





# How?



# activate outdoors brenscombe · new forest · portland

- Create time to fully experience the environments we work in rather than just rushing from activity to activity.
  - Aim for positive nature connections and respect for the natural environment as well as
    providing real, impactful adventure experiences.
    - Listen and adapt to the requirements of each individual young person.
      - · Reflect on our shared experiences throughout the trip.
    - Encourage 'play' and the team enjoy working with, and developing young people.

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	Day	B/Fast	Morning	Lunch	Afternoon	Dinner	Evening
	Day 1	-	Arrive at Centre Introductions and welcome Settle in & normal safety procedures	Own Packed funch	Coastal Bushcraft Learn how to survive on the coast with what you can find	Time TBC	Wetsuit sizing Murder Mystery
c	Day 2	Time TBC	Big Canoeing / MEGA Stand up Paddleboarding Dry & Wet Group Challenges overlooked by Portland Castle	Packed Lunch	Kayaking and Raft Building Personal skill development, games and races!	Time TBC	Chesil Beach Evening Hot chocolate and sunsets
ı	Day 3	Time TBC	Portland Rocks  Exploring Portland's rocks by Rock Climbing, Abselling, Weaselling and Fossil hunting!	Packed Lunch	Portland Rocks  Exploring Portland's rocks by Rock Climbing, Abseiling, Weaselling and Fossil hunting!	Time TBC	Wide Games A mix of group games
c	Day 4	Time TBC	Jurassic Coast Walk to Coasteering  A walk along the iconic Jurassic Coast to Portland Bill. Ice creams and coastal views are mandatory.	Packed Lunch	Coasteering at Portland Bill  Traversing the shoreline by wading, swimming, floating climbing, jumping and scrambling.	Time TBC	D-Day Centre Visit Interactive museum. Portland during WW2
C	Day 5	Time TBC	Escape Portland  A challenge of navigation mixed with team tasks. Can you escape Portland?	Packed Lunch	Certificates, Farewells and Departure		



Portland outdoor centre like to have whole days focused on activities, so some days will be big days out!

Children are also kept bust in the evenings with activities such as wide games, murder mystery, hot chocolate on the beach and a visit to the D Day museum opposite.



### portland outdoor centre

• 5 Day Sample Programme

-Coasteering

-Mega SUP, Raft Building & Kayaking

-Big Canoeing

-Climbing, Abseiling and Weaseling

- A variety of Team games
  - Coastal Bushcraft
  - And much more





Being a swimmer is not a pre-requisite to participate in our watersports activities. We ask you to provide information about swimming ability prior to attendance and adjust our sessions accordingly.

Wetsuits, buoyancy aids and helmets are provided and worn for all in-water activities

# portland outdoor centre

A mixture of some of the following:

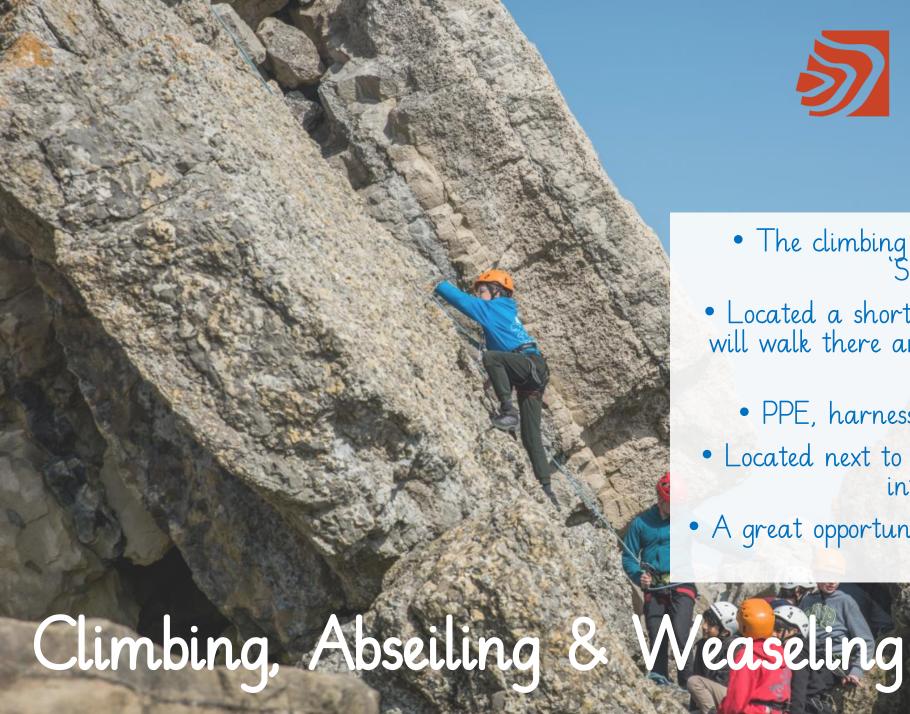
- Sit On Top Kayaking
- Mega Stand Up Paddleboarding
- BIG Canoeing
- Raft Building

Portland Harbour is 100m from the centre front door. In fact, the majority of the bedrooms have sea views.

Overlooked by one of Henry VIII's Castles.

Sometimes, dolphins can be spotted!

# Watersports — Portland Harbour





- The climbing venue of choice is called 'Sunlovers Slab'
- Located a short walk from the Centre, we will walk there and back along the SW Coast Path.
  - PPE, harnesses and helmets provided
- Located next to the sea with views dropping into the horizon
- A great opportunity for personal challenge if desired!

- Problem solving challenges involve working together and finding practical solutions to tasks set by the instructors.
- Quite often the scenic grounds of Portland Castle are used.





- Fire lighting using a variety of methods
  - Foraging
- Possible seaweed bread making, and obviously the chance to roast marshmallows
- Located on Chesil Beach, part of the Jurassic Coast, a UNESCO World Heritage Site
  - A great opportunity for reflection and valuable less active 'downtime'

- Walking, Jumping, Climbing, Caving, Swimming, and Floating
  - Traversing and exploring the waters edge by a variety of methods!
  - They operate a challenge by choice approach.
- Lots of fun, VERY wet, a firm favorite for the majority

# portland outdoor centre

Walk to/or from the venue along the beautiful Jurassic Coast, and have mandatory ice-cream stop at Church 'Ope Cove.

Use of the public bus for one leg of the journey. This is the only transport required during the week and is included in the overall cost.

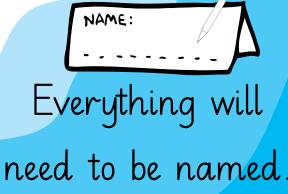
# Coasteering — Portland Bill

## SPECIAL EQUIPMENT

Wetsuits, helmets, buoyancy aids and spray jackets where needed are all provided.

Children will need to bring their own swimwear as well as shorts and rash vests to go underneath their wetsuit. They will also need to bring old trainers as 'wet shoes'. A full kit list will be sent out closer to the time.







# **portland outdoor centre**

- Converted Victorian hotels with accommodation split over x2 floors
- All rooms en-suite
- · All bedding included
- Large communal areas available (ideal for quiet space)
- · Exclusive use of the building
- Typically 4-6 persons per room
- Portland Outdoor Centre Duty Instructor available 24/7 in the building
- · Towels are NOT provided

# Good wholesome food for active days outdoors!

- · Nut free menu.
- Allergy and dietary information is collected and collated by your school prior to attendance

## portland outdoor centre

All Our Catering is delivered in-house from The Dorset Adventure Cafe, this means;

- · A high quality product and service
- Responsive to the group and individuals requirements
- The food your child eats is appropriate for their activities needs
  - They understand it can be tough being away from home for this first time but ensure that nobody is left wanting!

Catering & Hospitality

#### Breakfast – served daily

-Cooked Breakfast consisting of bacon, hash browns, beans, scrambled egg, sausages

- -Toast & preserves
- -Choice of cereals
  - -Fruit

#### Lunch – individual options pre-ordered when booking

- Sandwich x1 (Large white roll with a choice of fillings and optional salad (tuna, ham, hummus, cheese)

- Crisps x1
- Fruit x2
- Chocolate bar or flapjack x1

#### Evening Meal – one group option served daily

Chicken Meatballs with Mashed Potato

Served with Green Beans and Gravy and a self-serve side salad

Jumbo fish fingers and oven cooked chips

Served with mushy peas and a self-serve side salad

Chicken / Vegan Burger in a Bun and Potato Wedges,

Served with Sweetcorn and a self-serve side salad

Chicken and Vegetable pasta bake cooked in a tomato sauce

Served with Garlic Bread and a self-serve side salad

Lean Beef Chilli Con Carne or 3 Bean Chilli with rice

Served with Tortilla Chips and Grated Cheese

Jacket Potato with optional filling (Tuna/Cheese/Beans or Hummus)

Served with side salad

(\*always available if daily selection is genuinely unliked)

#### Dessert – one group option served daily

Apple Crumble served with custard

Sweet waffles served with mixed berries, syrup and chocolate sauce

Flavoured Jelly, topped with Cream and Chocolate Shavings

Variety of Ice Creams, served with syrups and sprinkles.

Sticky Toffee Pudding served with toffee sauce and cream

### Sample menu:

- Nut free

Dietary requirements catered for

- Where possible, supplemented products however if not possible, meal changed entirely





- Licensed by Adventure Activities Licensing Authority (AALA)
  - · Staff DBS checked
- Staff externally qualified holding National Governing Body Qualifications, and additionally in house trained, assessed and observed.
  - · Groups supervised by centre staff and our teachers
    - Duty staff in the building overnight
      - · Coded entry to the building
      - On-site and external CCTV
    - All staff min x16 hour first aid trained
    - Fire evacuation practice on first evening

# CODE OF CONDUCT

the aptima

Very high standards of behaviour are expected for all pupils for the entire duration of the trip. School expectations and values are mirrored when we are out of school too.

For their own safety, and to ensure the safety of others, children need to be able to listen to, accept and follow the rules and instructions given by our staff and centre instructors.

## COST



### Approx. £480

This will depend on the number of children attending.

Cost includes all activities, meals, accommodation and transport.

Initial **non-refundable deposit of £120** required by <u>Friday 24<sup>th</sup> October</u> via ScoPay. Your deposit is you 'signing up' your child.

Final balance should be received by 1st April 2026.

If you require any further support with funding the residential for your child, please contact

Mrs Marshall via the office.

### Insurance



We recommend that you have appropriate travel insurance in place for your child to cover illness, injury and any other eventuality that might mean they are unable to attend.

## VOLUNTEERING

We may need some volunteers to support with this trip, however we will be unable to confirm until much closer to the time.

If you would like to register your interest in supporting, please let me know via an email to the office.

Please note that registering interest does not guarantee a volunteer place.

## Concerns

Please speak to your child's teacher if you have any concerns or worries. We will do all we can to support children in being able to attend.



