

# Example Programme Mid-Week Residential

# Adventure for All

## Day 1

Arrive at the Centre and eat packed lunches (brought from home/school)

13:45 Welcome to the Centre and Go exploring! After meeting our team and seeing key locations we'll provide you with structured activities to help everyone safely find their way around the Centre – e.g. a photo scavenger hunt.

15:15 Get the adventure started. Groups will complete their first instructed activity - For instance, Climbing, Archery, Bushcraft or Team Building. We ask teachers/leaders to attend and take an active role in these sessions.

16:45 Free time. Unpack, and settle in. Teachers/leaders will look after the group in free time.

17:30 Time for dinner!

19:00 Evening activity – led by our instructors this will be an activity for the whole group and depending on the weather will be outdoors or indoors. – e.g. a wide.

20:30 Free time, followed by sleep! We recommend leaders/teachers give their group a clear bedtime and lights out time based on their age.

## Day 2

08:00 Breakfast!

09:15 A morning of activities, this will include two 1.5-hour activity sessions - one session led by our instructors, and one self-led activity. Self-led activities are some of the most valuable sessions on the residential; connecting young people with adults and building strong working relationships.

12:30 Lunch and free time.

13:30 Two more activities – one instructed, and one self-led. Example self-led activities include Aeroball, Pedal Go-Karts, Sensory Trail, and Mini-Pioneering.

17:30 Free time and dinner.



### What about the self-led activities and free time?

We will provide full instructions and brief the supervising adults on how to supervise the self-led activities we provide to help you ensure they are both fun and safe.

Our centres are the perfect safe space for young people to be free and explore – this gives them the perfect opportunity to do so. Learning to take responsibility and manage their own well-being is a key life skill and is one of the main benefits to young people participating in a residential.

[Read this document](#) from the English Outdoor Council and Outdoor Education Advisors Panel to find out more about balancing risks and benefits in the Outdoors.

19:30 Campfire! An instructed campfire on the last night of a residential is a tradition at Scout Adventures. Our campfires are interactive, loud and fun!

20:30 Free time, followed by sleep!

## Day 3

08:00 Breakfast

09:15 A morning of activities, this will be two final 1.5-hour activity sessions. One instructed and one self-led.

12:30 Lunch and end of residential survey (completed by participants). Then home to wash off the mud!

