



Survive & Thrive

**Leave the screens behind!
Light a fire.
Build something real.**

Survive and Thrive is a 3-hour forest-based experience where students step into nature, switch off from screens, and learn to work together in small teams. Reconnecting teenagers with themselves and the world around them, it is a space to unplug, breathe deeply, and build resilience within.

Finding strength through presence, not through performance.

Survive and Thrive is designed to draw out personal inner strengths, helping them to navigate today's social challenges with confidence and smart choices.



What Students will do

This isn't just another outdoor activity. It's a space where young people can slow down, breathe deeply, and discover themselves through real nature play.

They will:

- ✓ Build a group shelter (cooperation + creativity)
- ✓ Learn to light and manage a fire (focus + confidence)
- ✓ Sit, share, and connect around the campfire (organic chats + real reflection)

Instructors don't just instruct – they highlight ideas, celebrate effort, and draw out confidence from within. Students leave having achieved something real and personal.

**'It's not just about building a shelter or starting a fire.
It's about the chats and experiences in the quiet
moments around the fire or under the shelter'.**



Comfort and Convenience for your visit

Led by experienced, outdoor first-aid-trained instructors, this programme includes a welcome and safety briefing.

The site-specific forest is suitable for shelter building and is a short walk from the car park. Toilets and an ample car park for easy bus access.



For Bookings or Enquiries:
Website : www.branchout.ie
Email: info@branchout.ie



Survive & Thrive

An Experience for Every Class: Revisit Year After Year!

- **1st Years:** A perfect icebreaker for students to get to know each other and build lasting friendships.
- **2nd Years:** A fantastic way to enhance Social, Personal, and Health Education (SPHE) through fun, engaging outdoor activities.
- **3rd Years:** Focused time for setting goals and building momentum for the year ahead, helping students to prepare mentally.
- **Transition Year:** A transformative experience that supports personal growth, teamwork, and self-discovery in this important year.
- **5th Years:** A unique opportunity to focus and set goals for the Leaving Cert, keeping students motivated and grounded.
- **6th Years:** A much-needed de-stressing experience before the pressures of final exams, offering relaxation and rejuvenation.

No matter the year level or focus, every Survive and Thrive event is built to spark real personal growth and inner resilience.

For the Teachers

Learning outcomes for the students:

- **Well-being:** Promotes relaxation, stress reduction, and mindfulness, contributing to improved mental health.
- **Connection:** Fosters teamwork, enhances communication skills, nurtures empathy, and instills a strong sense of belonging among students.
- **Growth:** Encourages inner resilience, boosts confidence, and fuels motivation, empowering students to overcome challenges.
- **Nature Appreciation:** Deepens understanding of the benefits associated with outdoor environments, highlighting the importance of environmental stewardship.
- **Fun:** Provides a liberating experience that encourages laughter, creativity, and lasting memories.
- **Leave no Trace:** An introduction to the 7 principles.



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Survive & Thrive

Price

€39.00 per student

Includes:

Use of specialist equipment & fire pits
One instructor for up to 14 students
Biscuits & marshmallows for S'mores around the fire
Prize for the shelter building competition

Sample Programme

Larch Hill, Co. Dublin

10.30 am

Meet the instructors, programme introductions and safety brief.

10.40 am

Warm up games, start the campfire and build forest shelters.

12.30 pm

Enjoy the campfire and cook s'mores (students can enjoy their lunch at this time)

1.00 pm

Results of the shelter building competition and tidy up - opportunity to learn about "Leave no Trace" policy and leaving the forest as we found it

1.30 pm

Finish.

Group size

Branch Out can take groups of up to 90 students. Please contact us directly if you have a larger group size.

How to book

Book directly online at www.branchout.ie/book-online

- Choose your activity
- See available dates instantly
- Complete the booking form and pay your deposit
(Contact us to pay via an alternative method or P.O.)
- You will receive a booking confirmation and a What to Wear PDF
- Ten days before your trip, we will ask you to confirm your final numbers

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