



Seedlings Course (ages 7 to 13)

The **"Seedlings"** is a four night experience aimed at children from the ages of 7 to 13, and offers an opportunity to be enjoyed as a Parent & Child experience, especially for the younger kids. Criteria regarding guardianship requirements will be handled on an individual basis. It is recommended that unless a child is part of a group booking where they are accompanied by a close and trusted mutual guardian, that a parent accompanies them.

Daily Itinerary and Activities

Day 1:

- ***11h30: Depart from White River (if road transfer is required)**
- **15h00: Arrive at Camp**
- **15h00 – 15h30: Unpack and settle in**
- **15h30: General introduction, orientation and safety talk**
- **16h30: Game Drive**
- **19h00: Dinner followed by "fire-side" conversation and overview of expectations and areas of interest**
- **20h30: Night Drive**

Day 2:

- **05h00: Wake up**
- **05h30: Tea/Coffee and Rusks**
- **05h45: Game walk exposing overall ecology of the area**
 - **basics on Track & Sign identification; prominent plants and their I.D characteristics; etc**
- **09h30: Breakfast**
- **10h30: Weapon handling – introduction and safety brief followed by shooting competition using an Air rifle**
- **13h30: Lunch**
- **14h30: Bush Craft**
- **16h00: Afternoon Game Drive**
- **19h00: Dinner**
- **20h00: Frogging**

Day 3:

- **05h00: Wake up**
- **05h30: Tea/Coffee and Rusks**
- **05h45: Morning Game Drive**
- **09h30: Breakfast**
- **10h30: Introduction to map-reading, navigation and orientation**
- **13h00: Lunch**
- **14h00: Brief on Back-pack orientation and survival "challenge"**
- **15h00: Depart for Back-pack orientation and survival "challenge"**



- **17h30: Arrive at sleep-out destination (hopefully!!)**
 - **Safety brief and camp set-up**
 - **Fire-making techniques**
- **19h00: Dinner**
- **20h00: Astronomy; basic stars and constellations**

Day 4:

- **05h00: Wake up**
- **05h30: Tea/Coffee and Rusks**
 - **Break down camp**
- **06h30: Game walk focussing on "bug" collection and identification (insects, spiders, scorpions)**
- **10h30: Brunch**
- **12h00: Plant I.D and uses**
- **15h00: Light afternoon snack**
- **15h45: Introduction to trailing techniques and "Hide & Seek" brief**
- **16h30: "Hide & Seek" trailing exercise**
- **19h00: Dinner**

Day 5 (Day of departure):

- **05h00: Wake up**
- **05h30: Tea/Coffee and Rusks**
- **05h45: "The Final Game ranger Challenge"**
- **09h30: Breakfast and de-brief**
- **11h00: Departure**

**** Big-Game Walks will be undertaken as and when the situations present themselves and will be included into any other activities**

**** The Program is dynamic and may be modified or amended according to interest levels or required outcomes. This would need to be based on consensus of the group as a whole.**