



ATLANTIC ADVENTURE EXPERIENCE (AAE)

COURSE PACK (2026)

WELCOME NOTE

Dear Participants and Families,

Welcome to the Summer Atlantic Adventure Experience (AAE)!

The UWC Atlantic Experience Team is thrilled to welcome you to an immersive outdoor education programme here at UWC Atlantic. Our campus—set in a 12th-century castle by the sea in Wales—offers the perfect backdrop for discovery and adventure. Each day will be filled with new challenges and experiences, from exploring underground karst formations to scaling the high mountains of South Wales. Whether you're reaching new heights or diving into the water, this promises to be an action-packed and unforgettable week!



AAE brings together young people with a passion to lead, to strengthen critical thinking and decision-making skills, and to develop resilience—essential qualities for tomorrow's leaders.

We hope this course pack provides all the key information you'll need before your arrival and throughout your stay. Please take some time to read through it carefully, and don't hesitate to contact the team if you have any questions.

NAHEED BARDAI,
UWC ATLANTIC PRINCIPAL

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Please read the information carefully and contact us if you have any concerns. You can prepare for the programme by following the check list below:

CHECK LIST (Please check carefully prior to departure)	WHEN
Pay course fees for AAE	14-days
Submit travel and logistics form	30th June
Purchase travel insurance (if required)	30th June
Ensure you have all items in the suggested kit list	30th June
Update changes to personal and emergency details	As soon as possible
Pack your bag (don't forget your travel documents)	A few days before
Get ready for AAE!	Now!

KIT LIST

ESSENTIAL

- Range of suitable clothing including that which can be worn for outdoors and sports activities eg t-shirts, jumpers, tracksuit, leggings, shorts **please note the weather in Wales is often changeable and can be cold, wet or hot at this time. Strictly no denim are allowed on activities*
- Several changes of underwear, socks and nightwear
- Swimming costume/s
- Towels (x2)
- Waterproof coat
- Sunscreen
- Sunhat/cap
- Sports shoes including one pair of old trainers that will get wet
- Water bottle
- Rucksack e.g 20-30ltrs (such as a school bag)
- Flipflops or sliders
- Wash kit
- Hiking boots
- Phone charger and UK adapter

OPTIONAL

- Hairdryer
- Waterproof camera to capture your moments (phones are not allowed on activities)
- Playing cards and/or book
- Small amount of spending money for UWC merchandise shop (bank card recommended)

All activity and safety equipment is provided. If you already own a 4mm or above wetsuit and boots and would like to bring these, this is OK but is not a requirement.

Where possible, please label your items so that any lost property can be identified.

Note: We strongly advise you to leave any valuables at home. UWC Atlantic Experience cannot be responsible for the loss or damage of any personal belongings.

LOCATION & CONTACT



Address: UWC Atlantic, St Donat's Castle,
St Donat's, Llantwit Major CF61 1WF, UK (Wales)

Detailed travel information on how to get to UWC Atlantic by road or by rail can be found by [here](#)

Email: aae@uwcatlanticexperience.com

Telephone: (+44) 1446 799 000

24/7 Emergency Number: (+44) 1446 799 000

TRAVEL INFORMATION ARRIVAL

We recommend booking travel as soon as the participant's place on the AAE programme is confirmed. You must complete the Travel and Logistics Form sent to you by 30th June. Transfers are only available from/to Heathrow Airport.

ARRIVING AT HEATHROW AIRPORT (TRANSFER SERVICE REQUIRED)

Should the participant require a transfer to the College, they must arrive at North Meeting Point Terminal 5 at Heathrow Airport on the Saturday of the course start date by 3pm (BST). Staff will be waiting at North Meeting Point Terminal 5 (and no other terminal) from approximately 1pm.

If the participant is flying to or from a different terminal and a parent/guardian is not with them, nor have arranged for an escort service between terminals, the participant will need to make their way to or from Terminal 5 to the designated terminal unchaperoned.

Please note that some airlines and immigration services may require an escort service for minors, particularly those aged 15 and under. Be sure to confirm these requirements with your airline as this may result in immigration control not permitting the students through the airport.

TRAVEL INFORMATION CONT.

Please ensure the participant has mobile data allowance that can be used in the UK to inform parents/guardians of their safe arrival. Should parents/guardians require updated travel information, please do not email, please call +44 (0) 1446 799 000 or the mobile provided on the travel information letter that is sent 2 weeks before the course date. Emails will only be intermittently checked on arrival and departure days due to staff supervising transfers.

The journey from Heathrow Airport to UWC Atlantic is approximately 3-hours and is an opportunity for participants to start getting to know their peers. The first meal provided by the College is Sunday breakfast, so please ensure they have had a sufficient meal. Snacks will be provided.

ARRIVING DIRECTLY AT THE COLLEGE

Participants must arrive at UWC Atlantic on the starting Saturday of the course date between 6pm-10pm (BST). On arrival, please report to the main reception where a member of the AAE team will meet you.

The first meal provided by the College is Sunday breakfast so please ensure the participant has had a sufficient meal before arrival. Snacks will be provided.

ARRIVING DIRECTLY AT THE COLLEGE (CARDIFF AIRPORT OR TRAIN)

Participants who wish to fly direct to Cardiff Airport (approximately 9 miles from the College) must arrange their own transport to the College in advance. Those arriving by train must do the same.

Below is a list of local taxi numbers, should you need to arrange transport from Cardiff Airport or Bridgend Train Station:

Business Drive Wales: (+44) 1446 621251

Dragon Taxis: (+44) 1656 655766

Andy Cars: (+44) 1446 796 777

Flight Link (+44) 1446 728500 (Cardiff Airport). Book online [here](#)

TRAVEL INFORMATION DEPARTURE

DEPARTING FROM HEATHROW AIRPORT (TRANSFER SERVICE REQUIRED)

Should the participant require a transfer to London Heathrow, you must book a departing flight on the ending Saturday of the course date with a flight departure time after 1pm (BST). Participants will depart UWC Atlantic at 7am (BST) and will be dropped at Terminal 5 only. We cannot chaperone transfers between terminals or any other ongoing travel. Staff will not remain in the airport after drop off. For these reasons, if you do not want the participant to remain unchaperoned, please ensure a parent/guardian or airport service is arranged to meet the participant on arrival at the airport.

DEPARTING FROM THE COLLEGE

Participants must be collected from the College between 8am-11am (BST). For participants being collected from campus, breakfast will be provided.

DEPARTING DIRECTLY FROM THE COLLEGE (CARDIFF AIRPORT OR TRAIN)

Participants who wish to depart unaccompanied to Cardiff Airport (approximately 9 miles from the College) or via train must arrange their own private car transfer from the College.

Final travel plans will be communicated to parents/guardians and participants approximately 2 weeks before the start of the programme. Please ensure that the participant has the College's contact number in their phone and keeps their phone charged at all times: +44 (0) 1446 799 000.

DISRUPTED TRAVEL FEES

Should you need to make last minute changes to travel i.e. cancelled/delayed flights a supplement fee of £200GBP per person plus additional transport costs (i.e. taxis) applies, payable in advance.

UNACCOMPANIED MINORS

Parents/guardians of unaccompanied minors (participants under 18 travelling on their own) should carefully check 'unaccompanied flight' policies which may vary widely from airline to airline. It is very important that parents arranging an unaccompanied flight investigate the specific policies of the airline in question. Do not hesitate to ask the airline any detailed questions about any policy that seems confusing.

If you plan to use your airline's unaccompanied minor service, you must also book an airside service at Heathrow to meet your child and escort them to or from the Terminal 5 meeting point. The team will not be present at any other terminal, and airline staff will not escort participants between terminals. We can provide recommendations for airside services.

Please note minors travelling may also be required to be met by a chaperone at their arrival terminal. Please check your countries requirements. If so, this will also require you to book an airside chaperone service.

VISAS

Participants who require a VISA to enter the United Kingdom should apply for a [Standard Visitor Visa](#). Should you need additional documents to support your VISA application, you should contact us in advance to ensure your application can be processed in time for the course start date. We will not be able to guarantee the refund of the programme fees in case of participants missing the course due to unsuccessful VISA applications.

For eligibility information, please visit: www.gov.uk/standard-visitor-visa/eligibility
To apply for a Standard Visitor Visa please visit: www.gov.uk/standard-visitor-visa/apply

INSURANCE

Guard Me international travel insurance is taken out on behalf of participants who reside outside of the UK only. Please note the policy is not permitted for UK residents. Participants travelling from overseas may also wish to purchase travel insurance for the duration of their travel and stay at UWC Atlantic. Missed flights and baggage are covered in the Guard Me + cancellation policy - please see the insurance policy document for full details.

We will set up an insurance policy for each student individually valid for the exact dates of the AAE course (from arrival to departure days). However, in the unfortunate case of needing to make a claim, this can only be done by the student with support from their parents / guardians and through GuardMe directly, not through the AAE programme.

Any claims must be made within 28 days via the Guard Me online portal (<https://claimsform.axa-travel-insurance.com/>). The details of your individual insurance policy will be sent to the parents / guardians in good time before the start of the course and you will also receive a link to download the 'Doctor Please!' app.

Please note that additional travel or tourist arrangements outside the dates of the course would not be covered by this policy.

If you are visiting the UK from an EU country or Switzerland and you fall ill or have a medical emergency during your temporary stay, you can use a valid EHIC issued by your home country to access healthcare. If applicable, please ensure you bring your EHIC along with your ID/passport documents.

SPECIAL DIETARY REQUIREMENTS

All dietary requirements and allergies should be indicated on the application form. If we do not receive this information from you, we will assume you have no specific dietary requirements or allergies and you can eat meat, eggs, fish, nuts and dairy products.

All main meals will be prepared by our catering team at UWC Atlantic and we can cater for a wide and diverse range of requirements so long as this is clearly specified prior to your arrival. Our meals include a range of healthy options, including vegan, vegetarian, and halal.

ACCOMMODATION AND MEALS

We will be using student houses located on campus. The student house is made up of 4 beds per room, 6 rooms per floor. Rooms are allocated by the College team in advance, according to age. Floors are split by gender.

Non-binary requests are assessed on a case-by-case basis; please see our terms and conditions on gender identity and inclusion.

The house has a kitchen and shared common room with a TV for the short downtime period that is allocated in the programme. All participants are encouraged to socialise in the house day rooms, college common areas and outside (weather permitting). Participants must respect each other's space and are not allowed in each other's rooms or the opposite gender's corridors. All participants must respect this throughout the programme and ensure all participants and staff are made to feel comfortable at all times.

There is overnight pastoral care provided in the house, with a duty member of staff in the house overnight. 24hr security and emergency contact is also available at main reception.

The house kitchen is stocked with supplies including fresh fruit, bread, spreads, biscuits and cereals as well as tea, coffee and milk.

There will be three nutritious meals per day – breakfast, lunch and dinner, and on-campus meals will be enjoyed in the Dining Hall. On days when the group will be off campus, a packed lunch will be provided.

Participants are welcome to bring any food or nibbles of their choice, however, foods contain nuts are not permitted as we are strictly a nut-free campus.

Note: If you have any concerns about any of the above, please contact us prior to arrival.

MEDICAL REQUIREMENTS

In line with our safeguarding procedure, on arrival all medication including pain killers must be handed over to the AAE team who will store and distribute medication according to the instructions provided on the application form.

This is with exception to the following:

- Asthma inhaler - must be kept on the participant at all times
- Epinephrine autoinjector (e.g Epi-pen) - must be kept on the participant at all times. 2 are recommended if possible (one of which will be kept the activity leaders)
- Topical creams - can remain with the participant

We must still be made aware of the above, but they can remain with the participant.

All medication requirements must be listed on the application form and a medical routine clearly explained (i.e names of medication, times of day, amount required, etc. Medication routine/guidance notes must be provided in English.

Any changes to the information provided in the form must be made before the start of the course. Failure to declare or update any medical requirements or injuries may result in the removal of the participant from the programme.

FIRST AID

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

PHOTOS

Photos will be uploaded to a drive shared with parents/guardians when possible but we cannot guarantee this will be daily. The safety of the group is the activity leader's priority and photos cannot always be captured for each activity. Should participants bring their own camera, they must have permission before taking photos of others. To include the photos in the shared drive for participant and parent/guardian access, please email them to aae@uwcatlanticexperience.com.

COMMUNICATION AND VISITS

Participants will generally be available to be contacted or to contact parents/guardians between 6.30-7.00pm (BST) on their personal devices. In some instances, an activity may run later but they will be given the opportunity to call/message at a suitable time.

It is the participants responsibility to stay in contact with parents and guardians, but if at any stage you have concerns, please contact the College.

It is not possible for parents/guardians or others to visit participants for social reasons while the course is taking place under any circumstances. This includes visits to the campus or visiting the participants while they are on excursions away from the College. This is for participant safety and also to minimise disruption to the programme.

MOBILE PHONE USE

To ensure participants are engaged and immersed in the experience, we encourage participants to limit phone use for personal use to free time in evenings only.

Please support our phone use policy and contact participants only during the evening free period, unless you need to contact them urgently. Phones and tablets are not required at any time during campus activities and participants will be expected to leave their devices in their dormitories. Any devices used on activities may be confiscated. While on excursions, participants will not be permitted to use their devices.

SAFEGUARDING

Safeguarding all members of the UWC Atlantic community (and in particular our participants) is the main priority for us. We affirm our commitment to the wellbeing and safety of all members of our community in reflection of UWC's core values of personal responsibility and integrity, autonomy and mutual responsibility, respect and compassion.

We also affirm our full commitment to safeguarding and to promoting the wellbeing of all children and young people in the care of UWC schools, colleges, national committees, projects and educational programmes.

We confirm our belief in the right of all children to be protected from all forms of abuse, neglect, exploitation and violence, as set out in the UN Convention on the Rights of the Child.

We welcome any member of the UWC Atlantic community, who wishes to report an experience of sexual misconduct, harm, abuse or neglect, to do so at any time. Individuals who choose to come forward can do so knowing that we are here to listen to whatever experience they choose to share, we will always take them seriously and will follow up to help ensure the safety of our whole community.

REPORTING CHANNELS

You can contact the College in the first instance by emailing our Programme Designated Safeguarding Lead safeguarding@atlanticcollege.org

To view our Safeguarding and Respectful Community Policy please click [here](#)

UNSUPERVISED AND FREE TIME

AAE is dedicated to providing the highest level of pastoral care for its participants, while also giving participants the freedom to enjoy the UWC Atlantic campus. Participants are allowed unchaperoned time on campus within clearly defined boundaries, which will be explained upon arrival. This means that during free time, participants can explore designated areas of the College campus, make new friends, and enjoy the communal and sports facilities available on site.

INFORMATION & GUIDANCE

ADVENTUROUS, PHYSICAL AND OUTDOORS ACTIVITIES

The AAE programme is an outdoor and adventurous learning programme. This includes activities on land, water, underground, and those based on the sea. UWC Atlantic has a range of on-site facilities (e.g. climbing wall, swimming pool), and it also benefits from its coastal location. Sessions may also be delivered off-site at venues near to the College in remote areas.

Taking part in any adventurous activity involves some element of risk and it is not possible to totally eliminate them all. The management of safety is the shared responsibility of the participant, parent/guardian and AAE/other appointed staff. Where the risks are managed effectively, a balance is achieved between having fun, learning and everyone's safety.

First aid will be administered, if required, by first aid trained and qualified staff. In the event of serious injury and/or illness, medical care will be provided by local medical facilities or hospital services.

The information provided in the brochure and this welcome pack will help you to understand the nature and risks involved with the activity and programmes being delivered. On occasions we may use external providers to deliver our activity, in this case we will ensure that any relevant checks and safety systems are in place and meet the regulatory standards.

OUR COMMITMENT TO SAFETY

UWC Atlantic Experience is a College department with specific responsibility for outdoor and adventure activities. As part of its safe management our qualified staff will provide risk-managed activities. Our safety management system is externally inspected by the Adventurous Activities Licensing Authority as per UK Regulations and Legislation. (License number R0118). In addition, we are an Approved Training Centre offering Royal Lifesaving Society Awards and Qualifications.

Should you wish to discuss any aspects of the outdoor, adventure and physical activity or if you have any questions about the delivery of the programme and/or service you can contact the Head of Atlantic Experience. Parents/Guardians are entitled to withdraw participant consent for any aspect of our services/activities at any time by stating so in writing to the Head of Outdoors, Jake Van Der Veen: info@uwcatlanticexperience.com



ACTIVITY RANGE

The range of activities that may be offered can be grouped into the following categories and examples:

Mountain and Land-Based

Trekking, hiking, mountaineering, rock climbing, abseiling, mountain biking, caving, camp craft

Water-based

Paddlesports (sea and inland) paddleboarding, surfing, lifesaving, surf kayaking, sailing

Combined Water and Rock

Coasteering, gorge scrambling, caving

General Activity

Archery, problem-solving and team tasks/games, pool activities, bushcraft

Physical Activity you will have access to

Team sports, gym, dance, swimming, physical activity, ball games

NOTE: This list is our entire range of activities and not all activities will be undertaken on the course.

UWC Atlantic campus is set in the grounds of a medieval castle. There are many steps and narrow walkways. Moving around the campus could be challenging for people within limited mobility / fitness. Many of our activities are also physical in nature and will include walking, climbing, playing games etc. We do not want this to be a barrier to participation but if you would like to discuss the accessibility of our campus and course programme please get in touch.

PARTICIPANT EXPECTATIONS

To ensure all participants and staff make the best out of this experience, we would appreciate it if you could reflect on these expectations which are to be respected and followed by everyone at all times. Should participants fail to adhere to these, parents/guardians would be informed and a decision of withdrawal from the programme may incur without prior warning. We hope you appreciate the physical, emotional well-being and safety of all participants and staff is our priority.

USE OF TECHNOLOGY

Free Wi-Fi is accessible on the campus to all participants, but participants are encouraged to limit its use in order to maximize face to face social interactions. UWC Atlantic Experience will not be responsible for any loss or damage to personal belongings of any kind, however, any damage to or loss of personal belongings needs to be reported directly to the member of staff on duty during the programme, so we can take this into account and find solutions together. Misconduct, including cyber violence/harassment/bullying using UWC Atlantic equipment and/or internet facilities, will not be tolerated throughout the whole duration of the course.

ALCOHOL, DRUGS AND SMOKING

The possession, use and trafficking of any type of recreational drugs and alcohol are not permitted on and off-campus throughout the whole duration of the course. UWC Atlantic is a smoke-free campus and smoking tobacco or use of electronic cigarettes of any kind will not be tolerated. Any participants not abiding by these rules may incur in immediate dismissal from the programme without prior warning.

SOCIAL INTERACTION

No violence/harassment/bullying of any kind towards participants, staff and members of the public will be tolerated on campus and off-campus throughout the whole duration of the course.

SEXUAL INTERACTION

No sexual interaction of any kind will be permitted on campus and off-campus throughout the whole duration of the course.

PROPERTY AND LOCAL ENVIRONMENT

No damage to property and/or the local environment of any kind will be tolerated on campus and off-campus throughout the whole duration of the course.