



11th - 15th September 2023



Where is Arthog?

Arthog Outdoor Education Centre is purpose built and sits nestled in the hills just above Fairbourne, overlooking the Mawwdach Estuary and Barmouth.



We will travel by coach - it takes a couple of hours on the twisty roads to the Welsh coast!

If you have travelsick children, they may require sickness tablets or bands...

We usually leave around 9.30am and get to Arthog at lunch time. You will need to bring your own lunch on the first day, but after that, everything is provided.

Who is eligible to go?

- All year 6 children are invited (including children with complex needs)
- Staffing is made up of school staff and centre staff
- The centre belongs to Telford and Wrekin and is fully accredited



An experienced team of outdoor practitioners who are highly qualified in adventure activity leadership, and are also very skillful at using the outdoor experience to promote personal and social development and learning.

Why do we choose Arthog?

- Quality adventure activities in the REAL outdoors
- Broad curriculum
- New skills / interests
- Growing confidence / self esteem
- Team working and a new environment
- Instructors adapt activities to meet the needs of their group
- The children love it!



What activities will I do?

Here are some of the activities we may do:

- Gorge Walking
- Climbing
- Canoeing
- Trail quest
- Hill Walking
- Orienteering
- Beach
- Coastal investigations
- John Muir conservation award



What activities will I do?

The children will be placed into groups of 12, with an adult from school and a qualified instructor.

Day one...

After lunch, you will be told your groups and begin to complete team building activities together.

This is also an opportunity for your instructor to get to know you!

You will be given your kit for the week and there is usually a trip to the beach, a chance to make up your bed, dinner and an evening activity.



The rest of the week will consist of various activities....

Gorge Walking

This is climbing a stream/waterfall the wrong way! We start down at the beach and climb upwards... with a treat at the end!



The children support each other along the way and it is by far the most memorable activity.

Canoeing

We either go onto the estuary, or, usually, use a small lake near to the centre. They also may use kayaks...





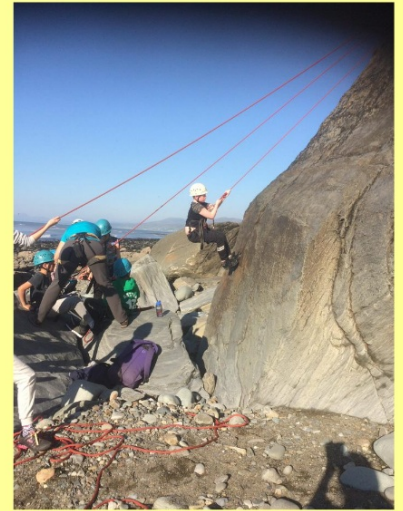
Hill Walking

A chance to spend the day exploring the beautiful Welsh countryside and enjoy a picnic at the top of a mountain!



Climbing

Formal climbing with ropes, often up at Barmouth Crags gives these beautiful views over the Mawddach Estuary...



Scrambling through rocky terrain is also great fun!



What might I do in the evenings?

We will have a variety of evening activities planned, including a walk along the estuary, a movie/quiz night, orienteering, games and activities on the grounds and a nightline challenge.



What will I eat?



Arthog has a great team who produce a wide selection of food each evening. There is something for everyone and they are very accomodating!

They cater for all allergies and intolerances.

Breakfast - comprises of cereal, fruit, yogurts or a cooked breakfast.

Lunch - a packed lunch is given daily. You have a choice of sandwiches, crisps, fruit and a snack.

Dinner - A choice of main course, with salad and desert.

Where will I sleep?

Prior to visiting Arthog, we will ask you all to write down the names of three friends you would like to share a dorm with.

The size of the dorm rooms vary and depends on what Arthog has available. We make sure everyone is with at least one of their friends from their list.

There are toilets beside each dorm and showers are in cubicles, with lockable doors for privacy.



What do you need to bring to Arthog?

Arthog Kit List

NAME:
Bottom sheet, duvet cover & pillowcase
4-6 vests/t shirts
3-5 sweatshirt/jumpers/fleece tops
4-5 sets underwear
3-5 joggers/trousers
Socks –at least 6-8 pairs of which 3 pairs are thick
Warm hat / balaclava (<i>Cold months</i>)
Gloves
2 pairs shoes/trainers
Wellies
Pyjamas & slippers
Swim wear (April-September)
Towel/soap/shampoo
Toothbrush/toothpaste
Small metal thermos flask (<i>in Winter</i>)
Plastic drinks bottle
2 plastic carrier bags
Sun hat
USEFUL EXTRAS
Sun Cream,
Insect Repellent
Lip Salve,
Torch
Plasters
Stamps for postcards

We encourage the children to be involved in packing their suitcase, so they know what they have, where it is and how to fold and put away their clothes.



Kit List
(5-day programme - bring less for shorter visits)

Use this as a checklist so that things can be ticked off as they are packed into your suitcase.

Tips for Parents/Guardians
Encourage young visitors in packing so they learn how to pack and can see what they are taking with them.
Encourage them to bring as many things as possible – we get lots of things left behind each week.
Encourage them to bring mobile phones, music players, computer games, jewellery and fashion accessories.

Bring a single bottom sheet, duvet cover and pillowcase.
Check that the duvet cover is fitting a duvet cover before arriving!
Bring warm clothes as they are most useful. If clothes get wet they can be dried in the drying room. (We encourage youngsters to reuse dried worn clothes!)

Don't bring too much Money – Ask your school for advice but don't bring too much.

Don't bring:
Woolly hats – they are not suitable for activities – they keep wet, and make you colder.
Sleeping bags.
Aerosol deodorants or other sprays. Roll-on and stick deodorants are fine.

What we will provide:
Waterproof jacket
Waterproof over-trousers
Wellington boots
Rucksack

Please use the list overleaf to help with your packing. Good Luck!

What happens next?

Total cost will be £295 - this is a subsidised rate from school and will be split into 4 payments:

- 1st February: initial deposit of £60
- 1st March: £50
- 1st April: £50
- 1st May: £50
- 1st June: £50
- 1st July: £35 (final payment)

Consent and medical forms and kit lists to be shared and completed in the Spring/Summer term.

All medication and £10 spending money must be brought into school the first week back after the summer holidays (reminders will follow).

There will also be an opportunity to order an Arthog Hoodie.

CONSENT FORM 2019-20

To be completed and signed by the parent(s) / legal guardian(s) of all young people under 18yrs old, and all adults participating in activities, or training at Arthog OCC.

Torrif & Wexin Council is collecting you or your child's personal data to enable you or your child to benefit from the Outdoor Education services at Arthog Woods, and in case of an emergency to protect and interests of you or your child. Torrif & Wexin Council will not share any of your or your child's personal data collected with any other external organisations unless required or permitted to do so by law.

For further details please view our Privacy Page on the Council's website www.arthog.gov.uk

Name of Person: _____ Age: _____ Date of Birth: _____

Address: _____ Postcode: _____

School Name: _____ Date of Contact: _____

1st Emergency Contact Name: _____ 2nd Emergency Contact Name: _____
Home Phone Number: _____ Home Phone Number: _____
Work Phone Number: _____ Work Phone Number: _____
Mobile Phone Number: _____ Mobile Phone Number: _____

Doctor's Name: _____ Doctor's Title: _____
Doctor's Surgery: _____ Address: _____

Does the attendee have any historical or ongoing medical conditions or treatments which may be adversely affected by physical exercise or weight carrying or any problems with circulation, respiratory, nervous or dental systems?
Please tick: YES/ NO/ N/A

If your answer is YES, please provide details, and continue onward if necessary.

Does the attendee have any other special requirements or needs? Please tick: YES/ NO/ N/A
If your answer is YES, please provide details, and continue onward if necessary.

Does the attendee require a special diet? Please tick: YES/ NO/ N/A
Some specialised food items may be difficult for us to prepare. Please send them with you child.
If you answer is YES, please provide details, and continue onward if necessary.

Please tick YES or NO to the following:

- Water confidence and able to swim 50 metres in a buoyancy aid?
- Agree to receive any emergency medical treatment.
- Agree to any first aid that may be necessary.
- Agree to the information.

SCHOOL INFORMATION
(Not to be given to parents or pupils)

Arthog Hoodie

Personalise your visit to the Arthog Hoodie with a specially produced hoodie!

Pupil's Initials Here

WG School name

Arthog Hoodie

Any questions?



