

# OPEN DAYS WITH LAND & WAVE

OUTDOOR INSTRUCTOR TRAINING 2019/20

## WHY ATTEND AN OPEN DAY

- Meet past & current trainees and course instructors
- Experience a day in the life of Land & Wave
- Explore the local area
- This is THE best way to see if the course is for you

## THE DETAILS

- 10.30 - Arrival at Land & Wave HQ
- 10.45 - Course information workshop
- 11.30 - Accommodation tour
- 12.30 - Adventure activity (Coasteering or Bushcraft if sea conditions are unsafe - we notify in advance)
- 15.00 - Back to Land & Wave HQ
- 15.15 - Refreshments & Q&A's
- 15.30 - Departure

## WHAT TO BRING

- Swimming stuff
- Towel
- Two pairs of shoes - old trainers for the sea & hiking boots/wellies for the woods
- Dry, warm clothes to change into
- Waterproof jacket
- We provide lunch on the day and all other equipment (wetsuits etc)

## WHAT TO DO IF YOU CAN'T MAKE IT

For those who can't make an Open Day we arrange 'individual' Open Days. We are open 7 days a week so just get in touch and we can arrange a suitable day for you.



**TO FIND OUT MORE, GET IN TOUCH OR CALL 01929 423031**

**Address:** Unit 14, Jaden Centre, Prospect Business Park, Swanage, Dorset, BH19 1EJ

**Contact:** 01929 423031 | [info@landandwave.co.uk](mailto:info@landandwave.co.uk)

**Visit:** [www.landandwave.co.uk](http://www.landandwave.co.uk)



**LAND&WAVE**  
ADVENTURE | PEOPLE