



in association with



# DofE Residential Activity Course 16th - 20th August 2010

Grafham Water Centre  
Perry, Huntingdon, Cambridgeshire, PE28 0XB  
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## **Course Details**

Age Range: 16-24yrs

### **Objectives:**

- Meet people
- Build new relationships & show concern for others
- Work as part of a team towards shared goals
- Accept responsibility for self & others
- Develop communication skills
- Show initiative
- Enjoy living & working with others

## **Proposed Residential Programme**

### **Activity Based**

#### **Monday**

15:00 Arrive  
15:30 Tea & coffee  
16:00 Greeting on behalf of the DofE  
16:30 Icebreakers  
18:30 Evening meal  
19:30 Briefing for night paddle  
20:00 Night paddle in canoes on the reservoir  
22:00 Return / hot drinks & review of the activity

#### **Tuesday**

08:15 Breakfast  
09:30 Activity session - The chance to try something new or continue a previous experience

- High ropes
- Archery
- Mountain biking

12:30 End of session  
13:00 Lunch  
14:00 Activity session

- High ropes
- Archery
- Mountain biking

17:00 End of session  
18.30 Evening Meal  
19.15 Review of the day / preparation for the next two days  
20.00 Workshop - qualities of leadership  
21.00 Social time

## **Wednesday**

08:15 Breakfast

09:30 Activities

- Sail
- Paddlesport
- Climbing

*(Participants will choose the same activity for Wednesday & Thursday, working towards an NGB qualification. The level of qualification will depend on previous experience).*

12:30 End of session

13:00 Lunch

14:00 Continuation of chosen activity

- Sail
- Paddlesport
- Climbing

17:00 End of session

18:30 Evening meal

20:00 Theory session on chosen activity

21:30 Social time

## **Thursday**

08:15 Breakfast

09:30 Activities continuation of

- Sail
- Paddlesport
- Climbing

12:30 End of session

13:00 Lunch

14:00 Continuation of chosen activity

17:00 End of session

*(Now it's time to smarten-up for the formal event of the week.)*

19:00 Drinks reception

19:30 Formal dinner

22:30 Social/disco

## **Friday**

08.30 Breakfast

09.30 Review of the week / Debrief & presentation of certificates

10.30 Depart

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