

Outdoor education courses

Besides the delivery of more specialist courses Ascent Training also provide bespoke outdoor education courses for young people.

Paul Platt and all of the staff working for Ascent Training have been working in Outdoor Centres' for many years and are extremely experienced in the delivery of programs for key stages 2, 3 and 4.

Ascent Training has an AALS license which can be confirmed by contacting them on 029 2075 5715. Our license covers us to run a whole range of activities including, rock climbing, caving, water sports and hillwalking.

Many of our courses are run at Holly How YHA in Coniston but we can travel anywhere in the UK (link is to our sister company Apex Training which delivers ML courses at Holly How).

Programmes for young people are tailor made to suit your requirements and we are happy to meet up to discuss this if that is preferred.

Prices for these courses are best discussed as they vary depending on how many staff you require and how long the programme is. However the maximum price per person is £35 per person per day (some extra charges may occur for hire of mtn bikes etc). This is based on a group of no more than ten doing a five day multi activity course. There is no charge for staff undertaking the activities, though max group size is 12.

Discounts are available for more than one group:

For example a school bringing 40 children to Holly How undertaking a five day outdoor programme will only have to charge each child £25 per day. The YHA has a bursary scheme that schools can tap into, please contact us for details.

So what are our programs all about? The section below gives a little more detail of our beliefs and aspirations.
Outdoor Education

This focuses on personal development through responsible use of the environment and interaction with others. It involves the acquisition of knowledge, values and skills relating to self, others and the environment.

Most of the activities we offer fall into one or more of the following categories:

- adventure in the outdoors
- personal and social skills
- the environment.

A choice of Activity Programmes will be offered to meet the desired learning goals and take account of the students' present skills and past experience.

A GCSE PE course in rock climbing is also available at Holly How. Please contact us for details.

Adventure Education

Our adventure activities are both physically and mentally challenging and provide an opportunity to promote aspects of personal development such as self-confidence, decision making, independence and determination. Challenging and adventurous activities develop skills that can lead to a lifelong involvement in worthwhile leisure pursuits and change influence a positive development in a child's future. It is within the context of these activities that students are encouraged to develop a responsible attitude towards personal and group safety.

Adventurous activities encourage young people to make decisions and evaluate risk. Every child matters fits in extremely well with the different activities and the residential experience. This residential experience is fundamental in the courses we run - living together, sharing chores, developing independence, time-keeping and being responsible for themselves and others are all extremely important in our adult lives and residential outdoor activity courses are fantastic at enhancing these skills.

Please contact us for further information and ideas of programmes for your school/youth group visit. Risk assessments, insurance details and our AALA certificate number can all be sent.

Please click [here](#) for all our safety policies. If there are any questions regarding these please do not hesitate to contact us. They are reviewed each year or in between if we feel fit.