

Sailing (Individual)

Max number in a team - 8
Max number of teams - 3
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Sailing (Team)

Max number in a team - 6
Max number of teams - 1
Accreditation available - No



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Team Challenges

Max number in a team - 8
Max number of teams - 2
Accreditation available - No



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Archery

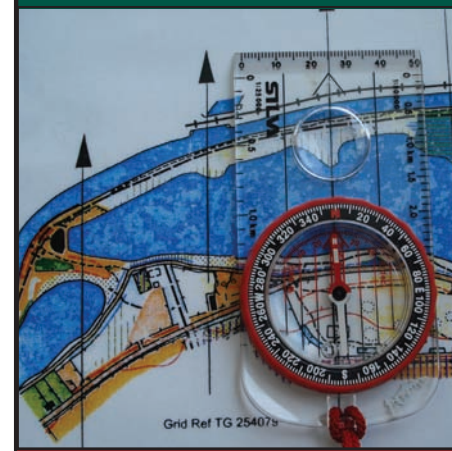
Max number in a team - 8
Max number of teams - 1
Accreditation available - No



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Orienteering

Max number in a team - 8
Max number of teams - 6
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Climbing tower & Bouldering Wall

Max number in a team - 8
Max number of teams - 2
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Off Road Biking

Max number in a team - 8
Max number of teams - 1
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Windsurfing & Paddleboarding*

Max number in a team - 6
Max number of teams - 2
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Katakanu

Max number in a team - 6
Max number of teams - 3
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Raft building

Max number in a team - 8
Max number of teams - 2
Accreditation available - No



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Canoeing

Max number in a team - 8
Max number of teams - 4
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

Kayaking

Max number in a team - 8
Max number of teams - 4
Accreditation available - Yes



LEADERSHIP ★★★★★
TRUST ★★★★★
CHALLENGE ★★★★★
TEAMWORK ★★★★★

*Paddleboarding max in a team 8
No accreditation available



www.whitlinghamoec.co.uk
01603 632307

Educational Groups 2012



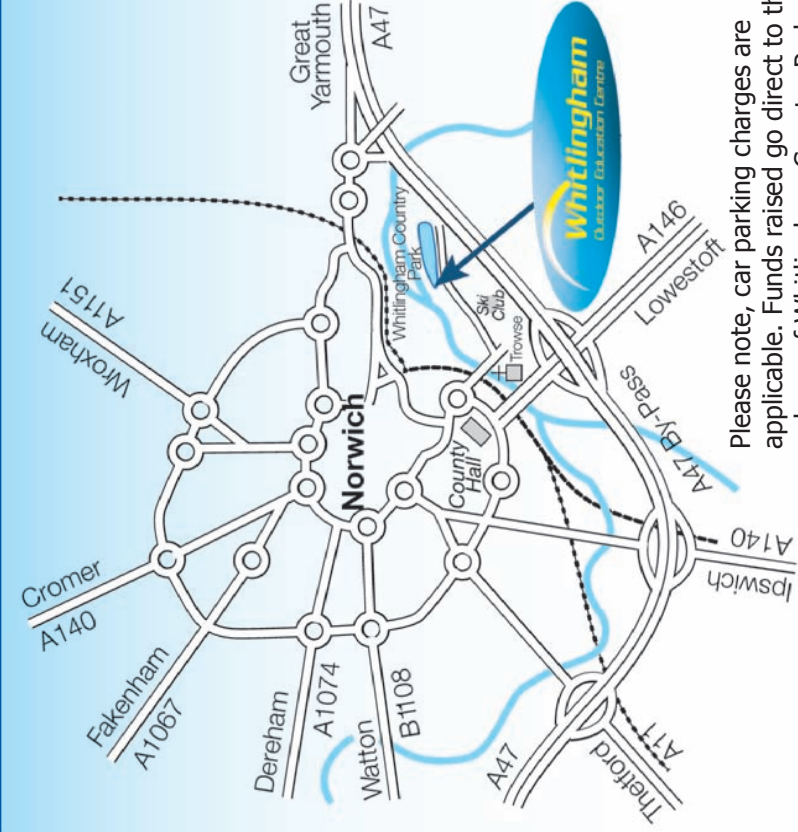
G20087 KM



If you would like a leaflet in large print, audio, Braille, alternative format or in a different language please contact us on 01603 632307 and we will do our best to help.

Whitlingham Outdoor Education Centre
Whitlingham Lane, Trowse, Norwich
NR14 8TR

Tel: 01603 632307
Fax: 01603 674219
Email: ncc.oep@norfolk.gov.uk
www.whitlinghamoec.co.uk



Please note, car parking charges are applicable. Funds raised go direct to the upkeep of Whitlingham Country Park. For details contact 01603 617332

Whitlingham Outdoor Education Centre's schools and further education programme is an amazing resource offering outdoor and adventurous activities within Whitlingham Country Park, Trowse just on the outskirts of Norwich.

- The site and centre offer:
- Over a mile of sheltered open water
 - 280 acres of water, woodland and meadow
 - Easy access from any route
 - Modern purpose built centre
 - Delivering a range of adventure sports and educational activities.

Activity packages include:

Transition challenge days
Start the new year or new class with a day of outdoor activity challenges. Working in small teams with a series of mini activities and problem solving – the original team building experience.

After school sessions
Whether it is for multi activity or for an NGB accredited course – after school sessions available throughout the week.

Activity days and weeks
2 hours, a day or a week! Fun, active, outdoors and guaranteed to make you smile. Bespoke Outdoor learning sessions designed to meet your needs using a range of outdoor and adventurous activities.

Whitlingham Games
Just for 2012 – learn the basics and then take part in a mini competition. Choose from sail, windsurf, canoe, kayak, archery and mountain biking.

Adventure safety education programme
Choose either water or countryside safety – a practical programme to develop outdoor awareness, independence and activity skills, whilst also learning how to be active safely and respond to emergencies.

GCSE PE programmes
Personal skills programmes with NGB accreditation available for a range of land and water activities.

External Learning Opportunities

14 – 16 Foundation Learning courses.
Sports Leaders UK Level 1 Award in Sports Leadership.
The ideal starting point for learners aged 13 years and over who wish to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner.

Youth East – NEET programme
Funding is available to support 14-19 yr olds who are NEET (Not in Education Employment or Training) or pre-NEET (at risk of exclusion). The course aims to introduce students to new experiences in the outdoors and offer information, advice and guidance on options moving forward.

Teacher training and CPD
The centre offers a large range of CPD opportunities including:
Activity leadership training
Instructor qualifications
First aid for visit leaders
Training in the use of outdoor learning cards

The venue is also ideal for
Team meetings
Training and wellbeing
Team building and reward days

Free teacher twilight taster sessions:
Haven't visited Whitlingham OEC before? Come along to one of our FREE twilight tasters! Tour of the centre and country park, find out what we can deliver and have a go at the activities. Limited spaces – contact the centre to book your place now.



Events:

November 16th – Pudsey Paddle (BBC Children in Need)
Complete head to head against other schools in our annual paddle race. Open to all primary, secondary and FE colleges from 8 yrs+.

For details and booking of any of the courses or events on offer please contact the centre directly on 01603 632307 or visit www.whitlinghamoec.co.uk