



**ATLANTIC
PACIFIC**

JUNIOR SUMMER CAMP

10th – 16th 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 Junior Summer Camp Outline:

Are you aged 14 - 17 and interested in learning lifesaving skills? Do you want to know what it is like working in search and rescue or as a emergency responder? Come and learn about these topics from experts in various medical and responder fields, all while having a great time staying on the stunning grounds of St Donat's Castle in Wales.

This 5-day, 6-night residential course will not only provide you with a core set of lifesaving skills, but also a once in a lifetime learning experience set in the beautiful grounds of UWC Atlantic. Everyday we will be in the water / outside learning new practical skills around lifesaving, search and rescue, first aid, psychological first aid, emergency communication and VHF radio, environmental and weather factors in rescue, maintaining equipment and boats and many more fun activities.

You will also experience some simulated rescue scenarios, both on land and in the water, putting your knowledge to the test. All equipment, including wetsuits, buoyancy aids, helmets etc... will be provided.

We want to encourage those that are passionate about lifesaving and further study or a career into the sector. The course is intense and runs from 9am - 5pm everyday. You should be prepared for a full-on 5 days of learning, but most importantly meeting like-minded people and working together to help other people in their time of need.



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What to expect?

Atlantic Pacific's Junior Summer Camp 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.

Topics covered include:

- Water safety: sea survival* and cold-water shock*
- Search & Rescue skills: VHF radio, search patterns
- Maritime Skills: tides & weather, navigation, ropes and knots
- First Aid: Basic introduction to first aid and the AP Casualty Care cards
- Psychological first aid: maintaining your own and others mental health in crises
- Boats: capsizes*, boat maintenance, boat engines

A typical day: The course runs from 9:30am - 5pm everyday with 4 x 90-minute sessions per day. Students will be allocated a group, which will participate in all 4 sessions per day. Students will be free in the evenings to join in with some activities arranged by AP or relax in their accommodation.

*The course timetable is amended subject to the unpredictable Welsh summer weather!



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 10th 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 16th August.

OUR DAYS: We start our days at 9:30am, and finish at 5:00pm. You will have free time after dinner to relax and have fun with your new friends.

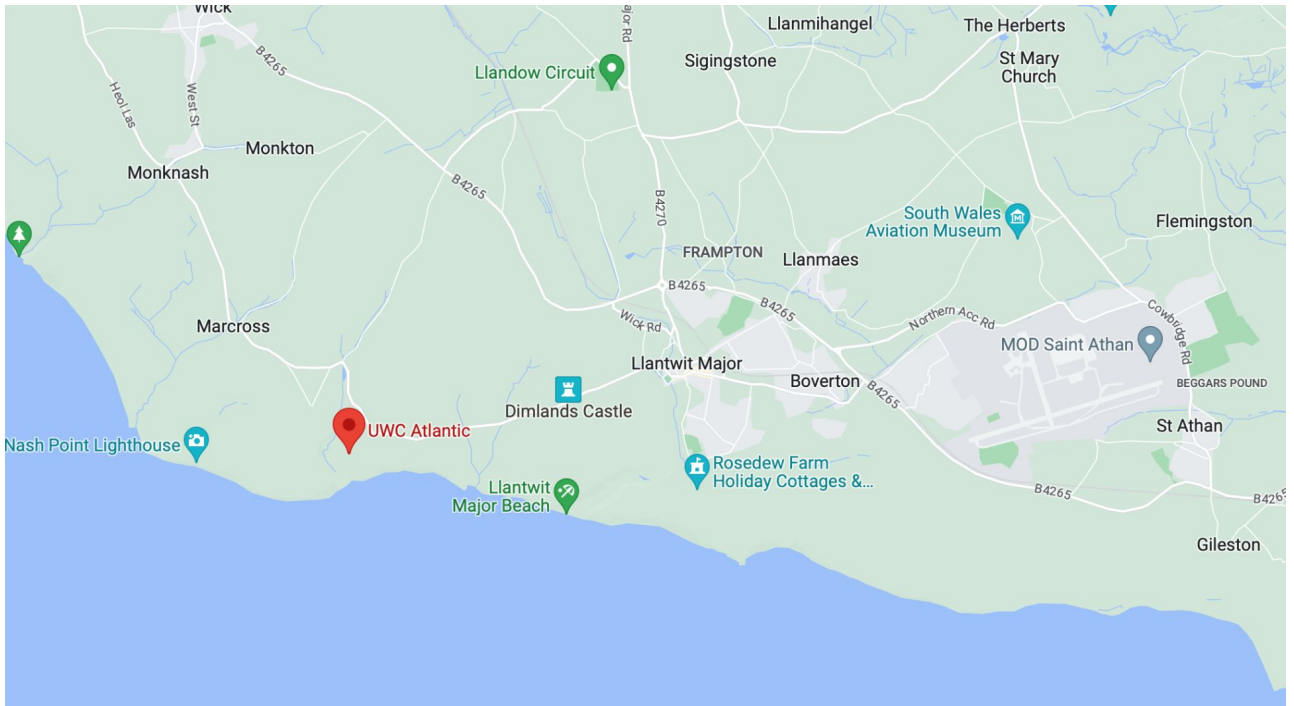
Dinner times (subject to change)
Breakfast: 7:30 – 9am
Lunch: 12:00 – 1:30pm
Dinner: 5:30 – 7:00pm

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.
- **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>



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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.

Next Steps:

Have you read and completed the following:

Please complete the Personal and Medical Questionnaire:

<https://forms.gle/hipVWoVrsAG55nNe9>

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.