

Sample Programmes

We design all our programmes individually with clients to suit their requirements, objectives and outcomes. Activities are set in many different ways in order to maximize the learning potential and build on learning throughout the day. These programmes represent examples of the sorts of things we can offer, however we are completely flexible when creating programmes.

A fun 5 hour, low activity team building day for two youth groups (of up to 12 people per group)

	Group 1	Group 2
10:00	Meet in Coach Park of the National Motor Museum Travel to the Activity area	
10:00 – 10:30	Introductions Course Aims/Purpose/Method Organisation and Safety Students aims and expectations Short warm up activities (in two groups?)	
10:30 – 11:15	Escape Challenge	Mine Field
11:15 – 12:00	Mine Field	Escape Challenge
12:00 – 13:00	Low Ropes	Night Line
13:00 – 13:30	Break for lunch. Packed lunches to be provided by BDC or group bring their own.	
13:15 – 14:15	Night Line	Low Ropes
14:15 – 15:00	Mow Hawk Walk	Canister Retrieval
15:00	Final Review and close	

A full day teambuilding programme, low and leap for two youth groups.

	Group 1		Group 2
09:00	Meet in Coach Park of the National Motor Museum Travel to the Activity area	09:00	Meet in Coach Park of the National Motor Museum Travel to the Activity area
09:15 – 09:45	Introductions Course Aims/Purpose/Method Organisation and Safety Students aims and expectations Short warm up activities (in two groups?)	09:15 – 09:45	Introductions Course Aims/Purpose/Method Organisation and Safety Students aims and expectations Short warm up activities (in two groups?)
9:45 – 10:30	Mohawk Walk	9:45 – 10:30	Escape Challenge
10:30 – 12:00	Leap of Faith	10:30 – 11:30	Night Line
12:00 – 13:00	Low Ropes	11:30 – 12:00	Spiders Web
13:00 – 13:30	Break for lunch. Packed lunches to be provided by BDC or group bring their own.	12:00 – 12:45	Mohawk Walk
13:30 – 14:00	Spider's Web	12:45 – 13:15	Break for lunch. Packed lunches to be provided by BDC or group bring their own.
14:00 – 14:45	Escape Challenge	13:15 – 14:45	Leap of Faith
14:45 – 15:45	Night Line	14:45 – 15:45	Low Ropes
15:45	Final Review and Depart		

A full day high adventure programme for 1 group aged 14 years and above (up to 12 participants)

	Group 1
09:00	Meet in Coach Park of the National Motor Museum Travel to the Activity area
09:15 – 09:45	Introductions Course Aims/Purpose/Method Organisation and Safety Students aims and expectations Short warm up activities
09:45 – 10:30	Escape Challenge
10:30 – 12:00	Aerial Runway
12:00 – 13:30	Leap of Faith
13:30 – 14:00	Lunch
14:00 – 17:00	High Ropes