

Interactive Adventures  
Rochester Institute of Technology  
[www.interactiveadventures.rit.edu](http://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 for all weather possibilities. Rochester often provides us with changing conditions. The barn will shelter us from wind, snow and rain, but is not heated.

SOME THINGS TO CONSIDER:

- \* Eat before you come. Your body needs fuel to keep you going.
- \* Bring snacks if you like.
- \* Beverages (non-alcoholic) are encouraged - the barn has no running water.
- \* Wear loose fitting, comfortable clothing. Dress clothes, skirts, and large or dangling jewelry are not advised.
- \* Wear tennis shoes, sneakers, or flat comfortable shoes - no open toed shoes or sandals.
- \* If you are walking from campus, allow 10 minutes from the Student Union and 15 minutes from the dorms. The Red Barn is located just north of the Riverknoll apartments.

ADDITIONAL EXPECTATIONS:

- \* Please do not smoke in or around the barn.
- \* It is important that we begin as a group. Please arrive on time.
- \* Be prepared -- to have fun!!!