



Adventure-Based Learning

The foundation of adventure-based learning is experiential education. Experiential education deals directly with the real life issues we face everyday. At Youth Opportunities Upheld (Y.O.U.), Inc., we call our initiative the Adventure Challenge Experience (ACE) Program. Our ACE Program focuses on:

- **Team Building**
- **Conflict Resolution**
- **Communication Enhancement**
- **Problem-Solving**
- **Risk Taking**
- **Encouraging Outside-the-box Thinking**
- **Building Trust**

The cornerstone of our ACE Program is based upon the concept of challenge-by-choice. This concept gives participants the power to choose their level of challenge at every stage of the experience; whether it be games, group initiatives, group challenges, or low and high ropes activities.

Our facilitators create an inviting, empowering, hands-on, safe environment that is designed to challenge the group norms. With each level of challenge, the group will see improvement in many areas. The participants learn to trust themselves and the group with whom they are working. They improve in their ability to communicate both verbally and nonverbally. They also enhance their ability to work on a team. And lastly, they engage in activities that develop problem-solving skills.

Most importantly, time is taken to reflect after each activity on the experiences the group encounters. Reflection helps relate how these experiences are relevant to both their professional and personal lives.

Though sometimes intense, at the end of the day, our ACE program is designed to be fun and allow

everyone to have an experience that will resonate long after the day has ended.



“The only source of knowledge is experience.”

-Albert Einstein

youinc.

ACE Program



If you work with...

- *Public/Private school*
- *At-risk youth*
- *Corporations*
- *Non-profit companies*
- *Colleges*
- *Sports teams*

- *Families*
- *Church groups*
- *Or, are just looking to have a fun, team-building, and interactive experience.*

...then the ACE Program is for you!

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Call or email for rates, questions, scheduling, and more or visit us on-line at www.youinc.org

***All team-building experiences are custom designed to meet your specific needs and wants for your staff, students, co-workers, employees, church groups, families, etc.**