



Outward Bound Centre Howtown, Ullswater



Year 5 visit: 7th – 11th November 2022

The Outward Bound Trust

The Outward Bound Trust was established in 1941 and is the original provider of outdoor education, with an unrivalled safety record.

Their mission is to unlock the potential in young people through discovery and adventure in the wild!



Purpose of presentation

- Aims of the trip
- To give details of the trip to Outward Bound:

Activities / Meals / Groups / Dorms / Travel / Cost etc.

- To give you the opportunity to ask questions.

Aims of the trip

- To improve resilience when faced with challenges
- To become more independent
- Experience outdoor learning in a area of natural beauty



Instant gratification



Long term learning

The Centre

We visit the Howtown Centre,
near Lake Ullswater.

We have exclusive use of the
centre and it can accommodate
a maximum of 72 children.



A Typical Day...

7.00am - Children woken up

8.00am - Breakfast

9.00am – Group Meeting

9.30am – Morning Activity

12.30pm - Lunch

2.00 pm - Afternoon Activity

5.00 - 6.00pm - Evening Meal

6.30pm - Evening Activity

8.15pm – Hot chocolate

8.30pm - Ready for bed and
story time

9.00pm – Bedtime

Activities

Jog & Dip



Activities

Canoeing & Rafting



Activities

Boat trip and Campfire



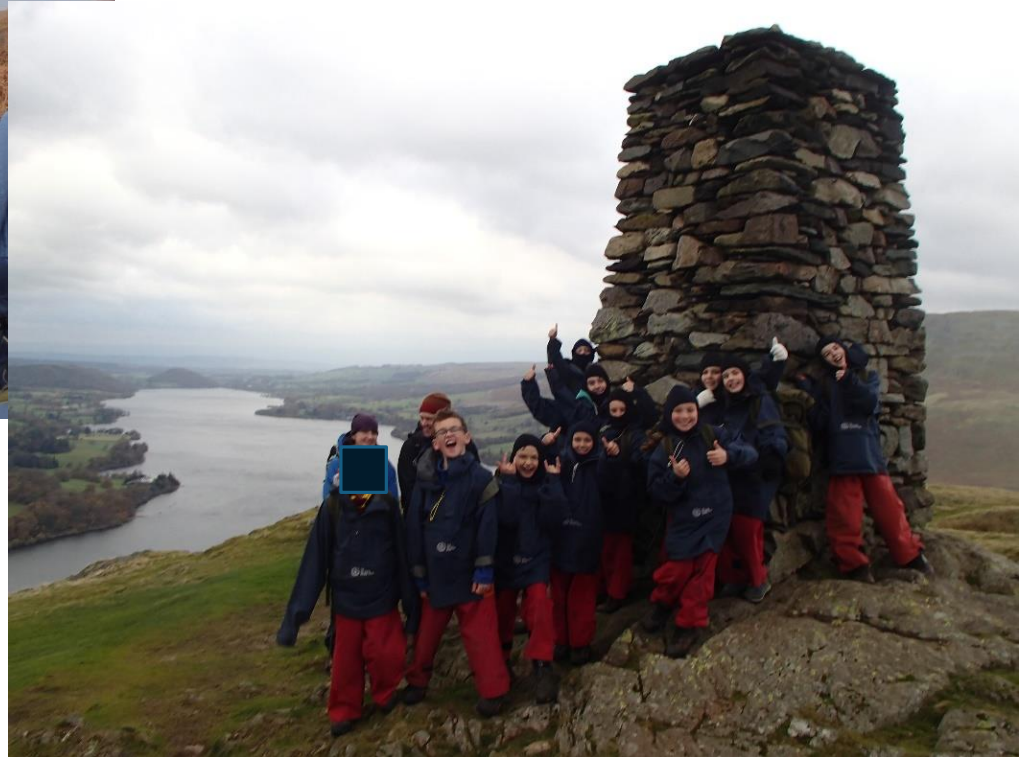
Activities

Nightline & Tunnelling



Activities

Hill Walking & Summit Challenge



Activities

Gorge Walking



Activities



Rock Climbing & Assault Course



Equipment

Everything is provided by the centre:

- Walking boots
- Waterproof jacket and trousers
- Wet suit (if necessary)
- Safety helmets
- Safety harnesses
- Life jackets



Groups

- *Groups of up to 12 children*
- *Organised by school staff*
- *At least 1 adult from Walmley Juniors*
- *1 or 2 leaders from the centre*
- *Always with at least one chosen friend*



Dormitories

- *Howtown centre*
- *Refurbished, modern dormitories*
- *Clean rooms with ensuite facilities*
- *Most sleep 4-6 children*
- *Children have at least one chosen friend in their dorm*



Food and drink

- *High standard and good choice*

- *Breakfast*

- *Packed lunch*

- *Evening meal*

- *Drinks*

- *Vegetarians/halal and allergies well catered for*



Travelling arrangements

- *Approved coaches with toilet and DVD*
- *Leave school at 9.15am on Monday 7th November*
- *Return for approximately 3.45pm on Friday 11th November*



Cost!

£360 per pupil approx.

This includes everything:

- * 4 nights' accommodation*
- * All activities*
- * Travel*
- * Meals*
- * Equipment*
- * Insurance*
- * (No pocket money needed)*

£10 refundable deposit for equipment

- 1) £100 deposit by 10.2.22
- 2) £100
- 3) £160

Trip is now live on Scopay!

Numbers are limited to 72 children so please do not delay payment! The deposit will secure a place.

More details

Have a look at the Outward Bound website:

<https://www.outwardbound.org.uk/>

And Finally...

Any questions?

