



R.O.P.E.S. Program

Achieving Organizational Goals Through Experiential Learning

Located in Research Park at the University of Utah, the UNI R.O.P.E.S. Program serves the Salt Lake Valley and the surrounding community. As part of our services we offer team building and experiential group learning programs on our “R.O.P.E.S.” challenge course for youth groups, school groups, businesses, community, and government organizations.

What we offer:

Our facilitators work with you and your staff to provide a unique experience to enhance the performance of your team through experiential learning. Experiential learning is a holistic approach, which incorporates physical activity while also providing social and emotional challenges.

Our program uses an experiential learning approach involving the principles of action and reflection. Action involves hands on decision-making and group problem solving activities. Reflection is the processing of the skills used in the activities and then relating them to real life experience.

We develop a specific goal directed program to meet each group’s purpose for participating. The activities we choose assist in promoting individual and group change. Goals can include, but are not limited to: team cohesion, conflict resolution, problem solving, trust, communication skills, leadership skills and self esteem building.

Our program is recognized under the acronym **R.O.P.E.S.** The acronym exemplifies the program’s overall philosophy:

- ***RECREATION:** “ re-creation” promoting personal and group change through activity
- ***OBSERVATION:** observing ourselves, others and the team process
- ***PROBLEM –SOLVING:** practicing insightful skills through unique challenge situations
- ***EXPERIENTIAL LEARNING:** learning by doing
- ***SELF-ESTEEM:** developing a sense of purpose and achievement



What is a Challenge or Ropes Course?

A challenge /ropes course is a collection of various elements constructed mainly of cables and wood. We describe the elements as “ground”, “low” or “high”. Ground and low elements create opportunities for group effort, communication, insightful problem solving, and cooperation. The high elements focus more on individual accomplishment requiring team support. Our physical course is an indoor and outdoor course consisting of twelve high elements, over fifteen low elements and an unlimited number of ground initiative games and equipment.

Does participation require top physical fitness?

NO. Experiential learning activities at U.N.I. are physical, but not athletic. Whatever the physical fitness or capability of team participants, there is a role for everyone on the team in activities.

The Bottom Line

Our program fees vary depending on the size of the group, duration and complexity of the program. To schedule a course or discuss training design and cost, contact the Ropes Course Coordinator at **801-587-3148** or 801-339-7289.

