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Academy



PGL Ardeche Adventure 2019

<https://www.pgl.co.uk/en-gb/adventure-holidays/individual-holidays/two-centre-adventure>

Saturday 25th May – Saturday 1st June 2019



Academy
Transformation
Trust Secondary Academy





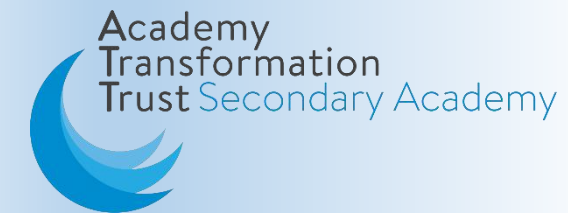
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Learning Outcomes:

- **Improve communication and leadership, teamwork and individual skills.**
- **You'll see improvements in qualities such as personal responsibility, independence, initiative, self-reliance and perseverance.**
- **Facing and overcoming challenges with the support of their peers, teachers and PGL staff improves confidence.**
- **We'll inspire an enthusiasm not just for acquiring new skills, but for learning in other areas of their education.**
- **Students learn to appreciate the benefits of healthy outdoor living and fitness.**



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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<p><i>Travel</i></p> 	<p><i>Full Day</i> Arrive at Domaine de Segries and Day 1 of Ardèche Canoeing River Trip - Peach Orchard to Trois Eaux (5km)</p>  <p><i>Evening Entertainment</i> Robot Wars and Disco</p>	<p><i>Full Day</i> Ardèche River Canoeing Day 2 - Trois Eaux to Le Mas (12km)</p>   <p><i>Evening Entertainment</i> Trip to Vallon Pont D'Arc Town and Disco</p>	<p><i>Full Day</i> Ardèche River Canoeing Day 3 - Le Mas to Sauze Plage (13km)</p>  <p><i>Evening Entertainment</i> Wacky Races and Disco</p>	<p><i>Full Day</i> Excursion - e.g. Waterpark (and transfer day)</p>   <p><i>Evening Entertainment</i> Superhero Auction and Disco</p>	<p><i>AM</i> Dinghy Sailing - Mimosa Beach</p>  <p><i>PM</i> Dinghy Sailing - Mimosa Beach</p> <p><i>Evening Entertainment</i> Scrapheap Challenge and Disco</p>	<p><i>AM</i> Catamaran Sailing - Mimosa Beach</p>  <p><i>PM</i> Stand Up Paddleboarding and Raft Building</p> <p><i>Evening</i> Depart for UK</p>	<p><i>Travel</i></p> 





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Two Locations:



We will visit the Ardèche and then Mediterranean coast. We'll spend around three-and-a-half days at each location, with a three hour coach journey between resorts.

Most groups make the most of the transfer day as an excursion opportunity with a variety of options for trips available.



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Transport:

Way out:

Coach arrives at school Midday

Depart school lunchtime 12:30

Ferry Sails 18:30

Arrive at Segs 9:00am

Return:

Depart Mimosa at 7pm after evening meal

Ferry Sails 10:00am

Return to school 15:30 (approx)





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Ardèche River Adventure:

A two to three day, 19 mile, canoe descent through the spectacular Ardèche Gorge; return to base at the end of each day or experience the optional overnight bivouac.

Mediterranean Watersports:

In a full watersports programme, your students will learn to sail a range of craft including catamarans, windsurfers and sit-on kayaks.

Fun-Packed Evenings:

The day's activities may be over, but the fun doesn't stop there; our centre teams lead evening entertainment sessions to keep everyone busy - including a nightly disco.







Sample day for Secondary Schools on the Two Centre Adventure Course

Schedule	Activities
07.00 - 09.00	Get up, get ready and fuel up for the day ahead
09.15 - 12.15	Morning activities (e.g. Banana Boats on the Med or paddling on the Ardèche River)
12.30 - 14.00	Dry off & clean up. Time for a fresh & tasty lunch
14.15 - 17.15	Afternoon activities (e.g. Dinghy Sailing on the Med or canoeing in the Ardèche Gorge)
18.00 - 19.00	Time to eat again - a different menu each day
19.00 - 21.00	Talent shows, beach Olympics, team games and more. The evening entertainment programme keeps you laughing until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!

Breakfast

Choice of cereals
Fruit yoghurts, mixed dried fruits, fresh fruit platter
Fruit juice
Toast
Freshly baked bread, preserves and honey
Soft cheese portions

Lunch

Buffet or picnic

Dinner

Snails will be served on your final evening - if you'd like to try them!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Salad Bar

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Salad Bar

Salad Bar

Breaded Turkey Fillet with
Mushroom Sauce

Chilli Con Carne
Tortilla Chips with Sour Cream

Gammon with Fresh
Pineapple Salsa

Chicken & Bacon Pasta with
Tomato & Basil Sauce

Peppered Beef

Chicken Curry

Roast Pork with Roasted
Onions and Gravy

(V) Cheese, Red Onion and
Potato Slice

(V) Vegetable Shepherd's Pie

(V) Mushroom and Coriander
Pilaf

(V) Sweet Potato and
Vegetable Wellington

(V) Lentil Burger

(V) Spinach and Ricotta
Lasagne

(V) Vegetable Tajine with
Vegetarian Sausages

Sautéed Potatoes
or
Pesto Penne

Rice
or
Jacket Potato

Couscous with Roasted
Vegetables
or
Steakhouse Chips

Jacket Potato
or
Herb Bread

Chips
or
Fried Rice

Rice
or
Rissolée Potatoes

Roast New Potatoes
or
Couscous

Peas
Homemade Ratatouille

Broccoli
Baked Tomato

Green Beans
Cauliflower Cheese

Broccoli
Roasted Mediterranean
Vegetables

Peas and Sweetcorn
Green Beans

Sweetcorn
Broccoli

Green Beans
Honey Roasted Carrots

Sugar-Dusted Ring Doughnut

Fruit Crumble and Cream

Apple Tart

Éclair

Ice Cream

Lemon Drizzle Cake
with French Vanilla Sauce

Chocolate Mousse



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Behaviour and Attendance

It is important that you recognise the trust we must have for students during this adventure. If students do not demonstrate that they can consistently meet our standards of behaviour and attendance leading up to the trip they will be removed.



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What now...

Before the meeting took place tonight 31 of the 35 required spaces have been filled. If you would like to reserve one of the remaining spaces please hand in your deposit to me ASAP. We can increase the number of places to 40 if we have the demand.

There will also be a reserve list that we will use to fill spaces if some students are no longer able to attend which has often been the case with previous trips.



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£625 PAYMENTS

We need to send 35 deposits of £75 to PGL on the 8th November.

We then need to send an additional £120 per child to them by 5th June 2018.

The final balance of a remaining £430 is due by the 3rd March 2019.

If your child is eligible for free school meals the cost of the trip will be reduced by £150. We still need your £75 deposit to secure a place.



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Payment Options

- 1. £35 per month until March 2019.**
- 2. Pay it all at once.**
- 3. £20 per month until June 2018 then £50 per month until March 2019.**