

YOUTH PROGRAMS



VERITAS LIFE ADVENTURES

**CHRIST CENTERED,
BALANCE ORIENTED
...CHANGED LIVES.**



VERITAS LIFE ADVENTURES
PO BOX 172454
ARLINGTON, TX 76003

OUR MISSION

Provide youth (ages 15-18) with an atypical, holistic experience that rejuvenates and reawakens the mystery and joy that comes from seeing and experiencing God.

OUR VISION

Educate participants to develop:

- Strong physical conditioning habits/practices through varied outdoor activities such as hiking, team sports, yoga, rock climbing, etc...
- A balanced, nutritional lifestyle, focusing on portion size, essential vitamins & minerals, and all-natural buying/cooking
- Rejuvenated spiritual, intellectual, emotional states of all those participating and searching for the truth in life

For more information, or to make a donation, visit our website:

VERITASLIFEADVENTURES.COM

LIFE IS AN ADVENTURE, BUT...

VERITAS LIFE ADVENTURES creates trials & adventures for fellow travelers to find, embrace, and apply truth to enrich one's life adventures to its greatest capacity through these progressive programs:

THE AWAKENING

(BASIC, IN-HOME & SURROUNDING STATES)

- Basic portion, nutrition, & cooking practices
- A light exercise program (yoga, hiking, cardio)
- Introduction conversations with each participant
- 5-7 day trip in various locations

THE FORGING

(INTERMEDIATE, CONTINENTAL U.S.)

- Participants show competence in healthy eating & cooking
- Intermediate-level exercise programs (yoga, long-distance hiking/backpacking, strenuous activities [rock climbing, white water rafting, etc.] and advanced total-body strengthening)
- In-depth personal analysis of emotional & spiritual growth since Awakening Trip
- Week-long trip ranging in location across U.S.

THE CONQUERING

(ADVANCED, INTERNATIONAL)

Emphasis on international travel. Programs and advanced activities will be hired out to local professional businesses and guides. Participants will:

- Create & prepare daily menu of healthy meals
- Design & lead daily routines incorporating a balanced blend of exercise types and advanced outdoor activities (i.e. zip-lining through Costa Rica rainforest)
- Develop plans, goals and accountability measures for post-program introspection of beliefs & ideals
- 10-day trip focusing on implementing individual leadership abilities.



PROGRAM FEATURES

- VLA C.I.A. point system
- Local activities and volunteer projects
- 3 major adventure trips each year
- New recipes
- Work-out videos
- Podcasts
- Suggested reading
- Articles
- Yearly evaluation portfolios and interview

And much more!

REQUIREMENTS

AGES 15-18

Applicants must show:

- Willingness to invest the time and determination to commit to a year-long program
- Availability to work out at least 30 minutes a day
- Ability and openness to travel to new places, experience new cultures, and try new things



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