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Thurston O.E.C Course Information Sheet

Benefits of a course

We believe that the outdoor adventure environment and the residential experience provide the most powerful framework for developing young people, particularly in the following areas: motivation, self-confidence, self-esteem, self-concept, decision-making, communication, teamwork, leadership, problem solving, time management, goal/target setting, prioritising, self-evaluation and review, compromise and negotiation as well as communal living. The course will allow students to develop, in a real setting, the concepts of responsibility, adventure, awareness, trust, co-operation, community and an understanding of safety and risk.

A course at the centre is, therefore, not a holiday but a rich and varied learning experience with the emphasis on fun, adventure and learning. It will involve tailored outdoor adventurous activities as well as helping with the day to day running of the centre by performing such tasks as making beds and keeping the place clean and tidy.

Adventure Activities

We have experienced and well qualified instructors (permanent staff details can be obtained from the organising school or group) and are registered with the Adventure Activities Licensing Service as licensed to provide the following activities:

Canoeing and Kayaking	Hill walking and Mountaineering
Sailing	Sea level traversing
Rock climbing	Mine exploration
Abseiling	Mountain Biking
Gorge Scrambling	Orienteering
Improvised rafting	Ice climbing

Licence details can be confirmed by calling the Adventure Activities Licensing Services on (029) 2075 5715

A course will usually involve some, but not all of these activities. Programmes are worked out in consultation with visiting school / group staff.

Accommodation

Student accommodation is in small dormitories equipped with bunk beds. Showers and toilets are within the main building. For *fully catered* courses, all meals, starting with Monday evening meal for a five-day course and Saturday breakfast for a weekend, are provided. Students have a packed lunch every day. For standard five-day courses **you will need to provide a packed lunch for the journey.** Please indicate on the consent form any particular dietary requirements your son / daughter may have.

Transport

For local transport we have two 17-seat minibuses, it may also be possible to use the centre's day boat to cross the lake to the village.

Equipment

We can provide an equipment list to help you pack for the course. It is important to ensure students have sufficient clothing as they are likely to get wet several times during the course. Jeans may be worn around the centre but are not suitable for the activity sessions. Please do not allow students to bring knives of any kind. It is a good idea to make sure all items are clearly labelled, this is particularly important for inhalers and other personal medication, which easily become confused. If students have their own activity equipment they are welcome to bring it along but we reserve the right to inspect it for suitability before allowing its use. Please don't bring large amounts of spending money; there are few places to spend money at the centre beyond a small tuck shop and the possibility of a visit to Coniston village during the course. Mobile phones, personal stereos and electronic games can be brought for use on journey but are not to be used around the centre. Electronic equipment may be collected for safe keeping at the start of the course and returned to the students at the end.

We aim to be flexible, please feel free to contact the centre and we can discuss your requirements. We hope you have an enjoyable and worthwhile course.

Regards,

Andy Sallabank
Head of Centre
Thurston OEC

South Tyneside Council