



# Department for Education



**HEALTH &  
WELLBEING**

## OUTDOOR SKILLS

### COURSE SUMMARY:

If you are looking for a new path to employment, enjoy being outside, keeping healthy and enjoy a challenge, then this course is for you! Over 10 weeks you will learn the basic skills needed to go hiking, camping and live in the outdoors. At the end of the course, you will put all you have learnt in to practice on a 2 day expedition that you plan and complete in teams.

### ENTRY REQUIREMENTS:

- Aged 19 or over

### WHAT WILL YOU DO ON THIS COURSE?

This is a very practical course, you will 'learn by doing.' Our friendly and experienced instructors will be on hand to help you do it. Over ten weeks you will cover the following areas:

- ✓ **How to** make a fire
- ✓ **Cooking on** fires and camping stoves
- ✓ **How to use** a map
- ✓ **How to camp** safely
- ✓ **How to plan** a hike
- ✓ **How to read** a weather forecast
- ✓ **Basic** first aid
- ✓ **How to** respect the outdoors
- ✓ **How to make** good choices when things go wrong



### AWARD:

Unaccredited

### PROGRESSION FROM THIS COURSE:

On completion of the course you can progress onto the 'Level 2 Outdoor Education Apprenticeship' at Lowestoft College



**REALISE  
FUTURE-S**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**