

## BUSH CRAFT



### COURSE DESCRIPTION

Want to learn something new, develop your teamwork and communication skills whilst pushing yourself and your team to achieve in a challenging environment? If the answer is 'yes' then our Bush Craft Leadership and Development Course will be the perfect fit for you. This is a 'Bear Grylls' style survival course which is based around the 'chain of survival': Shelter, Heat, Water and Food. Your team will find themselves in a woodland area and will be trained in tasks such as shelter building, fire making, wilderness food preparation and water collection.

Venture Force will provide fully qualified leaders in addition leadership development facilitators to help your team achieve more from the course. We also want you to have fun!

**Please note:** This is an example course and we would be happy to discuss variations on a theme to help you get out of it what you want. The learning outcomes and focus can be adjusted dependent on your needs.

### THE NUTS AND BOLTS

**Location:** Woodland Area, Northamptonshire

**Course cost:** Please ask us for a quote, the cost will depend on the number of participants and activities.

**Timings:** Can be completed over a weekend or on two consecutive weekdays (or longer).

**Food and Drink:** Food and drink for the entire course will be provided

**Accommodation:** Home made shelters



**BE  
INSPIRED**

**YOUR ADVENTURE IS WAITING...**

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## EXAMPLE PROGRAMME OUTLINE

Our course facilitator & leaders will meet the team on the outskirts of the wooded area which will be the base for the course. Having abandoned their vehicles the team will be led to the training area and will be allowed only a small amount of personal kit. On arrival at the 'Briefing Shelter' the team will meet our bush-craft specialists and be given a course briefing. Following the briefing, the teams will be divided into a number of separate groups and will leave for their respective training areas accompanied by their bushcraft expert.

The teams will be given training on each activity and will then be required to carry out the task. Each task will be judged. Following each activity, our facilitators will run a short session focusing on a pre-determined topic e.g. Leadership, team work (the focus can be selected by you).

### FIRE

Trained around the 'fire triangle' (oxygen, fuel, heat) and the importance of each aspect, the team will be given practical demonstrations. The following techniques will be used: bow drill, flint and steel, battery and wire wool, potassium permanganate and glycerin and lastly fire steel with cotton wool and Vaseline. Having been trained the team will be given limited resources with which to create a fire and cook all food and beverages for the remainder of the course.

### SHELTER

The teams will receive a practical demonstration in the construction of basic shelters using the materials found in the training area. Following this, the teams will construct their own team shelter to sleep in.

### WATER

Teams will be trained in various methods of clean water collection and purification. Once again the teams will be set the task of collecting and cleaning their water for the duration of the course

### COMPETITIVE ACTIVITIES e.g. Camouflage and concealment

Our training area is ideal for competitive tasks and games designed to push the teams to use the skills picked up during the day focusing on teamwork and leadership. The cover of darkness and wooded ground will be used along with their coaching in Camouflage and concealment to beat, capture and evade the other teams

## WHAT ARE YOU WAITING FOR?

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