



APPRENTICESHIPS

CORE SKILLS DEVELOPMENT
PROGRAMME



**HANDS ON LEARNING THROUGH
ACCESS TO THE OUTDOORS**



CONTENTS

2. Outdoor learning for apprentices
3. Overview of programme
4. Outcomes
4. A closer look



@mountcookcentre



@mountcookadventure



@MountCookCentre

Mount Cook was established in 2016 with a vision to make a difference to people's lives through **direct experience with the outdoors**.

6 years and 50,000 people later it is safe to say that we've made a positive difference to a lot of lives.

We provide you with **bespoke and experiential team development**, staff training and learning programmes that result in positive outcomes for participants and your organisation.

OUTDOOR LEARNING FOR APPRENTICES

1. Mount Cook are offering a dynamic practical development programme for apprentices designed around the **Personal Development Outcomes** of the **Education Inspection Framework (EIF)** for FE and the **"Behaviours"** contained within the specific **Apprenticeship Standard(s)**.

2. Apprentices will take on a series of practical tasks with increasing complexity over 3 days.

Each task is followed by guided evaluation, facilitated by our expert tutors to draw out the key behaviours and skills that contribute to both their success and failure.

Tasks include a mix of physical, adventurous and mental challenges shared across the team and built around carefully devised scenarios.

3. Each task will reflect the **Behaviours** required from the specific **Apprenticeship Standard(s)** and **EIF Personal Development Outcomes** will be embedded within all the tasks.

Apprentices will leave the programme with (actual) evidence to meet their **Off the Job** requirement for both of sets of outcomes.

Off the Job evidence will be a mix of Team Presentations, Peer Feedback, Individual Reflection and Action Plans including both written and video format.

OVERVIEW OF PROGRAMME

Day 1

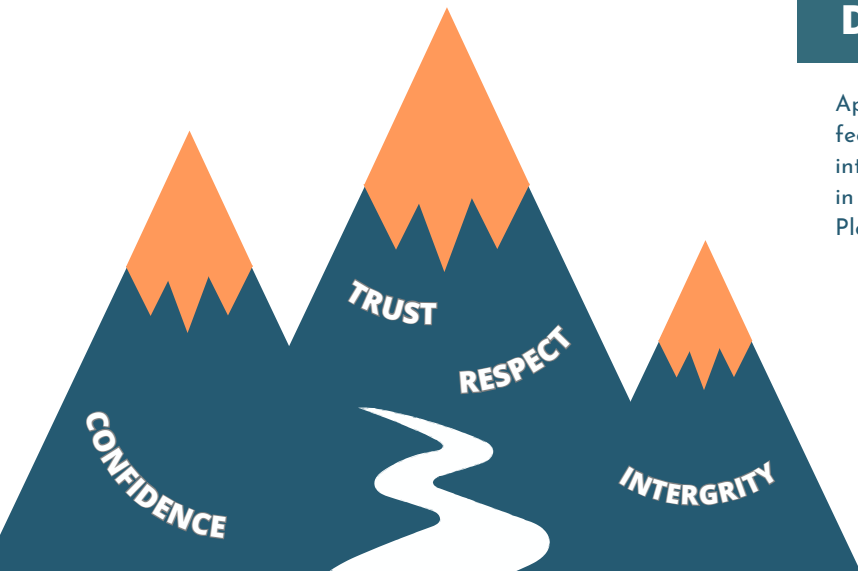
- Morning**
- Arrival mid morning
 - Orientation activities & icebreakers
- Afternoon**
- Adventurous activities
 - Exploring comfort zones
- Evening**
- Team problem solving activities

Day 2

Apprentices will be challenged with two half-day tasks (into the evening) encompassing all they have learned from Day 1, each followed by a review facilitated by expert tutors. Findings will be shared in a plenary session.

Day 3

Apprentices will prepare and give peer-to-peer feedback. This will be followed by preparation for an interactive team presentation which will be delivered in a plenary session. The course will close with Action Planning.



Regardless of the apprenticeship standard, at the end of a successful programme, apprentices will be able to evidence a minimum of **31 hours of Off the Job** training against their Behaviours and any other relevant criteria in their Apprenticeship Standard:

eg working efficiently and effectively, determination, making considered decisions and taking responsibility.

OUTCOME

Individually and collectively they will have the opportunity to **grow and develop** self-awareness and awareness of others to enable them to work effectively in a **dynamic workplace within diverse teams**, eg gaining confidence, team skills, giving and receiving feedback, behaving with integrity.

OUTCOME

It goes without saying that a shared facilitated experience in the outdoor environment makes for a long-lasting positive memory associated with some key work and life skills.

A CLOSER LOOK

Day 1

1.

Arrivals mid-morning starting with short orientation activities to break the ice and introduce the style of the programme.

Focus: to build confidence, encourage reflection begin to look at some of the behaviours that support team working

2.

After lunch the tutors will introduce some adventurous activities, review will take place during and following the activities.

Focus: to build resilience, team cohesion and support, building trust, recognise differences, take responsibility for own achievements and the development of character comfort zones.

3.

Evening activities include team problem solving activities both in and outdoors. Each activity will be followed by a review.

Focus: effective teamworking, individual behaviours and their impact on themselves and others, development of relationships, challenge versus support, giving and receiving good quality feedback.





Day 2

1.

Apprentices will complete 2 tasks morning and afternoon. Each will require a strategy and a mix of tasks. These are followed by reviews which will go into the evening with a full plenary and expert feedback. This includes an interactive tutor lead session on some key theoretical models of personal development.

Focus: effective teamworking, building respect and trust, leadership, resilience, individual behaviours and their impact on themselves and others, self-discipline, confidence, giving and receiving good quality feedback, building strong relationships.

Day 3

1.

Apprentices will prepare and give peer feedback to each of their team members this will be followed by preparation for a fun active team presentation for their staff and other teams based on what they have learned and what they will take away. Preparation will be supported by their tutors and will include guided action planning.

Focus: Self and peer insight, giving and receiving feedback, communication, action planning, building confidence, cementing relationships, taking responsibility, professionalism



01629 823 702
explore@mountcook.uk
www.mountcook.uk

“The Mount Cook team were wonderful and everyone was really well looked after, we really appreciate all of the hard work everyone put into making our stay so great.

Tarmac, 2023 apprenticeship cohort



Mount Cook Adventure Centre
Porter Lane
Middleton-by-Wirksworth
Matlock
Derbyshire
DE4 4LS