



in association with



DofE Residential Activity Course

Monday 9 - Friday 13 April 2012

Monday 6 - Friday 10 August 2012

Monday 29 October - Friday 2 November 2012

Grafham Water Centre
Perry, Huntingdon, Cambridgeshire, PE28 0GW
Tel: 01480 810521 Fax: 01480 813850
Email: info@grafham-water-centre.co.uk
www.grafham-water-centre.co.uk

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 Grafham Water Centre

- Outline of Programme for the Course – Collect DofE Logbooks

16:30 Icebreakers

18:30 Evening meal

19:30 Grafham Challenge – Night line

20:30 Archery

21:30 Hot drinks & review of the activities

Tuesday

08:15 Breakfast

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

High Ropes

Bushcraft

Mountain Biking

12:30 End of session

13:00 Lunch

14:00 Activity session

High Ropes

Bushcraft

Mountain Biking

17:00 End of session

18.30 Evening Meal

19.30 Night paddle in Canoes on the reservoir

21:30 Review of the day

22:00 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 Formal dinner

22:00 Social/disco

Friday

08.30 Breakfast

09.30 Review of the week / Debrief & presentation of certificates

10.30 Depart

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