



Case Study:

De Montfort University, Leicester
Education Studies activity day

Bringing Education Outdoors

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Undergraduate Education Studies students from De Montfort University, in Leicester, travelled to Derbyshire for an immersive outdoor learning experience at Mount Cook. The activity day was designed to provide the undergraduate students with the skills, knowledge and confidence to take groups of children or young

people on outdoor-based school trips and residentials.

During the activity day, the students experienced a range of outdoor activities which included bush craft, archery and team challenges. The bush craft session provided the students with an experiential learning experience, through knife skills and shelter construction. →

“We had a BRILLIANT time! The trip was a fantastic success and thanks so much for all the work you did putting it together.

Bernie and Charlee were both absolutely wonderful and really understood exactly what we were hoping to achieve with the experience. Matt was very attentive and made sure we were very well looked after all day.

The whole experience has created a lasting buzz around our department for sure. Many of the students who went have been in touch to say what a big impression the day left on them. It certainly left a big impression on me personally, and I felt really refreshed and invigorated as an educator by this experience. I'm very hopeful we can do this again soon!”

- Dr Ross Purves, Senior Lecturer in Education at De Montfort University, Leicester



The other activities were tailored to draw upon aspects of the National Curriculum, including mathematical angles and physics in archery. The aim of the activity sessions was to illustrate to the Education students that, regardless of their speciality subject, the outdoors can be used in all aspects of classroom teaching.

At lunch, the students congregated in the centre's Small Hall break-out room for lunch and a classroom session, conducted by Mount Cook's Outdoor Activity & Education Leader. In this session the group discussed what should be considered when organising a

residential trip, and how to write an effective risk assessment.

The activity day concluded with group reflection around a campfire, giving the students the opportunity to discuss what they had learnt, and what they will take away from their experience. Mount Cook's activity instructors also offered advice on alternative career paths to working with children and young people, especially those from disadvantaged backgrounds.

If you would like to book an outdoor learning experience for your students, contact Bryony at Mount Cook on: **01629 823 702**