

+Adventure: Day 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, residential 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 group. The activities we will select for your group will be based around the outcomes you want to achieve.

Arrival	Activity	End of day
Welcome to the centre and briefing. Provide equipment,	Adventure activities with your activity leader Usually working in groups of 12 you will try an activity. Our activity leaders use activities to develop outcomes including teamwork, communication skills, resilience and wellbeing. We engage with participants throughout the activity to encourage them to challenge themselves.	Reflect on what participants have learned from the day including how they overcame challenges.

Day courses usually from 10:00 to 15:00 but this varies by age group, activity and centre.

Pricing

+Adventure day trip prices include agreed activities, equipment and transport to any activities that are delivered off-site. Please bring your own packed lunch and water. Wear comfortable clothes but we can provide wellies and waterproofs.

Transport

Your +Adventure trip price includes transport to any activities delivered off-site. It does not include transport to and from the centre.

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. Some half day activities can be combined together in a day and some are better extended into a full day. We can advise you.

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
Bushcraft: Fire lighting and shelter building	No	Half day
Orienteering	No	Half day

+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.

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?