



THE
OUTWARD
BOUND TRUST

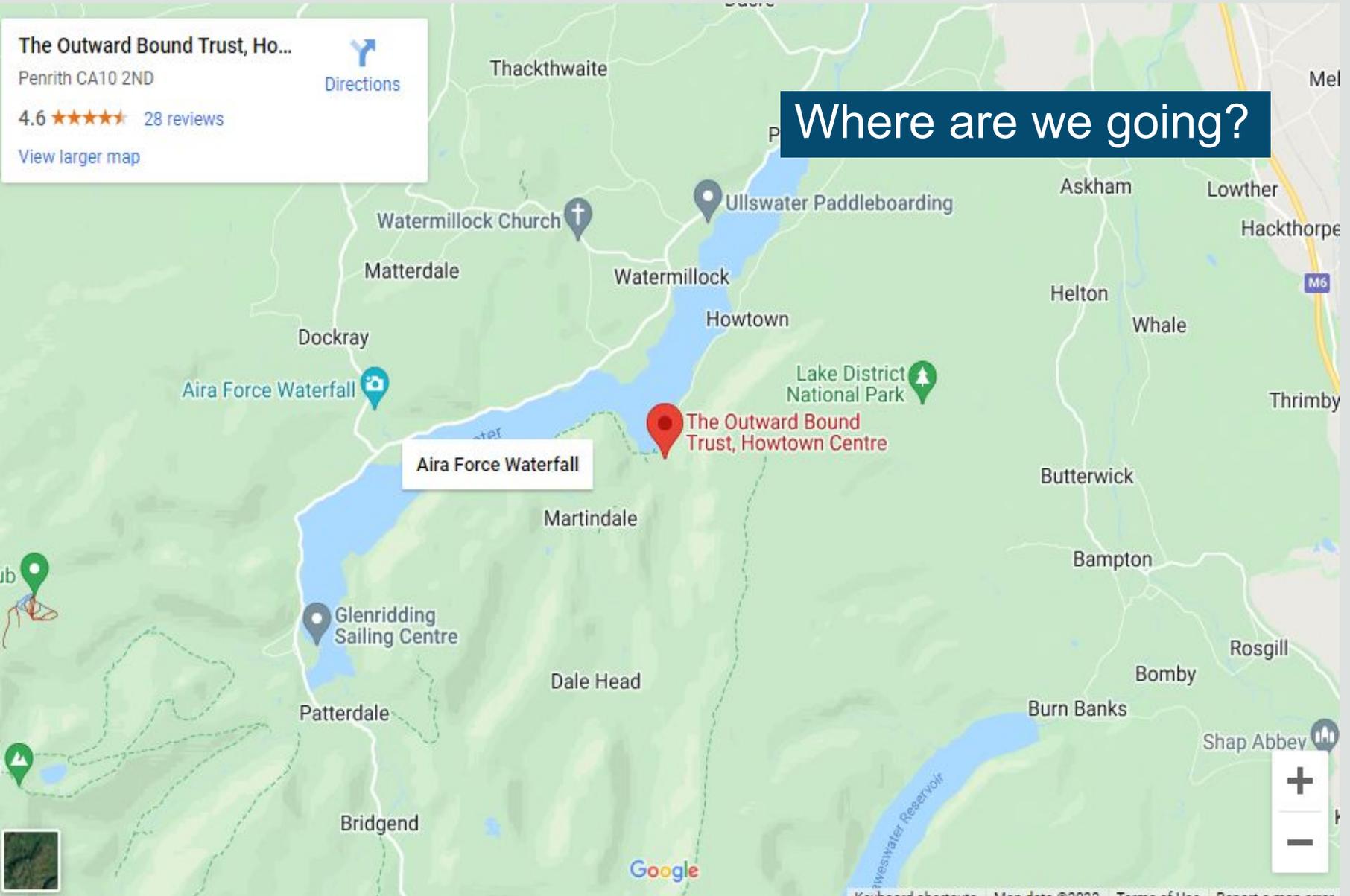
5-DAY RESIDENTIAL COURSE

ST MATTHIAS CHURCH OF ENGLAND
PRIMARY

21ST November – 25th November 2022



#MORETHANYOUPHINK

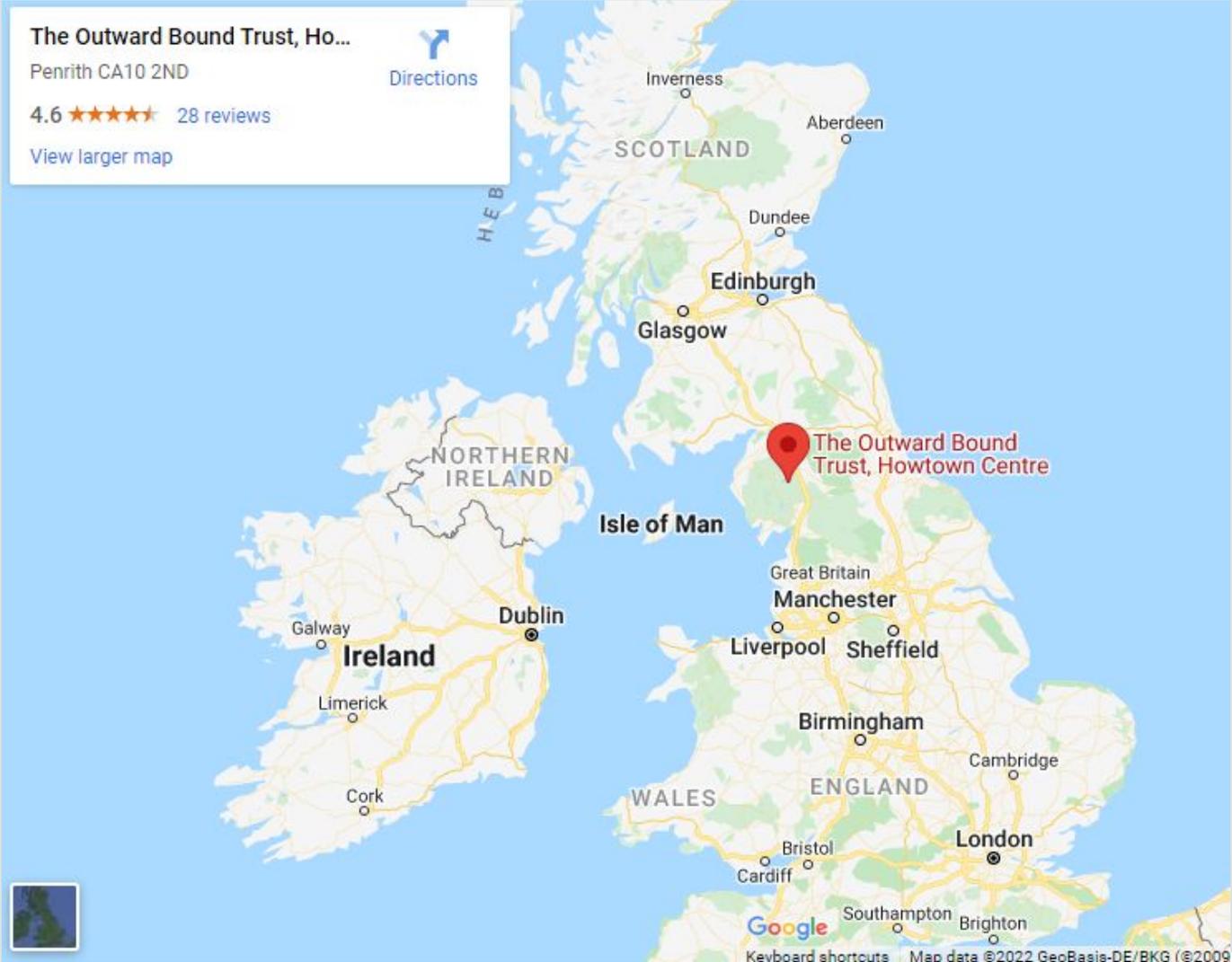


Where are we going?

Aira Force Waterfall

The Outward Bound Trust, Howtown Centre

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YOUR CHOSEN CENTRE

HOWTOWN, THE LAKE DISTRICT



Outward Bound Howtown is on the shores of Ullswater.



WELCOME TO

OUTWARD BOUND

LEARNING THROUGH ADVENTURE



ABOUT US



We're an educational charity that inspire young people to defy their limitations!

Helping build attitudes, skills and behaviour such as: **resilience, confidence and communication.**

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NOT YOUR

BOG-STANDARD RESIDENTIAL

- **No two courses are the same. Your programme is made to order depending on your learning needs.**
- **Dedicated instructors for each group for the entire course.**
- **All-inclusive, so all food, accommodation, tuition, 24-hour pastoral care and comprehensive insurance are included.**





OUR INSTRUCTORS

Our instructors deliver the best possible learning and development for young people. They are:

- Enthusiastic and knowledgeable about the development of young people.
- Passionate about, and skilled in the outdoors.
- Professional, fully qualified and experienced.



LEARN NEW SKILLS

LEARNING THROUGH ADVENTURE

A TYPICAL DAY

- 7.00am – wake up, wash, dress, breakfast
- 8.45am – morning meeting (visiting staff)
- 9.00am – morning session
- 12.30pm – lunch
- 1.30pm – afternoon session
- 5.00pm – dinner
- 7.00pm – evening session
- 8.30pm – free time, hot chocolate, then bed



SAMPLE ACTIVITIES



Jog and dip

Gorge scrambling

Canoeing

Orienteering

Understanding nature

Mountain expeditions

Raft building

Rock climbing

Kayaking

Abseiling

WHAT TO BRING

We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and footwear. Including:

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin socks (a few pairs)
- Synthetic trousers (Not jeans)
- Two pairs of trousers
- Underwear
- Pyjamas
- **Trainers x 2**
- Shorts
- Hat and gloves
- Towel and swimwear
- Medication if necessary
- Notepad and pen
- Sunglasses
- Sun cream
- Disposable camera
- Book/magazine

FOOD GLORIOUS FOOD: EXAMPLES

Breakfast

Freshly made porridge
Hash brown
Baked beans
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice
Grapefruit

Lunch

Bread rolls, wraps and baguettes with a selection of fillings
Flapjack and brownies
Crisps

Evening meal (served with a selection of veg) & Dessert

Chicken & mushroom pie
Traditional cottage pie
Pasta bake
Hot pot
Chilli con carne
Homemade pizza
Chicken/veg curry with rice
Sweet & sour pork
Jacket potato

SHARING EXPERIENCE

LEARNING THROUGH ADVENTURE



A group of students in wetsuits are splashing in the water, likely participating in a team-building exercise. The background shows a body of water and distant hills under a cloudy sky. The image is used as a background for the text overlay.

“

Every year we see changes in our students almost immediately and this experience stays with them for the rest of their school life.

Staff member, Shenley Academy

”

More [case studies and stories](#).



SOUNDS OF OUTWARD BOUND



Travel plans?

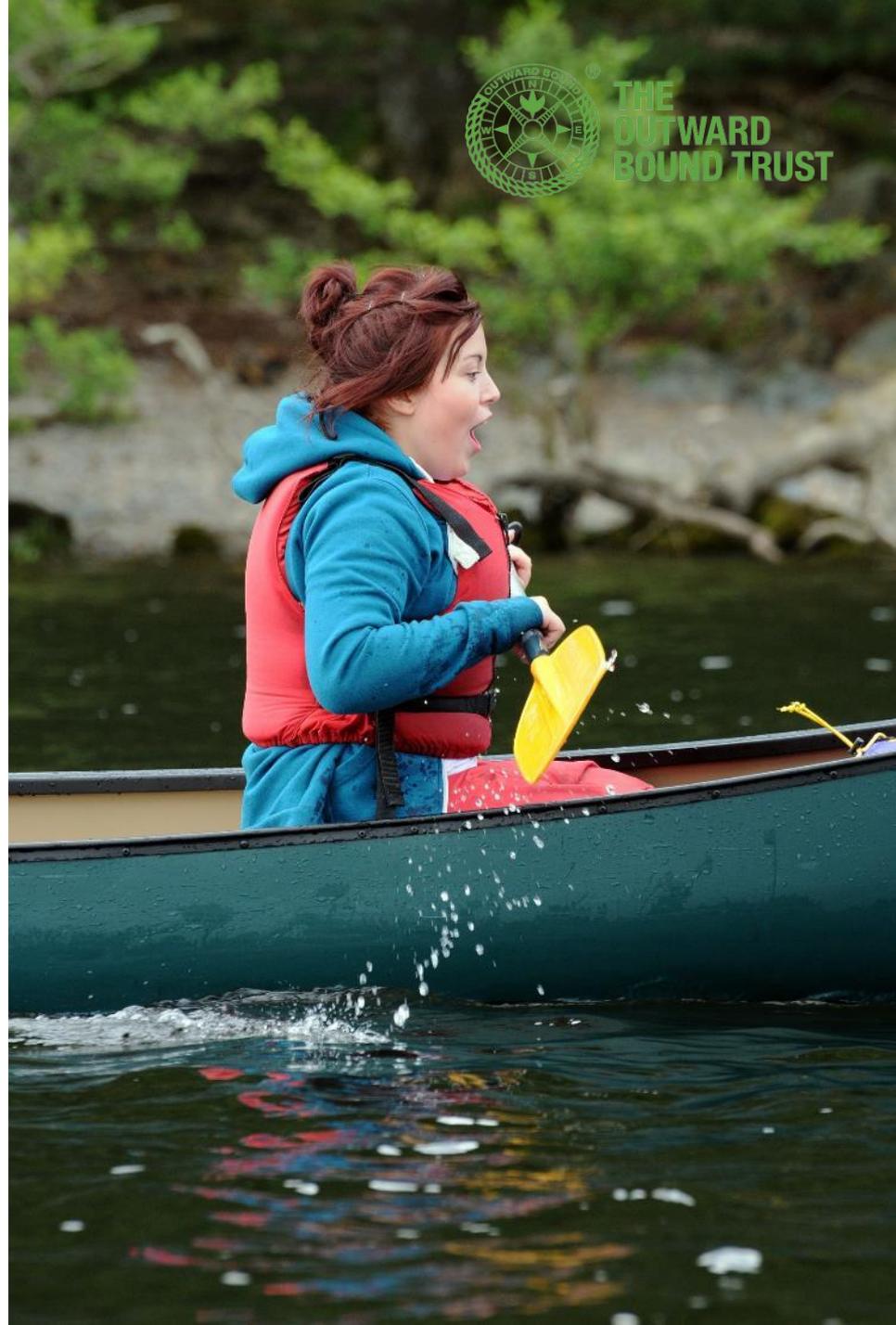
**Train from London Euston
to
Penrith**

**Coach from Penrith station
(10 minute journey) to the
shores of the Lake**

**Ferry across the lake to
Howtown**



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Cost?

The total cost of the visit is £190 (£140 for families in receipt of free school meals)

Deadline for returning the permission slip is Friday 27 May.

If you have a concern anything please come and talk to us – I am sure we can find a solution!



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What next?

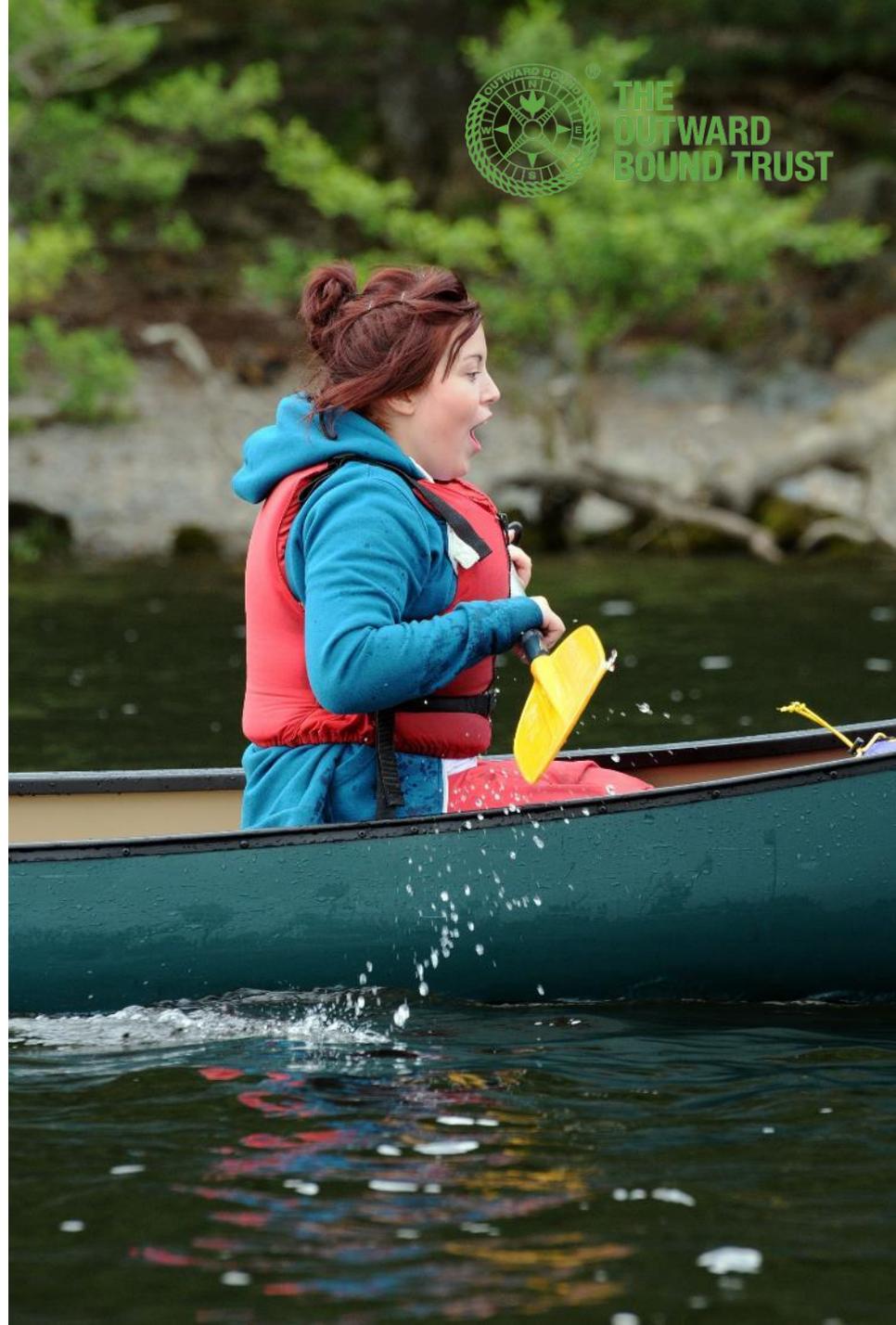
Decide whether you would like your child to attend the residential.

Complete and return the permission slip

Send £50 deposit (non-refundable)



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WE LOOK FORWARD TO WELCOMING YOU

#MORETHANYOUGHT

