

Rural Pride Outdoor Learning Centre (Derbyshire)

Duke of Edinburgh Gold Residential



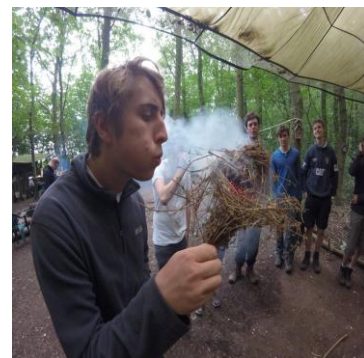
Day 1

- Warm welcome, safety brief and getting to know fellow survivors
- Introduction to tools and their uses (safety training)
- Construction of community shelter for sleeping in!
- Lunch
- Waterproof shelter and gathering fire wood
- Dinner
- Fire lighting/free time/evening communication challenge



Day 2

- Breakfast (preparation and cooking)
- Fire lighting activities: preparation of fire area; recognition of different types of tinder, kindling and fuel; collecting fuel; making fire from friction; health and safety around fire
- Lunch
- Shelter improvements, tracking animals
- Dinner
- Fire lighting/free time/building personal companion fires (different methods)



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Day 3

- Breakfast (preparation and cooking)
- Backwoods cooking on a fire: preparation of a two course meal on an open fire; safe use of utensils; health and safety; disposal of waste
- Lunch
- Hike
- Visit to local swimming baths & dinner
- Evening group challenge



Day 4

- Breakfast (preparation and cooking)
- Woodwork workshop- making objects with tools e.g. chairs, mallets, kazoos, bull roarers ,whistles, spoons and loads more: safe use of tools - bow saws, sheath knives; knots
- Lunch
- Making bows and arrows, archery activities
- Dinner
- Fire lighting/free time/campfire



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Day 5

- Breakfast (preparation and cooking)
- Finish off wood work projects
- Leave no trace
- Depart

