



Benmore Outdoor Centre

Information Meeting

Welcome



OUTDOOR LEARNING
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Edinburgh's Centres

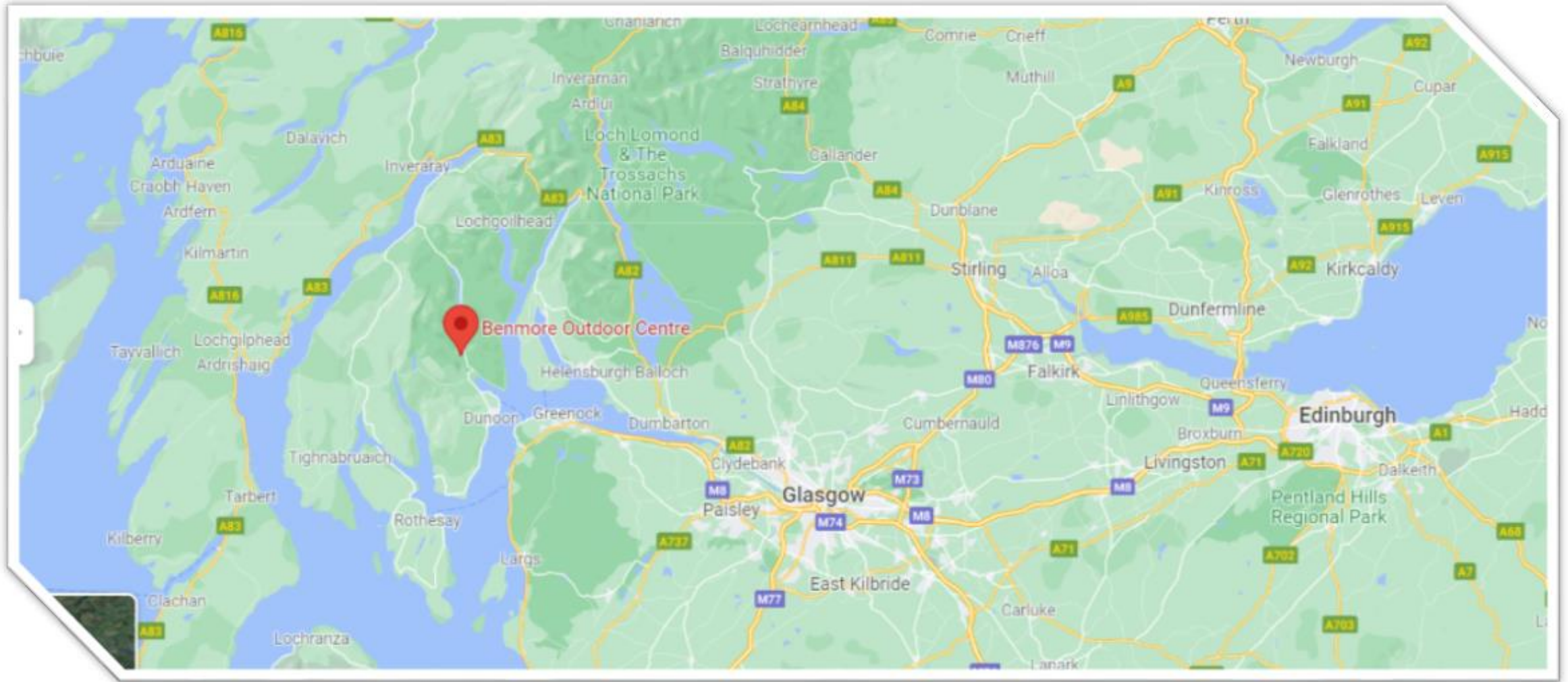


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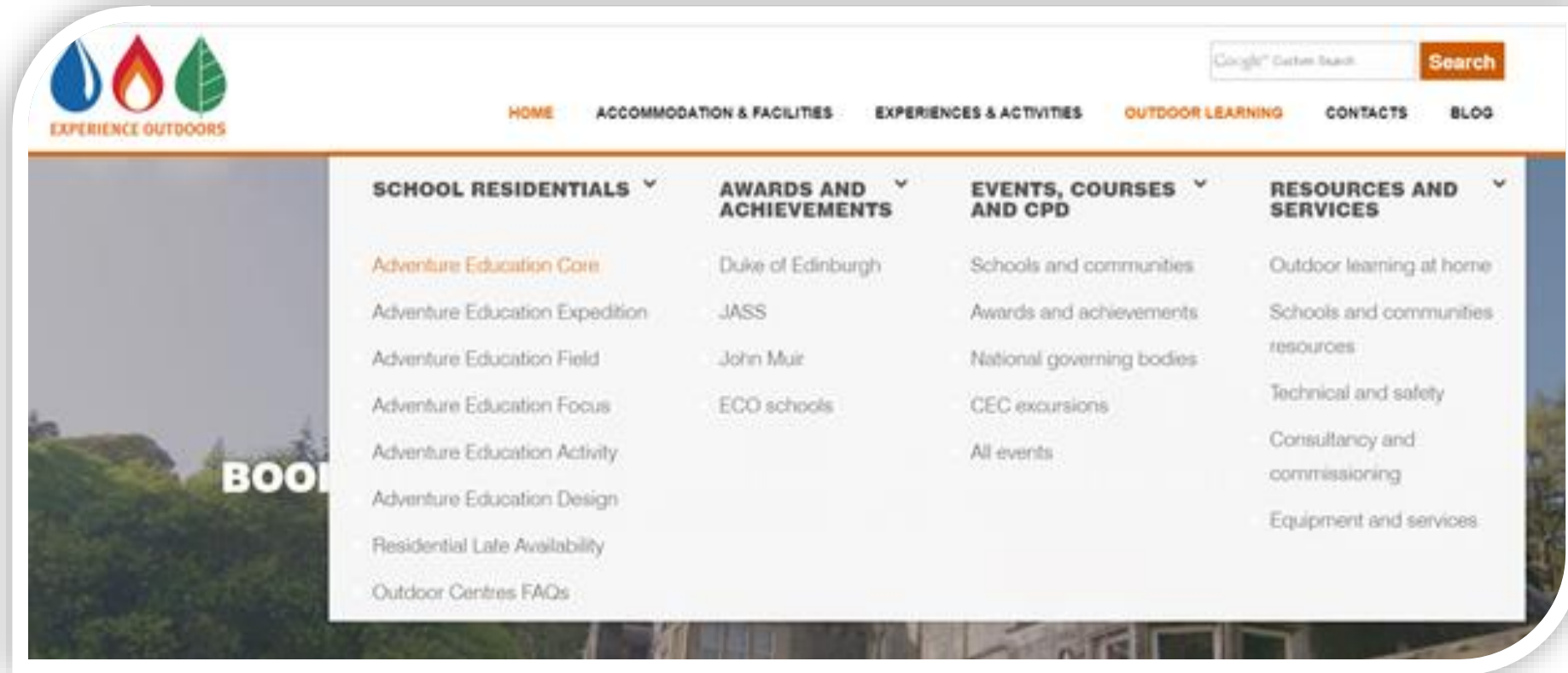
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Where is Benmore?





experienceoutdoors.org.uk





**Our best asset –
OUR STAFF**

Arrival Day



- 
- Depart
School Mon AM
 - Lunch ***SEND A PACKED LUNCH***
 - Arrive Benmore 13:00
 - Visiting staff/Benmore
staff induction
meeting
 - Introduction 13:30
 - Meet Instructors 13:45
 - Instructors' site
orientation with group
13:45, including local walk
 - 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



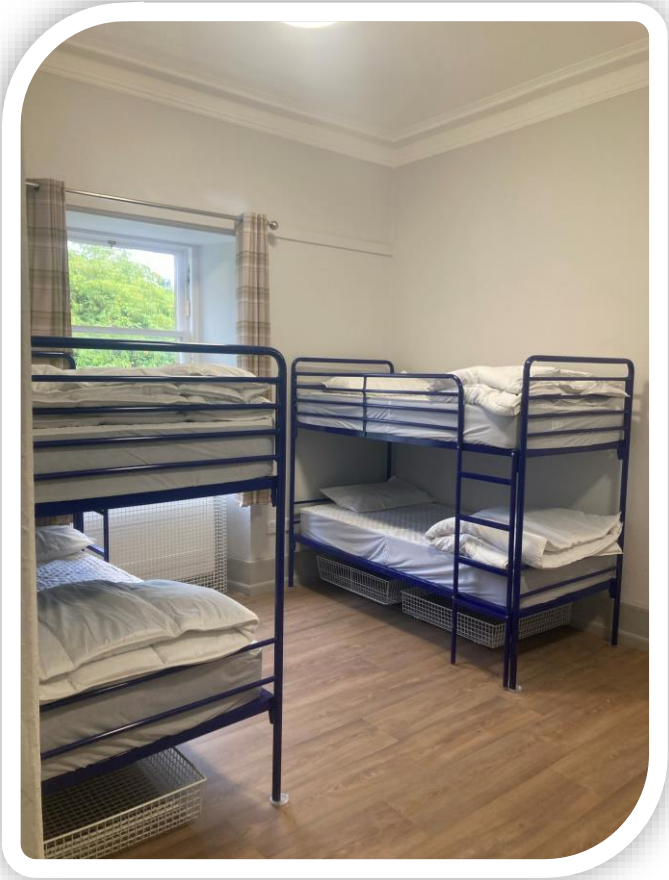
Our Accommodation

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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



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Have a great time at Benmore!

