

Introduction

Wild + Free is an inclusive adventure activity provider dedicated to delivering incredible outdoor adventure experiences along Donegal's wild and rugged south coast.



Wild and Free is a fully accredited activity provider with Irish Surfing, the National Governing body for Surfing in Ireland. We pride ourselves in operating to the highest standards of safety and coaching standards.

Our experienced team of former PE teachers, fully qualified Instructors, caterers and event managers have over 20 years industry experience and are here to work with you, offering bespoke programs to meet your school's needs.



What we offer

Surfing

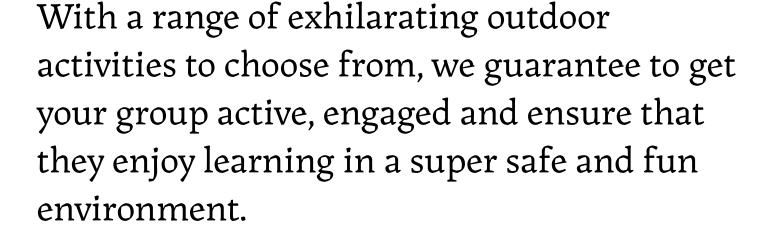


Stand Up Paddling



Hiking









Team bonding



Personal development



We specialise in encouraging class bonding and team building as well as crafting bespoke events to cater for TY programmes, spiritual retreats, residential, day and overnight class groups and well-being days.

Activities, workshops, accommodation and food can all be tailored to suit your needs. Wild + Free is an inclusive activity provider, catering for students with different needs.

Sample schedules

DAY SCHEDULE

09:00	Arrival
09:30	Setting the scene
10:00	Activities: Surfing Stand Up Paddling Hiking Raft Building Challenges Team Bonding Interactive Personal Development Workshop
13:00	Wholesome lunch
14:00	Interactive workshop
15:30	Photo slideshow, reflection and evaluation
15:45	Departure



RESIDENTIAL SCHEDULE

09:00	Arrival
09:30	Briefing
10:00	Activity 1
13:00	Wholesome lunch
14:30	Activity 2
17:30	Delicious dinner
19:00	Workshop 1
20:15	Slideshow of the day
20:30	Downtime
21:30	Super supper
22:30	Bedtime
08:30	Breakfast
09:30	Thought for the day
10:30	Activity 3
13:00	Lovely lunch
14:00	Workshop 2, Photo Slideshow, Reflection & Evaluation
15:45	Departure











Jono has run many outstanding activities for my school groups. The standard of excellence & professional coaching are always at the heart of his incredible insightful teaching, creating experiences that my students say they will never forget.

Teacher

Blackrock College, Dublin



Exceptional service! Our group of teens progressed and achieved so much over the two days. Jono's coaching ability & experience really stands out, tweaking the sessions to match the changing conditions and our group's ability and energy levels.

Youth Coordinator

Woodale Youth Justice Project



What a fantastic experience!
Activities were carefully designed to meet our group's level of fitness and competence, and they were professionally implemented under Jono's watchful eye. Highly recommend!

Group Leader



It was a super experience, great craic and also very peaceful. You just rock up and Jono takes care of everything! From beginners to those more advanced, he makes sure everyone enjoys themselves. We highly recommend Wild + Free adventure co!

Parent

Donegal



