

For the Residential Project section you'll need a sense of adventure and discovery as you go on a team journey, expedition or exploration.

It will involve you undertaking a shared activity or specific course with people you don't know that will build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others. It's a big, exciting and very fulfilling experience that will leave you with a great sense of achievement.



"I was in seventh heaven

Koushik, India

#### **Example ideas**

There are many different opportunities for completing a Residential Project. Some suitable categories and examples are listed below. It is worth re-emphasising that the activity must be purposeful and not considered as a holiday.

## Personal training courses

- Residential language course
- Leadership training
- Skills development
- Ecology study course
- Youth camps
- Youth parliaments

## **Environment and conservation** projects

- Environmental clean up
- Volunteer work with national parks
- Research on habitats and ecosystems
- Restoration of buildings

#### Service to other people and communities

- Provision of facilities
- Construction projects
- Assisting as a leader at an annual camp for young people
- Working with overseas aid charity
- Working in a care home or hospital

# **Activity based**

- Outdoor adventure courses
- Sports coaching
- Sport skills development
- Crew member on a tall ship

