



LIFE BEYOND THE MILITARY –
OUTDOORS

SAMPLE TIMETABLE FOR HIGHGROUND RURAL EXPERIENCE WEEK:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	07:30 – 09:00 Breakfast	07:30 – 09:00 Breakfast	07:30 – 09:00 Breakfast	07:30 – 09:00 Breakfast	07:30 – 09:00 Breakfast
	09:00 – 10:30 Arboriculture - Industry	09:00 – 12:30 Horticulture – Landscaping	09:00 – 12:30 Forest School	09:00 – 12:30 First Aid Qualification	09:00 – 11:00 Self Employment and Motivational Considerations
	10:30 – 12:30 Arboriculture – Chainsaw Use / Climbing				11:00 – 12:00 Post Course Questionnaires Group Photo Depart
	12:30 – 13:00 Lunch	12:30 – 13:00 Lunch	12:30 – 13:00 Lunch	12:30 – 13:00 Lunch	
	13:00 – 16:30 Arboriculture - Chainsaw Use / Climbing	13:00 – 16:30 Horticulture - Walled Garden	13:00 – 16:30 Agriculture / Small Holding	13:00 – 16:30 First Aid Qualification	
16:30 – 17:00 Arrival	16:30 – 17:00 Feedback and Miscellaneous	16:30 – 17:00 Feedback and Miscellaneous	16:30 – 17:00 Feedback and Miscellaneous	16:30 – 17:00 Feedback and Miscellaneous	
17:00 – 17:30 Welcome and Room Allocation	17:00 – 19:00 Evening Meal / Own Time	17:00 – 19:00 Evening Meal / Own Time	17:00 – 19:00 Evening Meal / Own Time	17:00 – 19:00 Evening Meal / Own Time	
17:30 – 18:30 Evening Meal					
18:30 – 20:00 Administration and The Land Based Sector	19:00 – 20:30 Evening Speaker	19:00 – 20:30 Evening Speaker	19:00 – 20:30 Seeking Employment / Work Experience	19:00 – 22:00 End of Course Evening Social – Sir Walter Raleigh - East Budleigh	
20:00 – 22:00 Free / Social Time	20:30 – 22:00 Free / Social Time	20:30 – 22:00 Free / Social Time	20:30 – 22:00 Free / Social Time		

For more information about HighGround’s services please contact Anna Baker Cresswell

Email: anna@highground-uk.org Telephone: 07951 495 272. www.highground-uk.org



Sign up to our quarterly [Friends of HighGround newsletter](#).
Follow HighGround at Stanford Hall on [Facebook](#).

Funded by the Armed Forces Covenant with funding from the Covenant Fund.

We are proud to be a member of Cobseo and supported by The Royal Foundation.



London Scottish House, 95 Horseferry Road, London SW1P 2DX. Charity Reg. No. 1151225. Company limited by guarantee. Registered in England 08236843.

HighGround regards the concept Rural Weeks as intellectual property of the charity and will take any steps available to it to enforce its rights in such property if any other person or organisation seeks to copy it or to benefit from the goodwill associated with it.