ADVENTURE EDUCATION PROGRAM
MINNESOTA STATE UNIVERSITY; MANKATO
About Us:
The Adventure Education Program (AEP) operates within the Department of Educational Leadership at Minnesota State University, Mankato. The AEP began operations in 1985 and has continued to bring educational experiences to life through team-building and leadership development. The AEP’s programming is unique. Facilitators are graduate students working toward a master’s degree in Experiential Education. They apply experience, skills and newly acquired knowledge to develop and present events specifically designed to meet your group’s needs.

Design Your Event:
We can design your event to fit with your group’s needs and desired outcomes. Contact us, and together we can help you choose options to create a unique event for your group!

Costs:
Program costs vary depending on number of participants, program length and location. Contact us for specific pricing.
Choose Your Event Length:
The AEP is able to provide various lengths of programming that will meet the goals of your group. To maximize the amount of growth within your group, we recommend multi-day events or events of longer periods of time. This allows for participants to become comfortable, invested and continue building on initial values of your group.

HALF DAY (4-5 HOURS)
In our half-day event, we focus the programming on the goals and needs of your group. Activities may include get-to-know-you games, icebreaker games, group initiatives and more. We lead discussions after activities through reflecting on both individual and group dynamics. *

FULL DAY (6-8 HOURS)
Full-day events allow our facilitators to work through a full progression of activities comprised of both individual and group work. These events allow for more interaction, which gives a greater opportunity for growth. *

MULTI DAY
When your group comes back for more than one event, we are able to progress through a complete series of activities and create a greater understanding of individual and group needs. By extending the amount of time with us, learning and growth are more likely to have a lasting impact on the lives of our participants. *

*Adding the **High Ropes Course** component to an event splits the time in half so both **Foundation** activities and High Ropes Course events can be completed within the group’s goals and event length.
To get the most out of our events, it is important to understand the value of a strong foundation. Just as a home must have a solid base, so must every AEP event, beginning with groundwork. The foundation is the beginning stage of a progression of events that can assist your group toward growth through experience, encouragement and challenge.

It is the facilitator’s goal to guide individual and group growth to a greater level of awareness and comprehension. During the foundation stages of programming, we place the focus on the building blocks of successful group work. We often stay at ground level to complete various challenges that encourage participants to think creatively and continue developing critical thinking skills. The idea of choice is a significantly important concept throughout our events, allowing participants to choose their level of involvement. Activities can stand alone or be mixed with other programming to maximize participant learning potential.

DESIRED OUTCOMES

- Effective communication
- Confidence
- Trust
- Problem solving
- Relationship building
- Collaboration
- Group vision
- Self-esteem
- Self-awareness
The Adventure Education Program works with professional and organizational groups to create opportunities to refresh, inspire and provide insight through a focus on individual and group goals specific to you. Facilitators lead participants through a reflective discussion that analyzes application to various aspects of each individual’s work, home and personal life.

POTENTIAL EVENTS

Unifying Vision
Unity is an important element of success. Having shared experiences within your group assists in cohesiveness and offers opportunity for additional reflection after the event.

Leadership & Followership
Understanding how we lead and how we follow is essential to group function in the workplace, which can impact the organization as a whole. Awareness of these two fundamentals can contribute to positive change.

Productivity Increase
By focusing on how tasks are completed, your group can improve efficiency and effectiveness. With the groups’ own analysis of activities, your group will be able to identify concepts that can be implemented in the organization.

Individual and Group Communication
Communication within an organization takes many forms. By investigating techniques of communication, both verbal and non-verbal, your group can discover new ways to express themselves that can build toward future achievements.
This component is a pinnacle of an intentionally designed progression of activities used to complement our Foundation program. The AEP staff has worked with participants of all ages and abilities.

The AEP High Ropes Course is made of steel poles that are 40 feet tall, consisting of eight elements that have participants challenging themselves at up to 38 feet in the air. Many options are available for your group to stay engaged while assisting the climbers in achieving their goals.

**SKILLS FOR SUCCESS**

**Challenge & Trust**
Facing challenging situations as a group and building trust can increase your ability to achieve goals. In overcoming challenges, opportunities exist to see your triumph and celebrate success.

**Personal Achievement**
Everyone has varying life experiences and comfort levels. For this reason, our participants are encouraged to discover how their choices inspire personal growth and impact the group as a whole.

**Communication**
Through investigation of verbal and non-verbal techniques of communication, your group can discover new ways to express key concepts that can build on future achievements.
Location Options:

**OFFSITE**
We can bring the activities, games and props for our events to you! All we need is space (i.e. hotel, school, large gymnasium, class room, parking lot, or any open area) providing us with the appropriate area for activities.
*Note: the High Ropes Course is only available on the Minnesota State University, Mankato campus.

**ONSITE**

**Ropes Course Area on the Minnesota State Mankato Campus**
Our outdoor space offers an area for your group to achieve goals and provides certain activities only available at our site, such as the High Ropes Course and climbing wall.

**Indoor Campus Facilities**
The AEP has the ability to use facilities on the University campus for program delivery. If this option is desired, please let us know as soon as possible, so we can make appropriate reservations.
Contact Information:

THE ADVENTURE EDUCATION PROGRAM
Office of Campus Recreation
135 Myers Field House
Mankato, MN 56001
Scheduling: (507)389-5435
Email: AEP@MNSU.edu
Web: www.mnsu.edu/adventure/

Twitter: @MNSUclimbing
Facebook: www.facebook.com/mnsuadventure

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