

# Apprentice Programmes

Skern's training experience and the superb range of activities combine to provide apprentice programmes with high quality and affordable personal development courses.

Delegates work in small teams, with a tutor to guide the learning. We provide your apprentices with a wide variety of practical opportunities to develop team and leadership skills.



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## Sample Week Programme

### DAY ONE

Monday

Arrive Skern around 1pm

*A brief tour of site involving introducing the young people to their dormitory, dining hall, games room, equipment store and social and training rooms. Students will have the chance to change into clothing appropriate for the afternoon activities.*

### Ice breakers, energisers and Assault Course

*The apprentices get a chance to introduce themselves to one another and various icebreakers and energisers are used to build rapport with one another and their tutor for the week. This is then continued onto the assault course, where the concepts of good teamwork and communication are introduced.*



Evening

### Team Exercise & Review

*The apprentices undertake a practical exercise and continuing the opportunity to build rapport within the group and be introduced to the learning cycle.*

## DAY TWO

Morning into Afternoon

### Team Exercises

*Working in their formed teams, apprentices undertake a number of problem solving tasks involving a process of PLAN – DO – REVIEW. Facilitated by their tutor, learning from each task is taken forward so that the processes of teamwork can be reflected back to the workplace.*



### Raft Build Activity

*Following on from the team exercises, the team will be transported to the local River Torridge where they will design and assemble a raft to transport their group to a designated place. On return time will be spent reviewing the outcomes from this activity.*

Evening

### Indoor Groupwork

*After an evening meal and some social time, the apprentices look at a variety of exercises that will focus and address the skills of communication.*

## DAY THREE

Morning into the Afternoon

### Leading the Team & Skills Transfer

*Apprentices will undertake training in an activity and will plan how they will enable the rest of their team to achieve as much as they can in the allotted time. Activities would include: Archery, Tunnels, Climbing, High Ropes & Orienteering. Tutors will take time out to review and to input various theories and models on leadership to help develop the apprentices understanding of the role and its contribution to maintaining a successful team.*



Evening

### Mid-Course Review & Feedback Skills

*Apprentices will have a chance to reflect back on the week so far and look to how they will adapt the rest of the week to meet their development needs.*



## DAY FOUR

Morning into the Afternoon

### Hartland Day – Including Cliff Abseil and Coastal Traverse

*Apprentices will undertake travel out from the Centre to the coastal area of Hartland. There they will undertake an abseil and spend the day exploring the coastline whilst being challenged by variety of low level climbing challenges around rock-pools and various gorges. Continue the process of looking at the key skills of working with others and communication.*



Evening

### Group team task – Pyramid Game

*Team planning, communication and presentation exercise.*



## DAY FIVE

Morning

### Final Team Challenge

*Putting it all together, a group led team event.*



### End of Course Review

*Transfer of learning back to the workplace and college, apprentices leave with a list of action points that they can apply back at work, which is based on personal feedback they would receive from their peers and Skern tutor.*

*Presentation of certificate highlighting the learning and the activities undertaken as recognition of successful completion of the course.*

*Depart*

Prices start from £270 + VAT per person for a 5 day course, depending on time of year.