Welcome to Woodlands
A Great Place to Start Your Adventure



Woodlands Outdoor Education Centre

Plenty of Space and Open All Year Round

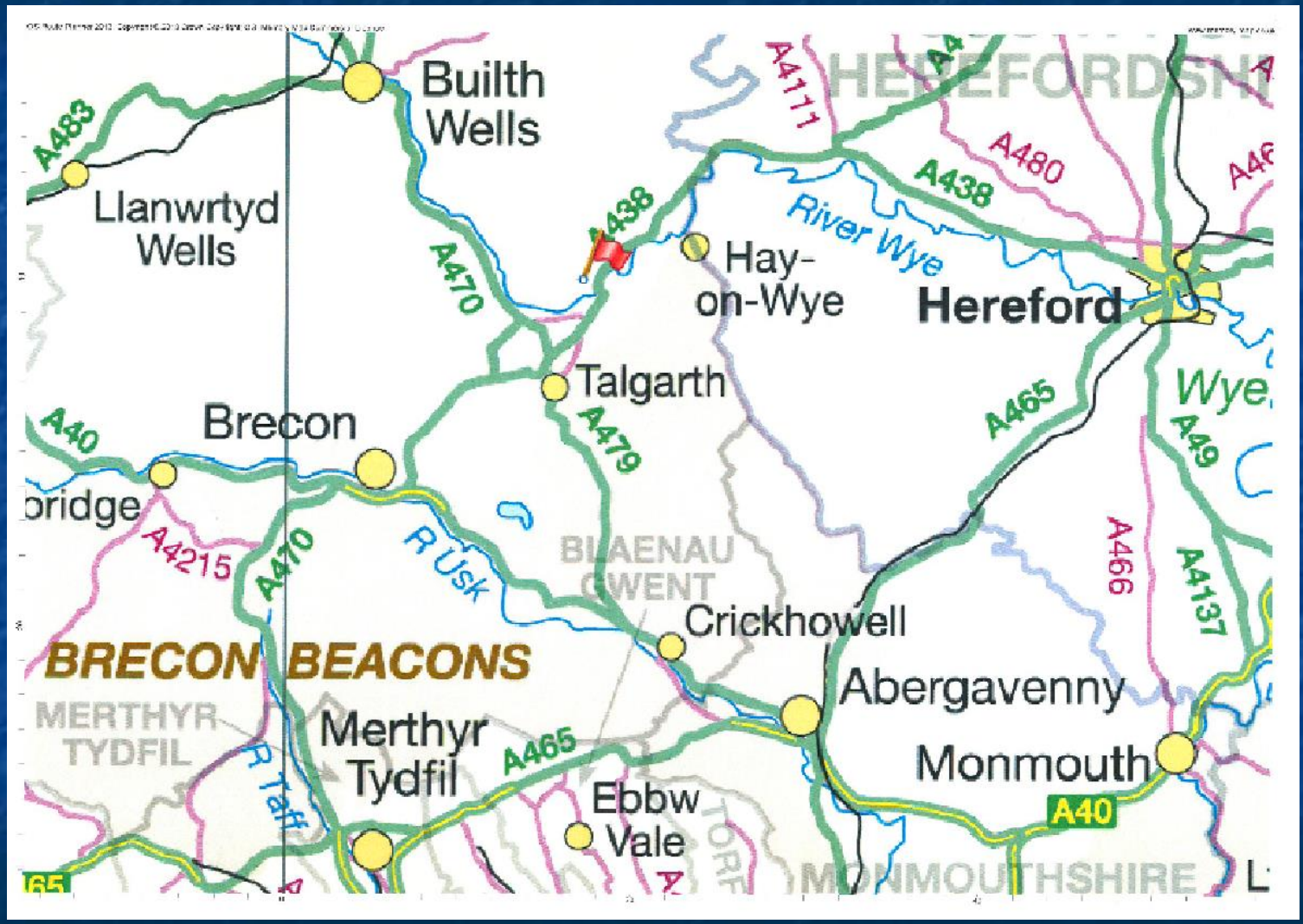


Woodlands Outdoor Education Centre

Great Views of the Mountains Nearby



Where are We?



Woodlands OEC is located in the Wye Valley on the edge of the Brecon Beacons National Park

Quality Accommodation



Woodlands Outdoor Education Centre

Welcoming Atmosphere and Good Food



Woodlands Outdoor Education Centre

WOODLANDS OEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 		Cereals, fresh fruit, yoghurt **Bacon Rolls or Veggie alternative**	Cereals, fresh fruit, yoghurt **Croissants jam/marmalade**	Cereals , toast, fresh fruit, yoghurt **Baked Beans**	Cereals, fresh fruit, yoghurt **American style pancakes, maple syrup**
LUNCH 	**Group Bring Own Packed Lunch**	**Baps** Your choice of: Cheese, cheese & pickle, marmite or ham **Cake or flapjack, Crisps, fresh fruit**	**Baps** Your choice of: Cheese, jam, tuna mayo or ham **Cake or flapjack, Crisps, fresh fruit**	**Baps** Your choice of: Cheese, cheese & lettuce, tuna mayo or ham **Cake or flapjack, Crisps, fresh fruit**	**baps** Your choice of: Cheese, cheese & pickle, marmite or ham **Cookie, Crisps, fresh fruit**
EVENING MEAL 	Chicken Goujons and Chips and beans (or Vegetarian Option)	Sausage, mashed potatoes, Peas, carrots, gravy (or Veggie sausages)	Chicken curry & rice, poppadoms. Or Vegetable curry	Pasta bolognaise, garlic bread, salad. Or Veggie bolognaise	Sausage roll, fresh fruit, cookie and crisps before or for travelling home
DESSERT 	Apple pie and Custard Fresh fruit	Chocolate brownie & Chocolate custard, fresh fruit	Jam sponge Fresh fruit	Viennetta ice cream Fresh fruit	

A Range of Activities

- High Ropes Course and Jungle Gym
- Climbing Tower and Team Building
- Canoeing and Kayaking
- Climbing and Abseiling
- Mountain walking and Orienteering
- Caving and Gorge Scrambling
- Night walks and campfires
- Expeditions and Camping
- GCSE PE, D of E
- BTEC and A-level

WOODLANDS OUTDOOR EDUCATION CENTRE
EXAMPLE

DAILY ACTIVITY PROGRAMME Monday 12 noon Group arrive Friday 3.00pm Group depart					EVENING PROGRAMME
DAY	GROUP 1	GROUP 2	GROUP 3	GROUP 4	
Mon	Outdoor business Problem Solving	Outdoor business Problem Solving	Outdoor business Problem Solving	Outdoor business Problem Solving	Night Walk
Tues	Ropes, Zip, Climb	Canoeing	Caving	Canoeing	Photo Orienteering
Wed	Canoeing	Ropes, Zip, Climb	Canoeing	Caving	Map Orienteering
Thur	Caving	Caving	Ropes, Zip, Climb	Mountain Walk	Group presentations Course review
Fri	Mountain Walk	Mountain Walk	Mountain Walk	Ropes, Zip, Climb	Depart 3.00

High Quality Outdoor and Residential Education

- Delivering courses to Oxfordshire schools for over 50 years
- One of 3 Oxfordshire Outdoors Centres
- Annual Inspections
- Adventure Activity Licence holder
- AHOEC Gold Standard Centre
- Learning Outside the Classroom
- Adventuremark
- Highly Qualified and experienced staff
- Managed by Groundwork South Trust

Woodlands Outdoor Education Centre

Working Together



From the start of the course the groups work together and complete challenges.



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Helping Each Other and Prepared for any Weather



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Safety and Encouragement



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Stepping Out of Your Comfort Zone



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Building Skills and Confidence





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Positive Learning Environment



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Discover your potential

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Trust
and
Responsibility.
Learning to
manage risks
safely

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Effort and Achievement



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Enjoyment and Success



Woodlands Outdoor Education Centre

Caving - Underground Exploration



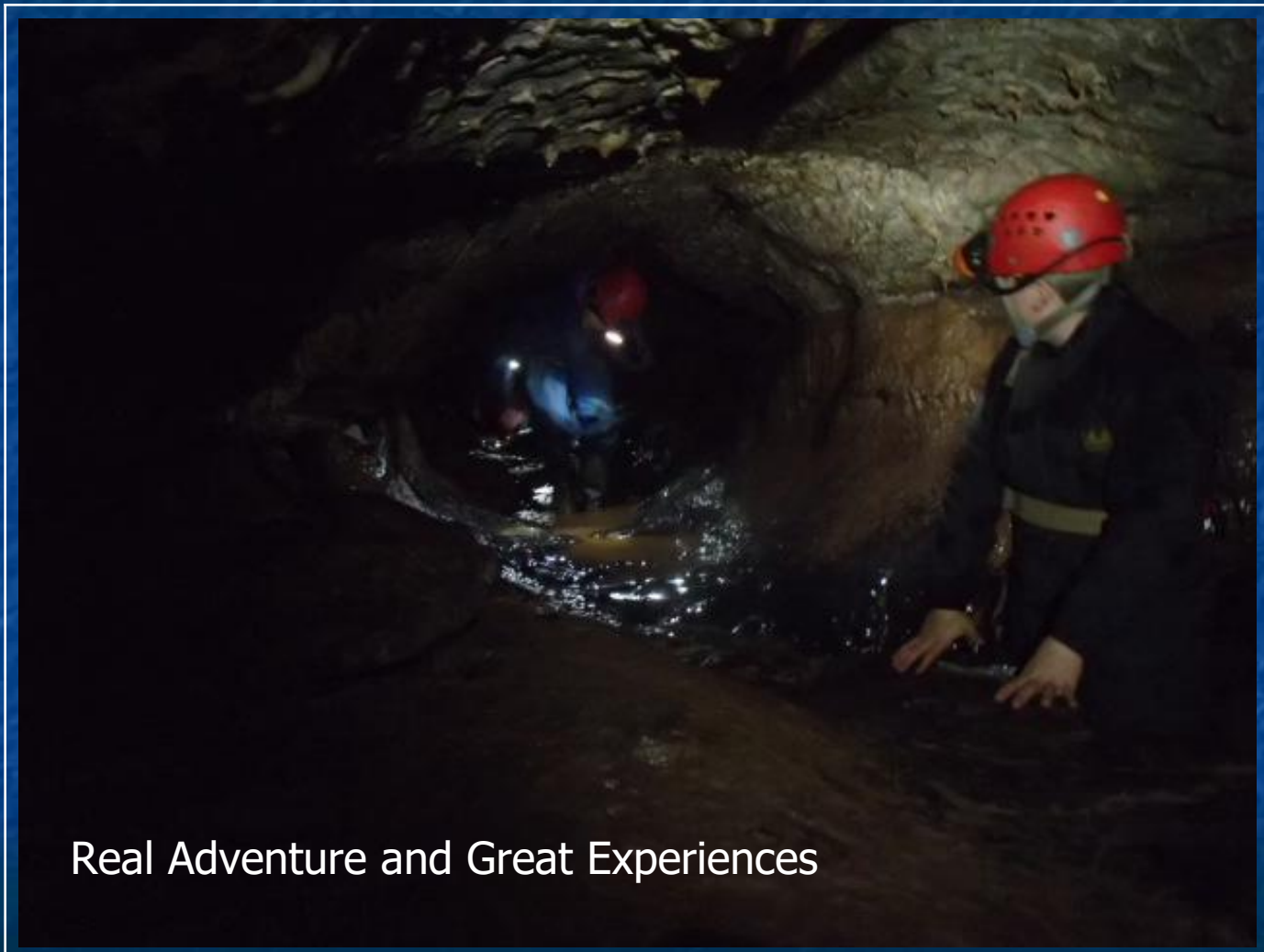
Woodlands Outdoor Education Centre

Underground in Porth Yr Ogof



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Caving - Underground Exploration



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Enjoying Challenges Together



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Aiming for the Summit



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Unique Experiences – Getting Above the Clouds



Woodlands Outdoor Education Centre

Fan Frynach in the Snow

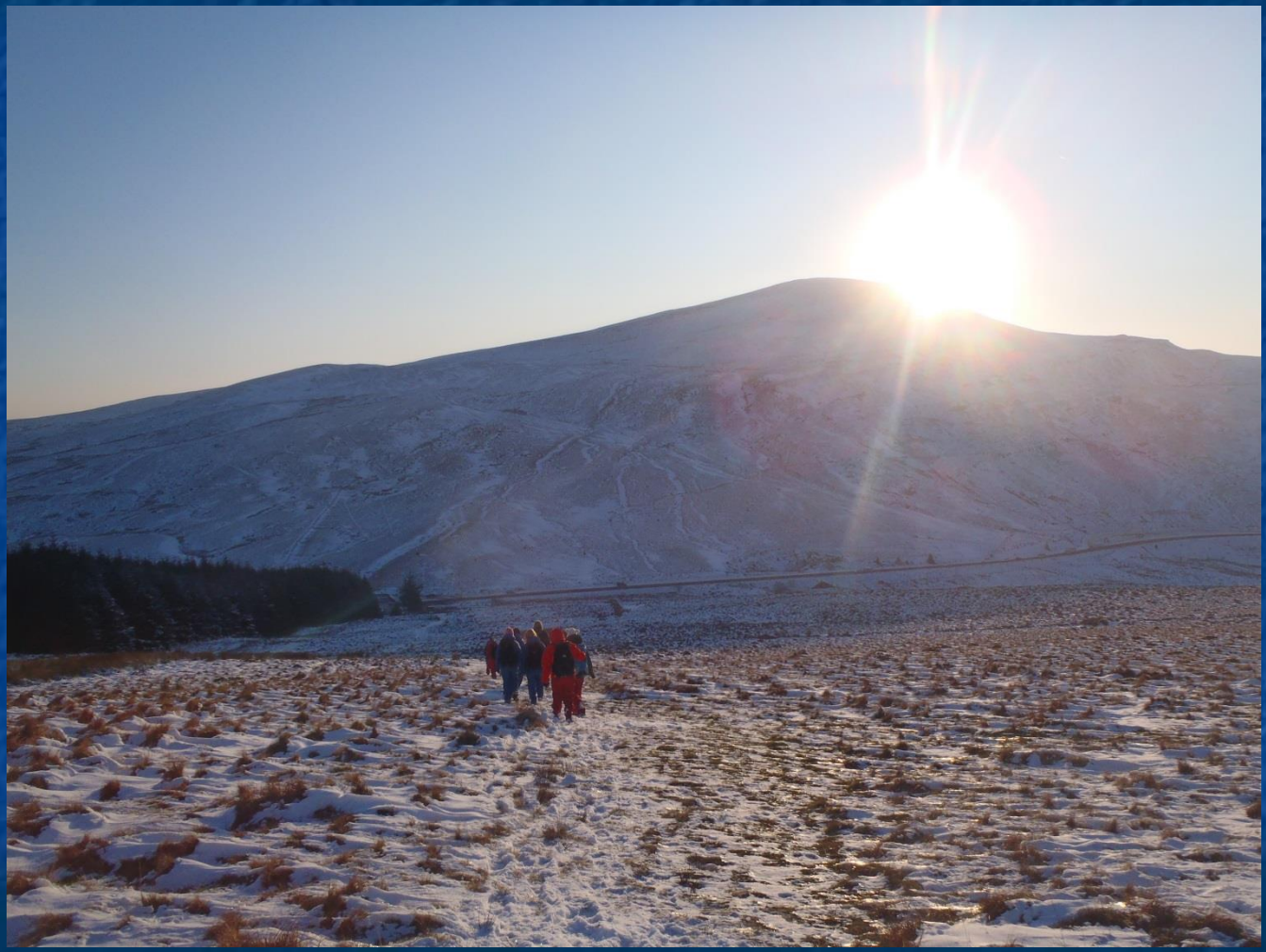


A Real Sense of Achievement



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Lifelong Memories



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Completing Journeys Together



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Learning About yourself, Others and the Environment



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Whole Class Activities



A Time to Reflect and Review



Jump to it!



The Staff Enjoy it too!



Oxfordshire Outdoors: Clothing list

Courses at the Centres spend a lot of time outdoors, whatever the weather, so it's highly likely clothes will get wet and dirty. Hard wearing, warm clothes are required all year round, the season and prevailing weather will dictate quantity. We are asking you to provide functional rather than fashionable clothing, so please don't think you have to make additional purchases. The list below is based on centre experience, if you have any problems in providing any of the items, please discuss with the teacher organising the course.

Activity clothing	✓	**Personal**	✓	**Other essentials**	✓
5 pairs thick socks and 5 pairs thin socks (not trainer socks)		Casual clothes for non-activity time eg wearing around the centre		Personal medication (marked with name)	
Change of underwear per day		Slippers / indoor shoes		Plasters for blisters	
3 long sleeved fleece/ sweatshirts		Pyjamas / night clothes		Sun block – Factor 30 minimum (summer)	
3 base layers, preferably not cotton		Towel and washbag for shower – no aerosol sprays		Sun hat and optional Sunglasses (summer)	
3 pairs trousers, tracksuit bottoms are ideal (jeans are not suitable for activities)		Single duvet cover, pillow case, single bottom sheet (or sleeping bag if preferred)		1 litre drinks bottle	
Fleece/woollen gloves or mitts, warm hat (Beanie fits under a helmet) scarf (Nov-Apr)				Lunch box	
Strong windproof coat with hood				Bin liner for laundry/wet clothes	
2 pairs trainers – 1 for normal outdoor use + 1 old pair for wet activities				Cuddly toy (optional)	
Board shorts/PE shorts or similar (summer)				Torch	
1 towel for changing					
Waterproof jackets and over trousers, wellington boots, walking boots and day rucksacks are provided by the centre for the duration of the course and at no charge, however if you do have your own feel free to bring them.					

Please note:

- **Please bring a packed lunch for the day you arrive**
- Aerosol deodorants are not allowed as they can trigger the fire alarm system
- Please check that clothing and personal possessions are named – this is especially important for medication such as inhalers

Other information

- Forms
- Medical - Anthisan
- Duty, room and activity group allocation
- Money
- Monday departure plan
- Friday return

How to find out more:

