



Old Swinford Hospital School Sample Adventure Week Activities

Activity trip to the South of France

7 days (plus 2 days travelling) to the beautiful and warm region of Southern France called l'Ardèche.

We travel by coach from OSH to a small place called Labeaume, where we will spend the week camping out in outstanding natural surroundings. There is a wide range of activities on offer, both water and land based. We will go kayaking (including some rapids) and spend two days paddling down the spectacular river Ardèche, with its many gorges, bivouacking one night on the river bank! Apart from swimming and raft building, we will also go climbing, abseiling, caving and learn archery as well as visiting the local sights.

The activities are safe and fun. They are all led by qualified instructors and all safety equipment is supplied by the centre and complies with DfES guidelines. The coach has seatbelts fitted.

Adventure Camp

We will have breakfast at school on Sunday, pack the minibuses with all our kit and leave OSH mid morning for Nottinghamshire, where the huge camp site (complete with tuck shop) will be our base for the week's activities.

We plan to include paintballing and skeet shooting, as well as a selection of off-road driving, white water rafting, raft building, water skiing, canoeing, off-road karting, crossbows, catapults, etc. Team building will be encouraged by dividing the boys into groups, each with adult supervisors, for inter-group competitions to be held during the week.

Accommodation will be in two-man tents, and our mess tents will allow us to cook communally or on the barbecue. Washing up and other campsite chores enjoyed by all the boys will be shared out equally amongst those on the trip.

This trip is available to any member of Years 7, 8 and 9. The only requirements are a willingness to 'muck in', a sense of humour, the ability to enjoy yourself and to work as a member of a team.

Thursday evening will conclude the week with a hog roast and prize giving. After clearing up on Friday morning we will return to school during the afternoon or early evening.

CCF Army Camp

Any cadet or recruit may attend army camp. Activities usually consist of shooting, tactical training and field exercises, signals and adventure training. Training is supervised by regular and TA soldiers, assisted by CCF officers. There is an emphasis on physical activities and cadets have a full programme of training during each day and on some evenings.

The camp is particularly suitable for Year 9 boys. Year 10 boys may attend for their work experience. It is essential that all those participating have passed their shooting and safety test by the time they go to camp.

CCF RAF Camp

Although the location for RAF Camp has yet to be finalised, it will take place at an active RAF base somewhere in the UK. Recent camps have been held at RAF Lossiemouth in Invernesshire and RAF Honington in Suffolk.

A mixture of military and sporting activities can be experienced from shooting, flying and leadership training to orienteering, swimming, football and indoor sports.

There will certainly be the opportunity for cadets to see how today's modern RAF function.

They will take part in work experience or visit the numerous technical and professional sections on the station, which are essential to the efficient operation of the base.

Chamber Music Tour

The chamber music tour will consist of concerts and workshops prepared by students and staff in venues such as local churches and primary schools in the area.

Students will rehearse together in school to prepare a concert/workshop programme in chamber groups and as soloists before taking their performances on tour!

Students must be able to play their instrument to a high standard and have experience of performing in public.

Cricket Tour (U13) to West Indies

A wonderful opportunity to play cricket in the Caribbean. The tour will feature three/four games of 35-over fixtures against local school opposition.

We will be staying in St. Lucia and will get the chance to play on the World Cup ground at Beau-se-jour. Situated on the outskirts of the tourist resort area of Rodney Bay, where we will be staying, on the island's north-east coast, the ground is set in the rolling hills of Beau-se-jour and passed every test that had been set for the hosting of an international cricket match.

There will be the opportunity for some fantastic excursions around this magnificent tropical island.

We will need a minimum of sixteen boys to make this trip viable. Exact travel information will be available when numbers confirm the viability of the trip. If there is enough demand a parent spectator package could be made available.

Days Away

Leaving school at around 9.00am each morning, packed lunches on board, we will travel by minibus to one of our local attractions to enjoy a fun-filled and interesting day.

Although destinations are not yet finalised, they will include Warwick Castle, an adventure centre, a city tour, an outdoor museum and an animal encounter (either a zoo or a safari park), with something for everyone! Return to school would be around 4.30pm.

No special equipment is required, except that necessitated by the weather. All you need is a spirit of adventure, a willingness to try new things and a good sense of fun!

Devon and West Country Cruise

Departing from Dartmouth in a group of 4/5 berth yachts, the itinerary, weather permitting, will take the group sailing along the Devon/Cornish coast with visits to such places as Brixham, Salcombe, Newton Ferrers, Plymouth (with the opportunity to see the naval dockyards and warships) and the Spaniards Inn on the upper reaches of the Tamar. The cruise will provide the opportunity for the boys to learn about and experience life aboard a sailing boat.

Sailing experience is NOT a prerequisite as instructions will be given during the voyage and boys will be able to learn/improve on the basic skills of sailing, including safety on board, sail and rope handling, boat handling, steering, taking up and departing from moorings, knots and principles of coastal navigation, whilst participating in the working of the boats.

All yachts are DoT certified and will carry a crew of 4/5 boys plus one adult and will be skippered by professional skippers. Previous West Country Cruises have been enjoyed by both the boys and parents who have come along.

Duke of Edinburgh's Awards Residential Projects

This activity is open to anyone currently doing a Gold Duke of Edinburgh's Award. The residential project is often one of the most difficult to organise and timetable. Throughout Adventure Week there will be various ready-made opportunities available, or alternatively you can plan your own.

This year the activities will include:

- Historic railway restoration on one of three sites
- Working at an animal sanctuary
- Helping on an organic farm

First World War Battlefields

Before we leave, there will be a variety of activities including a session on First World War poetry, a documentary to watch, an activity on the history of the two areas and a briefing on the week ahead.

On the trip itself, visits will be made to:

- Essex Farm Bunkers, where John McCrae wrote the War's best-known poem 'In Flanders Fields'
- Sanctuary Wood Trenches and Museum, where students can walk through one of the few preserved trenches from the War
- Hooge Crater and Museum
- Tyne Cot Military Cemetery (the largest British cemetery in the world)
- Languemark German Military Cemetery
- The Beaumont Hamel Battlefield
- The Thiepval Memorial and Battlefield, where students can plant commemorative bulbs at the shrine to soldiers who have no-known grave
- The Old Cloth Hall Museum, an interactive museum, featuring the participation activity 'The Trench Experience'
- Lochnagar Crater
- Vimy Ridge Battlefield, including visits to the Allied Front Line, 'No Man's Land' and the German trenches
- The Menin Gate Ceremony, listening to 'The Last Post' and laying a wreath on behalf of OSH

In the evening, there will be a variety of social activities including:

- Shopping and free time in Ypres
- The 'Chocolate Experience!'
- Ten-pin bowling competition with prizes
- Various other "fun" activities

Golf Tour

The golf tour will take in courses within a short drive of OSH. Pupils will leave at around 8.30am from school and return at 5.00pm either to the boarding house or to be collected by parents.

A round of golf will be played each day so it is important that pupils have some ability to play the game. Pupils ought to be able to hit the ball at least 100 yards, reasonably straight, on a fairly consistent basis. Please consult Mr Green if you have any doubts about your suitability for the tour. There will be opportunities to practice putting and driving as well as a visit to a par 3 golf course. The tour usually ends with a meal and a prize giving so pupils may be a little later on the Friday evening (about 6.30pm).

No equipment is provided so pupils will need a set of clubs, a pair of proper golf shoes and the usual accessories. A trolley is advisable but not essential.

The courses used in previous tours have included Ombersley, Bromsgrove Golf Centre, Little Lakes, Gaudet Luce and Bewdley Pines.

Scottish Island Adventure

The trip offers an opportunity to explore a beautiful and yet largely unknown area of the Inner Hebrides. In Oban we shall take the Caledonian Macbrayne ferry to Tobermory, where we shall travel by minibus across the Isle of Mull to our accommodation at the Iona hostel on the Isle of Iona. The accommodation is self-catering.

Activities during the week will include:

- A sea trip to the Isle of Staffa, where we shall visit the famous Fingal's Cave, and to the Isle of Lunga, famous for its wildlife, in particular the puffins
- A trip to the almost uninhabited Isle of Ulva
- A visit to the famous Iona Abbey
- A visit to other Mull landmarks, including Tobermory, Duart Castle and the beach at Calgary

Our last night will be spent in the Youth Hostel in Tobermory before we return to the mainland for our journey home.

Senior Rugby Tour – Namibia / South Africa

The tour is open to all students who regularly represent the school at rugby in Year 11–13. The touring party is by selection as it is anticipated that the number wishing to go will be in excess of the 45 places available.

The tour departs on Sunday 29th June flying from London to Johannesburg and transferring directly to Namibia and Windhoek where we will be based for eight nights. Whilst here we will play four games of rugby against local opposition and enjoy the local hospitality. Also planned is a quad bike tour of the Namib Desert, sand surfing and of course a safari in the famous Etosha National Park, one of the greatest game reserves in Southern Africa.

The second leg of the tour will follow as we transfer from Windhoek to Pretoria where we will be based at the High Performance Centre in the University of Pretoria and have access to sports science and sports medicine facilities. We will also spend some time in a Cultural village where we will meet the village leader and have a tour of the traditional African homesteads, culminating with a game against a local township team.

The tour then moves south to Cape Town where we will climb the famous Table Mountain and visit Robben Island where Nelson Mandela was incarcerated. We will also tour the coast around the Cape Peninsula and visit the seal colonies on Duiker Island before playing our final set of matches in Stellenbosch.

St. John's School, Uganda

This really is the trip of a lifetime! We will fly to Uganda via Dubai and travel from Entebbe to Nandere by minibus. At the school, we will stay in tented accommodation where all meals are provided. Whilst at the school we will undertake a pre-determined project working alongside the students – perhaps helping on the farm, painting classrooms or building a pig-sty! You will have a say on YOUR project and help to raise funds for the project prior to the tour. We will also visit the two adjoining primary schools and help the young children with their English, Maths, etc.

After a week at the school we leave for an overnight stop in Kampala, taking in the local night life with a live band at Chez Johnson's. Next stop Fort Portal and an early morning chimp trek the following day. Our main safari begins at The Queen Elizabeth National Park where we stay in a most beautiful setting at the Mweya Lodge. Whilst there we will have three game drives and take a boat ride on the Kazinga Channel. Hopefully, among the abundance of wildlife, we will see elephant, lion, hyena, hippo and a huge array of bird species. There will be plenty of free time at the lodge to make full use of the outdoor pool and soak up the sun!

Back to school after the safari we will have time to oversee the completion of our project and bid farewell to the numerous 'best friends' we will have made.

This is a real opportunity to experience a different culture hands-on – it really is not to be missed!

This trip can count as a residential Duke of Edinburgh.

Sorrento & The Bay of Naples

This trip is open to anyone in the Sixth Form.

The Bay of Naples is renowned for its dramatic and beautiful coastline where steep rocks plunge into the sparkling Mediterranean Sea.

We will fly to Naples and stay in Sorrento which is famous for its gardens overlooking the Gulf of Naples. The area is surrounded by orange and lemon groves. It is one of Italy's major tourist destinations with plenty of shops, bars, restaurants and cafés to explore.

Trips out will include Vesuvius and Pompeii and a day out on the island of Capri but there will also be plenty of time to relax on the beach and explore the local area.

Surfing with Surfseekers, Woolacombe Beach

The lessons follow the British Surf Association Junior Athlete Award Scheme.

On arrival at our accommodation around 5.00pm we will travel to Ilfracome for fish and chips and a coastal walk/beach cricket.

9.00am until 4.00pm the following day will be spent having surfing lessons. After-dinner activities include beach Olympics, bowling, the cinema and a quiz with awards at the end of Thursday evening. Breakfast, lunch and dinner are included in the cost, including dining out two evenings.

In the event of poor conditions, Surfseekers offers back-up activities such as coasteering.

3D Mask Making Workshop

This is a hands-on practical Adventure Week activity and would be suitable for students who enjoy art and 3D work!

Students will learn and develop skills in mask making, body adornment and digital photography, as well as using Adobe Photoshop CS and 3D materials.

The aim is to produce work to take home and for display around school.

Warwickshire Ring

The Warwickshire Ring provides an energetic week's cruise. The route is a mixture of rural and industrial landscapes with many impressive flights of locks to keep all the crew busy.

All boys will get the chance to try the basic skills of narrowboating and participating in the working of the boat. We depart from Rugby, via the Coventry Canal to Hawkesbury junction and Tamworth where we hope to visit the Snowdome for swimming, tobogganing and bowling. Onto the Birmingham and Fazeley Canal and the best part of a day spent at Drayton Manor Theme Park.

Then comes the run in to Birmingham where we will have a chance to go go-karting, before heading out into the countryside on the Grand Union to Kingswood Junction. We will visit Hatton Country World before descending the 21 locks of the Hatton flight to Warwick. We then arrive at Leamington Spa, stopping for a short shopping excursion and a swim, before passing through Napton and Braunston and finally returning to Rugby.

The Wonders of Ancient Greece

This Adventure Week tour gives you the opportunity to explore the beautiful country of Greece with a focus on the magnificent ancient ruins and stirring landscapes.

We will visit the sensational acropolis of Athens, the centre of the greatest ancient city of them all, with its wonderful views. We will take in the spiritual site of Delphi, in ancient times the home of the oracle, and enjoy the splendour of Olympia where the Olympic Games truly began.

Work Experience

Work Experience will be undertaken by most of Year 10 and selected Year 11 and 12 students. The aim is to provide students with the opportunity to develop their understanding of a career they may intend to follow in the future.

Students are encouraged to demonstrate their initiative by finding their own placement, preparation for which will be carried out in PSHE lessons. Year 10 and 12, and selected Year 11 students will have received a letter prior to half term. Details should then be forwarded to Mrs Izzard (Business Hub) who will complete the necessary documentation and confirm placements with employers.

Only official work experience placements are permitted in the area local to school. These should be completed and returned to Mrs Izzard. It is important that students act quickly to ensure they obtain a placement which is suitable to their requirements.