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8th November 2023

Dear Parent/Carer

As you are aware Ely College is part of Meridian Trust who are organising an Outward Bound Course to Aberdovey in Wales in the week of 12th - 16th February 2024. This is the second trip we have run as a Trust and last year's was a huge success. We do hope your child will join us on the next one!

The Outward Bound Trust is an educational charity that uses the outdoors to provide life-changing educational courses and unique experiences for young people. The Outward Bound Trust was founded in 1941 and are the original provider of outdoor education, with an unrivalled safety record. Their mission is to inspire young people to believe they can achieve more than they ever thought possible. We are particularly keen that your child is given the opportunity to experience safely adventuring in this way.

This adventure will consist of students from across 15 Meridian Trust secondary schools including 3 special schools. There will be 144 students in total with, not only well-qualified and experienced staff from schools, but also the extremely well-qualified staff from the [Aberdovey Outward Bound Centre](#).

The trip will be fully inclusive of food, accommodation, bedlinen, outdoor kit, safety equipment and insurance. They will be taken care of at all stages of this wonderful adventure. You will only be requested to pay a deposit of £20 for any equipment lost during your child's stay at Aberdovey. These monies will be refunded if no piece of equipment is lost.

We, at Ely College, believe that young people should experience 'learning outside the classroom'. The results of taking our students into a different environment and encouraging them to work well as a team, build self-confidence and take personal responsibility are outstanding. The difference back in the classroom, and at home, is often remarkable.

We really do hope that you will agree and support your child in taking part in this exciting trip. If you want to find out more about the types of activities your child will be taking part in, please click on this link: [Recruitment toolkit \(outwardbound.org.uk\)](#) You can also visit Outward Bound's website: www.outwardbound.org.uk to learn more about their work and to access useful information before the course.

Please be aware that there are a limited number of places available and that these places will be allocated via a lottery. At this stage we would be grateful if you could express your interest in your child taking part in this trip by Friday 10th November. Please contact me at: MGrezio@elycollege.co.uk

If you have any further queries, please get in touch.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Max Grezio', written over a white oval background.

Max Grezio

Assistant Principal



Meridian
Trust



Artsmark
Silver Award
Awarded by Arts
Council England



SAMPLE PROGRAMME

FIVE DAY

This is what a week at Outward Bound might look like.

MONDAY DAY 1

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

ADVENTURES: Immersion into the natural environment with jog and dip followed by group work.

EVENING: Exploring course aims and personal responsibility.

ACTIVITIES: High challenge activity and stargazing.



TUESDAY DAY 2

DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.

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

ACTIVITIES: Preparing and packing for overnight expedition.



WEDNESDAY DAY 3

DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

ADVENTURES: An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

EVENING: Self-reliance. Recognising achievement.

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



THURSDAY DAY 4

DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing.

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment. Facilitated discussion and personal reflection.



FRIDAY DAY 5

DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ACTIVITIES: Group rowing. Team challenges in new groups, course review and presentations of learning.

DEPART: 1pm.

