

People & Places

# AAS IB Students Find a Treasure

By Dr. Warren Webster

High School Counselor

Anglo-American School of Sofia in Bulgaria



“When I was hanging on to the cold cliff, expecting to be dropped into the open space any second, I felt like a risk taker.” This was the comment for a reflection piece from Ilieva Vessy, a Grade 11 student, when asked to summarize our two day IB adventure activity.

Abseiling was only one of the trials. We hiked throughout the caves of Prohodna around Karlukovo here in Bulgaria. We rafted along the Iskar River, we biked, and did both rock climbing and rope jumping. All of this along with solving some team mental challenges to earn keys and pieces of a treasure map so that together all of us

could learn team building, overcome our fears, and prepare our students for the rigors of a full IB Diploma. Our first ever graduating class of ten seniors joined us on the second day for a full program of outdoor experiences.

In the words of another student, Ella Halmari, “The physical activities were perfect in the sense that not one of them pushed us to the degree that we were in physical discomfort, rather they challenged our mental comfort zones and encouraged us to work together to problem solve.” I think the photo in this case are worth more than the proverbial thousand words. ☺

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