

The following activities are available during your visit to Woodrow. They must be booked in advance through our Operations Manager, Mark (whhprogramming@londonyouth.org). Some of these may be subject to availability; please contact us as soon as possible to discuss your programme.

Activity	Activity Description
High Ropes – Traverse Challenge (New for 2021!)	Walk to the top along a series of 3 traverse challenges including a wooden beam and two wire bridges. Stage 1, perfect for those more nervous. Stage 2, things get a little harder, Stage 3, As high as it gets. A great introduction to high ropes ideal for all abilities. Focussing on <b>teamwork</b> , building <b>trust</b> and improving <b>personal confidence</b> . (This activity can be adapted for anyone with limited physical mobility). <i>Recommended participant age is 8 years +.</i>
High Ropes – Crate Stack (New for 2021!)	How high can you build? Multiple participants build a giant tower of crates whilst balancing on top of it. Team members at the bottom must pass up the crates. This is a test of <b>teamwork</b> , balance, <b>co-operation</b> not to mention sturdy building skills. Who will build the highest tower before everything collapses under them! <i>Recommended participant age is 8 years +.</i>
High Ropes – All Aboard (New for 2021!)	Climb an 8m high pole and stand on top of a small platform. Not easy, but then up to 3 others will take it turns to climb the pole and join you at the top. Only good balance, <b>teamwork</b> , <b>communication</b> and holding your nerve will keep you and your team up. <i>Recommended participant age is 8 years +.</i>
High Ropes – Leap of Faith (New for 2021!)	Climb an 8m high pole and stand on top of a small platform. Not easy, but then comes the real challenge. Dig deep, trust your team members and take a leap of faith to catch a trapeze bar suspended out in front of you. A perfect activity for <b>pushing personal boundaries</b> , improving <b>personal confidence</b> and <b>trust</b> in your team. <i>Recommended participant age is 8 years +.</i>
High Ropes – Jacobs Ladder	Our High Ropes element challenges small teams of climbers to pull together to navigate their way up a giant ladder of horizontally suspended logs with ever-increasing gaps between the rungs. Teams will have to effectively <b>communicate</b> with each other to decide on the best course of action and <b>support each other to overcome fears</b> and reach the top. <i>Recommended participant age is 8 years +.</i>
Low Ropes	Low Ropes consists of a series of challenging activities taking place just off the ground, as well as on an enclosed wire bridge crossing a dell. The session is designed to promote <b>teamwork</b> , <b>trust</b> , and <b>communication</b> skills while getting the most out of your group in a fun and challenging way.

# Activity Provision

## Skills and Learning



Archery	Learn a new skill while working as individuals and as a team. An Archery GB qualified instructor will lead this session, ensuring participants set <b>personal goals</b> and understand how to <b>improve their accuracy</b> . <i>Recommended participant age is 8 years +.</i>
Nightline	A step outside the comfort zone for some and a development opportunity for all. Blindfolded participants must negotiate a course of small obstacles with just a rope and their teammates for guidance. The activity highlights the need for clear <b>communication</b> and presents <b>leadership</b> opportunities for all.
Orienteering	We introduce basic <b>map work</b> skills and allow the participants to work together to find markers spread out around our 26-acre grounds. Teams are encouraged to make <b>independent choices</b> - an opportunity to explore and experience the outdoors as a different learning environment.
Scavenger Hunt	A good way to let off steam and explore the site - scouring the grounds for answers. Frequently used as an orientation exercise upon arrival. Small teams are encouraged to make <b>independent decisions</b> to complete the hunt together.
Woodland Walk	Explore the surrounding area with our team. We follow a route through local woodland spotting interesting flora and fauna along the way. Our Instructors encourage <b>observation</b> skills and prompt participants to consider our impact on the <b>natural environment</b> .
Offsite Expedition ( <b>Extended double session</b> )	A chance to explore deeper into the beautiful Chilterns countryside and woodland. Test <b>navigation skills</b> whilst improving knowledge of the local <b>natural environment</b> and try to find our own Woodrow geocaches. The walk is approximately 10km (6miles) over 4.5hrs (including a packed lunch provided by Woodrow).
Team Exercise	We have a variety of problem-solving exercises which can be adapted to suit each group and fulfil the aims of your visit. This provides an excellent opportunity to develop <b>teamwork, co-operation</b> and <b>leadership</b> .
Pioneering	Groups will learn some <b>basic knots</b> before <b>designing</b> and <b>building</b> useable catapults using ropes and large poles, encouraging teamwork skills and a bit of ingenuity, before testing their completed build together, traditionally in friendly competition.

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Mini Raft Build and Race	A double session. In the first session, your group will learn some <b>basic knots</b> before designing and then building rafts using the equipment supplied. In the second session, these are taken into the pool and raced in relay fashion. The rafts are small and not designed to be sat on. There is usually some time for a free swim at the end of the session. Instructors facilitate group discussion, <b>planning</b> and the build, to ensure young people acknowledge the necessary <b>teamwork</b> skills used, from sharing ideas, to racing the rafts. Please note that swimwear must be worn. Access to the swimming pool is limited and will be allocated to groups on a first-come first-served basis. The pool access lasts for one hour. <i>Participants must be aged 8 years and over.</i>
Bushcraft	An introduction to basic survival techniques including <b>traditional fire lighting, plant recognition and basic cooking</b> . Instructors frame the task ahead, define the goal, and encourage reflection on the importance of <b>perseverance</b> . If your team make a fire, you might even get some popcorn!
Bushcraft ( <b>Extended double session</b> )	This extended introduction to survival techniques means that additionally to our standard session you will have time to try some additional activities, which may include <b>bow drill friction fire lighting, preparing and cooking bread</b> over your fires or even having a go at <b>string making</b> . This is a great opportunity to spend time doing practical and fun tasks requiring <b>teamwork</b> and <b>perseverance</b> .
Shelter Build	Groups construct a natural bushcraft style shelter focusing on <b>creative thinking</b> and types of construction. This session teaches the importance of <b>reasoning</b> within problem solving and promotes effective <b>teamwork</b> .
Challenge Course	A series of highly <b>physical</b> and mental challenges involving <b>creative thinking, teamwork</b> and peer support to complete. Teammates support each other through tunnels, along monkey bars and across our traverse wall. Please note, the use of individual elements are subject to group ability and age.

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Drop it! Pop it?	Groups work in small teams to construct a device to protect a water bomb dropped from height. Limited recycled resources combined with the use of problem-solving concepts allow groups to be <b>creative</b> whilst <b>reasoning</b> ideas. Our Instructors facilitate group discussion, planning and build, focusing throughout on effective <b>team interaction</b> and the importance of <b>reducing, reusing, and recycling</b> .
Swimming	Groups may book the pool for no additional charge, for an hour of free swim, instructed games, or a mixture of both. The pool is always attended by a qualified lifeguard. Please note that access to the swimming pool is limited and will be allocated on a first-come, first-serve basis. Swimwear must be worn. <i>Participants must be aged 8 years and over.</i>
Wacky Races	A selection of fun races and competitions which can take place inside or outside, utilising strength of team interactions. The session encourages <b>sportsmanship</b> and the importance of <b>peer support</b> . A good opportunity to let off steam!
Parachute Games	Using our large and colourful parachutes, instructors will lead a variety of fun games to keep <b>everyone involved</b> and active.
Sports	Instructors facilitate a variety of sports (such as cricket, rounders and Danish longball) using our 3G all-weather Astroturf pitch, green spaces, or within the Sports Hall. These games highlight the importance of <b>good sportsmanship</b> and <b>peer support</b> .
Minibeast Hunt	Explore the habitats and eco-systems for minibeasts on-site. Instructor facilitates <b>scientific observation</b> and learning as well as the importance of <b>respect</b> and <b>sharing</b> roles.

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<b>Evening Activities</b>	
Campfire	A fantastic evening activity where the whole group comes together around a fire and are entertained by instructors facilitating the singing of songs playing games, telling jokes and, if you are feeling brave, hearing a short version of our ghost story. Alternatively, you can use this session as a chilled-out opportunity for reflection. You are welcome to bring your own marshmallows to roast!
Manor Mysteries	A whodunit style mystery for your group to solve! Six characters are under suspicion and it is the group's task to interrogate the characters and collect the clues in order to reveal who is the guilty party. Instructors facilitate problem-solving and group discussion whilst posed as a detective. Group leaders are encouraged to join in too, acting out the suspect roles!
Quiz	A quiz delivered to participants in a team environment- includes different rounds and challenges! Our Instructors act as the Quiz Master, encouraging group discussion.
Disco	We have a sound system and disco lights in the cellar with a variety of popular music available to play, as well as the option to use your own devices and playlists.
Wide Games	A variety of traditional wide games, ideal for building a team environment and burning off energy. Examples include Capture the Flag and Manhunt.
Ghost Story	Hear the story of Woodrow's resident ghost, The Green Lady as well as touring relevant areas of the gardens and house, including a visit to our incredible haunted 'grotto' deep in the grounds.
Indoor Curling	All the fun of Curling with none of the ice! Teams compete using our indoor curling set that slides across the floor using a ball bearing mechanism. Closest to the target wins! A game of strategy and teamwork. <i>Please note, this activity is only suitable for groups of 10 or less.</i>