



## Life Xperience (Colwick Park) Programme

**Date:** Tuesday 4 – Friday 7 September 2018

### Locations:

- Colwick Park Adventure Centre
- Arches Adventure Base
- Nottingham Narrow Boat Project (River Trent sailing from Colwick Park Marina)

### Programme:

Days 1-3: For the first three days, the group should split into 3 equal size smaller groups with at least one member of Bulwell staff per group.

The programme is designed to develop the confidence and aspiration through meeting and exceeding set goals and targets. The students will be required to attend on all four days of the programme and, each day, they will face a different skill or challenge.

**Arches Adventure Base:** Abseiling, Team Development and Archery

**Colwick Park Adventure Centre:** High Roped Activities and Canoeing

**Narrow Boats (x2)** Developing teamwork, communication skills and navigation.

This program will be repeated for the first three days so all students take part in all activities.

Day 4: Colwick Park Adventure Centre: Completion of unfinished challenges on High Ropes course, team development activities and the Canoe Raft Challenge.

The final 30 minutes of the programme should be spent on an evaluation activity.

### Facilitators/Staff

All activities will be conducted by appropriately trained and qualified Adventure Staff who will be incorporating team building and development through the week.

### Primary Contacts:

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