

ADVENTURE LEADERSHIP EXPERIENCE

7-DAY SAMPLE PROGRAMME

In a 12th Century castle surrounded by 122-acres of woodland and coast, UWC Atlantic is a prime location set in the heart of the Vale of Glamorgan. Many activities will be carried out in the fantastic landscape on our doorstep, but some activities do require a short drive. When weather and conditions require, we may travel further to get the optimal environment for the activities and learning to take place.

SATURDAY

Introduction
First Challenge
BBQ
Introduction to JMA
Adventure Film

SUNDAY

Orienteering and Map Skills
Reflection
Mountain Adventure
Night Hike

MONDAY

Rock Adventure
Reflection Time
Evening Social

TUESDAY

Gorge and Cave Adventure
Reflection Time
Adventure Talk

WEDNESDAY

Paddlesports Adventure
Reflection Time
Expedition Pack and Prep

THURSDAY

Expedition Camp
Bushcraft

FRIDAY

Final Challenge
Free Time (local)
Share of Experience and Fire

SATURDAY

Debrief
Presentations
(Departure by 1pm)

EXAMPLE DAY

7-8am | Well-being activities (optional) eg run, hiit, yoga
8-9am | Breakfast
9-9:30am | Prepare, pack and brief
9:30-10am: Travel to venue
10-3pm | Activities
3-3:30pm | Return to base
3:30-4pm | Kit away and debrief
4-6pm | Free time / dinner / swimming etc
7-9pm | Evening activities and final debrief/plan for next day