

## ADVENTURE LEADERSHIP EXPERIENCE (ALE) 2021 | FREQUENTLY ASKED QUESTIONS

A very warm welcome to ALE 2021, a course designed and developed by UWC Atlantic Experience at UWC Atlantic College.

### *Key Details*

**Dates:** 10th-17th July 2021 or 17th-24th July 2021

**Ages:** 12-17 year olds

**Gross price:** £995 GBP per person (£100 discount if booking both weeks)

**Please read this document carefully as if you decide to participate in this programme. The contents of this document will become the basis for our Service Agreement and Terms and Conditions for your participation in GLE 2021.**

### *Frequently Asked Questions (FAQs)*

#### **1. OVERVIEW**

##### **What does ALE mean?**

ALE is an acronym for Adventure Leadership Experience. These words denote the key themes of our programme.

##### **How long is the course?**

The course runs for 7 days, with the option to choose from 1 of 2 weeks. As these weeks are consecutive, should you wish to book for both these weeks you will be entitled to a £100 discount off the course fee, meaning a booking for both weeks would cost £1,890 GBP.

### **How many students will be taking part in GLE?**

There will be between 10-20 students taking part in ALE per week.

## **2. PROGRAMME PROFILE**

### **Will candidates go through a selection process to attend ALE?**

No. Unlike our other summer programmes, there is no selection process required to attend ALE, but you must meet the age criteria.

### **Is there a minimum English language level required to be accepted onto ALE?**

To ensure all participants get the optimum experience at ALE, it is imperative that you feel confident understanding, communicating and presenting in front of peers effectively in English.

### **How much free time will I have each day?**

Each day will be action-packed but time will be built into the afternoons and evenings to relax and enjoy the surroundings. There will be opportunities to use the leisure facilities and also participate in well-being activities on a daily basis, plus within the experiences, there will be natural periods of rest and relaxation, i.e on the journey to a venue or over the lunchtimes etc.

### **Will the activities be within the local area or further afield?**

We want to spend as much time doing the activities and we are lucky to have such amazing adventures on our doorstep. Some activities do require a short drive and when weather and conditions require we may travel further to get the best conditions and environment for the activities and learning to take place.

### **What does a regular day look like?**

7-8am: well-being activities (optional) eg run, hiit, yoga

8-9am: Breakfast

9-9:30am: Prepare, pack and brief-

9:30-10am: Travel to venue

10-3pm: Activities

3-3:30pm: Return to base

3:30-4pm: Kit away and debrief

4-6pm: Free time / dinner / swimming etc

7-9pm: Evening activities and final debrief/plan for next day

### **Will the participants receive a certificate?**

Yes, all participants who complete the course will receive a certificate confirming their attendance at ALE.

### **How adventurous is ALE?**

Participants should be ready for a mentally and physically challenging programme, which takes place in a range of outdoor environments and settings. Participants should be prepared for, and willing to, fully engage with activities.

### **What are the main activities?**

The main activities are based around:

Mountain Sports (eg hiking, navigation, camp craft)

Water Sports (eg kayaking and canoeing)

Combined water and rock activities (eg

Caving, gorge walking and coaster ring)

### **What about bad weather?**

We will attempt to fulfil all aspects of the activity programme, despite adverse weather conditions. However, in the event that bad weather could pose any kind of risk to safety or the significant enjoyment of the participants, a substitute activity will be provided. Again, ALE is an adventure-based programme and participants should be aware that rain will not stop play!

### **What if my child does not want to participate in any activity?**

We will strongly encourage participation in all activities and our expert practitioners are professionally trained to make sure that participants feel safe and involved in all activities whatever the participation level. We strongly recommend that participants communicate with the leaders of activities to discuss their feelings during the briefing stages of the activities so that we can make relevant changes and adapt the sessions to suit all of our participants' needs, learning and comfort levels. However, we would like to stress that participants should be ready for a challenging and adventurous experience. The full programme will be made available to parents in advance of the start date.

### **Can I, or another family member contact or visit my child during the course?**

Participants will not be permitted to leave the campus or any activity/excursion for any reason. This includes meeting friends or family members in the local area. Parents, other family members or friends are **not** permitted to visit at any point during the course, including when your child is on an excursion. In the case of an emergency, parents must contact ALE on the emergency number and relevant arrangements will be made.

Participants will have access to Wi-Fi while on campus, however, it must be understood that ALE is an immersive experience for students with an emphasis on experiencing the programme to the fullest. We, therefore, reserve the right to temporarily confiscate electronic devices if they distract your child, including if your child uses devices after the 'lights out' time (11pm). We ask parents not to encourage their children to communicate constantly with them and to restrict contact, allowing your child space to fully immerse themselves in the course. We also expect parents to be mindful of the 11pm night-time curfew when contacting their children.

## **3. ACCOMMODATION AND MEALS**

### **Where will my child sleep?**

We will be using one or two of the student houses on-campus – male and females will be on separate floors, areas or buildings. Participants will be sharing a room with up to 4 other students. Showering and toilet facilities are available within the houses. All participants are encouraged to socialise in the house day rooms, college common areas and outside, weather permitting. Participants are strongly encouraged to respect each other's space, and there will be no mixing inside the houses. It is important that all participants respect this throughout the whole duration of the programme to ensure all participants and staff are made to feel comfortable at all times.

The supervision of the houses falls under the pastoral care of the UWC Atlantic team, and house parents or facilitators will be available 24 hours a day in the case of emergency or if participants need any type of care or support.

### **What are the arrangements for meals?**

Some meals will be enjoyed in the main cafeteria within the castle in the 'Harry Potter style' dining room. All dietary requirements can be catered for and a full range of hot and cold food is offered. There will also be snack points throughout the day appropriate to the timetable. This will typically include an additional mid-morning and mid-afternoon snack.

On days where participants take a full day trip or need to set off early for an afternoon excursion, full packed meals will be provided.

#### **What if my child is still hungry?**

In addition to the standard meal schedule, snacks will be made available in the common kitchen of each house in the form of hot / cold drinks and also fruit, spreads and breads.

### **4. PASTORAL CARE**

#### **What are the general security arrangements?**

UWC Atlantic College has 24-hour security on the campus and participants will be clearly informed of the security arrangements as part of the first-day inductions. Participants will be strictly monitored at all times with attendance being taken at regular intervals of the day.

#### **What are the supervision ratios?**

The supervision ratio will differ depending on the activity. For adventure-based activities the ratio is 1:10. All of our activities are carefully risk assessed and led by competent staff. We operate within all the relevant guidelines and regulations in relation to adventure activities, trips and visits as well as complying with any National Governing Body standards and statutory accreditation frameworks.

#### **How is wrap-around care organised?**

The wrap-around, comprehensive pastoral care package provided by ALE is a three-layered system, which covers all aspects of care outside of designated, supervised activity (lessons, activity sessions etc).

**Layer one:** One member of staff is allocated to each house and is responsible for all participants living in that house (night time, meal times, short free time sessions).

**Layer two:** A Duty Management System at the campus ensures that an additional, Senior Staff Member is always on call, 24 hours a day, on a rota system.

**Layer three:** The 24-hour security staff located on-site would be mobilised in the case of supplementary first aid, or in the case of any significant emergency or fire.

### **What if my child feels unwell, what are the arrangements for medical care?**

Should any participants require medical assistance, transport to the nearest medical facility or hospital will be available 24 hours a day, and parents/guardians will be kept informed accordingly at all times. In case of minor injury, there is always a member of staff on duty who is first aid trained, and will be able to aid on site.

### **What if my child feels homesick?**

There will be pastoral care available 24 hours a day on-site. Any child experiencing homesickness will be looked after as part of our wrap-around care to ensure their needs are met.

## **7. TRANSFERS**

### **Are transfers included?**

Transfers for ALE are not included in the programme, therefore participants must make their own way to UWC Atlantic College.

## **8. PAYMENT AND CONDITIONS**

### **How can I enrol my child and when would we need to pay full fees?**

#### **Book now, pay later.**

We would kindly ask you to complete the booking form via the UWC Atlantic Experience website before the closing date. Once booked, your place is reserved and you will receive an invoice for payment in full with the terms and conditions during early May. The payment deadline following receipt of the invoice will be 10 working days.

### **Can I receive a discount?**

The course fee cannot be discounted unless booking both weeks. If booking both weeks, you will receive a £100 GBP discount.

### **What if a participant needs to cancel due to Coronavirus? Can we have a refund?**



We all understand that we are in an evolving and unpredictable situation at present. Invoice for payment in full will be sent along with our terms and conditions during early May which include our refund policies and procedures in case of cancellation. We strongly recommend taking out adequate travel insurance.