



ABU DHABI



Staff

Mrs Robb
Mrs Jones
Mrs Rawlings
Mr Collings
Mrs Moseley

Mrs Baqla
Mr Mahmoud
Mr Kirkland
Mr Jones



Year 4 Dibba

10th—12th January 2016



What are the aims of the trip ?

1. To increase the children's knowledge and experience of places beyond their own immediate environment.
2. To foster skills of team work and independence.
3. To promote an awareness / appreciation of the outdoor environment and the importance of caring for it.
4. To enjoy learning in the outdoor environment.
5. To develop self-confidence and self-esteem.
6. To have the opportunity to take part in outdoor pursuits and learn new skills.
7. To promote physical fitness.
8. To have a great time!



What do I do if ?



If your child needs any regular medication, please ensure that sufficient quantities are packed for the trip clearly labelled and with instructions for dosage etc. Please notify the teacher that you have packed medication. **Don't forget travel sickness tablets** and asthma pumps if needed. Please note details of any/all medication that your child will take on the medical form attached.

Students will be responsible for all items of kit and clothing during their visit, including cameras, if they choose to bring one. It is **not** necessary to bring any money as there will be no opportunity to spend it.



✓ **Electronics are allowed for the bus journey ONLY.**

Children are responsible for everything they bring.

✗ **BSAK and Staff accept no responsibility for any loss or damage to valuable items.**



✓ **You will need a packed lunch for the journey - Sufficient for a snack on the trip and your first meal at Dibba.**

✓ **Please pack in a plastic bag to take on the bus -**
✗ **NOT IN YOUR MAIN BAG - No cool boxes please!**

- ✗ NO glass bottles or cans
- ✗ NO Mobile Phones - EVEN IF IT HAS A CAMERA!
- ✗ NO Knives of any description

Staff will have mobile phones with them in case of emergency.




If we have any concerns about your child we will contact you immediately. However, if you need to contact your child in an **EMERGENCY**, please call the school and they will get a message to Dibba.

Parents will receive an SMS after the group arrive and just before departure on the last day.

What do I need to take ?

- PLEASE REMEMBER THAT WE WILL BE OUTSIDE FOR THE WHOLE TRIP OTHER THAN SLEEPING.
- PLEASE PACK OLD CLOTHES - THE CHILDREN WILL GET WET AND DIRTY AND DON'T WANT TO BE WORRYING ABOUT RUINING THEIR BEST CLOTHES.
- THEY WILL NEED MORE CLOTHES THAN FOR A NORMAL 3 DAY PERIOD AS THEY MAY NEED TO CHANGE DURING THE DAY.
- DON'T FORGET TO BE SUN AWARE WHEN PACKING BUT ALSO TO REMEMBER IT CAN GET COOLER AT NIGHT.

- **Hat / Sunglasses / Sun cream**

- Trainers 
- 3 complete changes of clothes e.g.
- Tee-shirts / Shorts (longer shorts so the harnesses don't cut into skin)
- One pair of long trousers
- Underwear and socks (several changes please!) 
- Sleepwear
- Shower / wash stuff
- Toothbrush / toothpaste, brush / comb, deodorant etc — 
- **NOT AEROSOL OR GLASS**
- 2 Large towels
- Swimming Costume
- Old shoes/trainers (for water activities - they will get very wet - **(NOT FLIP FLOPS OR CROCS)**)
- Teddy Bear!
- Camera - optional (disposable)
- Snorkelling equipment - optional
- Torch
- Sleeping Bag (*Sheets and a blanket are provided, but it is strongly suggested that a sleeping bag is taken for greater comfort.*)
- Large plastic bag for dirty and wet clothes

PLEASE NAME **EVERYTHING**
(ESPECIALLY IF YOU WANT TO SEE IT AGAIN!)

Apart from the sleeping bag everything should fit into one small 'hold-all' type bag that can be carried by your child.



Where are we staying ?

The North Star Adventure Centre is in a secure compound just outside Dibba, on the East coast of the UAE in Fujairah. It consists of single-sex cabins which children share with a small group of their friends. Cabins are arranged in a circle around a sand play area and school staff are easily available to children 24 hours a day. Toilets and showers are in a separate block. There is a watchman on patrol throughout the night. Some of the activities will take place on the compound (e.g. climbing and team building etc.) Others involve the children travelling to sites close by. Children are transported by North Star minibuses, equipped with seatbelts. On the journey to and from Dibba, we contract "Fast" buses.

All meals are provided and are eaten in the outside enclosed dining area. The meals provided by North Star are 'youngster friendly' and have met with approval from other BSAK groups. Snacks will also be served at various points throughout the day so children do not need to bring any food with them other than their packed lunch for the first day.

Insurance provided by North Star Expeditions is fully comprehensive.

North Star staff are trained in First Aid and Dibba has a modern, well equipped hospital which is only a few minutes from the adventure centre. It is very unlikely that such a facility will need to be used, but it is reassuring to know it is there!



What will we be doing ?

Sunday, 10th January 2016



- 7.45am - Meet on Junior Pitch
- 8.00am - Depart School—Main Entrance
- ±12.00 noon - Arrive at Dibba in time for lunch



- Explore and Settle in
- First Activity
- Dinner
- Wadi Walk
- Bed
- Lights out

Monday, 11th January 2016

- 8.00am - Breakfast
- Second Activity
- Lunch
- Third Activity
- Dinner
- Talent Competition
- Bed
- Lights out



What will we be doing ?

Tuesday, 12th January 2016

- 8.00am - Breakfast
- Fourth Activity
- Lunch
- Clear Up / Pack Bags
- 1.00pm - Depart Dibba
- 5.00-5.30pm - Arrive back at school

**(PLEASE DON'T FORGET
TO COLLECT YOUR CHILD!)**

Children will rotate around activities in small groups.
Activities could include:

- Snorkelling
- GPS Navigation
- Raft building/team building
- Abseiling/climbing
- Tug of war
- Camp Fire

