

**Princes Trust  
Provisional Programme**

| <b>Day</b>   | <b>Time</b>          | <b>Activity</b>   |
|--------------|----------------------|---|
| <b>Day 1</b> | 12.00pm-<br>1.00pm   | Arrival; allocate rooms and unpack  |
|              | 1.00pm -<br>2.00pm   | <b>Introduction to centre, staff &amp; programme</b>  |
|              | 2.00pm -<br>2.30pm   | <b>Ice-breakers</b>   |
|              | 2.30pm -<br>3.00pm   | Break   |
|              | 3.00pm -<br>4.30pm   | <b>Team Building</b> (Problem Solving/Obstacle Course)                                      |
|              | 4.30pm -<br>6.00pm   | Dinner  |
|              | 6.00pm -<br>8.00pm   | <b>Climbing Wall</b>  |
| <b>Day 2</b> | 9:00am -<br>9:15am   | Staff meeting   |
|              | 9.30am -<br>12.30am  | <b>Low Ropes/Tree Tops Course</b>   |
|              | 12.30pm-<br>1.30pm   | Lunch   |
|              | 1.30pm -<br>4.30pm   | <b>High Ropes</b> (Jacobs Ladder)   |
|              | 4.30pm -<br>6.00pm   | Dinner  |
|              | 6.00pm -<br>8.00pm   | <b>Orienteering or Camp Craft</b> (if preparation for overnight stay)                       |
| <b>Day 3</b> | 8.30am -<br>8.45am   | Staff meeting   |
|              | 9.00am -<br>6.00pm   | <b>Canoe Journey</b> (inc. packed lunch)  |
|              | 6.00pm -<br>7.00pm   | Dinner <b>or</b> pitch tents (if overnight stay)  |
|              | 6.00pm -<br>9.00pm   | Unpack and return kit to stores, followed by free time <b>or</b> dinner (if overnight stay) |
| <b>Day 4</b> | 9.00am -<br>9.15am   | Staff meeting   |
|              | 9.30am -<br>12.30pm  | <b>Team Challenge or return from canoe journey</b> (if overnight stay)                      |
|              | 12.30pm-<br>1.30pm   | Lunch   |
|              | 1.30pm -<br>4.30pm   | <b>Mountain Bikes</b>   |
|              | 4.30pm -<br>6.00pm   | Dinner  |
|              | 6.00pm -<br>8.00pm   | <b>Aerial Runway</b>  |
| <b>Day 5</b> | 9:00am -<br>9:15am   | Staff meeting   |
|              | 9.30am -<br>11:00am  | <b>Reward session</b> (choice of activity)  |
|              | 11:00am -<br>12.30pm | De-brief, clean up and departure  |