YOUTH & FAMILY  
SUPPORT SERVICE

Duration: Half & full day sessions  
1 to 1 and group based interventions

...to find  
or discover  
something that  
was hidden.



Our tailored youth & family support service provides opportunities for young people to explore the great outdoors and experience adventure, while learning a little about themselves and others. Each session is designed to build on existing strengths, while also addressing the presenting needs of the individuals involved.

Through both 1 to 1 and group based sessions, these community-based experiences create opportunities for participants to reflect on the changes they would like to make, while taking a break from the challenges of their everyday lives. Participants take part in a variety of fun and social, nature based, personal development focused activities for their enjoyment, learning & development, while Venture Out guides ensure they harness the therapeutic benefits of participation in such experiences.



# BRANCHING OUT

**TEEN AND FAMILY FOCUSED**  
PERSONAL DEVELOPMENT PROGRAMME

Duration: 6-10 week programmes  
Approx. 1.5-3hr sessions

...to grow,  
expand & broaden  
interests in new  
directions.



Venture Out's personal development programme for teenagers provides opportunities for young people and families to learn valuable life skills within a safe, positive and healthy outdoor environment. Branching Out is a personal development programme for adolescents and whole families, focused on developing social, emotional and personal skills. Placing great emphasis on the promotion of positive mental health, the programme is designed to help young people build self-confidence and self-awareness through a range of fun, creative and educational interactive activities, games and challenges. Our Branching Out programme is an ideal personal development programme for youth and family focused support projects seeking alternative ways to engage their clients.

# EMBER

**PERSONAL DEVELOPMENT**  
WILDERNESS EXPEDITIONS

Duration: 3-10 days  
Overnight camping journeys

'Education is  
not the filling of  
a bucket but the  
lighting of a fire.'



Our Ember expedition programme brings participants into the backcountry, creating opportunities to explore wild locations over an extended period of time. Each therapeutic outdoor experience promotes social and emotional skills, self-awareness, and reflection, while building self-confidence and resilience. Venture Out Wilderness Expeditions are designed to build on the existing strengths of participants while also addressing the diverse individual needs of all involved. Through these expeditions, participants learn about teamwork and leadership, become more aware of their own strengths and abilities, and acquire valuable skills to take back to their daily lives. This is an ideal programme for young people and young adults who are seeking to make positive changes in their lives.

# GREEN ACTION

YOUTH ENVIRONMENTAL  
LEADERSHIP PROGRAMME

Duration: 6-10 week programmes  
Approx. 1.5-3hr sessions

...empowering  
young people to  
effect positive  
change.



Venture Out have designed an environmental leadership program to support and empower young people to become active participants in addressing environmental challenges in their community. Through participation in this experiential outdoor personal development program, participants learn valuable leadership skills while developing an appreciation for nature. Through fun activities, challenges, discussions and reflection, young people apply their learning to become environmental ambassadors within their own communities. This programme has been designed to incorporate all aspects of Leave No Trace and best practice in environmental protection and sustainability.

# CONTACT US



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