



# **DofE Residential Activity Course**

## **Grafham Water Centre**

**Monday 29 July - Friday 2 August 2019**

**Monday 19 August - Friday 23 August 2019**

**Monday 21 - Friday 26 October 2019**

### **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



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# Proposed Residential Programme

## Day One

11:30 Arrive / Introductions/Site Tour  
Tea & Coffee is available on arrival for all participants and their parents / carers / chauffeurs who are dropping participants off at the Centre  
12:30 Lunch  
13:30 Greeting from Grafham Water Centre  
Outline of Programme for the Course  
14:00 Choice of High Ropes/Mountain Biking/  
Bushcraft  
17:00 End of session  
18:00 Evening meal  
19:00 Grafham Challenge/Archery  
21:00 Review of the day  
22:00 Social time

## Day Two

08:15 Breakfast  
09:30 Activity session – The chance to try something new or continue on previous experience  
High Ropes / Mountain Biking / Bushcraft  
12:30 End of session  
13:00 Lunch  
14:00 Activity session  
High Ropes / Mountain Biking / Bushcraft  
17:00 End of session  
18.00 Evening meal  
19.00 Night paddle in canoes  
21:30 Review of the day  
22:00 Social time

## Day Three

08:15 Breakfast  
09:30 Activities  
Sailing  
Paddlesports  
Climbing  
*(Participants choose the same activity on Day 3 & 4, 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  
17:00 End of session  
18:00 Evening meal  
19:00 Theory session on chosen activity  
21:00 Social time

## Day Four

08:15 Breakfast  
09:30 Activities continuation of  
Sailing  
Paddlesports  
Climbing  
12:30 End of session  
13:00 Lunch  
14:00 Continuation of chosen activity  
17:00 End of session  
19:00 Dinner  
20:30 Social Activity

## Day Five

08.15 Breakfast  
09.30 Raft Build / catapult competition  
12:30 Lunch  
13:30 Review of the week / debrief & presentation of certificates  
15:00 Depart

Tea & Coffee will be available for parents / carers / chauffeurs who are collecting participants