

MAT365

MOVE - AIM - THRIVE

3 Day Retreat

DAY 1: ARRIVAL AND ORIENTATION

afternoon	<p>Arrival: Arrive at the MAT365 Woodland Retreat from midday: Check into your accommodation and meet the Team.</p> <p>Move – Explore the woodland and embrace the 50 acres of forest, that will be your home for the next few days, while you wait for the remainder of your team to arrive.</p> <p>Aim – Get your introduction to Axes and Arrows on our Woodland Axe Throwing Range.</p> <p>Thrive - Learn how to use hand tools, knives and saws and start creating your take home dram cup, crafted from wood harvested from our trees.</p>
evening	<p>Evening meal – “Feast at the Fire” with friends you know and others you will meet during your Event weekend! Enjoy a hearty meal cooked on the open fire before preparing your equipment for the following day.</p> <p>We always finish the day relaxing and engaging around the campfire; the communication hub of the retreat. Discussions & topics vary and sharing your past adventure stories is encouraged but not mandatory!</p>

DAY 2: STRENGTH AND SURVIVAL

morning	<p>Move - Kickstart your day with a forest fitness session designed to introduce you to the raw aspects of physical training – you don't need a gym to stay fit.</p> <p>Aim - At our purpose built 25m shooting range you will be introduced to the skills relating to marksmanship. You will train on and fire our semi-automatic and bolt action rifles culminating in a competition, this training is in preparation for the long-distance sniping range the following day.</p>
afternoon	<p>Thrive -Wilderness Skills, Learn essential survival techniques focusing on fire-making and shelter-building to prepare you for any adventure.</p> <p>Aim – See if the principles of rifle marksmanship can be transferred to other weapons and take up a bow and have fun seeing if your accuracy on the longer archery range was as good as your shooting.</p> <p>Move – Early evening rural and raw physical training session. Unlock your true physical potential.</p>
evening	<p>Thrive - Learn some wild campfire cooking techniques and get stuck into the food preparation around the campfire. Once dinner is ready, we gather at the long table for a feast and discuss the day's activities. After the meal you will have time to yourself to explore the woodland, finish any projects off you may have started or continue the Aim theme and get some more axe throwing practice. As the evening comes to a close, we get back to the fire and open up discussions. Our Team has a wealth of experience in leadership and are happy to impart their knowledge on leading and being led.</p>

DAY 3: CHALLENGE AND TRIUMPH

morning	<p>Move - Functional fitness session designed to challenge and enhance your physical capabilities. Train for the unexpected.</p> <p>Aim - Implement the skills learnt on the 25m range and push your shooting ability out as far as 1000 yards on our field range in the foothills of the Cairngorms. 500 yards is your challenge, 1000 yards is your ultimate goal.</p> <p>Aim - Engage in friendly competition with axe throwing and archery, showcasing your new-found skills.</p>
Farewell	<p>As your Event draws to a conclusion its time to reflect on your achievements, exchange stories, and say goodbye to new friends as we conclude the retreat over lunch and the award of ... Well, more about when you visit us!</p>