

Title of the activity: Rafting

For who: 16+

Duration: depends of river and chosen route

Number of players: 4-10/boat

Place: Outside

Characteristic:

- Adventure
- Fun
- Team building

Type of activity: Adventure

Educational interest:

- It is a great activity for team building and physical exercise

Materials:

- Swimming suit
- Towel
- Drinking water

What is about?

Rafting is recreational outdoor activity which uses an inflatable raft to navigate a river. It is considered an adventure/extreme sport, as it may be dangerous, but with an instructor and the adequate equipment it is safe and you can have fun and enjoy the ride!

Goal: To work in team, have fun, feel the adventure and make some physical exercise

Method:

1. Find out an organisation or company that is organising rafting trips in your region, tell your friends about it and organize a day to go to rafting.
2. Check the transport options, as usually the rafting is in the rural area, a bit far from cities. You can also check if the organisers can offer transportation.
3. Make a reservation.
4. In the day you have reservation take with you a swimming suit and a towel and don't forget the water, it can be a tiring and you don't want to be dehydrated. You can take your bottle of water in the boat.
5. As you reach the starting point you will have to change in the swimming suit and equip with the neoprene suit that the instructors give to you. You will also have to wear a protection helmet and a life vest. After that, the instructor will explain what you have to do and what you are not allowed to.
6. Now is the time to go with the flow and paddle! ☺
7. And as I told you to take a towel, now is the part that you use it, because the ride is finish and you are all wet and you have to take your clothes on.

