

Good Practice

- ARA aims to promote a culture of professional leaders operating in the outdoor recreation industry, as well as to advance the education of the public in and through outdoor learning programmes for personal and social development opportunities.
- Outdoor recreation and adventure activities under the supervision of qualified ARA leaders is presented with a sound ethical and safety conscious approach at all times to provide the learners visiting ARA accredited outdoor activity centres with memorable reviewed experiences.
- Outdoor and adventure recreation leaders operate according to ARA's Code of Ethics and Code of Conduct in terms of safety standards, responsibilities to learners and to the profession.

- Many outdoor adventure recreation leaders and outdoor activity centres involved with ARA supported the content of this leaflet that is in line with international good practice.

What is Outdoor Recreation and Learning Programmes

It is the use of the great outdoors as your classroom and the selection of outdoor and adventure recreation activities in the programme which can be used as a medium to encourage personal and social development.

+ FUN

Activities can also be used to stimulate the concept of well being.

The experiences created during the outdoor recreation programme permit us to reflect on them. Only through words can we reach into the future, begin to establish some form of continuity and transfer, and connect the outdoor recreation experience to real life situations.

For learning from experience to take place there must be intellectual reconstruction, both at a metaphoric level and eventually at an articulate level.

**FOR MORE INFORMATION
VISIT THE WEBSITE OF ARA AT**

www.ara.org.za

Or contact :

Compiled by: ARA Advisory Panel 2006

OUTDOOR RECREATION

**lifelong learning
in the great outdoors**



what's out there for you?



Outdoor Activities

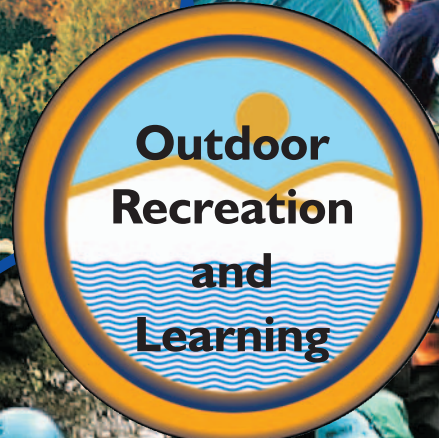
A wide range of outdoor activities are used in diverse setting within a framework of safety. Activities often take place in unfamiliar environments and are chosen by the programme planner to be adventurous and challenging

ACTIVITIES INCLUDE:

- Camping
- Hiking
- Orienteering
- Rock climbing /absailing
- Fufi slide
- Mountain biking
- Raft building
- Archery
- Horse riding
- Water activities
- Ropes Courses
- Recreational and team games etc.



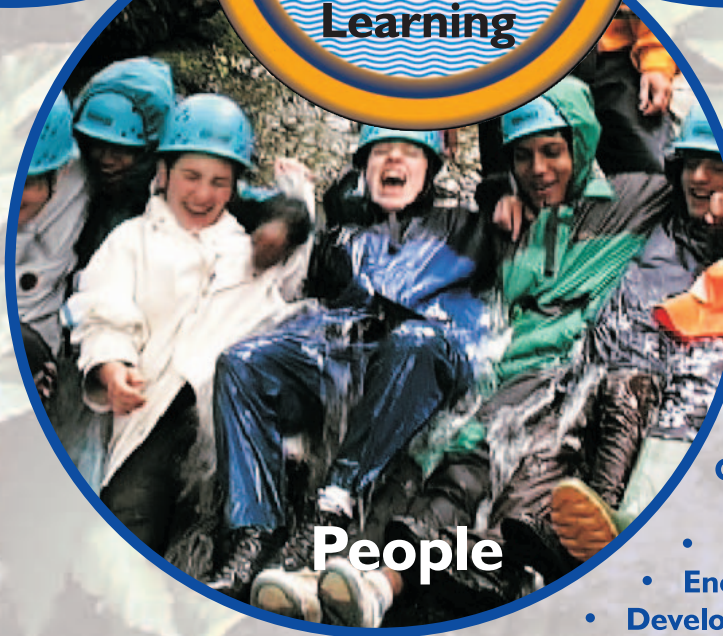
Activity



**Outdoor
Recreation
and
Learning**



Place



People

Environmental Awareness

Outdoor recreation and education provides direct contact with the natural world, encourages the development of informed values and opinions by:

- Learning about the natural environment
- Opportunities for environmental education
- Increased environmental awareness
- Direct experiences in the real world rather than the virtual world

Personal and Social Development

Working together in small groups in a wide range of outdoor settings provides ideal opportunities for personal and social development

The outdoors become the classroom and outdoor and adventure recreation activities the medium to create experiences for reflection

OUTCOMES

- Increase self confidence and self esteem
- Encourage cooperation with others
- Develop interpersonal skills and relations
- Promotes decision making, solutions, team work, group dynamics and development