



OUTDOOR EXPLORE

Bush Adventure

Youth Personal Development Program

What is Outdoor Explore?

Outdoor Explore (OE) is an evidence-informed, youth development program based in the Blue Mountains. The program uses nature and the experience of adventure in a group setting to achieve a range of bio-psycho-social outcomes.

OE offers a variety of adventurous activities for young people to try. OE facilitators consider individual experience, abilities and goals, as well as team objectives when selecting the venue and challenge difficulty, ensuring all adventures are safe and inclusive, creating beneficial experiences.



The program encourages young people to build new and positive stories of self and to uncover their own values to be used as a guiding tool towards a life that is self-fulfilling. Outdoor Explore supports young people to discover their own stretch zone – their optimal space where they grow best, and grounding strategies to manage strong emotions in significant moments.

While outdoor exploring, whether it's canoeing, rock-climbing, abseiling, bike-riding, or bushwalking, participants learn new skills that are transferable to everyday life.

For example, participants learn skills that help them to face their fears, assess risk safely, build confidence in self-advocacy and say 'NO' when feeling unsafe, solve problems, contribute to team achievements, lead a team and build healthy relationships, just to name a few!

In addition to the adventurous components, the program's facilitators work intentionally with participants to set goals, and reflect on their learnings through meaningful conversation and creative activities.

Outdoor Explore participants graduate with greater levels of physical and mental wellbeing, more confidence and self-efficacy, and a strong sense of connection and belonging to their team.

<https://myst.com.au/programs/outdoor-explore/>



For more information: Find us at www.myst.com.au, on Facebook and Instagram, or call 1300 00 MYST (6978).