

Knox Academy – Activities Week S3 Residential Options 2020



NAME:	CLASS:
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Please rank all of the following trips in order of preference (1 being your first choice & 7 being your last). Please consider each trip's length & estimated costing while making your choice. Financial support is available.

Paris, France	Tuesday 12 May – Saturday 16 May 2020	£550.00	
PGL Watersports France	Sunday 10 May – Sunday 17 May 2020	£550.00	
Italy	Saturday 9 May – Sunday 17 May 2020	£550.00	
Outward Bound UK	Monday 11 May – Friday 15 May 2020	£300.00	
Mountain Biking UK	Monday 11 May – Friday 15 May 2020	£180.00	
Innerwick, ELC	Monday 11 May – Friday 15 May 2020	£100.00	
Sailing Adventure UK	Monday 11 May – Friday 15 May 2020	£175.00	

Please Note:

- Deposits when taken are non-refundable, although no money should be handed in at this stage.
- Payment schedules for each trip will be handed out once trip lists are confirmed and monthly instalments will start at the end of September.
- Payment schedules will be issued and must be adhered to in order to support the viability of a trip
- **Financial support is available; please tick below if you feel you would qualify or would like to know more**
- Pupils may be removed from a trip due to behaviour/attendance concerns. Payments may not be refunded if this is the case. However this will always be in discussion with the parent/carer.
- Pupils who withdraw from a trip because they change their mind will remain liable for full payment.

By signing below, I accept that I will be committed to attending the trip, if offered a place.

Pupil Signature:	Date:
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We/I accept that by indicating a preference for a trip our/my child will be committed to attending the trip, if offered a place, unless there are extenuating circumstances which prevent them from doing so.

Parent/Carer Signature:	Date:	Financial Support Request :
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Please fill out and return this form to the **office by Friday 6 September 2019**

ADDITIONAL TRIP INFORMATION

Paris

Places limited to 30 pupils. Travel by train from Edinburgh to Paris.

Pupils will spend up to 4 nights in Paris visiting all the famous sights: the Eiffel Tower, Notre Dame, Le pont des arts (love lock bridge) and other historical treasures; go on a 'Bateau-Mouche' river cruise; visit its famous shops; sample its food. We will stay in a modern hotel in the heart of Paris, travelling around the city both on foot and using the Métro (the underground rail network). To finish there will be a whole day trip to Disneyland. The itinerary can be suited to the group and activity requests are welcomed.

Cost: £550 – All activities, meals, transport & accommodation is included in the above price.

Trip Leaders: Miss McBride and Miss Laudi

PGL Watersports, France

MUST be confident in cold water wearing a buoyancy aid

Are you up for a challenge? If so this trip is definitely for you. Pupils will be able to test their limits and learn new skills in a range of water sports based adventure activities – offered by fully trained PGL instructors. We begin the trip in the mighty Ardeche, manoeuvring our way through the rapids in a two-man canoe, then on to the Mediterranean where we face a full watersports programme.

Learning through the many outdoor activities on offer will develop your leadership and teamwork skills, as well as building resilience, promoting independence and opportunities for personal growth.

Cost: £550 – All activities, meals, transport & accommodation is included in the above price.

Trip Leader: Mr Redford

Italian Cross-Curricular Residential Educational Excursion

This excursion is a two-centre trip based in Negrar (3 nights) and Lido di Jesolo (3 nights), on the Venetian Riviera, ideal centres for visiting Venice, Verona and Lake Garda. Luxury coach travel with Moffat & Williamson. The Italian Explorers will be involved in a wide range of activities giving them a real taste of Italian life and culture, while developing friendships and becoming more independent confident individuals across the 9 days.

We will include a ride on 'Speedy' across Lake Garda, visiting Limone and Malcesine; before further appreciating the landscape of the area after taking the cable car to the top of Monte Baldo. In Verona we will visit the Amphitheatre, Juliet's balcony, the Bell Tower, and have the opportunity to shop, viewing the range of different promotional techniques that businesses use in Verona. There will also be a trip to Gardaland, Italy's largest theme park. A visit to Italy wouldn't be complete without a guided tour of the romantic city of Venice in all its splendour, gaining an understanding of the impact of tourism. Our private boat then will continue on the Venetian lagoons to the beautiful islands of Murano (famous for glass making) and Burano (famous for lace making and known to former Italian Explorers as Balamory).

Cost: £550 – Meals, transport, activities and accommodation are included.

Trip Leader: Mr Dempster

Outward Bound – Loch Eli

Outward Bound is an amazing opportunity to connect with, enjoy and explore wild places. With a wide variety of activities adapted to suit each group, ranging from camping to kayaking. Each group will be led by an experienced Outward Bound staff member who encourages the young people to take charge of the activities they are participating in in order to build leadership skills and resilience. We are hoping to incorporate the John Muir Award as part of the trip, with a focus on discovery, exploring and conservation.

Cost: £300 – This cost include activities, all meals & transport

Trip Leader: Mrs Cochrane (Food & Health)

Mountain Biking

This year's mountain biking activity will consist of one day at Glentress followed and a 3 day trip to Dumfries and Galloway (2 night residential) to ride various trail centres. Price of £160 includes transport, tuition, bike provision if required, breakfast for 2 mornings and lunches for 2 days. 10 spaces in total are available, these will be filled on a first come first served basis.

Cost: £160 – This cost include instruction & transport.

Trip Leader: Phil Gilholm

Innerwick

The Innerwick residential trip is a chance to be away from home for a couple of nights, but within East Lothian, with activities around the local area. Monday to Wednesday would be away from home with the group completing activities based nearer Knox on Thursday and Friday. Some of the activities during the trip will be provided by outdoor education staff and the trip can be tailored to the participant interests. It is likely to include beach walks, land art, outdoor cooking but could potentially extend to coasteering, kayaking or hill walking. The group will design their own menu and shop & prepare their own meals, working on budgeting and cooking skills.

£100 – All activities, meals, transport & 2 nights accommodation is included in the above price.

Trip Leader: Mrs Clubb

Sailing Adventure

We will spend 5 days doing a variety of different watersports at Low Port. E.g. Kayaking, Paddle Boarding, Wind Surfing and Canoeing. This is a Royal Yachting Association (RYA) Training Centre located near Linlithgow. Pupils will work towards their level 1 RSA Watersports certificate. You DO NOT need to have any previous watersports experience in order to take part in this trip.

Cost: £175 – This will include transport and tuition fees.

Trip Leader: Miss Lewis