

## Unit 7. Social uses recreation and outdoors

### Adventure Park



Legend: *slide experience*  
source: <https://adventurepark.pt/>

### Description

Located in Lisbon, Jamor. Adventure Park is prepared to receive groups of all sizes. The tree climbing circuits are challenging and full of adrenaline. Adventure Park is the stage for unique activities and exciting team building experiences.

### Goals

Adventure and contact with nature.



Legend: *compass for a orientation experience*  
source: <https://adventurepark.pt/>

### Activities

- Arborism
- Slides,
- Tarzan jumping
- Orienteering
- canoeing
- laser combat

### Impact

- These type of activities are a very educational experience. Participants are responsible for managing their progression through the courses themselves.
- It presupposes contact with Nature and adrenaline in launching the challenge game by game.
- Overcoming because each participant at some point thinks or shares orally that “I thought I was not capable of doing this”. There are also several calls for developing self-confidence and self-awareness.



Legend: *arborism experience*  
source: <https://adventurepark.pt/>

### Website

- <https://adventurepark.pt/>

### Social Media

- <https://www.instagram.com/adventureparkportugal/>
- <https://www.facebook.com/AdventureParkPT>
- <https://www.linkedin.com/company/adventure-park-portugal/>
- [https://www.tripadvisor.com/Attraction\\_Review-g189158-d3869758-Reviews-Adventure\\_Park-Lisbon\\_Lisbon\\_District\\_Central\\_Portugal.html](https://www.tripadvisor.com/Attraction_Review-g189158-d3869758-Reviews-Adventure_Park-Lisbon_Lisbon_District_Central_Portugal.html)