

# Bear Grylls Adventure Camp

Bear Grylls is known around the world for his incredible survival skills and daring adventures in the wild. From climbing mountains to crossing deserts and jungles, he shows how courage, teamwork, and quick thinking can overcome any challenge. His mission is to inspire people — especially young adventurers — to be brave, resourceful, and never give up.

### **PROGRAMME**

There are 12½ hours of lessons per week including English Skills and Mission Possible and 12 hours of Adventure Activities run by Bear Grylls Survival Academy. Weekly tests are conducted to check progress. Lessons improve students' general language competencies (including grammar and vocabulary) while placing particular emphasis on developing their 21st century skills and equipping them with soft skills for the future.

### **ENGLISH LEVELS & CLASSES**

| Bear Grylls Adventure Camp |                    |   |
|----------------------------|--------------------|---|
| A0                         | Complete Beginner  |   |
| A1                         | Beginner           |   |
| A1-A2                      | Elementary         |   |
| A2                         | Pre-Intermediate   | • |
| B1                         | Intermediate       | • |
| B2                         | Upper Intermediate | • |
| C1                         | Advanced           | • |
| C2                         | Proficiency        | • |

#### **ENGLISH SKILLS**

These lessons are designed to improve students' general language skills, extend their vocabulary and better their understanding of grammar, to improve accuracy when producing spoken and written English.

### MISSION POSSIBLE

In this dynamic lesson, students work together on real-world "missions" designed to build collaboration, creativity, problemsolving, and communication. Through engaging group challenges, learners strengthen both their language proficiency and essential 21st century skills, preparing them to thrive in school, work and beyond.

### BEAR GRYLLS ADVENTURE CAMP

Step into the wild and learn to survive like Bear Grylls! In this action-packed course, adventurers discover the essentials of outdoor survival — how to build a shelter, navigate with orienteering skills, and master the art of fire building. The journey ends with the Ultimate Challenge, where teams put their new skills to the test. Along the way, kids build resilience, teamwork, and confidence — ready to take on any adventure nature throws their way!

# ORIENTEERING & JUNGLE NAVIGATION

Young explorers will dive into the art of navigation, learning how to read maps, use a compass with confidence, and recognise natural signs like the sun, stars, and landmarks to guide their journey. With hands-on practice in orienteering, students will take part in fun yet challenging missions that mimic real-life exploration, from charting routes through "jungles" to overcoming unexpected obstacles along the way.

# WATER RESCUE & RAFT SURVIVAL

Dive into adventure and build essential survival skills! Students will learn teamwork, problem-solving, and safety techniques as they practise water and land rescue strategies. From building and navigating rafts to mastering survival basics, this hands-on activity combines outdoor fun with practical skills that could one day save lives.

### SURVIVAL SKILLS — SHELTER & FIRE

Adventure awaits deep in the wild! In this exciting survival skills activity, students will learn how to find their way through unfamiliar terrain using maps, compasses, and natural landmarks. Guided by real-life exploration techniques, they will practise essential navigation strategies that build problem-solving, resilience, and critical thinking. Working together in teams, young adventurers take on jungle navigation missions that challenge them to plan routes, make quick decisions, and stay calm under pressure. By the end, every explorer will have the confidence to step off the beaten path and navigate the world around them - just like true survival experts.

### WILD FOOD & FIRST AID

Survival isn't just about navigating the wild — it's also about staying safe and knowing what to eat. Our Bear Grylls adventurers will learn the basics of identifying safe wild foods, understanding the importance of clean water, and practising simple ways to prepare and handle food outdoors. Alongside this, they will gain essential first aid skills — how to treat cuts, scrapes, stings, and sprains, and what to do in an emergency until help arrives.

#### TYPICAL DAY

Bear Grylls Adventure Camp students will receive 12 hours of Adventure Activities per week.

09.00 ENGLISH SKILLS 1

10.15 ENGLISH SKILLS 2

11.30 MISSION POSSIBLE

13.30 BEAR GRYLLS
ADVENTURE CAMP

15.30 BEAR GRYLLS ADVENTURE CAMP





