

Suggested 2 day programme with Ingwe Adventure Trail & Ingwe Explorer programmes

DAY ONE Ingwe Adventure Trail

09h00	Arrival & check in Welcome and rules
09h30	Briefing Team allocation, flags, war cry & team names Ice breakers in groups Slide show – forest skills, hiking info, basic safety & shelter building Make your own walking stick from alien vegetation Basic navigational skills
10h30	TEA BREAK
10h45	Depart for hike through Ingwe valley Water filtering & SASS report on stream Hike to top ridges and back through forest to the farm dam
13h00	PACKED LUNCH Shelter building, knots & rope making Basic first aid – splints & stretchers
16h30	Approx. time back at Ingwe FREE TIME
17h30	Debriefing & feedback session
19h00	DINNER Group under teacher's supervision for evening duties/activities Optional extra: "nature themed" movie in the evening

DAY TWO Ingwe Explorer

08h00	BREAKFAST
09h00	Briefing and handing out of first set of clues and packed lunches Groups would work in same teams as previous day and each would follow a different route. Each team will have an Ingwe facilitator with them.
to	All teams are timed and have to solve clues or complete tasks along the way to get to the next location. Mostly an outdoor learning experience with some activities taking place inside, this programme has been custom designed to take best advantage of the magnificence of Ingwe and surrounds bringing in elements of nature and can include topics from previous programmes completed. A fun and energetic teambuilding adventure!
17h00	The day ends with a slide show of photos taken during the day, prize giving and handing out of certificates

This programme can be designed to be a half or full day programme.

Please note the times given are just a guideline to give you an idea of how much time is usually taken to do each session – much will depend on how well the individuals work in their groups to achieve their tasks, but we will be encouraging them all the way!

We are very flexible and can adjust this programme to fit in with your needs. Teachers are responsible for night duties and getting the group to the lodge for meals. An Ingwe facilitator will be on site at all times during the day and on call at night time.

Terms & conditions apply

Ingwe Forest Adventures is endorsed by the Western Cape Education Department and also is the head office for NPO climate change initiative www.thegreenticket.org

Mission Statement

To create a place for both adults & children from all walks of life to enjoy various learning experiences that focus on developing excellent teamwork and leadership whilst gaining knowledge about the surrounding environment & how they can contribute to its' preservation



www.thegreenticket.org



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