

AAE | 2027

ATLANTIC ADVENTURE EXPERIENCE

COURSE INFORMATION PACK



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	31st May
Purchase travel insurance (if required)	31st May
Ensure you have all items in the suggested kit list	30th June
Complete medication form	30th June
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
- Refillable 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)
- Medication

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. 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.

You must declare any medication you bring to the College by completing the medication form.

LOCATION & CONTACT

Address: UWC Atlantic, St Donat's Castle, Llantwit Major CF61 1WF, UK (Wales)
Detailed travel information on how to get to UWC Atlantic by road or by rail can be found here: www.uwcatlanticexperience.com/get-in-touch/

Email: aae@uwcatlanticexperience.com

Telephone and 24hr emergency contact: +44 (0) 1446 799 000

TRAVEL INFORMATION

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 **31st May 2027**. Transfers are only available from/to Heathrow Airport, inclusive of the course fee.

PARTICIPANT ARRIVAL | HEATHROW AIRPORT PICKUP

Should the participant require a transfer to the College they must fly into Heathrow Airport with an arrival time between **9am-5pm (BST) on 15th July**. A member of staff wearing bright blue UWC uniform will be present in the arrivals hall from 9.30am at Terminals 2,3,4 and 5. Those arriving at terminals 2,3,4 will be chaperoned to the airport final meeting point which is 'North Meeting Point' at Terminal 5.

Participants arriving before 9am will remain unchaperoned in the airport.

A contact mobile number for the AAE airport manager will be provided to you a few weeks before.

Depending on the participants arrival time, please expect some waiting time at the airport and have spending money to buy snacks and drinks. Participants using the Heathrow transfer must have a mobile phone and be contactable at all times. For more information, please read our 'Mobile Phone Policy'. The journey from Heathrow Airport to UWC Atlantic is approximately three hours and is an opportunity for you to start getting to know your coursemates. A light buffet will be available at the College on your arrival.

Please note that some airlines and immigration services may require an accompanying service for minors, particularly those aged 15 and under. If you book the Unaccompanied Minor Service with your airline, please read the relevant section below.

PARTICIPANT ARRIVAL | DIRECTLY AT THE COLLEGE

Participants must arrive at UWC Atlantic on **15th July between 6pm and 10pm**. A light buffet or a meal in the dining hall, depending on arrival time, will be available for participants at the College. Please report to Main Reception on arrival and from there, a member of the AAE team will escort you to the accommodation day room for check-in.

PARTICIPANT ARRIVAL | DIRECT FROM CARDIFF AIRPORT OR TRAIN

Participants who wish to fly direct to Cardiff Airport (approximately 9 miles from the College) must arrange their own private car transfer to the College using College recommended travel services only. Information can be provided on request. Please see the independent travel section below for independent travel conditions and ages. The above instructions for 'arriving directly at the College' still apply.

PARTICIPANT DEPARTURE | HEATHROW AIRPORT DROP-OFF

If you require the transfer to London Heathrow, you must book a departing flight on the **22nd July with a flight departure time between 12pm-7pm BST**, or have a chaperone meet you at the airport. The team will remain at the terminals until 5pm. Breakfast is provided before departing the College. Please ensure you have money to purchase additional food at the airport throughout the day.

Participants who will be met by a parent/guardian will be dropped off at Terminal 5 North Meeting Point. Participants flying alone will be chaperoned to Terminals 2, 3 and 4.

PARTICIPANT DEPARTURE | COLLECTION FROM COLLEGE

Participants must be collected from the College on **22nd July by 2pm BST** at the latest. For participants being collected from campus, breakfast and (if applicable) a light lunch will be provided.

PARTICIPANT DEPARTURE | DIRECT TO CARDIFF AIRPORT OR BY TRAIN

Participants who wish to depart unaccompanied to Cardiff Airport (approximately 9 miles from the College) must arrange their own private car transfer from the College using College-recommended travel services only. Information can be provided on request. Please see the independent travel section below for independent travel conditions and ages.

Final travel plans will be communicated to parents/guardians and participants approximately two weeks before the start of the programme.

Please ensure that the participant has the emergency number in their phone and keeps their phone charged at all times: +44 (0) 1446 799 000.

AAE does not hold themselves liable for covering the costs of any participant missing a flight for any reason or having a flight cancelled or delayed. However, a member of staff will ensure the participant is safe and is able to organise alternative travel arrangements. The emergency contact number for participants, parents and guardians is +44 (0) 1446 799 000. This line is available 24 hours a day and you will be transferred to the appropriate staff member.

DISRUPTED TRAVEL FEES

Should you need to make last minute changes to travel i.e. cancelled/delayed flights or changing of arrival/departure days, a supplement fee of £200 GBP per person plus additional transport costs (i.e. taxis) applies, payable in advance. This fee is also applicable in the case of disrupted travel related to a parent or guardian who is coming to meet the student that involves additional AAE supervision outside the arrangements specified on the travel form.

INDEPENDENT TRAVEL

In line with our safeguarding policy, participants aged 14 and under are not permitted to wait unaccompanied in the airport due to flights arriving or departing outside our specified times. If the flight time is not within our window of travel, you must book an airport chaperone service.

In case of an alternative or independent travel request for a participant aged 15+, you will be required to complete an independent travel waiver form. Our team will review your request and should this journey be considered a high risk according to our risk assessment, your travel plans may be rejected and you will be asked to arrange alternative travel plans or arrange a chaperone. This is to ensure compliance with our duty of care.

UK-residents travelling within the UK (only) are permitted to travel to/from the programme unaccompanied with parental permission.

UNACCOMPANIED MINOR FLIGHTS

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 service investigate the specific policies of the airline in question. Do not hesitate to ask the airline detailed questions about any policy that seems confusing.

If you plan to use your airline's unaccompanied minor service, you will also need to book additional support service with the AAE team to facilitate this. The cost payable to AAE for this additional support is £150 GBP total (includes both ways).

VISAS AND INSURANCE

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

Although we provide Guard Me international travel insurance as standard for participants living outside of the UK, 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 on our website for full details.

We will set up an insurance policy for each student individually a few weeks before the course start date, valid for the exact dates of the course (from arrival to departure day). 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 Guard Me directly, not through the AAE programme.

TRAVEL DOCUMENTS

All participants travelling to the UK alone will need to have a printed copy of the course confirmation letter provided by AAE, for immigration purposes.

Please note: you may be refused entry into the UK without this letter.

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 provide aid on site. Should any participants require further medical assistance, including an appointment using the travel insurance 'Digital Doctor' policy, 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 the case of any medication being prescribed, parents/guardians will be informed of all additional costs at the earliest opportunity.

MEDICATION

In line with our safeguarding procedure, on arrival all medication including painkillers such as paracetamol and other over the counter medication, must be given to the AAE team who will store and distribute medication according to the instructions provided on the medication form.

This is with the 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
- Seizure medication - must be kept on the participant at all times
- Topical creams - can remain with the participant

The above must still be declared on arrival, but they can remain with the participant.

If participants are found in possession of any medication, including medication that can be bought over the counter in the home country, this would be considered a breach of the code of conduct and relevant action taken.

All medication must be in their original packaging and supplied to the College in a clear plastic bag.

If the participant's medical status changes for any reason between the time of completing the application form and arrival, you must inform us immediately to allow us to consider any possible implications for participation in the course. Failure to inform us truthfully and accurately of such changes would result in an unacceptable compromise to our duty of care and the participant's removal from the

course. No refund or compensation of any kind would be given in these circumstances. Should the participant already be in the UK, parents/guardians would be entirely responsible for repatriation and all costs incurred.

ACCESSIBILITY

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 with limited mobility and/or fitness. Many of our activities are physical in nature and include walking, climbing, recreational games and more. We do not want this to be a barrier to participation and if you would like to discuss the accessibility of our campus and course programme, please get in touch.

VALUABLES

We strongly advise you do not bring valuables unnecessarily to campus.

You are responsible for safely storing your own valuables (excluding medication) and AAE takes no responsibility for any loss or theft.

We strongly recommend you do not bring valuables or cash. In the case of bringing cash, please bring a minimal amount. Participants should bring debit cards that can be topped up by parents/ guardians online; many outlets in the UK are now contactless only. We cannot facilitate the transfer of money to participants.

If participants bring cash, be sure to bring Pounds Sterling (UK currency only) as there is no facility to exchange money at the College and we can not provide external assistance to exchange foreign currency. All money should be current and not old money.

In the UK there is no requirement to carry a form of ID at any time so your passport should remain in your locker at all times.

FOOD & DIETARY REQUIREMENTS

All dietary requirements and allergies should be indicated in the application form. If we do not receive this information from you, we assume you have no specific dietary requirements 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, but this must be clearly specified prior to your arrival.

In the case of more complicated dietary requirements, we will send you a short questionnaire and ask for specific suggestions for meal plans and menus. It is essential that this is filled in a complete, accurate and timely way.

Our meals include a range of healthy options, including vegan, vegetarian and halal. Hot and cold drinks, snacks and fruit will also be available throughout the day, and cereal, milk, toast, fruit and preserves will be available in the student houses throughout the whole duration of the programme.

The dining hall caters for many international students and offers a range of dishes; some may be familiar and some may not. It is important that students are open-minded, try as many new types of food on offer as possible and understand that the food will be different to their regular meals in their home country. Participants are welcome to bring any food or snacks of their choice, but these should not be substitute meals. Please do not bring any food which may contain nuts as the campus is strictly nut-free. You are not permitted to bring to campus protein powder or energy drinks.

On excursion days a packed lunch is prepared.

ACCOMMODATION

We will be using student houses on campus. Students live in houses containing dormitories where up to four students share a room. Floors are allocated by gender, and rooms within the houses are assigned according to age. Each house has a common room with plenty of space to relax and a kitchen stocked with daily supplies of snacks. Socialising in mixed-gender groups will be encouraged in communal spaces such as the Moondance Café and the Sports Hall.

All houses are located within the grounds of the College, with wonderful views of the sea and woodland and are an easy walk to all facilities (dining hall, lessons, activities, pick-up points). All participants are encouraged to socialise in the house day rooms, college common areas and outside, weather permitting. If participants require additional space under specific circumstances, such as a requirement to pray, this must be identified on the application form. Participants must respect each other's space, and must not access any room other than their own. Every participant must respect this throughout the programme and ensure all participants and staff feel comfortable at all times.

Included in the houses are laundry and drying facilities which participants will have self-access to use throughout the course. Laundry powder will be available.

DAILY ROOM INSPECTION

Rooms are inspected regularly and participants are expected to keep rooms tidy. 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. Parents/guardians may be liable for any damage.

VISITS DURING THE COURSE

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. AAE is a busy course, and we expect the participants to be fully immersed in the experience at all times.

COMMUNICATION

CONTACTING HOME

Participants will generally have the opportunity to contact parents/guardians between 5pm-10pm UK time, daily. On some occasions, such as returning from excursions, this may change. The participant will be primarily responsible for staying in touch with parents/guardians, but if at any time you wish to speak to the AAE team, please contact us on aae@uwcatlanticexperience.com. For emergencies, please call (+44) 1446 799000.

We encourage you to only communicate with your child occasionally to ensure they are fully immersed in this once-in-a-lifetime experience.

Participants should make the most of every moment and live in the present! Try to avoid communicating frequently with people back home and instead use the time to get to know your new friends.

PARENT/GUARDIAN UPDATES

The AAE team will be fully engaged in delivering the programme to the highest possible standards. As such, communication to parent/guardians will be provided by the participants, but we invite parents/guardians to follow us on our social media channels below:

 Atlantic Experience Instagram

By the end of the course, a link to a folder of photos will be shared with parents/guardians and participants.

CODE OF CONDUCT

Our code of conduct is written to protect everyone on the AAE course and make sure that we all have a happy and supported experience.

We will not tolerate:

- Forceful projection of opinions
- Breaking our course rules
- Raised voices due to anger or strong feelings

- Raised voices due to anger or strong feelings
- Impersonation or mockery
- Possession or use of cigarettes, electronic vapes, alcohol or illegal drugs at any time either on or off campus (the College is a completely smoke-free zone)
- Bullying or persecution of any kind
- Inappropriate or foul language
- Violence
- Lack of respect for the general rules of the school
- Breach of health and safety rules and regulations
- Theft

Anyone who breaks this code of conduct and causes distress to a fellow student or member of staff will be subject to the levelled rule breaking policy of the school.

THE RULES IN DETAIL

We will operate a colour-coded (levelled) rule-breaking system as follows:

Level 1 - Blue

Example: Being late or absent without reasonable excuse. Being disruptive (including using mobile devices when asked not to). Being noisy. Not keeping your room or the communal areas tidy. Eating food in your bedroom. Accessing the bedrooms of others. Being casually rude or disobedient. Being disrespectful. Swearing. Not listening to people in authority.

Consequence: Verbal warning and ongoing monitoring

Level 2 - Brown

Example: Repeated occurrence of any Level 1 rules being broken (+2). Any destruction of any property at any time when on the course. Accessing rooms without consent. Heavy petting (heavy public displays of affection) at any time. Total disregard of rules or curfews. Setting off any alarms for no good reason. Smoking, vaping or being in possession of cigarettes or electronic vapes at any time during the course on or off-campus. Going missing on campus, unacceptable behaviour on campus during unsupervised free time, accessing off-limits areas of the campus.

Consequence: Course Director, Head of Commercial, Head of Outdoors and Director of Operations informed. Parents/guardians informed. Written notes taken and the student is placed under strict monitoring until the end of the course.

Level 3 - Red

Example: Repeated occurrence of any Level 2 rules being broken (+1).

Example: Consumption of drugs or alcohol, including possessing these substances. Breaking the law. Threatening, intimidating, hurting or bullying any other person at any time. Sexual intimacy, including sexual intercourse. Breach of safeguarding rules. Going missing on external activities or excursions. Staying away overnight. Gross destruction or property. Endangering yourself or others.

Consequence: All managers informed, including the Director of Operations. Parents/guardians informed. Police will be called in the case of lawbreaking or going missing. Immediate removal from the course. Parents/guardians must make arrangements to assist with the removal of the student from the course as soon as possible. No refunds will be given under any circumstances.

OUR CORE BRITISH VALUES

You are expected to uphold our core British values:

- (i) democracy
- (ii) the rule of law
- (iii) individual liberty
- (iv) respectful tolerance of different faiths or beliefs

BASIC SCHOOL RULES

- Do NOT add any member of staff to your social media account - they will say no!
- Please add @uwcatlanticexperience to your Instagram and feel free to tag us in photos using the hashtag #teamAAE
- Do NOT take a photo or video of anyone without their permission!
- Respect the buildings
- Respect the furniture
- Respect all staff
- Respect all activity providers
- Say 'please' and 'thank you' all the time; it is a part of British culture
- Be respectful towards all AAE course participants

SOCIAL INTERACTION

No violence/harassment/bullying, either physical or verbal, 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. Access to other participants' dorms will not be permitted during daytime time activities and after curfew. Participants are expected to use designated areas (eg. dayroom) to interact with each other when back in their houses.

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. Students must respect the rules of acceptable behaviour when on campus.

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 maximise face-to-face social interactions with peers. As an educational institution, internet use is monitored and inappropriate use will be reported.

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.

NON-DIRECT SUPERVISION AND FREE TIME

AAE is dedicated to providing the highest level of pastoral care for its participants, while also giving you the freedom to enjoy the UWC Atlantic campus.

AAE has the same rules for all participants of all ages, allowing you independent time on campus within clearly defined boundaries and areas, with clear codes of behaviour, which will be explained when you arrive and repeated during the welcome meetings on your first full day. This means that during free time you can discover designated areas of the College campus, make new friends, and enjoy the communal and sports facilities available on site.

The residential houses will be supervised at all times by a member of the pastoral staff team. Participants will be permitted to walk to activities and take meals in the dining hall with other friends without direct supervision. Participants must complete all compulsory activities on the course, but will be permitted freedom to move independently around the campus during unstructured free time, but must strictly follow any curfews or other restrictions communicated by staff and only access specifically designated areas. During these times there will be members of staff assigned to support and monitor participants around the campus.

There will be times when all participants can relax in their accommodation. There is a day room, a TV room and also a study room with computers in each house, in addition to a large space outside the houses to play games or relax outdoors. Socialising in mixed-gender groups will be encouraged in communal spaces such as the Moondance Café and the Sports Hall. Participants will also be able to spend time in their own house common rooms for more relaxed social interactions.

Participants should not access rooms which are not their own.

If you are close to one of your friends, or another course participant, think about how your behaviour with them may make others feel. For example, heavy public displays of affection may make others feel uncomfortable. You must only use the parts of the campus specified for your free time.

OFFSITE

During the offsite activities and excursions, all participants will be given the opportunity to enjoy free time with friends, which is not directly supervised. Participants will be given a very clear area in which to spend their time, and must stay in pairs or groups at all times. There will be a staff member monitoring the designated area and another staff member in a centrally identified location at all times. The parents/guardians of participants who are aged 12 will be contacted to discuss if unsupervised free time is appropriate. Additionally, participants of any age who have demonstrated unsatisfactory behaviour will not be allowed to enjoy unsupervised free time and will be chaperoned on excursions.

INFORMATION & GUIDANCE

ACTION: PHYSICAL AND OUTDOOR ACTIVITIES

The AAE programme will involve a wide and diverse range of activities including an outdoor and action learning programme. This may include 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.

Taking part in any adventurous activity involves some element of risk and it is not possible to totally eliminate all risks. Participants must have adequate physical fitness to take part in all activities. 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.

OUR COMMITMENT TO SAFETY

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 the participant's consent for any aspect of our services/activities at any time by stating so in writing to UWC Atlantic: aae@uwcatlanticexperience.com

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 be taken without prior warning. We hope you appreciate that the physical, emotional wellbeing and safety of all participants and staff is our priority.

COMPLAINTS

Should you wish to make a complaint at any time, please email info@uwcatlanticexperience.com. Complaints are taken very seriously and will be investigated by a manager as soon as possible.

SAFEGUARDING

Safeguarding all members of the UWC Atlantic and AAE 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. All members of staff at the College are enhanced DBS checked.

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 the Safeguarding and Respectful Community Policy please click [here](#).