

School group packages at Ingwe Forest Adventures

Come find the INGWE in yourself through one of our programmes:
Individuality **N**aturalisation **G**ratification **W**isdom **E**ndurance

Ingwe is an established outdoor education venue that has been operating since Dec 2004 offering a variety of educational programmes that promise fun and adventure, with excellent results and lasting memories. Owner managed with a small, but dynamic team that are always willing to go the extra mile to ensure that our clients leave happy and fulfilled, bursting with stories of adventure and new found strengths within themselves and of course; wanting to come back again and again!

In July 2009 Ingwe received endorsement by the Western Cape Education Department

Accommodation & facilities

A large wooden lodge with tables & benches for workshops, lectures & meals that also has a wrap-around deck and awesome views. Fully equipped kitchen, including all cleaning materials, firewood, refuse bags and boma area for those evenings around a roaring fire. Swimming pool with views of the Outeniqua mountain range and a glimpse of the ocean, sports field plus you can take a meander along a forested trail to a natural clearing in the indigenous forest, an ideal outdoor classroom or meeting area.

Accommodation for groups up to 70 people and another fully equipped self-catering cabin for a further 12 on the same farm. 2 cabins are dormitory style elevated overlooking rolling valleys that have bunk beds and each sleep 27 people comfortably. These cabins make use of a ablution block and only sheets are provided on the mattresses.

Forest Cottage is right in the middle of the indigenous forest and has 8 bedrooms with 2 single beds in each, a comfy lounge, kitchenette and 2 bathrooms. Fully equipped, you only need to bring your own towels. All rooms lead onto a wooden deck – just the place to sit and soak up the tranquil beauty and sounds of the forest.

Another fully equipped self-catering cabin is situated on the farm and can also be hired for any overflow.

We also offer day hire options if you don't require accommodation.

So what happens at Ingwe?

On arrival we go through the general rules of Ingwe and make sure cell phone and other electronic gadgets are safely packed away so we can focus on each other. We work on a first name basis and our most important rule is respect for each other, Ingwe facilities and the environment.

If they are staying over, we allocate cabins and make sure everyone knows where the boundaries and rest of the facilities are.

Exclusive use of the venue offered for either day or overnight packages making YOU the centre of our attention!

Onto the programme!

Groups are briefed on their programme for the day and then split up into teams. Our activities have been developed with an emphasis on outdoor education, leadership skills, building effective teamwork and 'thinking out of the box'. Most importantly, the challenges are set out for a team to tackle an 'obstacle' not as a competition against the other team, but rather as a team that overcomes and completes the "obstacle" as an effective group.

After the teams have been divided they participate in various activities to help them build their team spirit with plenty of fun and laughter along the way! Dependent on which programme has been chosen will determine the activities. Ingwe facilitators are present at all times during the programmes, we work on a 1:10 ratio and we welcome involvement and participation from the teachers/group leaders.

Every programme ends off with a debriefing session and feedback forms which is followed by a slide show presentation of the pictures taken during the day (the group gets a free copy!) and then ending off with handing out of certificates.

If the group is staying over, the teacher/group leaders are responsible for the nighttime duties and getting the children up in the mornings. Our camp supervisor lives on the property and will be on call the entire time you are with us.

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



www.cruisethecraggs.co.za



www.plettenbergbayinfo.co.za



Programmes can be tailor made to suit your specific needs and we welcome suggestions. Our facilitators are passionate about Nature and Conservation and bring a wealth of experience of this into our programmes. If you choose to, you may even run your own camp or workshop and activities yourselves at our spectacular venue. We are linked to many other conservation & community awareness projects right on our doorstep and can include this in your programme. Tailor made inclusive packages to suit your needs is our expertise.
Many of our bookings come in quite far in advance, so don't delay in contacting us for a quote.

**Our programmes require at least ½ day but a full day is preferred and a minimum of 16 participants are required
 2 tea breaks, equipment, facilitation, certificates and copy of picture taken included in rate
 If any meals are required, this can be arranged with pleasure or you may self-cater if you wish**

- **The Ingwe Journey** ~ Explore a better understanding and awareness of what our capabilities are when challenged with the focus being on effective teamwork and leadership
 Starting off with some interesting ice breakers to get the team spirit going and ending with tackling our challenging obstacle course. Although run in teams, this is not a competition against each team, but rather against yourself individually to test your abilities to work effectively within a team environment. **R140 p/p**
- **The Ingwe Explorer** ~ The Path to problem solving, leadership and team intelligence
 Mostly outdoors taking best advantage of our surroundings, while having a blast on a fun and energetic problem solving adventure **R140 p/p**
- **Ingwe Adventure Trail** ~ Gaining basic skills we all should know when venturing out on a hike
 Introduction to nature and conservation topics, basic first aid, survival skills, tracking, do's and don'ts on a hike including making your own solar water still, basics of orienteering and building a shelter **R140 p/p**
- **The Ingwe Eco Warriors** ~ Play a part in preservation of the environment for future generations
 Choose your area of conservation eg. Water, trees, recycling, animals etc. that you want to get involved with and let us provide you with an unforgettable experience. Tree planting is our most popular and this programme helps support local NPO, The Green Ticket **R160 p/p**
- **Ingwe Adventurers** ~ Forest, Fynbos, River, Rocky shores, Beach and Lagoon – explore nature at its' best
 In collaboration with Nature's Valley Trust, an active day hike with scavenger hunt along the way and exploration of these different areas bringing in fun activities and games. Transportation and full day required **R180 p/p**
- **Custom designed programmes for Eco Clubs, Presidents Award criteria, Hiking, Cycling & Birding Clubs**

Many other activities on offer either on site or situated nearby to include in a package:

~Adventure Racing ~ Hiking ~ Canoeing ~ Orienteering ~ Arts & crafts ~ Drama~ Presentations ~ Horse riding ~ Cycling ~
 ~Lawnwood Snake Sanctuary ~ Birds of Eden ~ Monkeyland ~ Tenikwa ~ Elephant Sanctuary ~ Puzzle park ~
 ~ Africanyoning ~River or Sea boat trips ~Bungi jump~

Important Stuff!

- Rack rates are quoted, enquire for special combo rates if more than one programme is chosen and for STO rates
- Indemnities will be need to be signed for each participant by their parent/legal guardian
- Old clothes and closed shoes to be worn
- If day programme, a change of clothes would be necessary if doing the Ingwe Journey
- Hat, sunscreen and small daypack with water bottle if doing one of the hiking programmes
- Any special medical or dietary needs to be communicated prior to programme date
- Terms & conditions apply

Some comments from past guests:

"Thank you to the Ingwe Team. You have wonderful facilities here in the forest. See you again soon!"

S Theron: Outeniqua Primary

"Thank you Debbie and staff for what you did for our kids"

B Napoleon: Pellrus Primary

"Another wonderful camp. Thank you. We'll be back!"

S Foord: Holy Cross Primary

"Beautiful venue and wonderful staff. Thank You!"

N Nortje: Oakhill School

"Thank you for an amazing 2 days! The kids LOVED it. Best of luck for the future & keep it going!"

Eslo Minnie: Beaumont Primary

"Lovely venue and great activities. Thanks for everything"

T van Berg: Woodridge Prep

"Life changing, what an experience! We need this place to keep on doing what they are doing. Thank you for the most amazing time & bonding experience. Looking forward to coming back"

Youth for Christ Dads & Lads camp – Steven & Joshua

"Many many thanks! The kids learnt a lot!"

Marc Paul: St Andrews Prep

"An amazing experience, never to be forgotten"

Markus: Glenwood House

"Wonderful, wonderful, wonderful! Thank you so much! A great place to regroup & recharge"

Ian & Annette: Kingswood Junior