



Benmore Outdoor Centre

Information Meeting

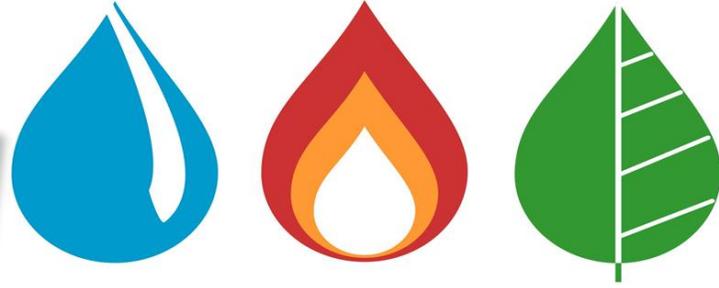
Welcome



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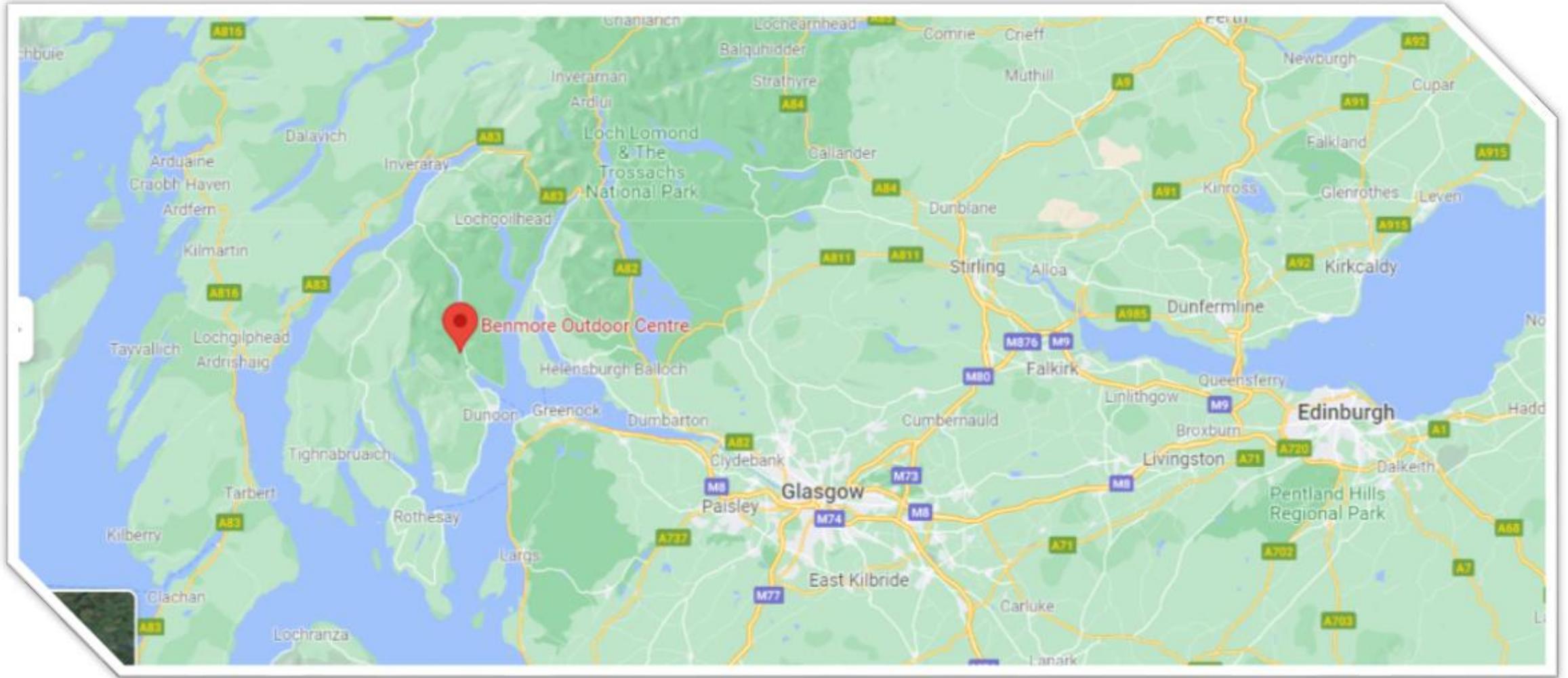
Edinburgh's Centres



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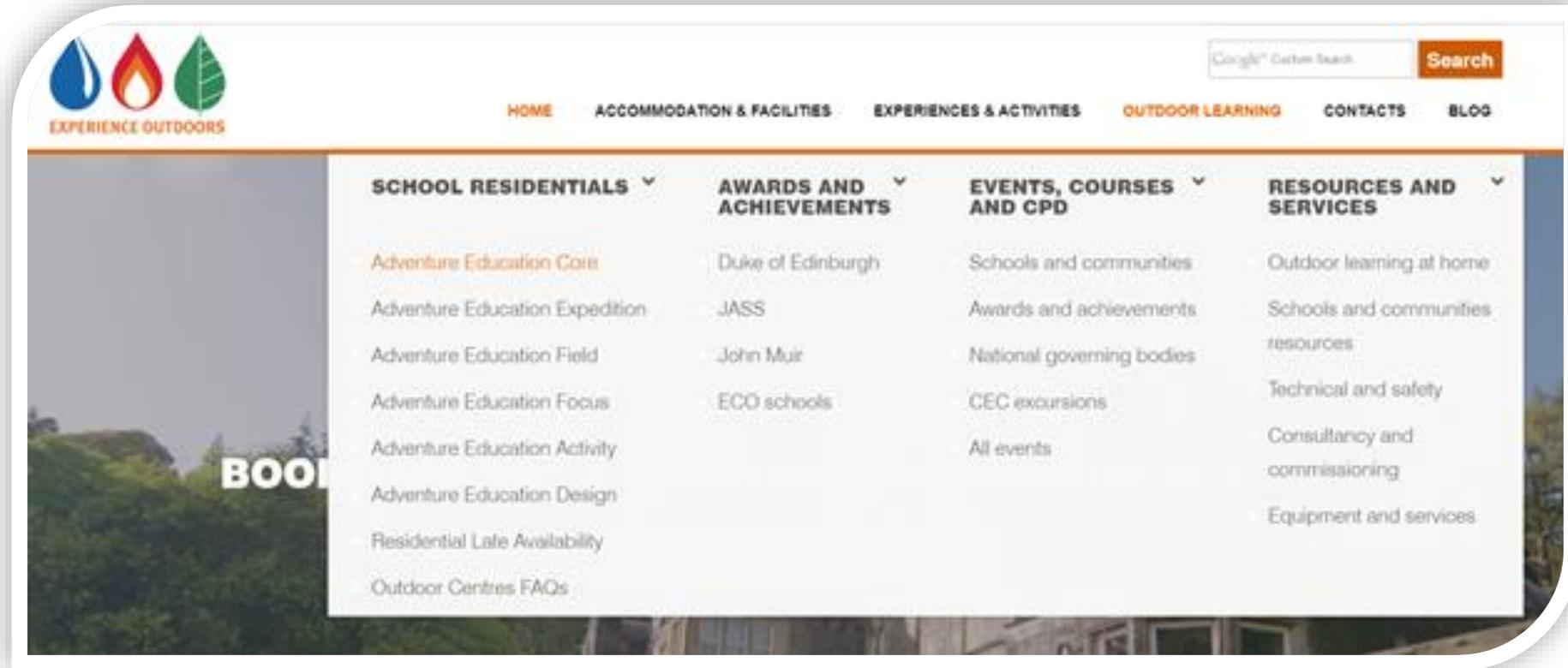


Where is Benmore?





experienceoutdoors.org.uk



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**Our best asset –
OUR STAFF**

Arrival Day



- Depart School Mon AM
- Lunch ***SEND A PACKED LUNCH***
- Arrive Benmore 13:00
- Introduction 13:30
- Meet Instructors 13:45
- Instructors' site orientation with group 13:45, including local walk
- Visiting staff/Benmore staff induction meeting
- Make beds/unpack 16:30
- Cake and juice 17:00
- Evening meal 18:00
- Diary/review session 19:00
- Evening activity 19:30
- Bed 21:00

A 'Typical Day'



- Wake Up 08:00
- Breakfast 08:30
- Benmore staff meeting 09:00
- Room inspections 09:00
- Meeting with instructor 09:20
- Morning activities 09:20 – 12:30
- Lunch 12:30
- Afternoon activities 13:30 – 16:30
- Review of day 16:30 – 17:00
- Cake and Juice/free time 17:00 – 17:30
- Dinner 18:00
- Diary/review time 19:00
- Evening activities 19:30
- Bed 21:00



Activities

- Gorge Walking
- Mountain Biking
- Rock Climbing
- Abseiling
- High Ropes course
- Hill Walking/Forest walk
- Caving

- Canoeing
- Kayaking
- Duckies
- Orienteering
- Sailing
- PSG/Teambuilding
- Shore Scramble



Sample Day Menu

- **Breakfast** Cereal, toast with preserves, fruit, yogurt and one hot choice per day
- **Lunch** Homemade soup, filled wholemeal or white roll (choose from tuna, ham, egg or cheese) salad, fruit and biscuits.
- **5pm Cake** e.g. flapjack, sponge, crispy cake,
- **Dinner (2 courses)**
- Fish, chips, peas
- Mac cheese, garlic bread, veg
- Battered chicken breast chunks, separate curry sauce, rice, veg
- Cheese pizza, wedges, salad



Our Accommodation

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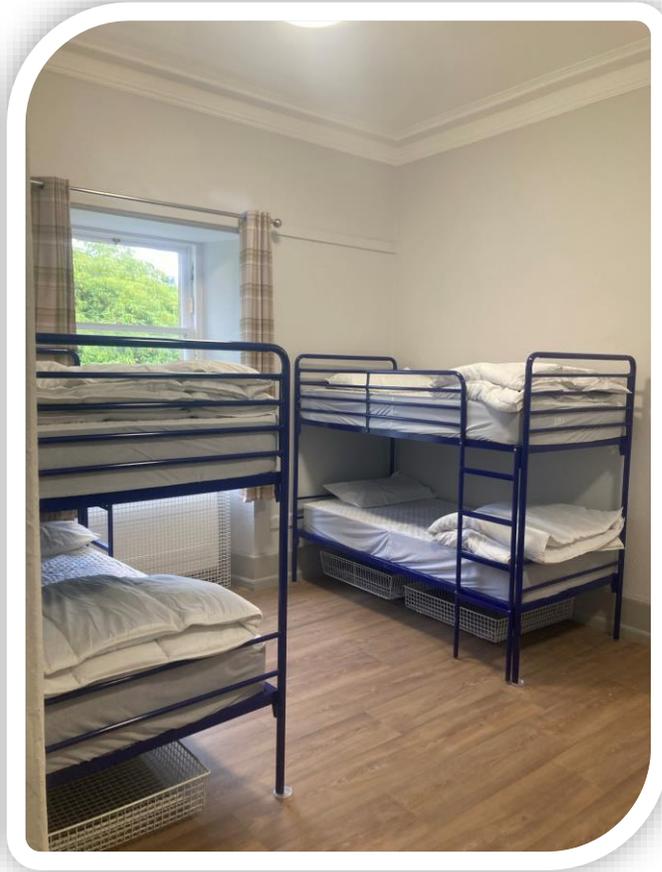
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Example Experiences & Outcomes

- SOC 2-07a I can describe the major characteristic features of Scotland's landscape and explain how these were formed.
- MTH 2-18a I can use my knowledge of the co-ordinate system to plot and describe the location of a point on a grid.
- HWB 2-05a I know that friendship, caring, sharing, fairness, equality, and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

What To Bring.....



- At least three warm 'tops' (fleeces or woollen jumpers)
- At least three pairs of loose fitting warm trousers (track suit or jogging bottoms but not jeans)
- Casual clothing for evening use
- Underwear
- Shorts (summer)
- Socks (at least 3 thick pairs)
- Training shoes (2 pairs, the grubbier the better)
- Slippers or something to wear inside the Centre
- Gloves & hat
- Pair of wellies
- Pyjamas
- Water bottle
- Soap, towel, toothbrush
- Sun Cream & Insect repellent
- Plastic bag for taking home any clothes that are still wet



Reducing the risk of infection and transmission

Guidance is dynamic (can change) and additional mitigations can apply to individual schools (outbreak management). Benmore 'mirrors' school practice, including enhanced cleaning, regular hand washing, and face coverings (as per guidance). Significant planning and support in place. We are experienced at managing respiratory infections.

Pre-visit	During	Post-visit
<p>Be vigilant linked to the latest national COVID-19 symptoms.</p> <p>Please follow the latest societal national COVID-19 guidance on minimising infection and transmission risks.</p> <p>We will apply the latest national and CEC guidance relating to attendance at school. Linked to 'symptoms, including fever/temp, diarrhoea and/or vomiting', and 'well enough to attend'.</p>	<p>We will apply the latest national and CEC guidance relating to attendance at school. Linked to 'symptoms, including fever/temp, diarrhoea and/or vomiting', and 'well enough to attend'.</p> <p>Repatriation = parent/carer support required (cost not covered by Council). Council has some support in place to help the most vulnerable families.</p>	<p>Be vigilant linked to the latest national COVID-19 symptoms.</p> <p>Please follow the latest societal national COVID-19 guidance on minimising infection and transmission risks.</p> <p>The school may issue additional communications.</p>

Covid Guarantee (absence directly due to following national COVID-19 guidance). Disinclination to travel not covered.

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Have a great time at Benmore!

