

# PROGRAMMES INCLUDE:



## **Team Development day:**

This can include the use of one or more of: High Ropes Course, raft building, mountain biking, climbing, abseiling and team building activities. The focus can be on communication, learning styles, decision making and leadership.

#### **Revision Breaks:**

Combine our wide range of activities with a revision session in a fresh environment. Practical ecology fieldwork can be included.

## **Expedition Training:**

We provide practical and theoretical expedition training courses. This is applicable to D of E groups and some BTEC courses. Areas covered include first aid, navigation, equipment and camping. Our staff can also be hired to provide remote supervision cover for expeditions.

### **National Qualifications:**

We offer courses over a period of time which can be either a series of days or residential. Qualifications can be gained in climbing (NICAS), navigation (NNAS) and canoeing (Star Awards).

#### **Practical Outdoor Skills:**

We also provide a package involving a variety of outdoor activities which contribute to many post 16 courses.

For more details or to check availability please contact:

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