

MODULE REPORT

3. The Fear Factor



BASECAMP
ADVENTURE TRUST

INSPIRE • CHALLENGE • CELEBRATE

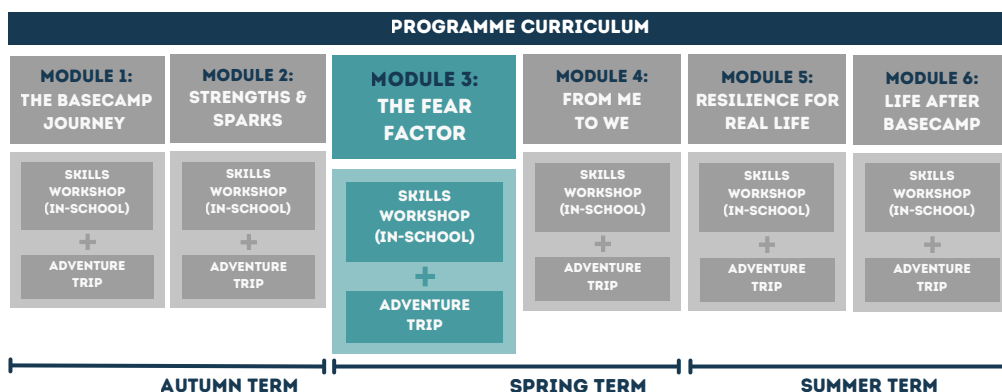


LOCATION: YHA Borrowdale, Lake District

ADVENTURES: Indoor climbing, night time abseil, mountain hiking, nature immersion and bushcraft

WHAT ARE THE AIMS OF THIS MODULE?

This module supports young people to understand how fear shows up in their lives and holds them back from positive and joyful experiences. Through activities and adventures which push them out of their comfort zone, young people learn how to face fears and deal with challenging circumstances with resilience and bravery.



SKILLS WORKSHOP

The skills workshop focused on the statement:

Feel the fear and do it anyway!

The workshop began by supporting young people to understand why we have fear as an emotion, and whilst it does keep us safe, it can also hold us back from positive experiences. Through different activities which explored how fear can 'trap' us, we considered what would happen in our lives if we listened to the voice of joy instead of fear. Afterwards, young people made fear monsters out of plasticine, to encourage young people to give their voice of fear a separate character, which helps them separate this emotion from their true thoughts and feelings.



ADVENTURE TRIP - WHAT DID WE GET UP TO?

PROGRAMME SPOTLIGHT - THE FEAR FACE OFF!

We're always looking to create new, fun ways to encourage young people to take part in our adventures and push themselves out of their comfort zone. This time we launched the 'Fear Face Off', a competition between the Huddles running throughout the trip, where every time a young person took on an extra challenge or faced a fear, they could earn points for their Huddle.

This created some fierce competition between the Huddles and built so much team spirit as young people encouraged each other to keep stretching themselves to be brave!



Day 1

Young people arrived at their third residential ready to face their fears at the climbing wall. They learnt how to belay each other at roped climbing, raced each other up the clip 'n climb, and took on extra challenges at the bouldering wall. As young people were cheered on by their peers as they climbed higher each time, they felt supported to stretch themselves out of their comfort zone, experiencing in reality what it means to face your fears.



In the evening young people took on one of the most daring adventures of the Basecamp Programme, a 25 metre abseil off a cliff in the dark! This activity embodies 'feel the fear and do it anyway', as young people had to face the challenge with self-belief and lower themselves off the edge. We were thrilled to have a record number of young people complete the abseil (with almost every young person clipping in too!), and they were so proud of themselves for taking on such an enormous feat.



ADVENTURE TRIP - WHAT DID WE GET UP TO?

Day 2

We deliver our adventure residentials to two cohorts of 30 young people across the week, and hosting our programmes in the Lake District in January means we can face completely different weather conditions every single day. We work with our outdoor providers to adapt our adventures so we can deliver the most impactful and safe day possible, which can mean the adventure looks quite different for each cohort.

COHORT 1

We woke up to wind and rain from Storm Chandra which meant a low-level walk was the safest activity option. We still wanted to give young people a challenge, so tasked them with the mission of walking all the way from Keswick to Borrowdale through the valley, and a 13k walk in storm conditions is no mean feat!



We were absolutely blown away (figuratively and literally!) by how young people approached this challenge. Not only did we see sheer grit and determination from young people, but also so many amazing moments of support and kindness as they picked each other up in moments of struggle. Shared experience provides young people with crucial moments of connection and belonging and their bonds grew so much across the day.



To match the high challenge we set for young people, we made sure to offer high support alongside, meeting the group along the way with flasks of hot chocolate and snacks to ensure that they felt cared for and looked after in tough conditions. Young people arrived back at the hostel to a huge cheers and hot buttered toast. What a success for a stormy day!

COHORT 2



Cohort 2 tackled one of our biggest adventures at Basecamp, the opportunity to summit three mountains in one day! The group headed out to first summit Catbells and for young people who have never hiked up a mountain before, it is such a huge challenge to navigate the rocky terrain, steep incline and scramble up to the top.



At the top of Catbells, young people had the option to choose whether to take on the extra challenge of also summitting the next two mountains along the hill. This challenge is designed to encourage young people to think about the opportunities in front of them and consider how the fear of failure and the fear of missing out shows up in their life. We were so proud that 15 young people chose to take on the extra two summits.



ADVENTURE TRIP - WHAT DID WE GET UP TO?

STANDOUT MOMENT!

When we first set off on the hike, Skyler initially really struggled, telling us there was no way she would ever get to the top. Her coach and friends encouraged her every step of the way, and Skyler was so proud to get to the top of the first mountain, even asking for a photo so she could tell her mum.

When young people got to decide whether to take on the three summit challenge, Skyler hesitated, unsure whether she could do it. She took a step back, looked at her surroundings and took a deep breath, before walking over to the summit group with her head held high, ready to take on the extra challenge! It was amazing to see how Skyler made this happen for herself, choosing to push herself even though she found it hard. When we got back to the hostel at the end of the day, Skyler told us:

"I CAN'T BELIEVE I DID THAT, I'VE NEVER CLIMBED EVEN ONE MOUNTAIN BEFORE TODAY! I FEEL REALLY PROUD"



Day 3

After two big days of adventure, our final day focuses on immersing young people in the natural environment around them and reflecting on the experiences they have shared through three activities:



Nature Mandalas

Young people collected different natural materials in the forest, from pine cones to moss, to make circular patterns. This activity encourages young people to notice all the different colours, textures and materials found within nature which the fast-paced world they are used to never gives them time to see. It helps young people to connect with nature and feel more at home in this environment.



Firelighting and Outdoor Cooking

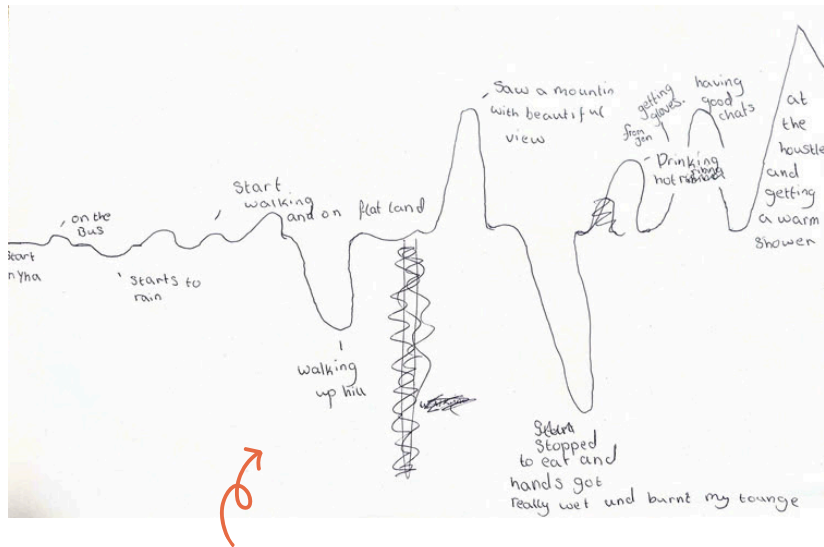
Young people learnt how to light fires using flint and steel and how to cook campfire bread over an open fire. It definitely put their patience to the test as they toasted the bread, adopting a 'slow and steady wins the race' mindset which is so crucial in the outdoors!



Mindfulness and Reflection

Young people took in the lakeside view and listened to a mindfulness script, which encouraged them to reflect on their experiences and achievements across the residential. They then modelled their proudest achievement using clay, giving them time and space to really think about all they have achieved as they created art.

HOW DID WE REFLECT IN HUDDLES?



Young people plotted the ups and downs of their day, to encourage them to recognise how they got themselves up to the high points and out of the low points

focus = I listened to the instructions when Dave was speaking about how to be safe on the ascent.

Determination = I will be determined to complete the hike.

I did honesty because I was honest about being a bit scared

I did positivity when I was trying to be positive while saying that I'll try to go down.

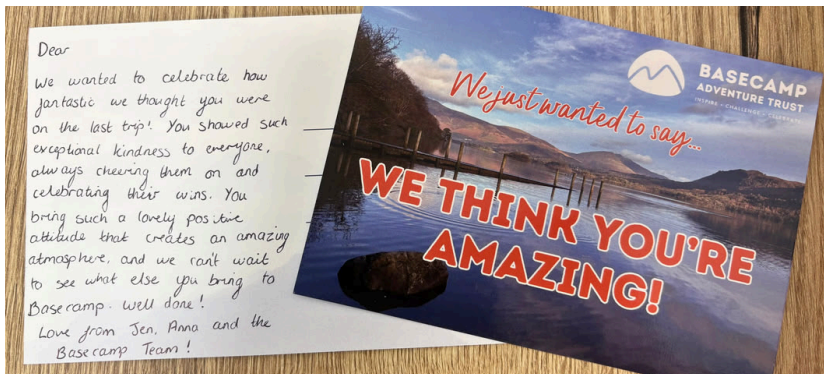
I did bravery when I went down the ascent.

Young people picked different adjectives that described their attitude and how they demonstrated the skill throughout each adventure

WHAT HAVE PEOPLE SAID ABOUT THE TRIP?

"BASECAMP IS SO DIFFERENT TO SCHOOL. AT BASECAMP I FEEL FREE"

- ISA, 13



"I WANT IT TO SNOW LOADS TOMORROW SO WE CAN STAY FOR LONGER"

- AIMEE, 13



"THANK YOU FOR SUCH A GREAT FIRST RESIDENTIAL AND WELCOMING ME SO WARMLY! IF YOU MAKE THE KIDS FEEL ANYTHING LIKE HOW I FELT ON RESIDENTIAL THEN I CAN UNDERSTAND WHY THEY GIVE BASECAMP SUCH HIGH PRAISE!"

- MAIA, BASECAMP VOLUNTEER

After every trip, Basecamp Coaches write feedback about every child which gets sent to their School Coach, to bridge the gap between successes at Basecamp and School. On the trip, Freddie told us:

"AT SCHOOL I FEEL LIKE NO ONE WANTS TO LISTEN TO ME, BUT WHEN I HEARD THE FEEDBACK THAT BASECAMP HAD WRITTEN ABOUT ME I COULDN'T BELIEVE THAT PEOPLE THOUGHT POSITIVE STUFF ABOUT ME".

After this trip, his coach Bex wrote:

"FREDDIE SHOWED SIGNIFICANT EMOTIONAL GROWTH BY REFLECTING ON HIS SENSE OF BELONGING, SAYING THAT HE FELT VALUED BY THE BASECAMP STAFF AND HOW HE TRULY APPRECIATES BEING PART OF BASECAMP. HE CHOSE 'PATIENCE' AS HIS PERSONAL INTENTION FOR THE TRIP, AND EVEN THROUGH A DIFFICULT 13KM WALK IN HARSH WIND AND RAIN WHERE HIS ABILITY TO MAINTAIN A POSITIVE OUTLOOK AND SMILE THROUGH THE CHALLENGE, EARNED HIM THE BASE AWARD".

CASE STUDY - RYAN

Ryan lives in one of the most deprived estates in Leeds, and when he looks out of his bedroom window all he sees is concrete blocks of flats, glass on the street and little green space. The natural green spaces and sheer beauty of the Lake District seems a world away from the environment Ryan lives his day to day life in.

When Ryan was given the opportunity to summit three mountains in one day, he jumped at the chance to spend more time outdoors and was excited by the possibility of pushing himself to achieve a challenge that is truly remarkable. As we walked up the hill, Ryan loved looking at the different rocks and was so surprised by the snow as we climbed higher. As we talked about what life is like for Ryan, he said:

“WHEN I WAS WALKING HOME THE OTHER DAY, ALL I COULD HEAR WAS SCREAMING AND SHOUTING ON MY STREET, THERE WAS ABOUT 30 PEOPLE HAVING AN ARGUMENT. IT’S JUST SO DIFFERENT TO BEING HERE, WHERE IT’S QUIET AND STILL.”

When Ryan got to the top of the third mountain he stopped to do a 360 spin and take in the view, and simply couldn’t hide the huge smile on his face, telling us:

“I CAN’T BELIEVE HOW FAR YOU CAN SEE, THERE’S MOUNTAINS ALL THE WAY OVER THERE! IT’S JUST NOTHING LIKE LEEDS IS IT?”

