



Enterprise in Place Challenge Weekend

Friday 20th– Sunday 22nd March 2026

Lanarkshire Participants' Briefing Pack

Introduction

The Challenge Weekend is part of Enterprise In Place, a programme of localised business support in Lanarkshire designed to help women and non-binary people start or grow a business by building strong local networks and developing skills and confidence.

The Challenge Weekend is a unique part of the programme, offering you the chance to step away from your day-to-day, and enjoy physical, mental, and creative challenges to develop your teamwork, leadership, communication and lateral thinking.

It takes place at Dounans Outdoor Centre, Aberfoyle, FK8 3UT from Friday 20th to Sunday 22nd March.

Over the course of the weekend, you will have the opportunity to try things you have never tried before and achieve goals you never thought possible.

All we ask is that you fully participate. You must read ALL of the following information.

Transport

Mini bus travel has been arranged (to and from the venue). You can also make your own way there - please arrive by 4.15pm on Friday 20th March. Closer to the time we will advise on driver name, contact number etc.

PICK UP:

Time: 1445

Pick up point: EK Collective, 103 Strathmore House, Cornwall Street,
East Kilbride, G74 1LF

RETURN:

Time: Leaving Dounans at 1500
Drop off point: EK Collective, 103 Strathmore House, Cornwall Street,
East Kilbride, G74 1LF

Food

The onsite catering team will provide breakfast, lunch and dinner and we will have some snacks to share. Whilst they will cater for dietary requirements it should be remembered that they are catering for large numbers, and service and meals are canteen set up.

Please ensure that you have completed the onboarding form, and we are advised of any dietary requirements to pass onto the catering team. Feel free to bring along any snacks that you have a special preference for to keep you going.

Accommodation

The dorms we will sleep are clean, warm and basic. In each dorm there are 6 sets of bunk bed, a single en-suite room, toilet and shower facilities as well as a cupboard to store clothes, bags etc in. If you are a light sleeper, consider bringing ear plugs just in case one of your dorm room mates snores!

Activities

You will participate in various activities/tasks over the weekend. These are all in place to demonstrate, maybe improve and maybe test your creativity, teamwork, communication, resilience and business skills. We keep the details of these tasks a secret so that everyone

arrives on an even standing with no inside knowledge, but don't worry, we are here to support you through these.

There are classroom-based activities to educate, motivate and inspire you; Introduce you to perhaps new business tools, build on your own experiences and learnings and through working in groups, get to know your fellow participants a bit better and share knowledge.

We do have two outdoor physical sessions. These are included to get you a wee bit out of your comfort zone, to stretch you and to learn of the value of support, encouragement and determination. Some of these challenges involve heights, getting dirty, patience and resilience.

BUT, if at any time you are not comfortable, need a 5 min to yourself or just need reassurance, you must please let one of the team know. Communication lines between us all is key to us all having a great experience.

The Challenges

The activities have been designed to educate, motivate and inspire you. The activities may take you out of your comfort zone, will inspire your resilience and may open your eyes to new opportunities and possibilities.

The programme will remain confidential to allow everyone to start on an equal footing, but there will be some outdoor activities and with Scottish weather! All outdoor activities will be closely supervised by qualified instructors who will be on duty throughout the programme. And the Elevator and EiP team there to support.

Kit List

It is recommended you bring the following equipment as a minimum.

- Small rucksack/bag to keep your belongings together with you (phones etc)
- Gloves
- Comfy walking shoes or boots
- Trousers, walking trousers (as many old pairs as possible and jeans are not recommended as when wet not comfortable to wear)
- Sweatshirt / fleece (minimum two)
- Towels
- Plenty changes of clothes to cope with the Scottish Weather (and muddy conditions)
- Trainers/waterproof shoes - a pair you are prepared to get wet/muddy
- Supply of socks /underwear
- Personal toiletries and medication
- Nightwear
- Waterproof jacket (and trousers if you have)
- Torch
- Refillable water bottle
- Bedding is provided but if you wish to bring along a sleeping bag
- Black bin bag (for wet, dirty clothes)
- Basic first aid kit, i.e. plasters, painkillers, travel pills etc.
- We don't anticipate any midges at this time of year but feel to bring a midge net, antihistamines and midge repellent

As some of the activities will be outdoors, the main thing to remember is to bring plenty of clothes that are old as it may be wet and some of the exercises are not 'clean'. This is not the event for your best gear!!

Key Contacts

The project leader from Elevator is Karen Clark.

Karen's email: karenc@elevatoruk.com

Karen's Mobile: 07778 350 993

Your Enterprise in Place Community Connector is Fiona Colbron-Brown

Fiona's email: fiona@ek-collective.com