



# DIGITAL DETOX

## ADVENTURE CAMP!

Senior Residential – 4th – 8th August | Peak District  
For service children aged 14–18

**DITCH THE SCREEN.  
DISCOVER THE WILD.**

We're inviting YOU to join a 5-day digital detox challenge packed with:



HIKING



CLIMBING



WATERSPORTS

Are YOU brave enough to go offline for 5 days?

Be part of our exciting research on how mobile devices impact mental health and wellbeing.

**EXPRESSION OF INTEREST  
NOW OPEN!**

Only £40 – spaces may be limited.  
Names will be drawn at random  
if oversubscribed.

Questions? Contact: [Sarah.magee651@mod.gov.uk](mailto:Sarah.magee651@mod.gov.uk)

SCAN  
THE QRC  
TO SIGN UP!



**PUSH YOUR LIMITS. CLEAR YOUR MIND. CONNECT WITH NATURE.**