



WARRIORS
Academy

Specialists in personal and outdoor pursuit development

Gap Year Prospectus

Updated Oct 2021

Self Awareness - Self-Belief - Self Esteem

Daring - Doing - Understanding

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day to day obstacles in life."

John Amatt

Young people of today often deal with many different elements that leave them with no direction and a feeling of being unsure of what their next steps are. Our Warriors Academy, Gap Year experience, addresses this and provides students with a once in a lifetime experience to step out of their comfort zones and safely explore the world around them. Our program is centred around helping students gain the independence, emotional fitness and self-confidence needed to follow their passions and be successful. Our program utilises adventure, personal coaching, mentoring and the outdoors to make this all possible.

What is A Gap Year?

Many parents think a gap year is just an excuse to party and have fun. Although we love to have fun, this is not the case for our structured Gap Year program. To us, a gap year is a time-out from studies or a career taken by a student after school or studies. It can be many things for different people, but ultimately it is an investment in a person's future. A well-structured gap year program is an opportunity for a person to learn more about themselves, gain confidence, step out of their comfort zone and ultimately help them find their path, both personally and professionally.

From our experience at the Warriors Academy, the real benefit of a structured gap year is developing a student's emotional maturity and ability to adapt and deal with challenges. Our primary focus is on helping students develop their mental and emotional strength to cope with their studies, future career and life in general. We aim to help students take responsibility for their thoughts and actions in the hope of helping them to achieve their dreams.

What Makes The Warriors Academy Gap Year Program Unique?

The Warriors Academy program is accredited by the International Gap Year Association. The Academy has had over 450 students come through the program over the past 19 years. The Warriors program specifically focuses on experiential learning through adventure activities as well as personal mentoring and coaching.

We understand the connection between the physical, emotional and mental elements and tackle each of these with different activities and workshops during our Quests. We focus on health, happiness and taking responsibility for your emotions and actions. Many students who come through our program have struggled with low self-esteem, anxiety, no direction and more, and as a team, we work hard to bring them out of their shells and explore their potential. Our Self-Mastery workshop, which takes place during our first Quest, is key to unlocking this and getting the Warriors to open up, talk and get comfortable with their emotions.

Our program is not a walk in the park. It is challenging in every way and has been designed to push students out of their comfort zones, but we are always there to guide and mentor them along the way. We challenge them to be the best versions of themselves.

Our program is highly structured with little downtime. We are always on the move. As a team, we aim to provide students with a safe, free and loving environment that encourages them to rise to every challenge, no matter how difficult it may be.

How Is Our Program Structured?

Our Gap Year program is structured to include four 7-week seasonal Quests. Each Quest has its own set of adventure activities, soft skill workshops and personal mentoring sessions. These focus on equipping young adults with emotional intelligence, time, stress and conflict management, leadership, teamwork, problem-solving skills, and so much more.

In between each Quest, our Warriors usually return home for family visits. Many of our international and local students choose to stay with us during our breaks which can be arranged ahead of time.

Students can take part in any number of Quests depending on their schedules or studies. This provides more flexibility and allows those who cannot take a full gap year to still have an experience over a shorter period of time.

What Are The Activities Per Quest?

SUMMER QUEST

Adventure Activities:

- Abseiling
- Camp Craft
- Cliff Diving
- Cycle Safari
- Ebenezer Mile Swim
- Hiking - Serala And Kruger Park Hike
- Mountain Biking
- Cycle Workshop
- Triathlon Race
- The Art Of Gym
- Self-defence Course
- Conservation Education At The Endangered Species And Cheetah Project
- Kinyonga Reptile Centre Visit
- Meeting and Feeding Jessica The Hippo
- Moholoholo Animal Rehabilitation Centre Visit
- Nyani Culture Village Experience
- Fire-walking

Soft Skills:

- Self-Mastery Course - Focused On Emotional Intelligence and Fitness
- Community Service
- First Aid Level 1 Course
- Public Speaking Workshop
- Trauma/Tension Release Therapy (TRE) Session
- Career Guidance Workshop

AUTUMN QUEST

Adventure Activities:

- Beach Clean-Up
- Horse Riding In The Mountains
- Scuba Course In Mozambique at Ponta do Oura or Sodwana Bay
- Scuba Diving
- Free Diving
- Snorkeling
- Caving
- Mountain Biking
- Archery
- Mountain Biking Expedition Tour
- Hiking
- Dancing

Soft Skills:

- Ongoing Local Community Service Commitments
- Cooking Course
- One On One Personal Coaching Sessions With Rudi
- Leadership And Followership Skills
- An Introduction To Event Planning And Project Management
- Workshop On Strategic Thinking And Planning
- Massage Class With Glynnis
- Quantum Energy Coaching
- Quantum Logic Session With Dr Chris De Beer

WINTER QUEST

Adventure Activities:

- Ocean Sailing
- Adventure Racing
- Caving
- Zip Lining On Tree Tops And Gorge Swing
- Chain Ladder On Drakensberg Amphitheatre Trail
- Cradle Of Humankind
- Cycling And Cycle Expeditions
- Natal Sharks Board
- Ushaka Marine World Experience
- Warwick Triangle Tour
- Tugela Falls
- Visiting An Elephant Sanctuary
- Culture And Arts Festival
- Chimp Eden Visit
- Rhino Sanctuary Visit
- Drakensberg Mini Traverse Hike
- Rebounding And Lymphology
- Scadfall And Soweto Tour
- Iron Crown Trail Run
- Mankele Cycle Park
- The Big Swing - Graskop

Soft Skills:

- Basic Motor Mechanic Workshop
- Practical Application Of Photography / Film Skills In Marketing
- Leadership Development Courses
- Sexuality Education Program
- Ongoing Local Community Service Commitments
- Personal Branding Course
- Organic And Self-Sustainability Farm Visit
- Pilgrims Rest Museum Town
- Art / Painting Class

SPRING QUEST

Adventure Activities:

- Adventure Racing
- Wild Coast Hike
- Wine Tasting In Cape Town
- Bungee Jumping
- Rafting Training, Rafting Expedition - Orange River
- Table Mountain And Signal Hill Hike
- Sun City Experience
- Day And Night Navigation
- Shelter Construction
- Cliff Diving And Canyoning
- Skydiving - Tandem Jump
- Survival Courses
- Rock-Climbing

Soft Skills:

- Ongoing Local Community Service Commitments
- Introduction To Event Planning And Participation
- Camp Facilitation For The Underprivileged
- Presentation Skills Development
- Fund-Raisers



Proper
Preparation
Prevents
Poor
Performance

What Qualifications Do Students Receive?

During our Gap Year program, the Warriors will receive several qualifications that they can add to their CV's. These include:

- A deckhand sailing qualification
- Level 1 First Aid qualification
- A Level 5 Public Speaking Qualification
- Scuba Diving Qualification

They will also get certificates of completion for all activities and soft skill workshops. This includes survival, cooking, camp facilitation, the Warriors Adventure Challenge, quantum energy coaching, Intro to field guide training, basic dancing skills, river rafting completion, TRE (Trauma Release Exercise), bungee, big swing as well as a Quest completion certificate.

Why choose the Warriors Academy?

At the Warriors Academy, we are passionate about our Warriors' personal growth and development, and this comes across in everything that we do. So when you ask why choose us, the answer lies in the below:

- **Warriors Academy is accredited by the International Gap Year Association** - This means that we have passed rigorous health and safety standards and tests, giving you the peace of mind that you are dealing with a credible and professional organisation.
- **We have been around for a long time** - Warriors Academy has been successfully facilitating Gap Year programs for the last 19 years and has had over 450 students cross our paths, which is an impressive feat.
- **Warriors Academy is international and multicultural** - We have created an environment where you will be exposed to different people, experience different cultures and ways of life. This will give you a unique understanding of the world around you, help with international networking, and shape you into a global citizen with an open perspective on life.
- **Warriors Academy provides a comprehensive variety of training, activities, experiences and travel** - Our Warriors will be given the opportunity to travel and experience all that South Africa and its neighbouring countries have to offer. From kloofing, to hiking, to bungee jumping, we take our Warriors on an adventure of a lifetime. Each activity will be challenging both mentally and physically, but you will come out the other side stronger, more self-aware and confident.
- **All our programs are guided by Rudi Viljoen, an internationally renowned life coach and human behaviour specialist** - Throughout the program, our Warriors will be mentored and guided. They will be taught about self-mastery, emotional fitness, and how to deal with the challenges that life throws at them. We are focused on helping to develop independence and emotional maturity in our Warriors while giving them the skills needed to adapt and thrive in this fast-paced and challenging world.

- **Warriors Academy is ideal for school leavers** - Not sure what you want to do after school, you aren't alone. Join us on a journey of self-discovery. We incorporate career guidance into our program and ultimately help our Warriors find the right path for them.
- **The highly qualified staff at Warriors Academy** - Our team is passionate about the growth and development of young people. We have a qualified and certified well-rounded team that each has a specific set of strengths. They are all adventure specialists in their own right and ensure that all activities are managed safely. They are also there to provide our Warriors with support and guidance along the way and to encourage them to be the best they can be.
- **Once you become a Warrior, you become part of a family** - Your time at the Warriors Academy will be something that sticks with you for the rest of your life, not only the memories and the experience but the people as well. You will make life-long friends and will always be part of our extended Warriors family.

Warriors Academy, for the adventure of being alive!

Contact us

Rowena Viljoen

Gap Year Program Director

+27 83 737 2892

rowena@warriors.co.za

www.warriors.co.za

Rudi Viljoen

Founder and Coach

+27 82 802 0882

rudi@warriors.co.za

www.rudiviljoen.com



Warriors Academy Website: www.warriors.co.za
Founder Rudi website: www.rudiviljoen.com