



eco-activities for adults

Team-Building Programmes for Adult Groups

We offer an excellent range of structured and flexible team-building and environmental activities for your team. Exciting programmes are led by our trained staff and offer entertaining and informative activities providing organisations with a productive day out of the office environment.

- Unite your staff in a unique experience.
- Improve Motivation, Communication and Team Spirit.
- Reward your Team's efforts with an enjoyable break from the normal routine.
- Understand colleagues further through working together in different environments and situations

Whatever your reason, a day in Epping Forest is a valuable and highly enjoyable investment

We offer a wide range of environmental activities for adults and young people. All our exciting programmes are led by our excellent trained staff and provide fun and inspiring activities under safe supervision.

The Centre's purpose built facilities offer superb opportunities for field study in the heart of Epping Forest.

Epping Forest Field Centre

Tel: 020 8502 8500

Address: Paul's Nursery Road, High Beach,
Loughton, Essex, IG10 4AF

Fax: 020 8502 8502

Email: enquiries.ef@field-studies-council.org

Website: www.field-studies-council.org/eppingforest

Registered Charity Number: 313364

FSC

BRINGING
ENVIRONMENTAL
UNDERSTANDING TO ALL

Choose from one of these activities...

All of our programmes are flexible and we are happy to accommodate any alternative arrangements for events wherever possible.

Forest Survival

Unsuitable for wheelchairs

Learn the skills required to survive a night in the forest while working as part of a small team. This Activity covers shelter building, fire building and scavenger hunts.

Map and Compass Navigating

Unsuitable for wheelchairs

Learn and develop your map and compass skills on one of our nature trails set out for you to follow through the forest.

Pond Exploration

Suitable for wheelchairs

Catch, identify and investigate variety of freshwater invertebrates found in our centre ponds. Pond dipping offers a fun and relaxed insight into the complexities of a freshwater ecosystem.

Challenge Initiatives

Could be structured to suit wheelchairs

Take part in a variety of team building initiatives used the world over to develop your group's communication, delegation, leadership and democratic skills while outside in the forest.

Guided Walks & Talks

Could be structured to suit Wheelchairs

If you feel that your needs or wishes are not met in one of our programmes above we can arrange a specific walk and talk for you to bring your group along to.

N.B Activities offered may vary throughout the year as some may not be suitable during certain seasons.

We offer a wide range of environmental activities for young people. All our exciting programmes are led by our experienced trained staff and provide fun and inspiring activities under safe supervision.

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Further Information

- Eco-Adult programmes can be built in block sessions of 2, 4 or 6 hours depending on your needs. Fees alter depending on which block of time you choose.
- Activities are designed to run for 2 hours but more intensive sessions can be designed at your request.
- We take the greatest care to ensure the safety of all participants. Our Activity Leaders are trained in first aid and have access to a first aid kit at all times.
- We provide a session, Activity Leader, room and suitable equipment.
- Upon making a booking you will receive, a letter confirming the booking details, a copy of the invoice, and a Visitor Information and Booking Conditions Booklet.
- Arrangements can be made for a pub lunch nearby to fit it into the time you will be with us if this is desired. We can also arrange for catering from a local company from a buffet to a barbeque.
- You can also join the Associates of Epping Forest Field Centre and receive regular newsletters with advance details of all of our adult weekend programmes and children's activities. Contact the Centre for more details.

Some of our Previous Customers Comments

"We really appreciated the cooperative and helpful staff." *Voluntary Action Westminster participated in Map and Compass and Team Building.*

"We enjoyed the map and compass the most, and appreciated the knowledge and information the staff provided. I can now build a shelter. Excellent day and money well spent" *The Job Centre Plus staff came to the centre for Map and Compass, Pond Dipping and Survival.*

	Deposit/ Group	Surcharge	#Extra Participants
Time	For first 10 Participants#	Weekend	Per head
2 Hour Session	£120	£10	£12
4 Hour Session	£180	£20	£18
6 Hour Session	£220	£25	£22

For further details go to
www.field-studies-council.org
or contact the Centre on 02085028500.