

QUEST *Africa*



LifeCamp



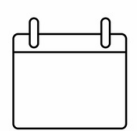


LifeCamp

Embark on a transformative journey pre-university

Enhance your skills and unlock your potential on this unique African adventure.

Join us for an action-packed **8-week Quest Africa LifeCamp**. This programme is designed to empower school leavers from around the world, to equip them to tackle the challenges and seize the opportunities of university and life.



DATES 2025: 10 June-5 August 2025
October-December, 2025
January-February, 2026



LOCATION: La Rochelle Country House,
Penhalonga, Zimbabwe



Fees : US\$5900



Should you consider a Quest Africa LifeCamp?

Immerse yourself in a wilderness learning adventure

- Hike through breathtaking landscapes, mountains, forests, and game reserves.
- Embark on exhilarating kayaking and abseiling expeditions in and around Nyanga and the Chimanimani mountains.
- Experience the thrill of big-game in the wilderness of Gonarhezou National Park.

Develop essential life skills for university or your first job

- Sharpen your critical thinking and problem-solving abilities.
- Understand more about your strengths and weaknesses through the Enneagram and effective journaling.
- Teamwork, perseverance, and self-discipline.
- Master effective time-management and self-motivation strategies
- Learn how to communicate effectively.
- Learn about personal finance, budgeting and cashflow.
- Explore Artificial Intelligence and the future of work.

Gain valuable work experience in the environment, agriculture and hospitality sectors

- Contribute to the operations of a working country lodge and spa.
- Learn from agriculture, environment and hospitality industry experts and business leaders.
- Develop a strong work ethic and professional demeanour.

LifeCamp skills

Collaboration

The ability to work effectively with others, share ideas and contribute to group projects is essential for success in both academic and professional settings.

Emotional intelligence

The ability to understand and manage one's own emotions, as well as those of others, is crucial for building healthy relationships and navigating social situations effectively.

Resilience

The ability to bounce back from setbacks, overcome challenges, and maintain a positive outlook is essential for coping with the stresses of university life and beyond.

Critical thinking

The ability to analyse information, evaluate arguments and form independent judgments is essential in life.

Problem-solving

The ability to identify problems, generate creative and innovative solutions and implement effective strategies.

Effective Communication

Communication skills, including both verbal and written proficiency, are essential for building relationships, collaborating with others, and expressing ideas clearly.

Time management

The ability to prioritise tasks, manage deadlines, and make efficient use of time.

Self-motivation

The ability to set goals, take initiative, and persist in the face of setbacks.

Adaptability

The ability to adjust to change, learn new things, and embrace challenges is crucial for navigating the ever-changing world of higher education and the workplace.

a journey of **exploration**

INSPIRATION
self-discovery



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