



Activity Residentials

The UK training side of **Wilderness Expertise** is a **non-profit making** organisation dedicated to the personal development of young people. We have purposely remained specialised as a company so that we can guarantee high quality programmes and maintain strong relationships with our clients.



<p>Aim:</p>	<p>Activity residentials offer a stimulating, safe environment for young people to experience new challenges to develop as individuals and as part of a team. They are a perfect platform for personal development and those involved participate in the planning, preparation and leading of the activities under the guidance of our trainers.</p> <p>Our aim is to facilitate the young person's ownership of the activities and contribute to them learning life skills such as time management, working with others, risk assessment, problem solving, communication, leadership and team building. Many of our residentials are used as a large part of the ASDAN Key Skills programmes.</p>
<p>Activity Description:</p>	<p>Choose from the following:</p> <ul style="list-style-type: none"> ➤ Hill Walking ➤ Climbing ➤ Abseiling ➤ Canoeing ➤ Kayaking ➤ Raft Building ➤ Mask Making ➤ First Aid training ➤ Bushcraft ➤ Team Challenges ➤ Mountain Biking ➤ Low Ropes ➤ High Ropes ➤ Life Collages ➤ Cooking Skills ➤ Food Hygiene
<p>Number of days:</p>	<p>From 2 to 10 days.</p>
<p>Venue:</p>	<p>Anywhere in the UK or Europe. The programme can be based at a Youth Hostel, bunkhouse, campsite or activity venue. All venues are visited and assessed for suitability before the course. All venue and activity risk assessments are completed.</p>
<p>Role of Liaison Adult supervisor:</p>	<p>Pastoral care of the young people during the residential and provide transport of the students to and from the venue. The accompanying adults are usually required to cover overnight supervision of the young people.</p>
<p>What does Wilderness Expertise provide?</p>	<ul style="list-style-type: none"> ➤ An overall Course Director to coordinate the programme and act as liaison with school or organisation staff ➤ Fully qualified and experienced trainers ➤ All specialist equipment ➤ All venue and activity fees ➤ Pre-course information and all risk assessments for activities ➤ 24hr back up support ➤ Liability insurance ➤ AALA license
<p>Sample cost:</p>	<p>£40 to £60 per person per day (for a detailed quote please just call us).</p>



Sample 'Self Esteem' Activity Residential

This is a sample residential focusing on developing self esteem.

Day	Time	Activity
One	12:00	Arrive at venue and settle in to accommodation
	13:00	How well do you really know each other (icebreaker task)
	13:30	Lunch
	14:30	Climbing Tower
	18:00	Dinner
	19:00	Night line task
	19:30	Mask Making task
Two	08:30	Breakfast
	10:00	High ropes
	12:00	Lunch
	13:00	Team challenge tasks
	14:00	Stop / Start / Continue / Collage
	18:30	Dinner
	19:30	Mask making (complete task from previous evening) Giant Jenga task
Three	08:30	Breakfast
	09:30	Pack up and clean accommodation
	10:30	Mask Fashion and interpretation show
	12:00	Lunch
	13:00	Depart

**Wilderness Expertise believes in developing the potential of young people.
We look forward to working with you in the future.....**