



**adventure
central**



Welcome

South Downs Adventure Centre

Group Name/School

(Parents for Year 5/6 etc.)

Travel Dates

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Why Adventure Central?



- Fully accredited and inspected organisation – LOtC, Adventuremark and BAPA.
- Adventure Central is fully committed to helping primary schools offer their pupils high quality residential adventures, at an affordable price.
- We believe all pupils should have the opportunity to experience the thrills of being away from home and learning valuable life skills along the way.
- Run by education and activity specialists and delivered by fully trained, qualified and experienced instructors who encourage, help and inspire young people.
- We are proud to be part of a group of education companies, which includes:
 - LoveTEFL, a provider of TEFL courses and worldwide internships.
 - Budget School and Group Tours, the leading school tours company in Ireland
 - USIT, overseas work exchanges for graduates.

Learning Experience



- All of our courses and activities are designed to include many learning opportunities, develop key skills and support personal development.
- Adventure central provides a wide range of activities to develop life skills, build self-confidence and encourage team work.
- Of course they are great fun too and the group don't actually feel like they are learning at the time.



Accommodation and Facilities



South Downs Adventure Centre

South Downs Adventure Centre Lewes in East Sussex, is located on the South Downs way amongst rolling hills and countryside. With stunning farmhouse accommodation, extensive grounds and a recent £3m refurbishment, this centre offers all the facilities and activities a Primary School could wish for.

- Dorm style rooms for children, and twin rooms for teachers.
- Recently refurbished farmhouse and barn buildings, packed full of original features.
- Sleeping arrangements – girls and boys sleep in separate areas.
- All bedding is provided and bedrooms' are centrally heated.
- Teachers accommodation located next to the students.
- Bedtime Routine – lights out by 10.15pm after a busy day.



Facilities include



- Sussex farmhouse
- Barn buildings
- Extensive grounds
- Dining facilities
- Sports facilities
- Classrooms
- Lounge
- Courtyard café
- Wi-fi
- 24-hour security



A typical days events



- Breakfast between 7.30am and 9am
- First activities start around 9.30am (2 in the morning)
- 10 minute mid morning drink break
- Lunch time allocation between 12.00-13.30hrs
- A full afternoon of activities (2 in the afternoon)
- 10 minute mid afternoon drink break
- Evening meal time allocation between 5-7pm
- Evening entertainment from 8pm
- Lights out by 10.15pm



Types of Activities Available



Daytime Activities

- Mini B – Mini Beasts
- SOS – Science of Spies
- Rocket – Rocket Launch
- Archery
- Buggy – Buggy Building
- Mini O's - Junior Olympics
- Nature T – Nature Trail
- Tri – Golf
- Fencing

Sunset Activities

- Campfire
- Cluedo
- Karaoke
- Disco



All activity details can be viewed on our website, in 'Activity Learning Outcomes' via the Booking & Planning section, under downloads. **NB: Currently being updated.**

Activities Overview



Daytime Activity Examples

Buggy Building

- Working in teams to design and construct a moving buggy, no motors are involved, think of the Flintstone's! In your groups you will need to ensure you use the correct equipment so that your buggy is secure and stable enough to carry team members and complete your task successfully.
- Then you will get the opportunity to race your completely buggy alongside other teams to declare the 'Flintstone Buggy Champion!'

Body Zorbing

- This activity can be team based or individual. It is an activity where participants are strapped securely inside the Body Zorbs. Remember to help one another if you feel any member of the group is slightly nervous. If you enjoy the fairground rides and Thorpe Park then you will love this!
- A variety of games will be played during the activity once the basic skills of getting in and out, rolling backwards and forwards, and completing a 360 degree roll are achieved.

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Activities Overview



Sunset Activity Examples

Campfire

- A 'Sunset' session in which everyone can join in an old traditional fun activity. Making music, singing songs, performing stars, group performances in teams, audience participation and the casting of votes to Crown the winner. All of this set around the camp fire for stories, performances, sunset and lots of laughter and fun!
- This activity enables you to build your confidence, and support your other team members. You will also look at improving your performance skills. Who knows, we may be amongst the next Justin Beiber, Little Mix or Ant & Dec!

Disco

- All the latest 'Tunes'! An evening of socialising with others from outside of your own school. The 'Mix n Mingle' of the schools being on offer will allow you to share your experiences of the week with other children.
- A great opportunity to make new friends, revisit dances from 'We Can Dance', sing along to the latest songs, join in with the dances and have some fun!

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Catering Facilities



- Children will be provided with 3 meals' per day (breakfast, lunch, dinner).
- Only meal not provided is lunch on their day of arrival. Packed lunch is required.
- Time slot will be allocated for the dining room.
- If we are made aware of any dietary requirements well in advance of arrival at our centres, we can provide for most special diets.
- We may occasionally ask parents to provide some items that are hard to get hold of, or that are very specific to their individual need, but this is only in exceptional circumstances.



Our Instructors



- We only recruit experienced instructors who hold the relevant National Governing Body qualifications. In addition to this, before our instructors are allowed to lead groups they must complete our intensive training course. This allows us to assess their abilities and ensure they are operating to the standard and procedures we expect. They are also subject to on-going monitoring and training throughout their employment by senior instructors.
- All of our instructors and site-based staff have DBS clearance and are qualified First Aiders, and carry a first aid kit with them on activities.
- Centre Managers hold a FAW (First Aid at Work) Certificate, this is a 3 day course. The instructors hold the EFAW (Emergency First Aid at Work), this is a one day course.
- Instructors remain with the children throughout their Residential trip, to ensure they are thoroughly supervised. Ratio of 1 to 12 per group.
- There will always be a Senior member of staff on duty until 11pm, and there is 24 emergency contact available.
- Our Centre Manager heads up the Centre, along with the Senior, and a large team of experienced instructors.

Safety and wellbeing

We understand how nerve-racking it can be letting your child go on a residential visit so we do everything we can to make it safe and enjoyable for everyone. At Adventure Central Safety is of the utmost importance.

- We have policies and procedures in place to ensure the safety and well being of all our students
- Our Safety Management Systems are regularly monitored and reviewed using experienced Senior Managers and experts from within the education and outdoor industry
- Qualified First aid trained staff on site 24/7
- All our Instructors are fully qualified and have at least 1 years' experience in the field.
- The same instructor will remain with your child throughout the entire trip, thus building a strong relationship, and a real sense of security.



Insurance



- Fully comprehensive Insurance is included. We have both Public Liability insurance and travel insurance (for activities), which has been built specifically for outdoor based activities. We are covered for all eventualities.
- Adventure Central single travel trip travel insurance, via Fogg Travel Insurance. Please refer to the Adventure Central website to read and understand the Key facts and Insurance policy documents- www.adventure-central.co.uk
- Public Liability Insurance – increased from £5 Million to £10 Million.

What's included



- Full board and accommodation for 5 days and 4 nights.
- Fun packed activity programme both daytime and sunset.
- High quality experienced instructors, with a ratio of 1 to 12.
- Fully comprehensive Travel Insurance.
- A wonderful learning and educational experience.



Any questions?





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