



ATLANTIC ADVENTURE EXPERIENCE (AAE)

AAE1: 12TH-19TH JULY 2025 | AGES 15 - 17 YEARS OLD

AAE2: 2ND-9TH AUGUST 2025 | AGES 12 - 15 YEARS OLD



EXPERIENCE

UWC Atlantic
St Donat's Castle
Llantwit Major,
Wales, UK
CF61 1WF

Embrace an unforgettable experience that resembles the UWC Atlantic adventures of today. The Atlantic Adventure Experience (AAE) will take you on a journey that promises to challenge and excite you along with other like-minded young people this summer.



Jess Moon Bowen
AAE Programme Coordinator



Katie Lloyd,
AAE Lead Instructor

Connect with new people, develop new skills, and push yourself beyond your comfort zone – that's the essence of AAE. The great outdoors provides the ideal setting to discover your strengths and weaknesses, recognize those of others, and collaborate to overcome challenges.

With guidance from experienced and certified instructors, you'll develop both physical and mental skills as you engage in a range of outdoor activities set in the stunning landscapes of South Wales. Whether you're navigating sea caves or tackling rock climbs and scrambles, you'll work closely with your team, all while having a great time.

AAE also delves into the long-term benefits of outdoor experiences, offering additional opportunities to engage with nature and enhance your understanding of the value of leading an active, healthy lifestyle.

I have been participating in the summer camps since they began and each year changes because of the different people and backgrounds they bring with them.

This makes every activity unique and exciting and I really enjoy being a part of the fun and adventure.


AAE Participant



PROGRAMME COMPONENTS

Through facilitated outdoor activities, insightful discussions and evening activities, you will be invited to explore and challenge your own limits. The programme will focus on:

1. What makes a great leader great and how can we harness our leadership potential
2. Enhance practical problem solving that transfers to daily challenges
3. Resilience building for a changing world
4. Understanding failure and determination
5. How to communicate simply and effectively
6. Explore compassion and empathy in a team setting
7. Discovery of wild places and their benefits

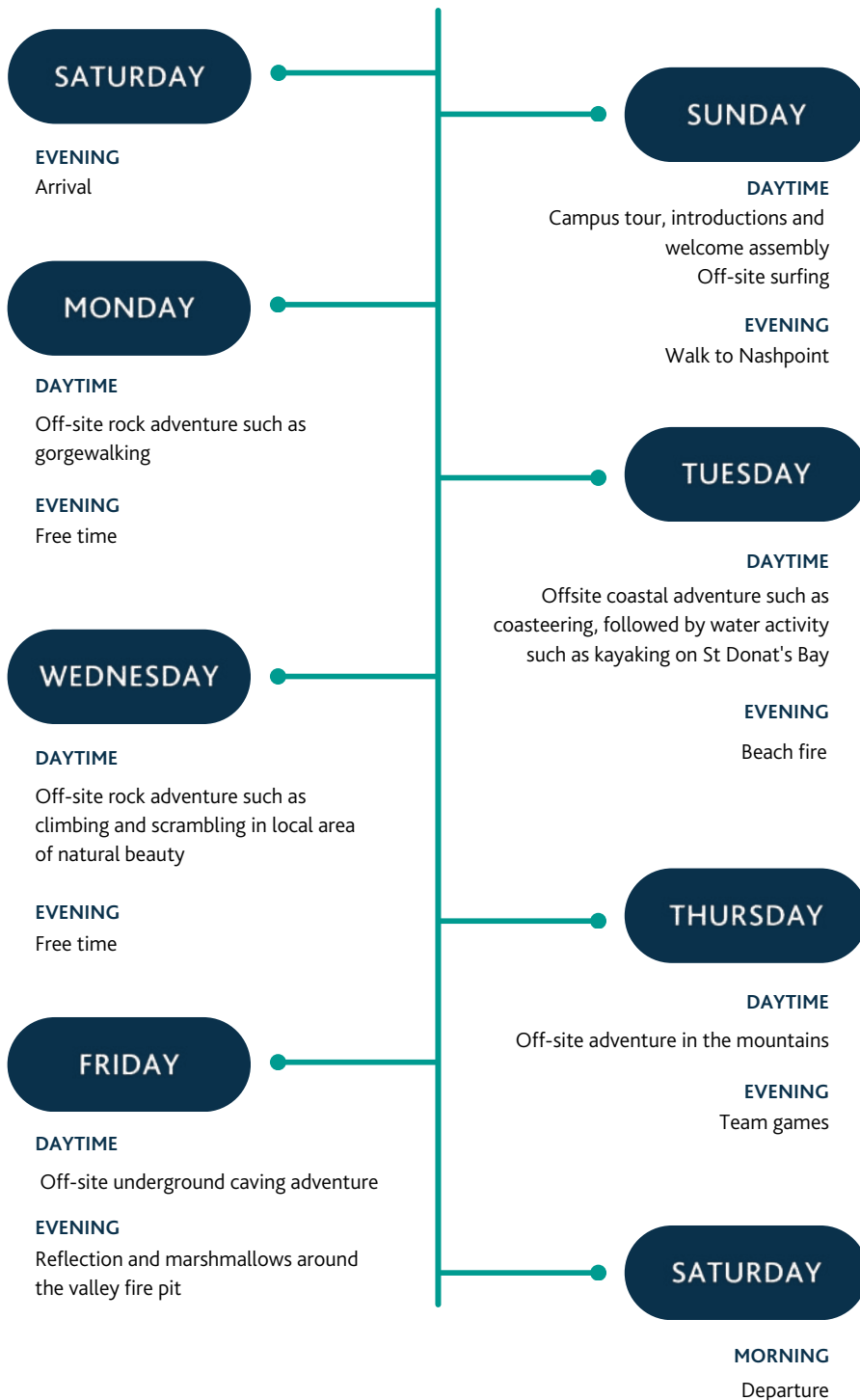


I would like to say a HUGE thank you to you all - my daughter had the BEST time and has not stopped talking about it since - what a fantastic experience! She loved all the activities, felt very supported, she made loads of friends and the whole experience has been great for her confidence.

Parent

SAMPLE PROGRAMME

The sample programme is provided to give an overview of the types of activities included and may change based on group abilities, weather conditions and tides, to provide participants with the best experience possible.



ADVENTURE IN ACTION

The greatest lessons are learnt from practice and reflection. You will have the chance to directly practice what you learn by taking a lead in shaping and co-facilitating sessions throughout the week.



DUKE OF EDINBURGH AWARD

AAE is a residential adventure programme and meets the Duke of Edinburgh residential outcomes and therefore counts towards your Gold Duke of Edinburgh award. Please ensure you highlight this on your application form so that the programme coordinator is aware before your arrival.

ABOUT US

The Atlantic Adventure Experience (AAE) is a residential course run by UWC Atlantic Experience - a team within UWC Atlantic dedicated to delivering exceptional summer programmes for young people.

The campus is based in the rural 12th-century St Donat's Castle in Wales and encompasses 122-acres of land including its own woodland, seafront, farm and valley. Sitting on the Glamorgan Heritage Coast, activities will take place close by, with some activities taking place in other areas of natural beauty in South Wales.



HEALTH, FITNESS AND WELLBEING

During your stay here, the days will be action-packed and full to the brim. This is why we have also designed time for reflection - guided by a facilitator - you will have the opportunity to reflect upon the days' activities, alone and together, to more deeply understand your own personal journey.

Free time is important and essential for rest and to take time to explore the wonderful surroundings. This time each day is critical to help participants process the learning and allow their bodies the physical time to recuperate.



We also know that adventure activities can be mentally challenging and our expert facilitators will be there every step of the way to ensure that the learning experience is always positive and well managed.

Whilst on campus, there are also opportunities to use our facilities which include indoor and outdoor swimming pools, gym and sports centre. Participants will be encouraged to access these during the mornings and afternoons to provide additional fitness and recreational activities.

BOARDING

ACCOMMODATION

You will all live together in an on-campus student house. The house has a total of twelve dormitories split between two levels and each room is made up of four per room. Accommodation is shared and is allocated in advance by age, with floor levels split by gender. The house has a kitchen and shared common room with a TV and Netflix for the short downtime period that is allocated in the programme.



All houses are located within the grounds of the College, with wonderful views of the sea and woodland, and are an easy walk to all facilities.

PASTORAL CARE

UWC Atlantic is committed to providing the highest standards of pastoral care including a dedicated overnight supervisor. For activities, participants are split into groups run by DBS checked and qualified outdoor practitioners working to best practices and activity ratios.

UWC Atlantic is a gated community and all visitors must check-in to reception on arrival and to ensure their safety, participants cannot leave campus outside of the group activities.

Participants can enjoy unchaperoned time on campus within clearly defined boundaries, which will be explained upon arrival. This means that during free time, participants can explore designated areas of the College campus, make new friends, and enjoy the communal and sports facilities available on site.



NUTRITION

There will be three nutritious meals per day – breakfast, lunch and dinner, and on-campus meals will be enjoyed in the spectacular Dining Hall, giving students the feeling of being in a real-life Harry Potter movie! On days where the group will be off campus, a packed lunch will be provided.

The house will also be equipped with supplies including coffees, teas, bread, jams, cereals, fruits and biscuits.

APPLYING TO AAE

APPLICATION CRITERIA

AAE is a 1-week residential programme aimed at 12-17 year olds. Two separate courses will run, split by age as follows:

- AAE1: 12th-19th July 2025, ages 15-17
- AAE2: 2nd-9th August 2025, ages 12-15

You must be within the age criteria for the course you are applying for, on the first day of the course. Applications are accepted on a first-to-apply basis.

No previous experience is required to apply, but you must be confident with physical activity and have a can do attitude to stepping outside of your comfort zone. The course is designed for young people with little to intermediate experience and as such may not be suitable if you are advanced in the activities included.

FEES

£1,350 GBP per person, including all programme fees, boarding, catering and Guard Me insurance. The fee is also inclusive of optional transfer to/from Heathrow Airport, with pick up and drop off at Terminal 5 only, within the time window and according to the conditions specified in the Course Pack. The fee does not include flights or assistance within the airport such as unaccompanied minor services with airlines, participant spending money, visa fees or travel costs outside of the transfers.

EARLY BIRD DISCOUNT

£100 GBP discount for repeat bookers

HOW TO APPLY

If you're interested in joining AAE, please complete the application form on our website here: www.uwcatlanticexperience.com/aae. If your application is approved, an invoice will be sent due for payment within 14 days. If you require a payment plan or to extend the payment deadline, please discuss this with us. Unfortunately, at this time we do not offer scholarships; please only apply if you can cover the full costs of the AAE programme.

The closing date for applications is 31st May 2025; however, we recommend booking as soon as possible as there are limited spaces for our summer programmes. Before you apply please ensure that you have read further information found in the course pack and terms and conditions documents on the website.

[>>> APPLY](#)



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