

GOOD URBAN LIMITED

Multi Activity Education

TM

With **Adventures
are US LTD.**
The Adventure Specialists



CARBON NEUTRAL Environmentally friendly fun!

Why not book us for your Adventure Sports Day?



Multi Activity Adventure Provision within our Urban Communities for ages 4 years and upwards. For the past 15 years our company has been a market leader providing multi activity outdoor education and team building programmes within our region.

Go Urban is a brand new concept from Adventures Are Us. It was launched last year and has developed significantly since then. Go Urban is a mobile high ropes adventure course bringing outdoor education and adventure activities direct into schools, parks and woodland areas benefiting the local communities.

Client Users

LEA Councils & Youth Services, After School Clubs, All Schools – Primary, Junior & Comprehensives, Private & Residential Schools – Boarders, Prep Schools, Scouts, Cubs, Guides, Sea Cadets, Army Cadets, Uniformed Services, Youth Inclusion Teams, Higher Education Colleges, Further Education Colleges, & all other youth based organisations.

The Adventure Mission

We offer a perfect high value alternative to outdoor education that heavily relies on transport hire and further fuel usage to bring children to the venues hence a higher carbon footprint for those client schools.

The Adventure Aims

Go Urban brings the adventure to you, into school/parks within walking distances, with zero environmental impact and its benefit of being carbon neutral.

Our Adventure Solutions

We arrive a few hours before the activity begins and create the high and low ropes multi activity platforms using the trees on-site at that venue, either in school or in parks and woodlands areas. A management plan and all health and safety will have been previously met and signed off prior to any deployment.



GO URBAN Skill Development

- Leadership
- Cooperation
- Communication
- Problem Solving
- Responsibility
- Motivation
- Self Esteem
- Confidence
- Numeracy
- Performance
- Trusting
- Tolerance
- Initiative
- Team Work
- Organisation
- Community Spirit
- Safety & Helping
- Acceptance
- Diversity
- Listening

Go Urban Multi Purpose Delivery Targets

We save schools/youth service a massive transport cost by bringing the adventure direct into the school grounds or urban areas. Half of any outdoor education cost is the transport hire charges, you do not pay any, nor pollute the ozone layer.

This makes our concept **cheaper, cleaner, easier** and **faster** all at the same time. We can deliver to over 60 children in one event or rotate them around.

We provide free fruit to the children at our events to encourage five a day.

We are actively promoting healthy exercise and reducing Obesity.

We integrate a strong educational message into our delivery plans.

We perform a safe litter pick before and after the event on that site.

We integrate community initiatives like Anti Social Behaviour, crime reduction strategies, we teach the children to respect property and the woodland areas.

We will tackle issues and topics that compliment delivery through school curriculum whilst they're engaged within the activity, like gender equality, equal opportunities and bullying.

We will develop children's personal skills base, core skill areas and build team work, stewardship and citizenship.

Adventure Environment

We utilise the mature trees on-site within parks, woodlands and schools. This is a perfect nature and adventure education package, it will deliver multi level targets for schools and LEA curriculums and provide healthy exercise and a creative learning environment for children aged 4 years and upwards.

Go Urban Multi Activity Education

Here is a brief adventure activity description with photographs as a simple menu. It does actually depend on what/where the trees are on your site, our senior team will perform a pre-activity event health & safety survey.

GO' ABSEIL

A brilliant activity designed to make your heart flutter as you lean back into your harness and brave the big drop, you'll swing down safely either slowly and steadily or fast and wild under the watchful eye of your instructor.

This activity promotes trust, leadership and confidence skills.

ADVENTURE ORIENTEERING

A fun enjoyable experience, using a map, compass and with our guide you will follow a clue sheet with points and attempt to locate and recover the lost markers. It's brilliant fun and tires you out. Team work is developed by radios and communication skills between different members.

Skills involved numeracy, cooperation, motivation, competition & problem solving teamwork.

GO' WALK THE WOODS

As a team you'll learn map, compass and navigation skills. Basic survival techniques will be covered including shelters, weather and climate conditions etc. It's simple but lots of fun and will really get you motivated and bring out your leadership skills. **Skills involved are stamina, helping, support, care, exploration, tolerance & navigational numeracy skills.**



SNAKES 'N' LADDERS

A challenging extreme activity scaling a very long chunky rope to reach a high marker and earn team points whilst swinging and swaying over an exposed drop, either blind folded or not. This is an utterly inspiring individual challenge but you will need your team behind you. You can race each other or time trial against the clock. **A very rewarding experience involving trust, confidence, peer support, communication, listening, team spirit & excitement.**

LADDER XTREME

This challenge is fun and hard work, perfect as an intro to heights. Try climbing a massive caving ladder that constantly swings and sways around, it's exhaustingly steep. Why not try this challenge blindfolded? This is why it's called Ladder Xtreme.

Good luck!

Skills involved trust, communication, performance, cooperation, coordination, safety & helping.

BORN SURVIVOR

We set the scenario then divide the group into teams, then work towards a deadline of darkness. Each team will have to build their shelters and cook their supplies to complete the challenge. A perfect activity set to develop key skills and learning to work effectively in testing environments.

Teamwork is essential, tolerance, trust, cooperation, organisation, communication & listening skills.

SKYLINE 'ZIP & GO'

Travel across the woodlands or your very own school playground on our all new Skyline or SkyRide zip line either slowly or at speed enjoying the moving scenery as you zip n go, this is so cool. **Teamwork needed, tolerance, problem solving & communication.**

SLACK LINER & CAR..GO

A fun and challenging activity balancing and walking across a very long cord above the ground, it's brilliant, like a walk the plank type pirate challenge. We link this in with a Cargo Net and it's a maze of challenges to explore. **Balance skills & concentration.**

MONKEY CRAWL

Explore our massive postman's walk over the woodlands or school grounds, depending on your tree layouts it could be 200ft long with integrated tasks and challenges on route. This is very rewarding to take part in and to watch. **Stamina and skill.**

ADVENTURE GAMES

We have developed several new adventure games, using standard PE type school equipment like balls, bats, bean bags, mats and cones. We will interlink these ideas on the day, to create a timed competition if desired. **Team work**

GO URBAN MOON LIGHT

We are now highly experienced in delivering Go Urban in the dark. We provide powerful torch light and day glow bands for children to wear, so we can track them on our activities. **Motivation and Trust are needed.**



"Challenging Climbs"

GO TARZAN SWINGS

A fun tarzan swing experience for everyone either in the day time, in darkness or blindfolded. Our staff will swing and sway the children faster and faster until they're dizzy. **This promotes trust & develops confidence.**

GO FOREST XTREME

As small divided teams you will help develop and construct a series of ground level mini assault courses. Then as the activity tasks take form all the individual courses will be connected into one main obstacle challenge. Individuals will then take part in a blindfold experience travelling around the adventure course in a time trial race. You thought it was easy didn't you? **Skills are team work, listening, communication.**

GO WILD CAMP

A team will be placed in a woodland environment at dusk. Their task is to survive the night and weather by building a shelter, creating fire and cooking their survival rations. A tough challenge in an exposed remote wilderness but our guides will be on-site throughout to assist, guide and recover if all fails. **Skills involved organisation, problem solving & communication.**



"Expert Guidance"

ADVENTURE SIMULATION

We have learned from experience that if you develop a theme or live scenario and incorporate our activities into this theme, the children engage even more. Our live motivational team building scenario's are:

- Mountain Rescue
- Mission Impossible
- Born Survivor
- Nature Trails & Discovery Workshops
- SAS - Are You Tough Enough?
- Radioactive Clean up
- Adventure Nature Eye Spy
- Scavenger Nature Hunts

Adventure Simulations are packed full of team building skill areas and they cover all the activity skill areas listed above.

Go Urban Accreditation, Evidence & Assessment

We keep a video log and photograph events to help record clients individual and team developments. We use feedback sheets, rapid reviews, de-briefs and sharing sessions.

Go Urban Summary

As a leading adventure provider within this specialist sector we feel that everyone benefits from this new style of learning programme, this concept ticks all the right boxes helping the children, saving funding costs and protecting the environment from more carbon emissions.

We're all trying to do our bit so let's Go Green with GO URBAN.

"Tree Protection Systems"



"Fun, Friendly Staff"



Adventure Activities Summary

- ROCK CLIMBING ■ ABSEILING ■ GORGE WALKING
- LOW ROPES ■ STREAM SCRAMBLING ■ ROCK WEASELING
- ROCK BOULDERING ■ HILL & MOUNTAIN WALKING
- NAVIGATION TRAINING ■ ZIP WIRE ■ PROBLEM SOLVING ■ SNAKES N LADDERS
- BIG AIR SWINGS ■ LADDER X-TREME ■ LADDER X-TREEME ■ ADVENTURE CAVES
- ADVENTURE WALL-INDOOR & MOBILE ■ BUSH CRAFT SURVIVAL ■ ORIENTEERING
- TREASURE HUNTS ■ ALIEN VS PREDATOR ■ LIVE TEAM BUILDING ■ CAMP CRAFT COOKING
- NIGHT LINES ■ WILDERNESS SURVIVOR ■ TREE CLIMBING ■ POSTMAN'S WALK
- TYROLEAN TRAVERSE ■ MOUNTAINEERING ■ ADVENTURE GAMES
- STEPPING STONE CHALLENGE ■ TARZAN SWINGS ■ HIGH ROPES
- RIVER CROSSING CHALLENGE ■ FIRST AID TRAINING ■ PLUS MORE!

Health & Safety Management Systems

We are government licensed by AALA Adventure Activity Licensing Authority as a provider of adventure activities for children and adults under the Young Persons Safety Act 1995 Regulations 2004. We carry Products/Civil Liability Insurance Cover for £5m and Employer's Liability Cover at £10m.

We use NGB National Governing Body Qualified Staff, CRB checked and first aid trained. All our operational activities carry SOP Risk Assessments and Child & Vulnerable Persons Policies. We are highly accredited by our associations, governing and training bodies with 15yrs experience.

Professional Accreditations



Safety equipment & insurance cover provided

Watch us on... **YouTube**

**Adventures
are US LTD.**

Tel. 07939 743263

To request a call back text your name, address & postcode to our number and our office staff will acknowledge.

www.AdventuresAreUs.com

The Adventure Specialists,
always an activity for you!

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