

+Adventure 11-14: Residential Course Options at Preston Montford

As leaders in fieldwork and outdoor learning, Field Studies Council brings our unique depth of knowledge and experience to our +Adventure programmes.

Our approach

We approach adventure in the same way we approach fieldwork: thoughtfully designed, expertly delivered, and rooted in what young people need to thrive.

Our +Adventure programmes are active, engaging and great fun - but always with intent. Young people scramble, paddle, climb and explore, while building confidence, resilience and stronger relationships with each other. Challenge is carefully balanced with support, so every young person can take part, take pride and feel successful.

Because our adventure learning is led by experienced educators, sessions go beyond simply “having a go”. Our team knows how to create the right atmosphere, read a group, and use moments of challenge to build trust, teamwork and self-belief. Reflection happens naturally, without feeling forced, helping participants make sense of what they’ve achieved-.

Adventure is also shaped by our strong connection to the natural world. Set in inspiring outdoor environments, residentials give young people the chance to unplug, spend time outside and develop a deeper appreciation for nature - all while enjoying shared experiences they’ll remember long after the trip ends.

Your +Adventure programme

Your Adventure course programme will be produced by our expert staff based on the challenges, objectives and outcomes you have identified for your group. They will also build in adaptations to meet the needs of all your students.

We may need to make final adjustments on the day based on weather conditions etc, but the programme will remain focused on the objectives you have agreed.

Example +Adventure programme at Preston Montford

This is just one example of what +Adventure can look like for your school. The activities we will select for your group will be based around the outcomes you want to achieve. You can select the number of nights you want to stay.

2-night programme focused on developing academic resilience and communication skills.

		Morning	Afternoon		Evening
Day 1		Midday arrival. Eat packed lunch and welcome to the centre.	Develop co-operative communication skills through fun teambuilding games. Check into rooms and make beds.	Evening dinner	Develop confidence with navigation skills and explore a new area in an exciting orienteering session.
Day 2`	Breakfast and packed lunch prep	Experience nature and learn new paddling skills using sheltered-water venues.	Problem-solve in teams on our low ropes and peg and pole courses. A session on the climbing tower will develop confidence through challenge as well as understanding how teams can support each other.	Evening dinner	An evening campfire provides a memorable experience and a chance to reflect on what students have learned.
Day 3	Breakfast and packed lunch prep	Surviving in the wild is the ultimate challenge. This bushcraft activity can be adapted many ways but could focus on team working to build a shelter and light a fire.	After a packed lunch on-site return home.	Evening dinner	

Our standard courses run from 13:00 on arrival day to 12:00 on departure day.

Typical timings:	First Day – afternoon/evening	Full Days + evening	Last Day - morning
Evening session may adjust around dinner	13:00-17:00 / 19:00-20:00	09:15-1700 / 19:00-20:00	09:15 -12:00

Pricing

+Adventure trip prices include a specified number of adventure activities, the activities listed below are included in the programme at no additional cost.

Transport

Your +Adventure trip price includes transport to any activities delivered off-site.

All our courses are underpinned by our **Outcomes Framework**.

Field Studies Council delivers courses and experiences to create a shift in knowledge, understanding and behaviour. Our courses are like a system of cogs; small, immediate changes turn into long term impact. Our approach to learning is guided by three long term outcomes:

Nature and landscape

Through all our delivery we aim to build connection to and understanding of nature and landscape.

Personal and social

Participants gain valuable personal and interpersonal skills through the experiences we facilitate.

Active learning

Our courses promote learning through physical activity in the outdoors. The three core skills are built by seven Experience Outcomes that underpin all our delivery across the organisation. These are the direct effects participants experience during and immediately after engaging in Field Studies Council experiences.





- Environmental understanding
- Nature connection
- Environmental responsibility
- Working well with others
- Health and wellbeing
- Resilience
- Curiosity

These outcomes rely on educators who understand the potential of outdoor learning and who can help every child and young person explore and learn from the natural world.

+Adventure activity summary at Preston Montford

Your programme will be designed around the outcomes you have requested and will include some of the following activities.

Activities	Transport required	Full day/half day
Canoeing	Yes	Half or full day
Climbing tower, traverse wall and low ropes	No	Half day
Hill walking	Yes	Half or full day
Teambuilding games and Peg Pole	No	Half day or evening
Bushcraft: Fire lighting and shelter building	No	Half day
Orienteering	No	Half day or evening
Campfire	No	Evening
Night walk	No	Evening

+Adventure activity details at Preston Montford

Canoeing River Severn or Local Canals Entry/exit points may be from Montford Bridge and require transport.	Description Paddling in sheltered water on local canals or the River Severn (depending on conditions). Routes vary depending on experience, weather conditions and available time. Our instructors (1 for each group of 12) will take the time to highlight features and biodiversity of the landscape around them and the impact of human action on the environment. Paddling skills will be developed, and students will learn about the equipment needed to be safe in water. Activities to embed the 5 ways to nature connection will be used to promote positive wellbeing and help students feel linked to the landscape. To ensure safety we may need to make changes to this activity based on weather and river conditions, e.g. change of venue or alternative activity.
Climbing tower and traverse wall	Description A 7m auto-belay tower. Working together in groups of 12 per instructor, up to 4 students will climb under supervision whilst other students use the 2.2m high x 7.0m long traverse wall.
Low ropes	Description With 10 sections, this course is designed to challenge agility and balance.
Peg pole	A problem-solving and team challenge with limited pegs, lots of holes and 2 courses.
Hill walking Shropshire Hills	Description We take the rocky path to Lightspout Waterfall or hike along the Stiperstones Ridge. As well as connecting to nature and learning about key geographical features students will learn how to prepare for a day outdoors whatever the weather. Understanding the importance of landscapes and nature reserves and how our impact and visitors effect these environments. We also take opportunities to connect with nature and introduce students to practices that can support mental health.
Teambuilding games	Description These fun activities can focus on problem-solving, communication skills or building connections, depending on your outcome objectives.

Bushcraft: Fire lighting and shelter building	Depending on the weather conditions, students will have a go at lighting a fire and building a shelter.
Orienteering	Develop understanding of navigation skills whilst working in teams to find points around the centre grounds. In spring/summer we can run this as a shorter evening activity without using a compass.
Campfire	Students can reflect on the learning experiences of the day and enjoy the warmth of a fire as the light fades. As well as enjoying a toasted marshmallow we will introduce a game or encourage a song.
Night Walk	Depending on the time of year and weather, our tutors will introduce students to wildlife, the night sky or night-time navigation. Moving through the countryside in twilight and darkness enhances the sensory experience of natural environment and foster a sense of awe and wonder.
Mammal or moth trapping, bat detection. Seasonal availability	Depending on the weather and time of year students could learn how to set humane mammal or moth traps, hedgehog tunnels, use bat detectors or camera traps. The next morning, we check to see what we have found or filmed and learn how to use ID keys to identify the species.

Your +Adventure Outcomes

To help our experienced tutor team build your programme we need to understand the outcomes you want to achieve. We will set up a telephone or Teams meeting to discuss this when you make your booking. If time doesn't allow, we can also take information from you via email.

- What is the age range of the group you plan to bring?
- What are your top 3 learning outcomes for the group?
- Are there any other short-term or long-term benefits you want to develop from the trip?
- What previous experience does the group have of outdoor physical activity and challenge?
- What learning points do teachers want learners to transfer back to classroom environments?
- Are there any specific Adventure-Learning sessions you would most like us to include in your programme?