

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 – 9.30	Morning extended care				
9.30 – 12.30	<ul style="list-style-type: none"> <li>• Introduction to Urban Survival</li> <li>• Shelter building, using tarps and learning knots</li> <li>• Whittling: making your own tent pegs</li> <li>• Finishing the shelters</li> <li>• Collecting fire wood</li> </ul>	<ul style="list-style-type: none"> <li>• Survival game level 2</li> <li>• Finding water in the wild</li> <li>• Making a gypsy well</li> <li>• Purifying water and learning how to make natural water filters</li> </ul>	<ul style="list-style-type: none"> <li>• Survival game level 3</li> <li>• Foraging walk, collecting items for natural remedies</li> <li>• Navigation challenge: making compasses to find direction with a shadow stick and finding newspapers to make fire logs</li> </ul>	<ul style="list-style-type: none"> <li>• Survival game level 4</li> <li>• Making willow plates</li> <li>• Collect fire wood for making charcoal pencils</li> <li>• Prepare materials for pencil making</li> <li>• Prepare fire for pencil making</li> </ul>	<ul style="list-style-type: none"> <li>• Survival game level 5</li> <li>• Ultimate Survival challenge: Join all of the skills together you have learnt in the week for a final challenge</li> <li>• Light fire and cook lunch – sausages on willow plates</li> </ul>
12.30 – 13.30	Lunch break				
13.30 – 16.30	<ul style="list-style-type: none"> <li>• Fire lighting masterclass: demonstrating techniques</li> <li>• Using Kelly kettles</li> <li>• Hot chocolate and marshmallows with Kelly kettles</li> <li>• Survival game level 1</li> </ul>	<ul style="list-style-type: none"> <li>• Making a fire, using the skills and techniques learnt on the first day</li> <li>• Learning how to prepare a fire for cooking and suspending a billy can over the fire</li> <li>• Making natural camouflaged shelters</li> </ul>	<ul style="list-style-type: none"> <li>• Wilderness First Aid: making natural remedies (burns cream, insect ointment, cough medicine)</li> <li>• Effective defense and concealment in the wild</li> <li>• Wilderness First Aid: making fire and char cloth</li> <li>• Survival quiz</li> </ul>	<ul style="list-style-type: none"> <li>• Making pencils</li> <li>• Creating rock art to tell other people about the art of Urban Survival!</li> <li>• Wilderness tracking game</li> <li>• Making a map of the base camp with charcoal pencils.</li> </ul>	<ul style="list-style-type: none"> <li>• Ultimate Survival challenge debrief and Urban Survival Log</li> <li>• Preparing celebratory orange cakes in oranges over the fire and hot chocolate in Kelly kettles</li> <li>• Survival Graduation Ceremony with parents</li> </ul>
16.30 – 18.00	Afternoon extended care				

