



Ready-made activity packages

for schools, youth groups and community groups

Schools, youth groups and community groups can choose from our selection of highly popular ready-made packages. Simply browse the packages below, check that the details suit your group, then complete the booking form available on our website. We'll be in touch to confirm the details and to check the package meets your needs.

1) **Brook Farm: Woodland Day**

This takes place at our beautiful woodland activity site near Mayfield, East Sussex. Choose from the following woodland activities:

- **Obstacle Course** - includes swamp crossing, zip wire, balancing, rope bridges, fairy loops and many other challenges to get you laughing at yourself and others! Our most popular group activity.
- **Tree Abseil** - an awesome 40ft abseil from an oak tree.
- **Bushcraft** - the art of using materials found in nature to live. You can build your own shelters, create a fire and cook over it, learn to make tools, identify wild foods and medicines and much more.
- **Chasm Crossing** - an exciting challenge where people must work as a team to cross an (imaginary!) scary chasm. Your group will develop better communication and team work skills, whilst having a lot of fun.
- **Games** - high energy, low energy, ice-breakers, warming up, winding down, team building, cooperative, physical, trust-building, blindfold, parachute, large scale, outdoor, indoor or camp-fire!
- **Get Out of That!** - a problem-solving and team-building challenge. Blindfolds, barrels, webs and dinosaur eggs are among the props. We set the problem – you get out of it!

2) **Brook Farm: Field Day**

Choose from the following field activities and then relax around our camp fire and toast marshmallows:

- **Archery** - will test hand-eye coordination skills and makes a great group activity. You can also achieve an archery award over 4 sessions.
- **Zip Wire** - Our new, extra fast Zip Wire runs from the trees to the field and is both a challenge and an adrenaline rush.
- **Bushcraft** - the art of using materials found in nature to live. You can build your own shelters, create a fire and cook over it, learn to make tools, identify wild foods and medicines and much more.

- **Chasm Crossing** - an exciting challenge where people must work as a team to cross a (imaginary!) scary chasm. You'll have the chance to develop better communication and team work skills, whilst having a lot of fun.
- **Games** - high energy, low energy, ice-breakers, warming up, winding down, team building, cooperative, physical, trust-building, blindfold, parachute, large scale, outdoor, indoor or camp-fire!
- **Get Out of That!** - the ideal activity for team building. Tasks requiring teamwork, initiative and communication. Blindfolds, barrels, webs and dinosaur eggs are among the props. We set the problem – you get out of it!

General Information for activities at Brook Farm

For a **half day** we recommend you choose 1 or 2 activities and for a **full day** choose 3 activities.

You can **camp** overnight too, either in tents or in the shelters you build in bushcraft. For a **24 hour stay** choose 4 activities and for **two full days** choose 6 or 7.

Groups of 12 people and under should choose activities from either the Woodland selection OR the Field selection.

Groups of 13 people and over can choose activities from both the Woodland selection AND the Field selection.

Groups can have Brook Farm available for their exclusive use, maximising our ability to respond to individual and group needs (please request at time of booking). Chill out and warm up in between activities in the Mesolithic-style roundhouses. Contact us for information about additional activities, or to combine field and woodland activities for smaller groups.

The **minimum age** for these activities is 8. The **maximum group size** is 36 or 24 for overnight stays. Please note, Brook Farm is extremely popular so we recommend you book early.

3) **Bushcraft**

Learn the arts of surviving and living in nature. Build your own shelters, create a fire and cook on it, learn to make tools, identify wild foods, make charcoal pencils and nettle tea, natural navigation and much more. Bushcraft sessions are full of tips and interesting facts and can be themed around a survival scenario, including time for team-building. A popular day or overnight event.

We carry out most bushcraft activities at Brook Farm but can work in any woodland setting and can even teach some aspects in schools, parks or community centres. If you would like a venue other than Brook Farm, please enquire, giving us details of your preferred setting.

We can spend from half a day to a full week teaching Bushcraft skills. As an introduction we recommend a 24 hour camp so you can sleep in your shelters (tents available too!).

We can work with up to 36 people for daytime only events and 24 for overnight at Brook Farm. Please enquire about bushcraft for larger groups.

4) **Climbing & Bouldering Day**

You will be given lots of support to tackle beginners' climbing routes or more challenging overhang routes indoors or outdoors. Or try bouldering, a fast moving activity, exciting in its own right and an excellent introduction to climbing. Try both in one day, developing and building a variety of skills.

Locations include: Harrisons Rocks – Climbing & bouldering (closed to groups on Sundays); Hove Park/Tarner Park – Bouldering only; Rock Court – Man-made, indoor climbing wall;; Stone Farm - Climbing & bouldering.

Group size varies depending on location. Please enquire. For bouldering and climbing we recommend a full day (6 hours).

5) **Kayaking**

Beginner's fun sessions include plenty of games as well as learning the basic strokes. For groups over 8 participants, we will do team building challenges too.

We also offer the chance for children and young people to now achieve a nationally-accredited award in kayaking in just one day. Or spend 3 days becoming really skilled and taking a river trip to earn your BCU 1-star Award.

6) **Progressive Climbing**

Spend three days learning to climb at different venues. We start with indoor climbing at the Rock Court, then move on to outdoor climbing at Stone Farm and Harrisons Rocks.

We offer 1 x 4 hour indoor session plus 2 x 6-7 hour outdoor days, OR 4 x 2 hour sessions indoors, plus a day of climbing at Harrisons Rocks.

Participants can achieve their climbing badges, or young people to achieve their Youth Award. This activity is also fantastic for team-building.

Maximum group size is 36. Groups will be divided into smaller groups of 12.

Also...

Our **Mobile Climbing Tower** can come to you. The tower has space for 4 people to climb at a time and we can now support wheelchair users to climb. A great crowd-puller at any event. We can get 30 people an hour climbing or teach progressive climbing courses to smaller groups.

We can create a **bespoke day or residential** for your group, including additional and alternative activities not included in these suggestions.

Many of our activities are suitable for **people with disabilities** and all are suitable for **people with learning difficulties**.

For more information or to book, please call us on 01273 681058 or email info@aultd.org.