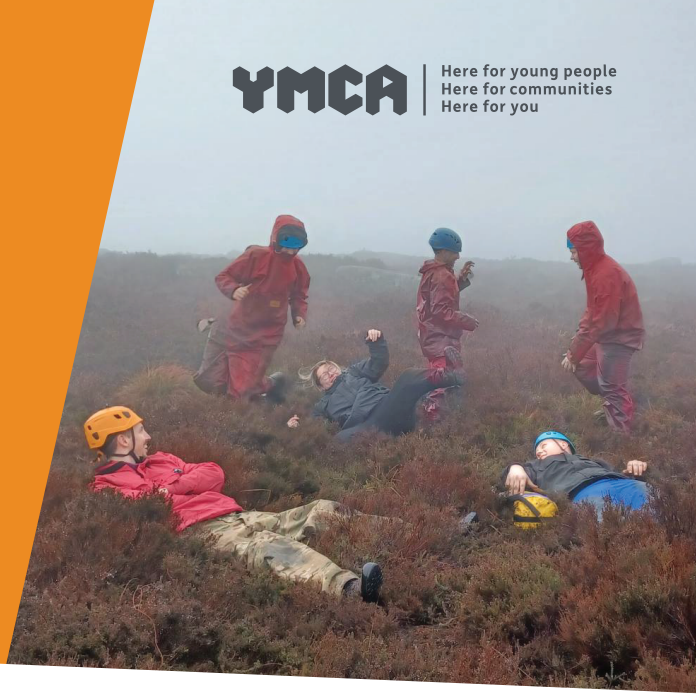
Outdoor Education Programme

A relationship-led outdoor programme building confidence, resilience and belonging through outdoor challenge

For schools that uses outdoor challenge to help young people grow in confidence, resilience, communication and teamwork. Delivered through The Zone Youth Project and underpinned by YMCA's Developmental Relationships Pathway, it is a structured, programme that builds wellbeing, belonging and engagement over time.

YMCA Here for young people Here for communities Here for you



What the programme offers

- Tailored 4-6 week outdoor programmes for small groups of up to 8 young people
- Outdoor challenge used to build confidence, resilience, communication and teamwork
- Relationship-led delivery underpinned by YMCA's Developmental Relationships Pathway
- Transport and equipment provided, with qualified staff and robust safeguarding
- A practical, school-ready programme designed around the needs of each cohort
- One-off assemblies or assemblies as part of a wider developmental package, creating an accessible first step into Outdoor Education.

Why it matters

- Helps young people feel more confident, connected and capable
- Supports belonging, positive behaviour and stronger relationships
- Broadens horizons through new places, new experiences and new possibilities.

How it works

1. A planning session helps young people build connection, shape the programme and set personal goals
2. Weekly outdoor sessions use challenge and reflection to develop confidence, teamwork and communication
3. Trusted adults provide clear structure, encouragement and opportunities for young people's voice

Harry's story

Harry is 17 and lives in YMCA Supported Housing. When he first joined Outdoor Education, he was quiet, withdrawn and found it hard to engage. Through relationship-led sessions, shared activities and the chance to help shape the day, Harry began to relax, open up and connect with others. Over time, he built confidence, communication skills and healthier routines.

"I didn't think I'd enjoy it, but it felt good to be listened to. I actually had a laugh and I'd do it again."
Harry

Small groups

Tailored for small groups of up to 8, helping each young person feel known, supported and able to take part.

Challenge with care

Outdoor experiences that stretch young people in a safe, structured and supportive way.

Progression over time

A term-based programme that builds confidence, relationships and wellbeing week by week.

Building confidence, resilience and belonging through outdoor challenges

Find out more about Outdoor Education
For commissioned programmes, taster days and targeted intervention cohorts.

0115 8371871
outdoor@nottsymca.org
thezoneyouthproject.co.uk