



Young Spirit – “Inspiring Outdoor Education”



Adventure Challenge and its partner, Spirit of Adventure have spent the last 12 months developing two innovative residential expeditions for primary school children.

Our commitment to experiential learning has led us to devise programmes that are not just a series of thrill seeking activities but give the opportunity for each child to gain genuine experiences.

We have taken our inspiration from the idea of a journey, the programme being a selection of activities undertaken in order to complete the “expedition”. Expedition members will have the opportunity to challenge themselves with adventurous activities and, at the same time, learn and use wilderness skills.

These experiences have real educational value which is enhanced by the opportunity to reflect on and understand what these challenges and the natural world mean to them.

The following is a basic outline of what we can offer but programmes can be tailored to meet individual needs.

I hope we can inspire you to investigate further.

Mark Reeves

Young Spirit

2007

For further details contact me, 01752 894623 or info@adventurechallenge.co.uk



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Company Background

Adventure Challenge

Adventure Challenge was established 13 years ago by Mark Reeves.

Inspired by his father, Mark has had a lifelong passion for teaching and outdoor living. He is also a keen climber making first ascents of rock routes in the South West. He is an Accredited Practitioner of the Institute of Outdoor Learning and has twenty years of experience of working in Outdoor Education. In the past thirteen years he has run Adventure Challenge, developing its innovative approach to team building and personal development within schools. The success of this is reflected in the number and range of clients that he has worked with. *(For a list of schools see appendix A.)*

Spirit of Adventure

Spirit of Adventure was established 14 years ago by John Diplock and his recently retired partner Sandy Simpson. John has travelled extensively and was a member of some of the big Himalayan mountain expeditions, such as Everest and Makalu. He has led groups all over the world, has made first ascents in the Himalaya and Greenland, and has particular experience working with groups with special needs. ‘Spirit’ is widely recognised as a leading Outdoor Activity and Adventure Specialist and was a finalist in the South West Tourism Excellence Awards. Spirit specialises in Leadership, Team Building and Personal Development and are proud to have been awarded the ‘Dartmoor Charter’ by the Dartmoor National Park Authority for their ‘environmentally friendly’ approach to working on Dartmoor. Prior to John working in the outdoors he was farmer and therefore has a good understanding of the land.





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Safety

- We are professionals and our safety record is exemplary.
- We use only qualified instructors and equipment and have a programme of continuously updated training to ensure the highest levels of safety.
- We are inspected and registered by The Adventure Activity Licensing Authority and we are registered as licensed to provide water sports, climbing and trekking.
- Licence details can be confirmed by telephoning The Licensing Authority on 029 2075 5715.
- We employ qualified, CRB checked instructors and carry out detailed risk assessments on all the activities.
- Tasks are carefully designed to be challenging without compromising safety.



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High Dartmoor Expedition

Our High Dartmoor Expedition is based at Spirit of Adventure’s Powdermills base, which is 330 m above sea level. Its location, in the heart of the Dartmoor National Park, makes it an ideal base for this adventure.

The High Dartmoor Expedition is a 3 day residential including two nights in the Powder Mills bunk house and one night camping.

During their stay, expedition members undertake a 2-day, overnight trip into the heart of the North Moor. En route they have a climbing session and then trek to a camping site, where they set up a wild camp for the night, constructing our “Moroccan” shelters.

During the stay at the high camp, expedition members are instructed in various wilderness skills, which they can use to make themselves more comfortable whilst there.

On day two, after cooking and eating breakfast, there are further opportunities to develop individual wilderness skills. The trek back includes using a zip wire to cross a river.

At base, team members spend time getting ready for their trip making equipment and preparing supplies. They spend a day on our search and rescue exercise, which involves problem solving, navigation, and constructing a boat to cross a river.

The High Dartmoor Expedition offers a powerful mix of traditional skills and modern outdoor education. There is time to reflect during the trip, but we feel this vital process is better dealt with once back in the school setting. Therefore as part of the programme, Expedition Leaders visit the school, one or two days after the completion of the Expedition. We then lead sessions where the children review their experiences and look at how these relate to everyday life.

Cost for programme and food while on expedition; £149.95 + vat per child



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High Dartmoor Expedition Summary of Activities

3 nights accommodation including:

- 2 nights in Powdermills Bunkhouse
- 1 night wild camping
- 1 day of reviewing back at school.

All Expedition members will have the opportunity to experience activities including:

- Navigation
- Rock climbing
- Zip wire
- Boat building
- Search and rescue
- Make a rucksack
- Build a shelter
- Basic carving
- Traditional fire lighting
- Camp cooking
- Charcoal making
- Camping out
- Experiencing the wilds of Dartmoor

But most of all.....

They will have fun in a safe environment, whilst at the same time, have the chance to develop on a personal level.





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Powder Mills Bunkhouse has a fantastic location and is a great place to be based. Powder Mills is comfortable and warm with good facilities. It is a recently converted granite barn situated in the heart of the Dartmoor National Park, with beautiful views across the North and South Moors. It has direct access to Dartmoor and is close to excellent activity sites.

We would be happy to discuss your accommodation and to arrange a viewing to ensure you are completely satisfied your school's needs will be met.

All accommodation would be booked for exclusive use for your group.

- | | |
|---------------------------|---|
| • Location grid reference | GR SX628769 |
| • Web link for location; | http://www.multimap.com - use PL206SP in search |
| • Website | www.powdermillsbunkhouse.co.uk |
| • Bunkhouse phone number | +44 (0)1822 880369 |
| • No of bedrooms / beds | 4 bedrooms – 10,8,4,4, berth rooms – total 26 |
| • Lounge area | Large with tables and comfortable chairs |
| • Lounge Fire | Wood burner (included) |
| • Carpeted | Bedrooms and lounge |
| • Other heating | Electric storage heaters (included) |
| • Hand wash water heating | Electric (included) |
| • Showers | 3 electric showers (20 pence's needed) |
| • Kitchen | Fully equipped – cooker – fridge – freezer – hot water |
| • Toilets | Three flush toilets – toilet paper provided |
| • Smoking | Non smoking – outside only |
| • Drying room | Yes |
| • Shops | Nearest big supermarket, Tavistock – 10 miles |
| • You need to provide | Sleeping bags / duvets and pillows if required
fire lighters, washing up liquid |
| • Onsite warden | Yes most of the time |
| • Public telephone | Yes – payphone in entrance hall |
| • Postal address | Powder Mills – Princetown – Yelverton – Devon |
| • Post code | PL20 6SP |

Cost includes electricity, gas and wood.
Additional charges: showers at 20p (for approximately 6 minutes)



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Some of the schools that have used Adventure Challenge and Spirit of Adventure

Woodfield Primary
Ernsettle Junior
High Street Primary
Hyde Park Junior
Pennycross Primary
Widewell Primary
Widely Court Primary
St Maurice Primary School
Yealmpstone Farm Primary
Ford Primary
Pomphlett Primary
Thornbury Primary
Southway Primary
Foxhole Junior
Bradley Barton Primary
Bull Point Primary
St Nicholas C.E Junior
St Margarets Primary
South Tawton Primary
Pilgrim Primar
Estover Primary School
Whiteleigh Junior School
West Park Primary
Yealmpton Primary School
Thorverton Primary
Bovey Tracey Primary
Lydford County Primary
Bow Hill Primary
Salisbury Road Junior
Barne Barton Primary
Ladysmith Junior
Marldon Primary
Okehampton Primary
Mary Deans Primary
Woodbury Primary
Bridestowe Primary
Wolborough Primary
Erme Primary
Bishopsteignton Primary
Highweek Primary School
Upottery Primary
Woodlands Park Primary
Shaugh Prior Primary
Musbury Primary
St John's RC Primary
Two Moors Primary School

Offwell Primary
Otterton Primary School
Rockbeare Primary School
Sandford Primary School
Sibbury Primary, School
Littleton Primary School
Lympstone Primary School
Berry Pomeroy Primary
Blackawton Primary School
Galmpton Primary
Margaret Clitherow Primary
Dunsford Primary School
Exminster Primary
Harbertonford Primary
Kingswear Primary School
Milber Junior School
Sparkwell Primary School
Eggbuckland Vale Primary
Exbourne Primary
Lamerton C of E Primary
Bickleigh Down Primary
All Saints (Marsh) Primary
Milber Junior School
Queensway RC Primary
The Grove Primary School
Widcombe Primary
Buckfastleigh Primary
Dartmouth Primary School
Shaldon Primary School
Stokeinteignhead Primary
Hazledown Primary
Inverteign Primary School
Our Lady & St Patricks
Primary
Thurlestone Primary
Ilsham Primary School,
Walter Daw First School
Brixington Primary School
Littleham Primary
Clyst Honiton Primary
Colyton Primary School
Landscape Primary School
St Andrews Primary
Alphington Primary
St Georges Primay School
Salisbury Road Infants

South Trelawney Primary
Victoria Road Primary
Weston Mill Primary
Chaddlewood Junior
Glen Park Primary School
Ugborough Primary School
Northlew and Ashbury
Primary
North Tawton Primary
Manadon Vale Primary
Marlbrough Street Primary
Mount Street Primary
Boadsly Cross Primary
Lady Modiford's Primary
Compton Primary School
Austin Farm Primary
Young Dartington
St Mellion Primary School
Altarnun Primary School
Otterham Primary School
Woodford Junior School
Upton St James Primary
Uphill County Primary
All Saints (Marsh) Primary
Teignmouth Community
College
Blackpool Primary
King Charles Primary,
Shirehampton Primary
Sir Robert Jeffery Primary
Kingsbridge Community
College
Ridgeway School
The Devon Primary SCITT
Judd School
Oakhyrst Primary School
St Peters School
West Croft Primary
Skinners School
Old Swinford School
Knowle School
Lipson Community School
Abbots Hall junior School



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Forest Expedition

Our two day, one night forest expedition is a gentle introduction to wild living. We currently use a site near Haytor, which benefits from a gentler climate than our high Dartmoor site.

After a short briefing session, the expedition members construct rucksacks, ready for their trek to the camp. They then walk two miles across moorland and enclosed farmland to our forest site.

After a welcome drink and pancakes, we give a site briefing. Following this, the camp is set up, with each group being shown how to erect one of our Moroccan style shelters.

After settling in and unpacking, groups light a fire and cook their supper using a vagabond stove.

Dependant on the group, weather and available light, a range of wilderness skills based activities take place led by instructors in small groups. However, there is time to relax, chat and enjoy our surroundings.

On Day 2, the groups cook and eat breakfast before learning and developing further skills such as woodland construction, carving, knots etc. We finally break camp and walk to meet our transport.

Cost for programme £49.95 per child + vat



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Woodland Expedition Summary of Activities



Trek to and from the woodland site
1 night wild camping

All Expedition members will have the opportunity to experience activities including:

- Navigation
- Make a rucksack
- Build a shelter
- Basic carving
- Traditional fire lighting
- Camp cooking
- Camping out
- Experiencing a wild woodland site by both day and night.





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Frequently Asked Questions....

Q. How many instructors will there be and will they stay overnight?

A. The ratio is a minimum of 1 instructor to 8 children and they will be on site at all times.

Q. Do we need special equipment or clothes?

A. No, we will provide equipment for camping, cooking and carrying personal kit to the site. See personal kit list attached.

Q. Is the site secure?

A. Our current site is on private land well away from the public, we have strict boundaries in which the group are able to work and we are able to control that area easily both day and night.

Q. The children will be using fire and may be carving with knives is that safe?

A. We have found when given responsibility, the children we have worked with have been able to work in a safe and calm manner. However, the children are closely supervised and taught to follow good practice. We do have the odd minor burn or cut finger from time to time, but nothing worse. The instructors are very experienced in providing adventurous activities and are trained in first aid.

Q. What do they eat?

A. This is not survival training! We provide a range of suitable foods and cater for most tastes and dietary needs.

Q. What about toilets when camping?

A. For most of our trips we use a port-a-loo (a flushable camping toilet).

If you have any further question please contact us.



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Proven Track Record

Adventure Challenge & Spirit of Adventure are well known for innovative team building programmes and tasks, providing a large range of quality outdoor activities. We can provide a traditional residential package, with skills sessions like climbing, canoeing and thrills like zip wires and big abseils, but our passion and experience has led us to want to provide more.

Outdoor Education

Our sessions emphasise group and personal enjoyment and satisfaction, they are always fun. However, we do not lose sight of the fact that outdoor and adventurous education is an extremely effective learning tool. We also endeavour to help each expedition member to challenge themselves and reflect on their experience.

Learning From Experience

We offer a fresh route to improving **key skills** such as **communication**, **problem solving** and **working with others**. This approach encourages the children to understand themselves and how they relate to others, but also what effect their environment has on those relationships. In the development of more practical wilderness skills, expedition members may draw self confidence and a better relationship with the natural world.

Different Learning Styles

Our activities and tasks cater for a wide range of learning styles and encourage **creative thinking**. The physical and cognitive tasks extend and challenge pupils of all ages and abilities. Each activity stimulates **personal growth** and **group interaction** in a relaxed, non-threatening environment.

The Review Process

Experiential learning works best when effective reflection is involved. Our high Dartmoor expedition includes a review day which takes place back at school after the trip is completed. We use a range of reviewing techniques to encourage discussion and personal reflection. We are committed to developing **emotional literacy** and **building self-esteem**, and our programmes are devised to improve communication, reasoning and problem-solving skills.