



**ABERDOVEY /
ABERDYFI
SNOWDONIA, WALES**

**Wales Trip
Year 7 Residential
December 2024
2 and a half weeks**





**Aberdovey / Aberdyfi is on the coast
in Snowdonia National Park.**



December

last week of term

3 days / 2 nights

Rooms of 4-8

Huge discount

[Aberdovey, Snowdonia](http://outwardbound.org.uk)
outwardbound.org.uk



£105,000 + 10,000 travel

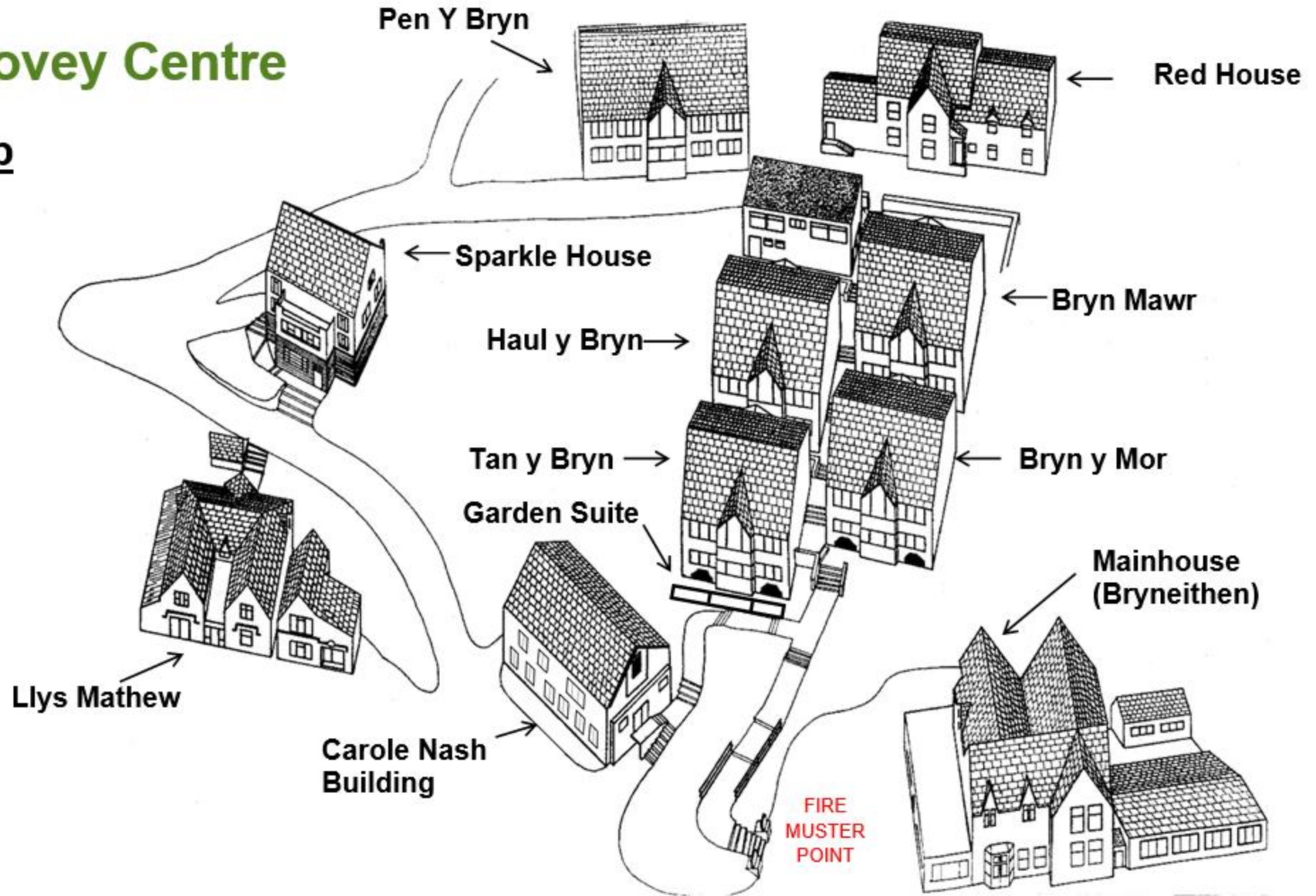
Divide by 312 = £368 per person

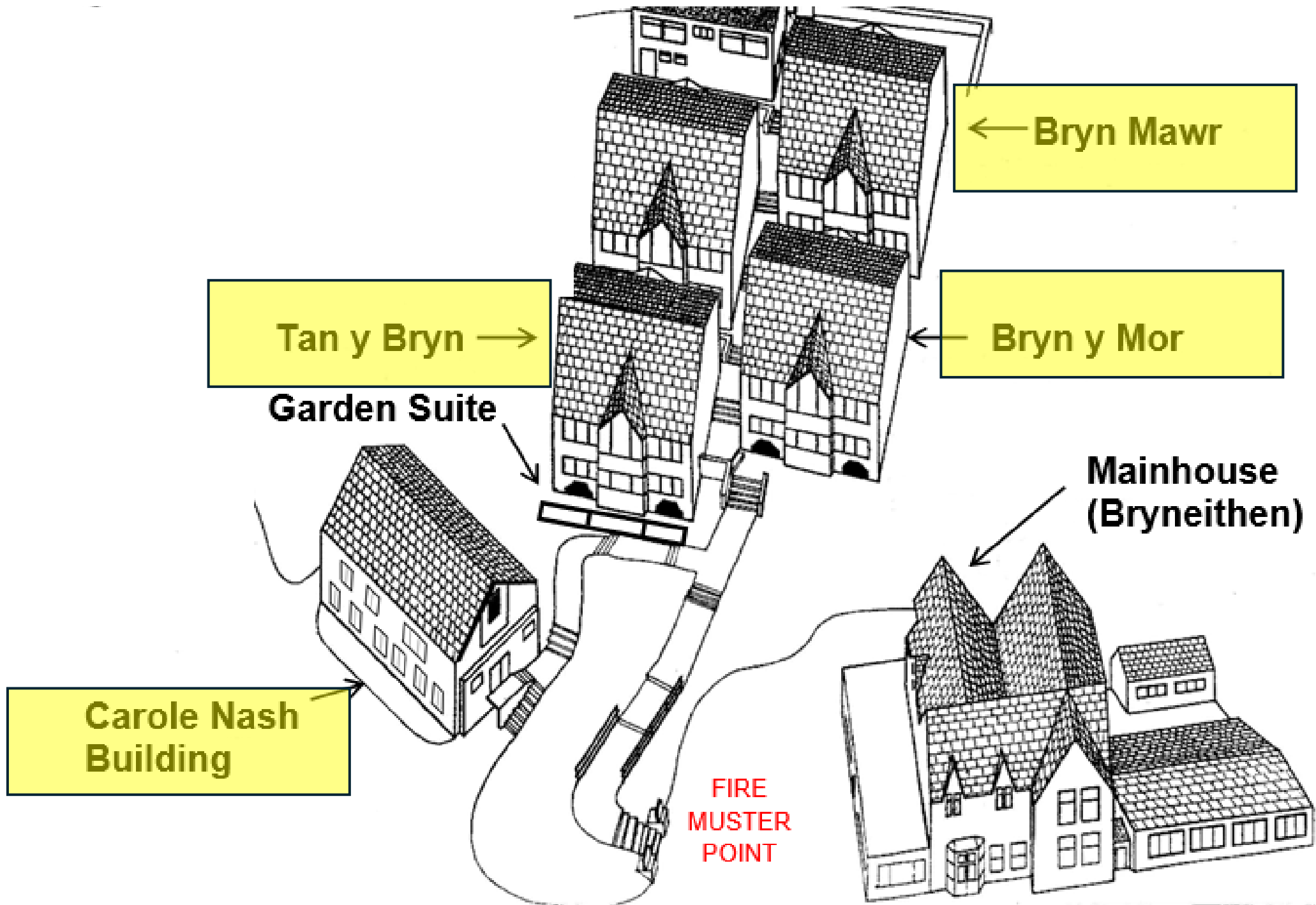
Our programme will be focused on **connectedness to nature and the environment** to meet the funder **DEFRA's Green Generation** project criteria (Funding of £76,000)



Aberdovey Centre

Site Map





When am I going?

Monday 16th – Wednesday 18th

7.4 7.5

7.6 7.7

7.8 7.9

Wednesday 18th – Friday 20th

7.1 7.2

7.3 7.10

7.11 7.12

How are we getting there?



- Ausden Clark Coach
- Time = approx 4-5 hours
- There isn't a planned stop off at the moment so bring a packed lunch in your rucksack and a drink.
- Leaving at 7.30am prompt
- Arrival by Midday ish
- Coming back, leaving around 1pm back around 5pm.

- You need to be on school site for 7am.
- Students to sit in the Main Hall
- Suitcases to the Sportshall.
- Parents are welcome to wave students off but must wait in the Car Park.

What happens when we get there?

- Straight to your room (no time to unpack). **Dump and Go.**
- Rooms have been allocated already as have the activity groups.
- We are then straight into the **safety briefing and first activity** from 1pm.
- Back to centre – evening meal, evening activity, free time.

A TYPICAL DAY



7am – wake up, wash, dress, breakfast
8.30am – morning meeting (teachers)
9am – 5pm full day of adventure learning
5.30pm – evening meal
7pm – evening session
8.30pm – free time, then bed

#MORETHANYOETHINK

SAMPLE ACTIVITIES

Jog and dip



Rock climbing



Gorge scrambling



Kayaking



Orienteering



Abseiling



Cutter sailing



Understanding nature



Shelter building



Woodland exploration



Mountain Expeditions



Raft building



This is what three days at Outward Bound might look like.

DAY 1

ARRIVE: Arrive. Setting the scene. Course introductions. Hopes and fears.

ADVENTURES: Immediate and fast immersion into the natural environment with jog and dip followed by a water activity, such as kayaking or rowing.

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: High challenge activity. Preparing and packing for overnight expedition. Stargazing.



DAY 2

DAY: Learning about yourself and others. Listening. Taking responsibility. Concern and awareness for the natural environment.

ADVENTURES: An all-day linked journey through the wilderness over land and water, such as canoing, a rock scramble and ascent of a peak, with environmental awareness tasks. Set up camp.

EVENING: Respect and responsibility. Self reliance and confidence.

ACTIVITIES: Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



DAY 3

DAY: Personal goal setting/ review of action plans. Recognition of achievements. Reward and celebration.

ADVENTURES: Further authentic adventure rock climbing or abseiling. Return to centre. Course reviews and presentations of learning.

DEPART: All programmes start and finish at 2pm.



In the evening...

- There will be some presentations linked to character and the Soar Valley way.
- Free time from 8.30pm
- In rooms by 10pm
- Lights out by 10.30pm ish

ABERDOVEY, SNOWDONIA

CENTRE TOUR



#MORETHANYOUGHT

WHAT TO BRING

We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants only need to bring personal clothing and footwear, including:

- Casual t-shirts, long sleeved tops
- Sweatshirts, jumpers, hoodies or fleeces
- Thermal tops
- Jumpers
- Fleece tops
- Thick, thin (big) socks (a few pairs)
- Synthetic trousers (not jeans)
- Two pairs of trousers
- Underwear
- Nightwear, pyjamas
- Trainers x 2
- Shorts
- Warm hat and gloves
- Towel and swimwear
- Medication if necessary
- Notepad and pen
- Sunglasses, sunhat, suncream
- Toiletries
- Phone charger
- Book/magazine

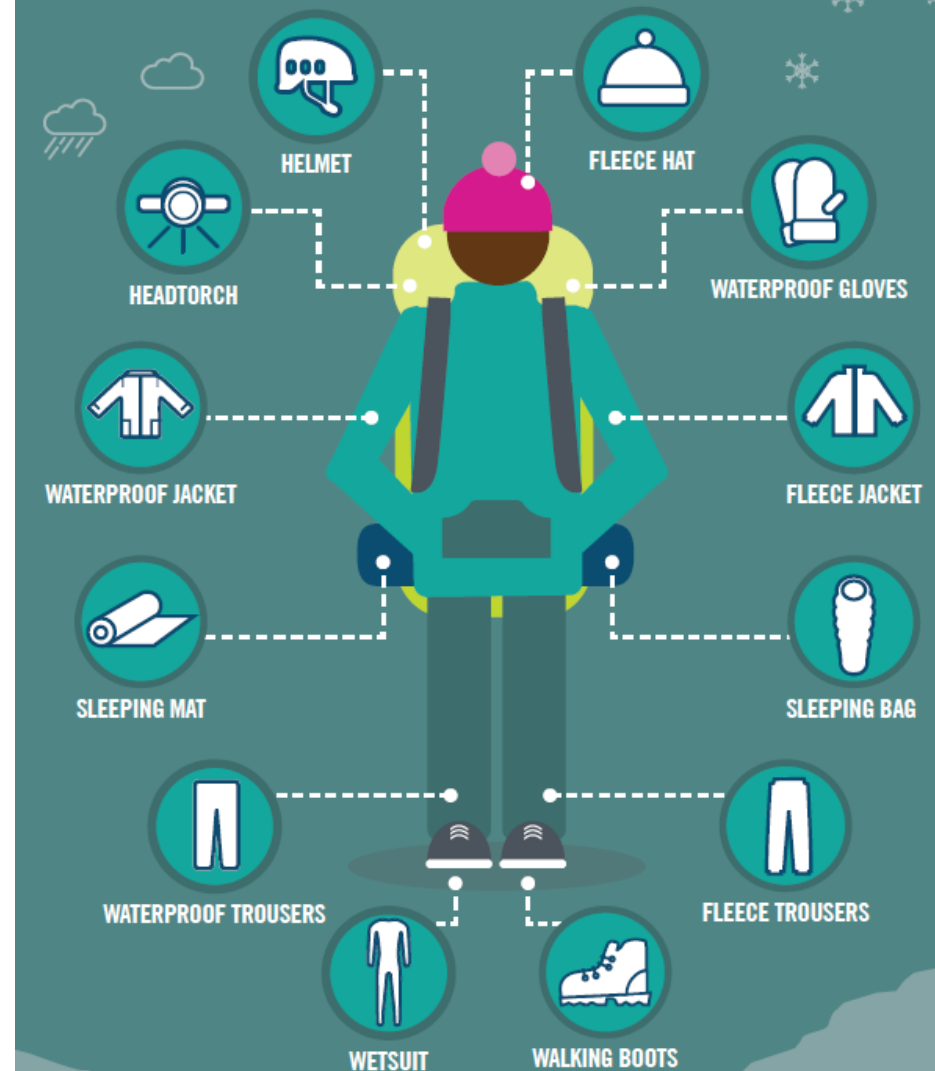


What else do I need to take?

- £10 cash – which is a deposit you get back for kit
- Spending money – Tuck shop for snacks
- Towels (duvet and pillows are provided).
- Rucksack
- Drinks bottle
- Snacks for the bus trip - maybe

OUR WINTER GEAR

We have kit available for every pupil of any age and any size – every piece of gear and equipment you could imagine for all our adventures. No matter what the weather, you will be dry, warm, and safe!



FOOD GLORIOUS

SAMPLE MENU

Breakfast

Homemade porridge
Hash browns
Baked beans
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice

Lunch

Bread rolls, wraps
and baguettes with a
selection of fillings

Flapjack
Brownies
Crisps
Fruit

Evening meal (served with selection of vegetables) & Dessert

Chicken & mushroom pie	Cottage pie
Salmon pasta bake	Bangers & mash
Chilli con carne pizza	Homemade
Chicken/veg curry & rice	Jacket potato
Sweet & sour pork	Quiche
Savoury vegetable wraps	Steak pie
Mushroom pancakes	Fish cakes

TOP TIPS

Bring enough medication for the entire course

Notify us of any medical conditions

Bring clothes suitable for the outdoors e.g. not jeans and plenty of thick socks.

Bring a spare pair of trainers that **will** get wet and big socks.

Bring playing cards, games etc. for evening entertainment, but not electronics.

Come with an open mind!



What is expected of me?

- Read the behaviour agreement and sign it before you leave.
- Mobile phones are allowed on the bus. Expected to be sensible and mature. No pictures of staff or any other students without permission.
- But...

8 WAYS

to make the most of your
Outward Bound adventure

1

Be curious

Ask questions. Find out more about what you're doing and why it's important.

2

Be brave

Try new things. We promise you'll surprise yourself with what you can achieve.

3

Set goals

Have something you can practise – it will help build your confidence.

4

Embrace the wild

The view from the top of a mountain can be amazing. Take a moment to appreciate these special moments.

5

Practise teamwork and communication

Be open to new and different ways of doing things, as well as the ideas of others.

6

Look after yourself

It's exciting to be away from home but you'll have a better experience if you sleep and eat well, and drink plenty of water.

7

Celebrate your successes

Give yourself a pat on your back when you deserve it. Congratulate others too.

8

Have fun

And have lots of it. Enjoy your time making new friends and doing new things. This is not your average week at school.





SUPPORT EACH OTHER

AND HAVE FUN!

“Seeing everyone cheer when someone faced a fear of heights or seeing someone cheer when someone finally wanted to speak in front of everyone - **it was just very supportive - when everyone else is happy just for your success.**”

Jessica, Leadership Course

#MORETHANYOETHINK



**For updates
and pictures
follow us on**

@Soarvalley16