

Journey

BOAT

	OUTBOUND	RETURN
DATE	MONDAY 8th MAY 2023	FRIDAY 12th MAY 2023
JOURNEY	Isle of Man to Liverpool	Liverpool to Isle of Man
	Mannanan	Mannanan
DEPARTURE	7.15am	7.30pm
ARRIVAL	Expected at 10:00 am	Expected at 10pm
MEETING POINT	6.00 am Inside the main Sea Terminal, near Costa.	10.15pm Inside the Sea Terminal, main seating area
OTHER INFORMATION	Children should be wearing their school sweatshirts / leavers hoodies so they can be easily identifiable whilst travelling. They are required to bring a packed lunch with them as we will not arrive at the centre until approximately 3pm. This should be in a named disposable bag, with no fizzy drinks or glass bottles.	Parents are required to wait inside the main sea terminal seating area and wait for the teaching staff to bring the children to them with their luggage. This is <u>imperative</u> because there is a significantly high volume of people in the terminal, with often at least 3 other school groups on the same sailing. To ensure we keep your children safe, you <u>must</u> adhere to this rule. Please DO NOT attempt to locate your child and their luggage yourself.

COACH

- ★ A coach will be waiting at Liverpool Pier Head to pick us up as soon as the boat arrives at 10am.
- ★ The journey will take approximately 4 hours, with a stop on the way for lunch and toilets.
- ★ The last hour of the journey to Wales (or first hour of the journey on the way back) is along winding, steep roads so travel sickness tablets are suggested and will be provided for those children who begin to feel ill (See Medicines)
- ★ On Friday, we will be leaving the centre to head back to Liverpool just after lunch. The children will be provided with a packed meal by the centre which will be eaten on our arrival in Liverpool.

JOURNEY ACTIVITIES

- ★ The children are encouraged to bring different activities to keep them occupied on the long journeys such as; Colouring books, Puzzles, Card Games, Reading Books are suggested.
- ★ We recommend that children do not bring valuables items with them. Please remember that any items of value are the sole responsibility of your child and our insurance will not provide cover if they get lost/broken.
- ★ Most electronic devices are permitted (except for SMART watches and Mobile Phones) but they will be used for the journey only. The children will be responsible for them on the outbound and return journey and will be kept in a locked cupboard by the lead teacher during the stay at Manor Adventure.

Accommodation

- ★ The Centre is on the site of an old hotel so there is adequate accommodation for several school groups.
- ★ There are 4 floors including a dining room, staff room and a free time room, which has vending machines for the children to use during free time at an additional cost.
- ★ In each bedroom, there are between 4-6 beds (2-3 bunk beds) and the children will be put into “Sleeping Groups” which will be confirmed nearer the time.
- ★ Ensuite facilities are also included.
- ★ Each room also has a passcode lock to ensure their belongings are safe.
- ★ Children are expected to keep their dormitories tidy
- ★ The rooms are next to each other on one floor, with teacher rooms at either end of the corridor.

Organisation

- ★ The children will be split into a number of different groups;
 - ➔ Travelling Groups; these groups will be assigned a teacher who will carry their medicines and will be responsible for them on the journey.
 - ➔ Activity Groups; the day-to-day groups in which the children will complete their activities.
 - ➔ Sleeping Groups; those children who will be sharing a bedroom (Between 4 and 6 children)
- ★ The Lead Teacher will have full control over who is placed in which group and will consider the welfare and needs of each individual.

Typical Day

- ★ The children will be expected to organise themselves every day with what they should wear on each session and any other equipment they may need. (A suggested kit list and activity list is provided in this pack)

07.30 Rise and shine

08.00 Breakfast

09.00 ACTIVITY SESSION 1

10.30 Break

10.50 ACTIVITY SESSION 2

12.20 Lunch

13.40 ACTIVITY SESSION 3

15.10 Break time

15.30 ACTIVITY SESSION 4

17.00 Evening meal

19.00 ACTIVITY SESSION 5

20.30 Hot Chocolate / De-Brief / Bedtime

Timings are approximate and may be subject to change.

Activities

- ★ The activities for the pupils will be selected by the school.
- ★ Activities are geared by staff to suit the age and experience of group members.
- ★ We will have a total of 19 activities during the week;
 - ➔ Arrival Day 1; 2 activities, before and after tea time
 - ➔ Day 2, 3 and 4; 5 activities per day
 - ➔ Departure Day 5; 2 activities in the morning before lunch / departure
- ★ Specific activities will be confirmed nearer the time but proposed activities are listed below;

Archery	Obstacle Course	Low Ropes	High Ropes	Stand Up Paddleboard
Zip Wire	Climbing Wall	Abseiling	Hill Walk	Raft Building
Kayaking	Blind Trail	Orienteering	Canoeing	Scavenger Hunt

Meals

- ★ 3 meals a day are provided at the centre;
 - ➔ Breakfast; Available daily - cereal, toast, yoghurts, plus cooked breakfast items (sausages, bacon, hash browns, beans, tomatoes etc)
 - ➔ Lunch; At least 2 options e.g. chips, jacket potatoes, with a selection of salads.
 - ➔ Dinner; At least 3 hot options e.g. roast dinner, cottage pie, pasta dishes etc.
- ★ There is a wide variety of foods with vegetarian, kosher and halal options always available. Any dietary requirements will be forwarded to the centre prior to our arrival.
- ★ There will also be a BBQ on the middle day of the week, weather permitting.

Health & Safety

- ★ Insurance is provided by AIG Europe Limited and the Policyholder is Isle of Man Government.
- ★ On arrival, the students will be shown to their dormitories and fire procedures will be explained, before a fire drill is conducted. The Code of Conduct for the centre is also clearly explained at this point.

MEDICINES:

- ★ Any medicines the children need for the trip will be kept by the group leaders.
- ★ Children must NOT carry medicines in their bags.
- ★ Medicines need to be brought into school in the week before departure. This is so that a detailed list for each day can be compiled. Parental instructions should be given at this point, with the medicine clearly named.
- ★ These medicines may include; vitamins, hay fever medication (advised), inhalers, epipens, travel sickness tablets (if required).
- ★ PLEASE NOTE - This does not include Calpol or Children's Ibuprofen. Nearer the time, we will ask you to complete a consent form so that Calpol / Children's Ibuprofen can be administered to your child should they need it whilst we are there. These medicines will be provided by teaching staff.

- ★ On the same consent form will be a section about travel sickness tablets. This is mainly for those children who become travel sick unexpectedly. We would like your consent to administer 'Kwells' travel sickness tablets for these children if we feel it necessary and again these will be provided by teaching staff.

What You Need...

- ★ Please ensure that all items of clothing and personal belongings are clearly named.
- ★ It is also a good idea to get the child to pack with you and provide a list of items you have packed as this helps the children when packing to leave.
- ★ Mainly old clothes are needed as the children will participate in the activities whatever the weather.
- ★ In cold wet weather, it is advisable to bring additional items of clothing. Things take a while to dry in the great outdoors so please make sure lots of 'thinner' items are packed, not a few 'thick' items.
- ★ Manor Adventure provides the specialist equipment for all activities. Regulatory equipment, such as buoyancy aids and helmets, **MUST** be worn when supplied by the instructor. This applies to everyone, regardless of their level of experience.
- ★ Denim clothes, including jeans, are not suggested at all and may not be worn for water-based activities.
- ★ The activity can be categorised into Dry, Wet and Muddy and the clothing can be organised accordingly.

LUGGAGE:

- ★ Please restrict this to a suitcase or large holdall and one piece of hand luggage (preferably a rucksack)
- ★ The children will carry their own luggage to and from the boat, coach and up the stairs of the complex.
- ★ Sleeping bags should be packed into OR secured to their luggage.

FOOTWEAR:

- ★ The children will need to provide 3 pairs of footwear; one for wet and one for dry activities and one for indoors.
- ★ An old pair of trainers or wet shoes are recommended for the water sports, and walking boots or trainers for land based activities.
- ★ Crocs, Flip-flops and Wellies are totally unsuitable for activities and will not be permitted.

DRY

- Long sleeve top (zipped hoodie or sweatshirt) over a t-shirt
- Long Trousers
- Trainers (that stay dry)

MUDDY

- Long sleeve top (zipped hoodie or sweatshirt) over a t-shirt
- Long Trousers
- Waterproof coat and waterproof trousers
- Old Trainers (that its OK to get muddy)

WET

- Wear 1 or 2 layers; Long sleeve top / zipped hoodie / sweatshirt over a t-shirt
- Waterproof Trousers over leggings or joggers
- Wet shoes. (Not crocs or Wellies!) Could be an old pair of trainers.

KIT LIST

- ➔ Sleeping bag and pillow case (pillow is provided)
- ➔ Bath towel & hand towel
- ➔ Toiletries (try to share with friends so not everyone has to bring shampoo etc)
- ➔ Insect repellent & waterproof sun cream (essential)
- ➔ Jumpers and/or fleeces (fleeces dry more easily if wet)
- ➔ Nightclothes
- ➔ T-shirts (especially long sleeve as most activities do not allow short sleeve)
- ➔ Plastic bag(s) for dirty / wet clothes
- ➔ Socks - lots of!
- ➔ Underwear (again...lots!)
- ➔ Sun hat / cap - essential if forecast is for warm weather
- ➔ Swimming gear (needed for kayaking)
- ➔ Tracksuit bottoms - more than one pair (not too thick so they will dry easily)
- ➔ Trainers/sturdy shoes for hill walking.
- ➔ Long Trousers/joggers are required for most activities (jeans can be worn for travelling)
- ➔ Waterproof trousers plus a waterproof coat
- ➔ Water bottle/sports drinks bottle (named)
- ➔ Sun glasses (optional)
- ➔ Disposable camera (optional)

★ **JEWELLERY:** Jewellery may cause injury and must therefore NOT be worn during activity sessions. SMART watches are also not permitted during any sessions. We recommend that all rings / earrings / watches are left at home.

★ **CAMERAS:** Disposable cameras may be brought and they will be the responsibility of the children for the duration of the trip.

★ **SPENDING MONEY:** There will be no opportunities to shop but there are vending machines available in their 'free-time' room. They will need no more than £10 and this should be provided in £1 English coins or smaller denominations as members of staff will be unable to provide change. This money is to be handed in the week before we travel, in a named purse / wallet and will be kept by the children's group leader.

★ **MOBILE PHONES:** The children are NOT to bring mobile phones with them. Home contact only exacerbates any home sickness. The Lead Teacher will have a list of contact details and will also be in regular contact with the headteacher at school. Any issues arising from a parents point of view, should be passed through school.

Further, specific information will follow nearer the time.