



DofE Residential Activity Course

Grafham Water Centre

Monday 25th May—Friday 29th May 2020

Monday 3rd August—Friday 7th August 2020

Monday 17th August—Friday 21st August 2020

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



Perry, Huntingdon, Cambridgeshire PE28 0GW

T: 01480 810521 F: 01480 376296

grafham.water@cambridgeshire.gov.uk

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