

Blencathra Field Studies Centre

Lake District



Course Programme Example

John Muir Award 2012



- Quality teaching
- Stunning locations
- Dedication to health and safety

“A wonderful centre. I always look forward to bringing the students and they always enjoy their visit”

Teacher, King Edwards VI Aston
(Jan 2011)

“The quality of care and guidance offered to students is outstanding as are the arrangements to ensure their safety and well-being” (PEF, 2011)

Course Programme Example – John Muir Award 2012

For young people aged 11-18 years & accompanying adults.

This 5-day residential course is structured around the four challenges of the John Muir Award

- Discover
- Explore
- Conserve
- Share

Each personal challenge can be achieved through our guided activities, taking place in beautiful locations in the Lake District National Park, and making the most of the group and residential settings.

First taught session: Monday afternoon	Number of young people:
Last taught session: Friday morning	Number of visiting staff/accompanying adults:
Tutor(s): Blencathra Centre tutor	
Specific educational/physical needs:	

Our tutors are experienced environmental and outdoor educators, and we help a wide range of groups from primary and secondary school students to adults and families to experience the John Muir Award.

The participants also have opportunities to develop their personal, learning and thinking skills through independent enquiry, team-working and reflection.

Sessions	Topic	
Estimated Arrival Time___	Welcome and introduction to the centre	Students are kitted out with the equipment that they will need for their course and settle into their rooms ready for dinner. The first session will start at___.
Monday afternoon	Problem solving	Get to know the other members of the group in an informal and fun atmosphere, and develop a sense of community essential for the week ahead.
Monday evening	Orienteering	Explore the Blencathra Centre grounds and surrounding fields in our beautiful fellside location, through the sport of orienteering, in small teams.
Tuesday	Mountain Walk	Explore the Lake District through a full day mountain adventure – location dependent on the weather. There are photographic challenges, wild food to sample and art to create which make the day memorable for all.
Tuesday evening	Mammal Trapping	Learn about local wildlife and set traps overnight to allow us to see nocturnal animals the next morning without harming them.
Wednesday morning	Conservation	Take part in a woodland conservation task such as coppicing, brashing or tree planting. Learn how to use tools skilfully to achieve these satisfying tasks in a peaceful environment.
Wednesday afternoon	Bushcraft	Explore the sustainably managed woodland and learn “bushcraft” skills – allowing you to light a fire to cook food or hot chocolate.

Wednesday evening	Conservation Challenge	Learn about your personal eco-footprint and how to reduce harmful environmental impacts – here and back at home.
Thursday morning	Conservation	A second practical conservation task working with a partner organisation such as the Lake District National Park Authority, Whinlatter Forest Park and learning new skills.
Thursday afternoon	Ghyll Scrambling	Walk, scramble and climb through the water on this great fun and adventurous journey which makes the most of the Lake District landscape ...and weather!
Thursday evening	Intro to Geocaching	Try the sport of geocaching – a modern way to explore the landscape and interact with a worldwide community.
Friday morning	Geocaching	Discover hidden treasure in the local landscape using GPS navigation devices, and set up our own John Muir Award geocache to share our experiences.
Estimated Departure Time__		Return equipment and depart.

Additional Notes

- Please feel free to request further details on the content, learning objectives and outcomes for each topic we teach.
- The order of days and location of study /activity sites may be varied due to the weather, and to avoid equipment/transport clashes.
- Students are requested to bring a pen, pencil and paper. They may also find a camera useful.
- It is advised that you bring a USB pen or portable hard drive for ease of saving photographs and resources.
- Students will undertake activities outdoors for extended periods of time and should therefore be dressed appropriately for the prevailing weather conditions. **They will need walking boots, a waterproof jacket with hood and waterproof trousers.** All the above items can be hired from centre for £2 each.



Transport

- Transport to the fieldwork sites will be provided by Blencathra Field Studies Centre. This will incur an additional cost of [*£cost tbc*] per student. For a detailed breakdown of the cost, please see the details of each day. An invoice will be made out to the school and sent out to the organiser immediately after the course.
- Transport to the fieldwork sites will provided by the school.
- If you have been asked to drive during the course, please complete a driving form and provide us with a copy of your full driving licence in advance.
- You are booked to be picked up at Penrith Station at [*time*] on [*date*] and dropped off at [*time*] on [*date*]. This incurs an additional charge of [*£cost tbc*] per student.

- You have not currently booked any transfers between the centre and Penrith Station. If you wish to take advantage of this option, please enquire.



Adventurous Activities

We are licensed by the Adventure Activities Licensing Service to provide ghyll scrambling and mountain walking; and we also work with other licensed local partners to provide rock climbing and canoeing. These offer the students a marvellous opportunity to develop their personal and leadership skills and explore the great outdoors and spectacular Lake District National Park landscape.

Who are we?

Blencathra Field Studies Centre is one of 17 centres in the UK run by the Field Studies Council, an independent education charity committed to bringing environmental understanding to all. We offer tailor-made packages for school and youth groups as well as providing outreach education and adult training. Leading the field in innovative, effective and enjoyable approaches to learning outside the classroom, we are confident of providing a safe, secure and caring atmosphere in which your students will widen their geographical understanding, improve their motivation and develop their personal and social skills. We can accommodate up to 110 people full-board, including a self-contained, self-catering unit for up to 22 people and offer a choice of ½ or full day taught sessions.

A Typical Day

Although mealtimes vary a typical day's timetable is as follows:

Breakfast at 08:15, tutored activities from 09:30 until 17:30, evening meal at 18:00 and a tutored evening activity for one hour. Most groups then choose to use the rest of the evening to give the young people free time, alternatively visiting staff are welcome to bring further activities, games or diaries to for the young people to complete.

Health & Safety

All tutored sessions are risk assessed and led by experienced teaching staff with specialist knowledge and fieldwork expertise. They all hold first aid qualifications and are trained in safety and group management. We hold the Quality Badge by The Council for Learning Outside the Classroom, which is awarded to organisations which have demonstrated that they consistently deliver high quality teaching and learning experiences and manage risk effectively.

