



Bespoke events

Bringing the adventure to you

Benefits of adventure

Omega adventures are all about kids getting outside, active and learning. That's why we include so many educational activities designed to develop young people's life skills such as; communication, teamwork, leadership, inclusion, independence, confidence, problem-solving and feelings management.

The Omega team aspire to inspire people of all ages to get involved with activities that improve health and well-being. It has long been known that physical activity improves mood and builds confidence, being in an outdoor environment has been shown to exhibit these same positive outcomes as well as being a great stress reliever.



Kayaking

- Build confidence on the water.
- Learn how to move a kayak with different paddle strokes.
- Improve your paddling skills.
- Fun sessions.
- Wet games.
- 1 & 2 star courses.



Climbing

- The mobile Climbing wall gives children a fantastic opportunity to:
 - Increase strength, endurance and flexibility.
 - Improve hand, feet and eye coordination.
 - Develop problem solving, planning and decision making abilities.
 - Plus it's great for stress relief!





Archery

No suckers here, learn to shoot like a real Robin hood!

- Improve your accuracy and consistency
- Team up to score points or build an archery pizza.

(Real Archery for 7+ Soft Archery can be arranged for children 5-7)



Body Zorbing

A great addition to any event, get bouncing and get smiling!

Games we love:

- Sumo
- Protect the president
- Football
- Bull-dog

(Under 15's only)





Bush craft

Let's take education outdoors!

- Fire lighting
- Den building
- Water filtration
- Knife skills
- Life skills
- Team work
- Communication
- Planning
- Divergent thinking





Our Ethos

Running alongside the physical and mental benefits of camp, we have a wonderful opportunity to influence young people in a positive way. Outdoor instructors around the world are looked up to, children everywhere hold activity instructors as brave role models and would love to be more like them. Many camps don't eat junk or drink fizzy drinks on site for this reason and at Omega, our team would like to take that a step further.

Our ethos is "Leave it better than you found it", we believe that "leave it as you found it" is the least we can do and strive for better. We endeavor to be as eco-friendly as possible, so we re-use, re-purpose and recycle whatever we can. You can be a part of this in our Arts-cycle sessions! Our environmental arts and crafts projects are designed to get young people thinking about the "throw away culture" and use imaginative ways to make eco-changes through up-cycling.



Arts-Cycle

"Leave it better than you found it"

- Re-use
- Re-purpose
- Re-cycle

Environmental arts sessions to get everyone excited about re-cycling!



Rocket build

- Learn the science behind bottle rockets
- Re-purpose a plastic bottle and design your own rocket
- Prepare to get wet and fire your rocket
- Test your rocket with distance and height challenges





Sensory Trail

Don't take your 5 senses for granted

Develop your communication, team work and planning skills with our sensory games!



Problem solving

A series of mind challenges to develop:

- Team work
- Communication
- Life skills
- Divergent thinking
- Managing feelings
- Planning





Bespoke Adventures

Let us help you organise an event to remember!

We'll theme your day to suit you, whether you're looking for a competitive, team building or fun day, we'll incorporate your objectives to make it the best it can be.

Visit omegaoutdooradventure.co.uk for more details or call us on 07956860099 to plan your event today!

Price plan

- **For Scouts/Guides/Youth clubs**
- **Short day**
- 1:30 hours
- Up to 2 activities
- £8pp
- **Half day**
- 3 hours
- Choose up to 3 activities
- £15pp
- **Full day**
- 5-6 hours with a lunch break
- Choose 4 activities
- £30pp

