



# VENTURE SCOTLAND

## #CHANGING YOUNG LIVES

Outdoors

During Covid:  
face-to-face,  
blended or  
online



Up to  
**1**  
YEAR



Are you struggling to cope with life?

## DO YOU WANT TO CHANGE YOURSELF, YOUR LIFE, YOUR FUTURE?

If you are aged 16 to 30, then Venture Scotland is offering you a FREE personal development journey comprising 4 progressive programmes all based in the outdoors, that will help you improve your physical, mental and emotional wellbeing and achieve lasting change.



CHALLENGE



DISCOVER



EXPLORE



LEADERSHIP

## INTERESTED?

If you want to find out more yourself or to refer a young person you know, contact [admin@venturescotland.org.uk](mailto:admin@venturescotland.org.uk) message us through our Facebook page or call us for more information on 07535 164 285 (Edinburgh) 07534 189 043 (Glasgow).

Venture Scotland is a charity (SC012901) and a company limited by guarantee (216291).  
We are registered with the Adventure Activities Licensing Service and licensed to provide climbing, trekking and watersports. Offices 1 & 2, 4 Norton Park, Edinburgh EH7 5RS.

[www.venturescotland.org.uk](http://www.venturescotland.org.uk)