



IMPACT REPORT 2025

We're changing lives through the power of outdoor adventure



Summary

Based in the heart of Merkinch and South Kessock, our outdoor youth groups provide regular positive, healthy, social activities for those who wouldn't otherwise get the opportunity. We aim to build deep, long lasting relationships with young people that develop from primary school into young adulthood.

Progressive Opportunities



Our work in numbers

281
PARTICIPANTS

In 2025 Àban has worked with 281 individual young people across all our activities.

724
EXPERIENCES

11,077
HOURS

Together our participants have taken part in 724 experiences, totalling 11,077 hours of contact time in the outdoors.

Collectively participants and staff have:


HIKED
4,945km


CYCLED
1,062km


CAMPED
498
NIGHTS


ROCK
CLIMBED
29,568m



Alladale Wilderness Experience (AWE)

Àban delivered the AWE in partnership with The European Nature Trust for the second time in 2025. Over 6 weeks, 106 S2/3 pupils attended a 5 day residential where they learnt about the nature around them and immersed themselves in their surroundings with mountain biking, bushcraft and hillwalking. Pupils from Dornoch, Tain, Dingwall, Alness, Wick and Invergordon spent their week sleeping in tents/hammocks and cooked for each other which helped them to further develop their social skills, resilience and confidence.

the
european
nature trust

Theory of change

Our theory of change is based on the Adventurous Learning model*. Participants experience Authenticity, Autonomy, Uncertainty, Mastery and Positive Social Relationships during the group activities. On our longer, progressive community based programmes we measure the impact of this way of learning through a series of questions post-experiences. You can see the results for 2025 below:

*Beames, S., & Brown, M. (2016). Adventurous Learning: A pedagogy for a changing world. Routledge.



Mastery

Getting better at something improves young people's confidence and self belief enabling them to take on future challenges.

97%
Developed their skills

92%
Learnt valuable new skills

"I have learned how to manage my emotion on the wall while trusting myself. I have also asked for help more. Physically I learned new stretches and how they help before and after climbing".

Autonomy

Experiencing the freedom to make real decisions helps young people to feel a sense of responsibility and control over their lives.

89%
Felt their ideas were included in planning

89%
Used their skills to make decisions

"I get a sense of responsibility and more confidence by knowing my capabilities".

Uncertainty

Uncertainty is a necessary ingredient for young people's development as it enables creativity, choice and provides real world relevance.

76%
Used new skills to deal with uncertainty

84%
Achieved something unexpected

"Àban has given me the confidence and the opportunity to do things I thought wasn't possible and I wasn't capable of".

Authenticity

Adventures which feel authentic, relevant and repeatable are key for young people to continue with the skills and healthy habits in their own time.

68%
Now do activities in their own time

87%
Visited new local places

"I have since visited some different walks +crag... gone outside more often with friends and have been more active overall".

Positive Social Relationships

Positive relationships with peers and adults who can role model healthy, pro-social behaviours allow participants to develop trusted connections they may not otherwise have. These relationships often extend beyond the clubs influencing the participants whole ecosystem.

92%
Could be themselves

95%
Developed trust in others

"I've met new friends that I definitely wouldn't have met otherwise I feel like i've also developed my confidence in a group "

Case Study

"Àban has helped me a lot as a person, I go outside a lot more ever since starting their youth activities and I've had lots of opportunities within Àban for personal progression like being a Youth Rep. Àban takes off a lot of the social pressures of being constantly online if you are outdoors with them, and I think that really helps."

