

- 'Intense / accelerated' experience – continuous, residential, can't walk away intensifies
- 'Peak' experience – strong memories creating more lasting impact
- 'Real' experience – actions have real consequences and learning is less abstract
- 'Risky' experience – participants feel trusted with responsibilities; + feel vulnerable, creating greater sense of equality
- 'Different' experience – new environment, no baggage
- 'Isolated' experience – participants are more present and able to address normal habits

