**What is T.R.A.I.L.?**

T.R.A.I.L. stands for “Teaching Respectable Aspects In Life”. The program is composed of group initiative games, trust events, communication hikes, and much more. Some activities involve a group challenge, while others develop individual skills and agility. Participants climb, balance, jump, hike, and devise solutions to a variety of problems. As a noncompetitive program, T.R.A.I.L. permits every participant to be a winner. The group activities are ideal for enhancing the leadership and teamwork of individuals, and activities challenging individuals can be used to bolster self-esteem and promote personal growth.

**Objectives of T.R.A.I.L.**

The T.R.A.I.L. program is designed to enhance the outdoor experience and to promote respectable values and objectives among its participants with fun and challenging activities. The events and activities of T.R.A.I.L. are not designed to be competitive or a race against time, but rather are intended to encourage participants to do their best. T.R.A.I.L. emphasizes building self-esteem, developing leadership, and working as a team to accomplish tasks, and it provides opportunities for every participant to succeed as an individual and as a member of a group.

**Goals of T.R.A.I.L.**

1. **Communication** - encourages real learning of critical listening and discussion skills important for any group attempting to accomplish difficult tasks.
2. **Planning** – promotes participants to consider and/or develop goals for each activity and options for achieving those goals, utilizing the group’s strengths to devise and carry out a course of action. Nontraditional solutions that ore outside the box may apply.
3. **Teamwork -** is the key that allows a group to meet a T.R.A.I.L. challenge successfully. The T.R.A.I.L. experience makes it clear that each individual can accomplish more as a member of a team than by going at it alone.
4. **Trust –** occurs bycompleting tasks on a T.R.A.I.L. activity. Members develop trust in themselves as well as within a group dynamic.
5. **Leadership -** is given and assumed naturally, and it can be expressed in many ways. Team members attempting to solve problems on a T.R.A.I.L. activity have many opportunities to develop and exercise leadership skills.
6. **Decision Making** – is required by groups by developing one or more solutions to a problem, considering the available resources and alternatives, and evaluating the probable results.
7. **Problem Solving** - can challenge groups and individuals to develop solutions to engaging obstacles. Members can then test their solutions and evaluate the results.
8. **Self-Esteem** - the challenges of T.R.A.I.L. allows individuals and groups to develop self-esteem and encourages them to adopt challenging and attainable goals.