

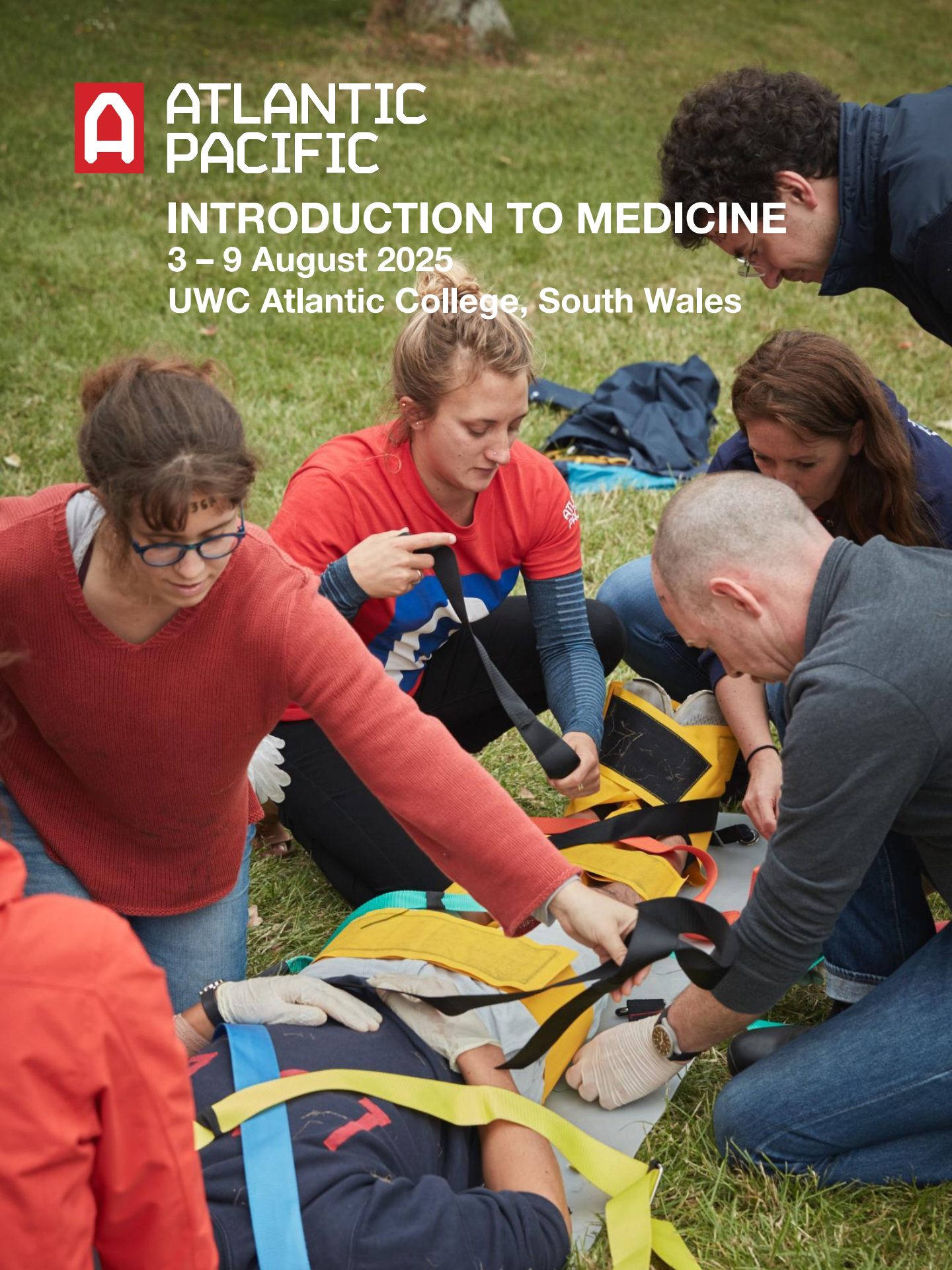


**ATLANTIC
PACIFIC**

INTRODUCTION TO MEDICINE

3 – 9 August 2025

UWC Atlantic College, South Wales





WELCOME TO ATLANTIC PACIFIC...

Our VISION:

Atlantic Pacific has a vision to eradicate global drowning, and we see educating as many people in lifesaving skills as possible as integral to this mission. Having just opened our new training centre in Newham and our projects in South Wales and Japan continuing to thrive, we are looking for young people who want to learn more about how they can be a valuable asset in emergency situations. If you want to be part of a global team committed to saving lives and you are interested in pursuing a career in either medicine or emergency response, then join us in educating yourself.

Atlantic Pacific's Introduction to Medicine brings students from around the world to a very special place to learn key lifesaving skills as well as develop ideas and thoughts around a future in medicine.

About Atlantic Pacific:

Atlantic Pacific International Rescue (AP) is a UK registered Charity that has a mission to combat global drowning. Working with local communities and organisations all over the world, we supply bespoke rescue boats, mobile lifeboat stations and highly trained volunteer crew to places that lack a provision for water rescue. We operate regardless of context, out of a universal respect for human life.

Our projects over the past **seven** years have taken us to the tsunami-devastated regions of Southeast Asia, the islands of Greece and the coast of Libya. We work in areas vulnerable to flooding and natural disasters, providing Atlantic Pacific 'Lifeboat in a Box' stations, along with crew, training and boat-building expertise, in order to empower local communities.



LIFEBOATS WHERE THERE ARE NONE



Introduction to Medicine Course Outline:

This is a 5 day residential course which provides participants not only with a 3 year first aid qualification, but also with access to lectures/ workshops from doctors, medics, paramedics and others working in the field of medicine and humanitarian rescue. Each day will offer a part of the AP Casualty Care Qualification, along with workshop / lecture with a medical professional working in a sector of either the emergency or medical services.

If you want to find out more about what it's like to work in such a high pressure but rewarding environment, which course or university to study at university for what career, our healthcare experts can give you their experiences and a blow by blow on their own career paths that have led them to both NHS departments, but also the far reaches of the world delivering care.

This will look great on your CV for applications to further study and will give you an honest and true reflection of what is required from you to work in a fast paced and stressful environment.

A typical day will start at 9:30am and end at 5:30pm. We will be working through the AP Casualty Care syllabus, which involves both classroom based lectures and practical application of your learning. During the evenings, we will arrange various social activities, including a early evening coastal walk, a film night and a bonfire with marshmallows (subject to good weather).



LIFEBOATS WHERE THERE ARE NONE



What to expect?

Atlantic Pacifics' *Introduction to Medicine* brings students from across the world to UWC Atlantic in South Wales to provide an intense but enjoyable learning experience.

We expect our students to be ready to participate and willing to engage in all our planned activities.

You will experience a range of activities including:

- Lectures and practical sessions of our Casualty Care Qualification (valid for 3 years)
- Lectures / seminars and practical workshops from people working in various medical fields
- 121 support in discussing your future studies and applications to university.
- Search & Rescue experience in the college outdoor pool with a medical focus

At the end of the programme there will be a practical test and a multiple-choice questionnaire for your casualty care qualification.

***WARNING: This course does cover distressing and upsetting content including graphic images of wounds and injuries.



Atlantic Pacific Casualty Care Course:

This course was originally developed for training casualty care for maritime search and rescue but has been used widely by participants for lifesaving everywhere, whether for work, volunteering, or in day-to-day life.

It differs from most first aid courses by being based on aide memoir check cards which massively reduces stress and does not rely on memory during high-pressure situations. It is also more advanced than most 1st aid courses, using the check cards means that you can treat more illnesses and injuries safely.

This course is taught by healthcare professionals ranging from paramedics to doctors, each offering a wide range of different experience.

While it was developed for search and rescue it is simple and wide-ranging enough to cover nearly every eventuality you might come across in normal life. This course will keep you, your colleagues, your casualties and your family safe!

Aim: To teach students the theoretical knowledge and practical skills required to safely and effectively administer immediate aid and ongoing treatments to anyone in their care. It will also provide students skills and ability to use the equipment pertaining to the course. This course is designed around a check-card system to avoid having to use memory in stressful and unfamiliar circumstances and emergencies. It is relevant even for trained first-aiders or medical professionals who wish to learn a system for casualty care that is thorough and systematic.

Duration & Assessment: 27 hours. The course is assessed both with practical assessments and a final multiple-choice questionnaire examination paper.



LIFEBOATS WHERE THERE ARE NONE



Accommodation:

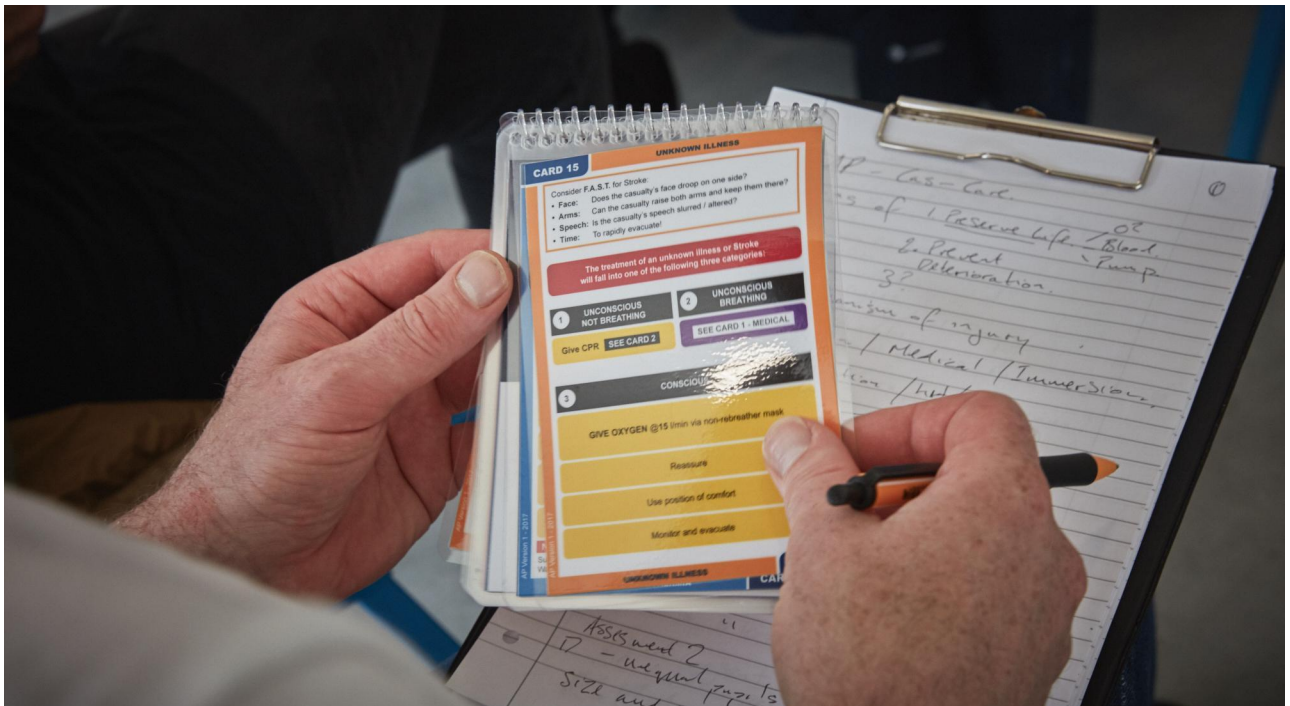
We are incredibly fortunate to be hosted by UWC Atlantic College, an international school on the South Coast of Wales which has a legacy of innovative boat-building, search and rescue, casualty care, as well as progressive education promoting international understanding and peace.

The site is astoundingly beautiful with a medieval castle as the main site where you will have your daily meals. We will be split across the campus for different sessions and you will be shown where and when you are needed on arrival.

We will be staying in one dorm altogether, split by a girls and boys corridor. Accommodation is sharing between 2 and 4 to a room (depending on the numbers of participants) and there is a communal shower and toilet area with cubicles for privacy (again split by sex). No towels or toiletries are provided, so please make sure you bring your own.

Atlantic College has a lot of facilities including two swimming pools, gyms and tennis courts. You will be able to use these resources however it will be in accordance with the College's regulations and only at times when they are not being used by other groups.

During your stay, you will be sharing the stunning 160-acre campus with families and other guests of Atlantic College. Whilst we want you to enjoy your experience as much as possible, we ask that you show respect and consideration for those that live on campus.



Logistics:

ON ARRIVAL: We welcome you to campus on **Sunday 3rd August from 3pm – 5pm**. As you pull into the main gate, please stop and check in with the gatehouse who can direct you further.

If you are going to be later than 6:30pm, please do let us know. Dinner is available until 6:30pm and so you will need to bring something to eat with you if you plan to arrive after this time. We are located about 2.5 miles away from the nearest town.

ON DEPARTURE: Please arrange to be collected **before 11am on Saturday 9th August**.

OUR DAYS: We start our days at 9:30am, and finish at 5:30pm. You will have free time after dinner to relax and have fun with your new friends.

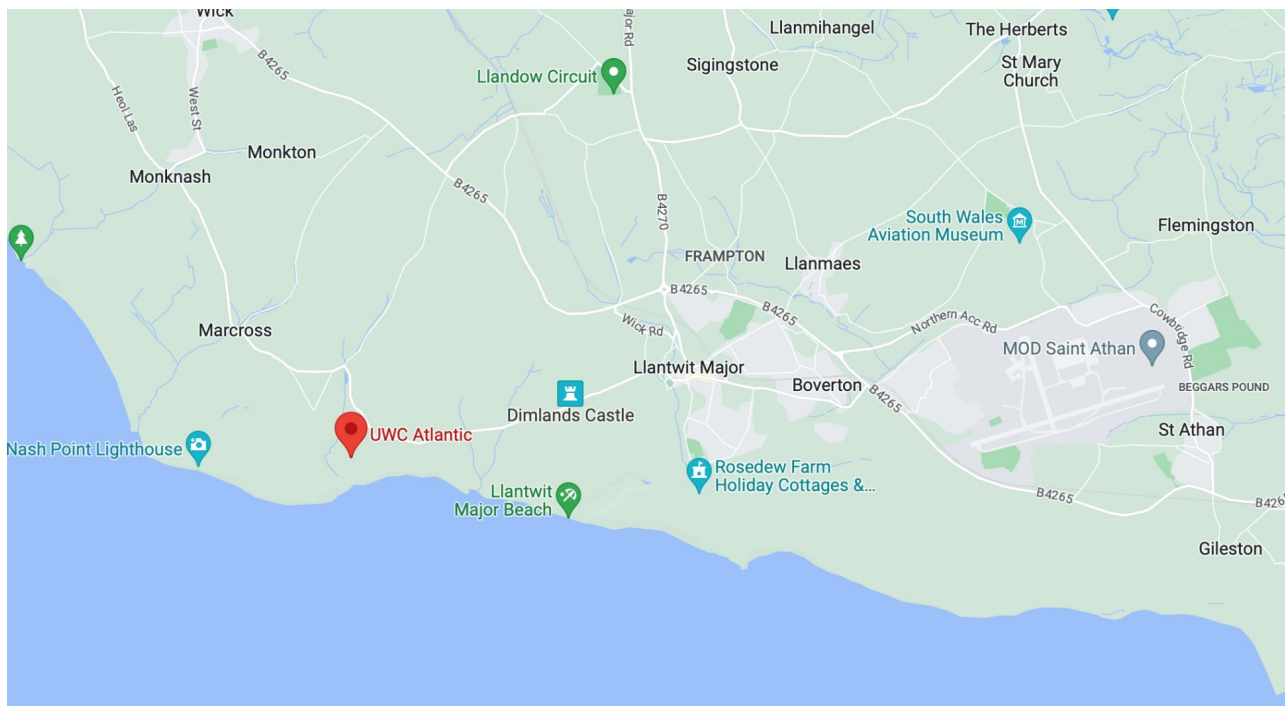
Dinner times (subject to change)
 Breakfast: 7:30 – 9am
 Lunch: 12:00 – 1:30pm
 Dinner: 5:30 – 7:00pm

What to Bring with you

This is a suggested list. Bold items are essential.

- **A bathing towel and toiletries (shower gel / shampoo conditioner)**
- **Swimming costumes / trunks and an additional towel (if preferred)** for using for the outdoor pool/ sea.
- **Shoes you do not mind getting wet**
- Plastic UV sunglasses
- **Suncream**
- Rain Mack
- Cap (baseball / bucket)
- **A refillable water bottle**
- A notebook and pen (if you want to take your own notes)
- An eye mask for sleeping at night (the dorms have emergency lights on at a low level in all rooms).

UWC Atlantic provide all sleeping facilities (bed / duvet/ mattress etc) and Atlantic Pacific provide all professional protective equipment and training equipment for the course.



How to find us:

Our address is:
UWC Atlantic College
St Donat's Castle
St Donats
Llantwit Major
CF61 1WF

You can find us [here](#).

If you are travelling from London there are direct trains and coaches via National Express to Bridgend and Cardiff or, alternatively, the nearest train station to UWC Atlantic is Llantwit Major which requires a train change at Cardiff Central.

For those travelling from abroad, Cardiff Airport is only a twenty-minute drive from the College.

On arrival, please stop at the main reception (to the left of the entrance barrier) and check in with the staff there. We will come and collect and direct you from there.

Helpful Links:

Cardiff Airport Taxi's is a local company that can help you with your transfer:

<http://www.cardiff-airport-taxis.co.uk>

National Express:

<https://www.nationalexpress.com/en>

Trainline:

<https://www.thetrainline.com>



LIFEBOATS WHERE THERE ARE NONE



Information for Parents:

Emergency Contact Numbers will be provided nearer the time

Insurance:

All activities are covered under Atlantic Pacific's public and employers' liability. Please note that insurance for personal possessions (such as phones, wallets, jewelry) are not included within this insurance and you should take out your own cover if you wish to protect these items.

For those travelling from outside the UK, you may wish to obtain travel insurance for the duration of your visit to the UK.

Any Questions?

Please email 'courses@atlanticpacific.org.uk' for any questions you may have. One of the team will respond to you within 48 hours.

Next Steps:

Have you read and completed the following:

Please complete the Personal and Medical Questionnaire:

<https://forms.gle/hipVWoVrsAG55nNe9>

Disclaimers:

This course teaches skills and the ability to use advanced first aid equipment and it is recommended that students have access to this equipment to use the casualty care program and training in full. The students will be taught how to care for a casualty without this equipment also.

Atlantic Pacific does not provide indemnity cover for its students for using casualty care in the field unless deployed as an AP asset.

This course does cover distressing and upsetting content including graphic images of wounds and injuries.

You can find our Terms and Conditions of Booking within the Personal and Medical Questionnaire.