

# GET STARTED WITH OUTDOOR ACTIVITIES

Everyone starts somewhere. Learn new skills from industry experts, gain invaluable experience in team building and leadership, and stretch your comfort zone by trying exciting outdoor activities.

To find out more, email:  
[outreach.bristol@kingstrust.org.uk](mailto:outreach.bristol@kingstrust.org.uk)  
Or call 0800 842 842



## ON THIS COURSE YOU'LL:

- Use outdoor learning to help build your confidence and motivation
- Participate in various team building and leadership exercises
- Try exciting outdoor activities for free - kit, food and travel expenses provided!
- Explore opportunities within Bristol's outdoor pursuits sector in 6 x follow-up 1:1 sessions

## DATES FOR YOUR DIARY:

Taster day: Thursday 12th June 2025

Course dates: Monday 16th - Friday 20th June

Express interest by: Friday 6th June 2025

Location: Bristol

Eligibility criteria: 16 - 30 years old