

Interactive Adventures
Rochester Institute of Technology
www.interactiveadventures.rit.edu

We are excited about your participation in this experience!

Interactive Adventures is an experiential based program that utilizes various activities to focus both groups and individuals on improving interpersonal and intrapersonal skills; challenging them to overcome perceived limitations, explore healthy risk-taking and enjoy the energy and synergy of positive interaction through participation in an adventure experience.

We believe in "challenge by choice". The emphasis is not on competition, but participants are encouraged in a supportive environment to meet challenges and discover new and increasing personal and group capabilities.

OUR GOALS ARE TO:

- Foster team spirit
- Enhance group communication skills
- Increase problem solving capabilities
- Promote group support, trust, and cooperation
- Explore risk-taking
- Instill personal self-confidence, motivation and empowerment

Please come prepared to be on/in the water. The first session will involve some out-of-the-water instruction but may also involve wet exercises, both in and out of your boat.

CONSIDER THE FOLLOWING:

- A lock for your locker
- Bating suit or other clothing appropriate for the water
- Nose plugs
- Personal items for showering
- Tie-backs for long hair
- Towel

Please consult our website with any questions or contact our office at 475-2628.