

TRANSFORMATIVE 6-8 WEEK PROGRAMMES FOR YOUNG PEOPLE

Holistic Learning Reimagined

Empower young people to grow, connect,
and become ethically informed citizens with
transformative learning and well-being programmes



✓ ACCREDITED



✓ PROVEN IMPACT



✓ SUSTAINABLY DRIVEN



✓ CURRICULUM ALIGNED

downtoearthproject.org.uk



Holistic Learning *Reimagined*



Our transformative 6-8 week programmes engage young people in meaningful outdoor activities that promote learning, connection, and well-being. Designed to foster ambitious learners and ethical, informed citizens, our programmes help participants thrive, develop new skills, and enhance their mental health and well-being.

Since 2005, we've been dedicated to unlocking the potential of individuals, creating an environment that nurtures growth and builds a world that is good for people and the planet.

Using a relationship-centred approach to learning, we've developed inclusive programmes backed by over 12 years of clinical research, showing positive impacts on the well-being and resilience of young people.

Our **Build Me Up, In Our Nature**, and **Re-Connect** programmes offer life-changing outdoor experiences that empower young people to grow, connect, and develop essential skills, fostering collaboration, resilience, and a sense of ethical citizenship.

From hands-on sustainable construction with Build Me Up, to environmental conservation with In Our Nature, and focussing on supporting mental well-being through Re-Connect, each programme nurtures critical thinking, ethical decision-making, and a deep connection to nature.

Join us in shaping the next generation of confident, responsible, and environmentally conscious leaders, who are prepared to create a positive impact.

Each programme equips participants with practical skills, fostering teamwork, resilience, and a meaningful connection with both their environment and each other.

If you're looking for a shorter taster experience, we also offer half-day and full-day 'Experience' packages. Check out our website for more information on these flexible opportunities.

Our carefully curated programmes provide a proven pathway to growth and empowerment, supporting young people to make positive changes in their lives and relationships, while developing their skills as ambitious learners.



Mark McKenna MBE
Co-Founder

Our programmes

All of our programmes are accredited by Agored Cymru.



Build Me Up

Sustainable Construction for young people

Inspire ambitious and confident, lifelong learners with our relationship-focused programme.



In Our Nature

Environmental Conservation for young people

Empower young people to flourish and become more ethically informed, effective stewards of their environment.



Re-Connect

Well-being Programme for young people

Developing skills and understanding in improving mental health and wellbeing.

Holistic Learning Programmes

Core Components and Objectives

Core Components	Build Me Up	In Our Nature	Re-Connect
Site exploration and familiarisation games	✓	✓	✓
Games and Play	✓	✓	✓
Education for Sustainable Development and Global Citizenship (ESDGC)	✓	✓	✓
Accreditation options	✓	✓	✓
Practical outdoor tasks: green woodworking	✓	✓	✓
Practical outdoor tasks: Forest School/bushcraft skills	✓	✓	✓
Adventurous activity	✓	✓	✓
Mental Health and wellbeing monitoring and reporting	✓	✓	✓
Reflection and feedback	✓	✓	✓
Outdoor cooking and eating together	✓	✓	✓
Celebration	✓	✓	✓
Core Objectives			
Build positive relationships based on trust and respect	✓	✓	✓
Face and overcome challenges and manage risk	✓	✓	✓
Develop skills and participate in activities that promote improved health and wellbeing	✓	✓	✓
Develop confidence, resilience and empathy	✓	✓	✓
Programme specific elements			
Identify the impact of the outdoors and exercise on mental health			✓
Gain an Agored Cymru Health and Wellbeing unit			✓
Identify ways to develop skills further for improved mental health and wellbeing			✓
Gain an Agored Cymru Woodworking unit	✓		
Explore the crucial role of sustainable construction in shaping a better future, while gaining a deeper understanding of its importance in today's built environment	✓		
Develop practical skills in a variety of sustainable construction techniques	✓		
Identify the importance of sustainable practices that are essential to protect our planet		✓	
Develop practical skills in environmental conservation and land management		✓	
Gain an Agored Cymru Environmental Conservation Unit		✓	

Pricing

Full Day Activity	
Price per person	£85.00
Minimum group size*	6
Maximum group size	N/A
Guide timings	10am - 3pm
Duration	5 hours
Half Day Activity	
Price per person	£55.00
Minimum group size*	6
Maximum group size	N/A
Guide timings	9.30am - 12.30pm
Duration	3 hours
Optional Extras	
Accreditation (Agored Cymru) Price per credit per person	£46
External catering for lunches	From £7.70 per person per meal

Our staffing ratio

With a guide ratio of 1 staff member to 6 participants, we offer high levels of support for both engaging the participants and maintaining high levels of health and safety.

*Minimum group size

We can work with smaller groups but the cost will be the same as working with 6 participants.

Staff

Up to 4 staff from school can attend a programme with the young people, inclusive of the group cost.

Our two sites – where your programmes will be based

Hand-crafted by and for our groups: our inspirational learning spaces have been created by the very people who get to use them, immediately communicating both how much they are valued and also their inherent potential to learn new skills through creating a lasting beneficial legacy to others



Murton

The first Down to Earth site on Gower, Our Murton site has been a pioneering example of sustainable design since 2005.

This zero-carbon venue combines handcrafted natural timber framed and earthen buildings with green roofs, and cutting-edge renewable technologies.

We generate our own electricity with a 22kW solar array, harvest rainwater, and use wood burners fuelled by our own woodland. The site's biodiversity-enhancing architecture is a testament to what can be achieved through community-led sustainability.

Located just 10 minutes' walk from Caswell Beach and 5 minutes from Mumbles, Murton feels secluded yet is perfectly accessible.

This outdoor venue features a timber-framed roundhouse, offering a covered space for year-round enjoyment. A cob seating area with a fire pit creating a cosy, communal atmosphere, while a raised deck provides panoramic views across the site. Our site also includes an organic food garden with a polytunnel and pigs reared for organic meat, offering hands-on experience in sustainable, small-scale food production. Designed to enhance biodiversity, the venue fosters a deeper connection with the environment.



Little Bryn Gwyn

This venue showcases jaw-dropping architecture built to exceptional sustainability standards.

Little Bryn Gwyn has been designed to demonstrate how our approach works with larger scale infrastructure and provides increased capacity and inspiration for larger group bookings,

Our south facing buildings are designed to be heated by the sun in the colder times of the year, and shaded from the sun in the warmer months. The 12kW solar electric

(PV) array produces our electricity, and with a ground source heat pump and highly efficient wood burners, our buildings show it is possible to blend both old and new technologies

This site is nestled in the heart of Gower AONB and a stones throw from the historic Arthur's Stone on Cefn Bryn. Adjacent to our training centre is also a nine bedroom fully en-suite residential centre, which was built by young people on our vocational programmes.

Build Me Up

Sustainable Construction For young people

Inspire ambitious and confident, lifelong learners with our relationship-focused programme

By focusing on a relationship centred approach to learning and fostering wellbeing, our outdoor accredited sustainable construction six-eight week programme aids young people from diverse backgrounds in becoming ambitious, capable and confident learners. Come and immerse your young people on our sustainable construction programme, at one of our award winning locations.



“I’ve enjoyed working with the wood, using all of the tools, building something that’s going to stay and not be torn down or cut up. I can use what I am learning here. The learning is more practical, it’s hands on and how I learn better. I’d like to come again and just keep going with this. This is what I like to do and what I’m interested in. I’d like to go to college. I’d like to get a carpentry apprenticeship. This is starting the conversation about the support I can get to get started.”

Example Build Me up Programme Content

This is an example of some activities we can offer. Programmes will be adapted to suit the needs of learners and location.

SESSION 1

- Welcome to site
- Site familiarisation activities
- 'Get to know you' games
- Introduction to Tools workshop
- Reflection

SESSION 2

- Check in
- My Emoji - our inclusive Health impact app
- Team building activities
- Green woodworking activity
- Ideas and design workshop
- Reflection

SESSION 3

- Check in
- Agored Cymru woodwork activity - Build time
- Fire lighting workshop
- Reflection

SESSION 4

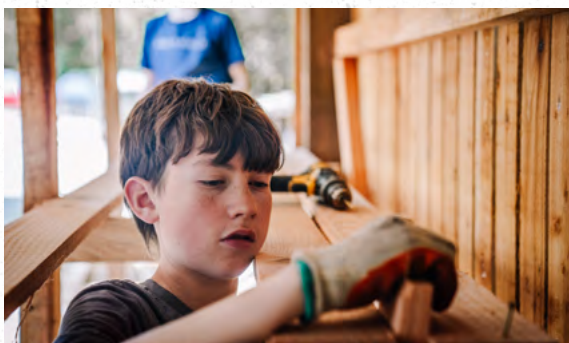
- Check in
- Education in Sustainable Development and Global Citizenship activity
- Agored Cymru woodwork activity
- Wood processing workshop
- Reflection

SESSION 5

- Check in
- My Emoji - our inclusive Health impact app
- Heritage skills workshop
- Agored Cymru woodwork activity
- Reflection

SESSION 6

- Check in
- Sustainable build workshop
- Outdoor cooking- celebration time
- Course feedback and reflections
- Next Steps



Participant Outcomes

- ✓ Be able to use numbers effectively in a different context
- ✓ Apply knowledge and skills to create ideas and products
- ✓ Set themselves high standards and seek and enjoy challenge
- ✓ Build a body of knowledge and have the skills to connect and apply that knowledge

Learning Outcomes

- ✓ Gain an Agored Cymru Entry Level 3 Woodworking unit
- ✓ Improved well-being
- ✓ Improved social connection
- ✓ Improved connection to nature
- ✓ Improved understanding of sustainability
- ✓ Improved education outcomes



Book the Build Me Up Programme now!

Call us on **01792 232439** to find out more and make a booking for your group.
Or email **info@downtoearthproject.org.uk**

In Our Nature

Environmental Conservation For young people

Empower young people to flourish and become more ethically informed, effective stewards of their environment.

We believe that we can create a better world - one which is good for people and good for the planet! By focusing on a relationship centred approach to learning and fostering wellbeing, our outdoor accredited Environmental Conservation 6-8 week programme aids young people from diverse backgrounds in becoming ethically informed citizens.



“The best classrooms are under the sky and have no walls.”

Participant

Example In Our Nature Programme Content

This is an example of some activities we can offer. Programmes will be adapted to suit the needs of learners and location.

SESSION 1

- Welcome to site
- Site familiarisation activities
- 'Get to know you' games
- Practical activity - Ecological survey
- Reflection

SESSION 2

- Check in
- My Emoji - our inclusive Health impact app
- Tools workshop
- Land management activity
- Education in Sustainable Development and Global Citizenship workshop 1
- Reflection

SESSION 3

- Check in
- Fire lighting workshop
- Forest Garden activities
- Agored Cymru EC activity
- Reflection

SESSION 4

- Check in
- Education in Sustainable Development and Global Citizenship activity
- Agored Cymru woodwork activity
- Land management activities
- Reflection

SESSION 5

- Check in
- Woodland management activities
- Education in Sustainable Development and Global Citizenship workshop 2
- Agored Cymru EC activity
- Reflection

SESSION 6

- Check in
- Outdoor cooking- celebration time
- Course feedback and reflections
- Next Steps



Learning Outcomes

- ✓ Gain Agored Cymru Entry Level 3 Environmental Conservation Taster unit
- ✓ Improved well-being
- ✓ Improved social connection
- ✓ Improved connection to nature
- ✓ Improved understanding of sustainability
- ✓ Improved education outcomes



Participant Outcomes

- ✓ Engage with contemporary issues based upon knowledge and values
- ✓ Understand and consider the impact of their actions
- ✓ Show the commitment to the sustainability of the planet



Book the In Our Nature Programme now!

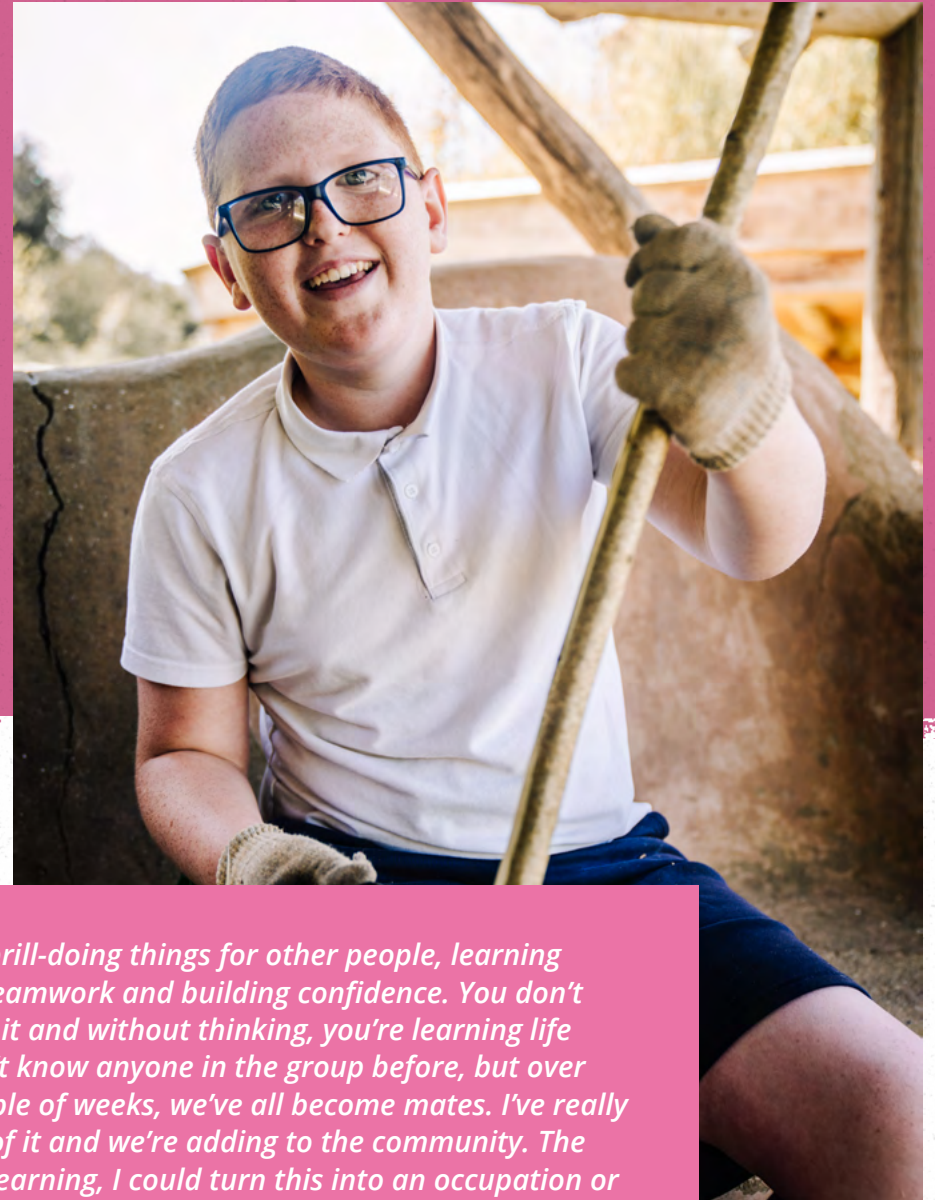
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Re-Connect

Well-being Programme For young people

Developing skills and understanding in
improving mental health and wellbeing

Down to Earth offers life changing experiences through meaningful outdoor activities using natural materials and the natural environment. By focusing on a relationship-centred approach to learning and fostering wellbeing, our accredited six-eight week programme aids young people from diverse backgrounds in becoming healthy and confident individuals ready to lead fulfilling lives as valued members of society.



“I think it's brilliant doing things for other people, learning things like teamwork and building confidence. You don't even realise it and without thinking, you're learning life skills. I didn't know anyone in the group before, but over the last couple of weeks, we've all become mates. I've really enjoyed all of it and we're adding to the community. The skills we're learning, I could turn this into an occupation or a hobby. I mean, this could really lead to something else.”

Example Re-Connect Programme Content

This is an example of some activities we can offer. Programmes will be adapted to suit the needs of learners and location.

SESSION 1

- Welcome to site
- Site familiarisation activities
- 'Get to know you' games
- Practical activity
- Reflection

SESSION 2

- Check in
- My Emoji - our inclusive Health impact app
- Team building activities
- Practical land management activity
- Stick carving workshop
- Agored Cymru Health and Wellbeing activity
- Reflection

SESSION 3

- Check in
- Fire lighting workshop
- Tool workshop - Build time
- Agored Cymru Health and Wellbeing activity
- Reflection

SESSION 4

- Check in
- Education in Sustainable Development and Global Citizenship activity
- Wood processing activity
- Agored Cymru Health and Wellbeing activity
- Reflection

SESSION 5

- Check in
- My Emoji - our inclusive Health impact app
- Adventurous activity
- Agored Cymru Health and Wellbeing activity
- Reflection

SESSION 6

- Check in
- Outdoor cooking- celebration time
- Course feedback and reflections
- Next Steps



Participant Outcomes

- ✓ Develop confidence, resilience and empathy
- ✓ Identify the impact of the outdoors and exercise on physical and mental health
- ✓ Build positive relationships based upon trust and respect
- ✓ Face and overcome challenges and manage risk

Learning Outcomes

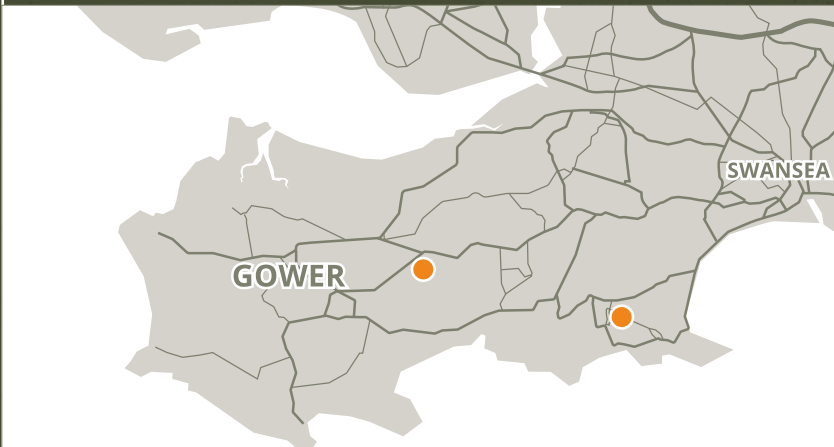
- ✓ Gain Agored Cymru Entry Level 3 health and Wellbeing Taster unit
- ✓ Improved well-being
- ✓ Improved social connection
- ✓ Improved connection to nature
- ✓ Improved understanding of sustainability
- ✓ Improved education outcomes



Book the Re-Connect Programme now!

Call us on **01792 232439** to find out more and make a booking for your group.
Or email **info@downtoearthproject.org.uk**

Find us:



Murton

Down to Earth Project,
72A Mansfield Road, Murton,
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What 3 Words: **tapes.earlobe.newsreel**

Tel: 01792 232 439

Email: info@downtoearthproject.org.uk

Little Bryn Gwyn

Down to Earth Project,
Little Bryn Gwyn, Cilibion,
Near Llanrhidian, Swansea SA3 1BG

What 3 Words: **scrolled.songbirds.toads**

Tel: 01792 232 439

Email: info@downtoearthproject.org.uk

Your booking with us makes a difference...

Since 2005 we have been supporting people to bring about positive change in their lives through meaningful outdoor activity. As a Social Enterprise, every penny we earn is used to fund this important work.

Find out more

Tel: 01792 232 439

Email: info@downtoearthproject.org.uk

downtoearthproject.org.uk

