



# ARRAN OUTDOOR EDUCATION CENTRE

What to expect when  
visiting the Arran  
Outdoor Education  
Centre...

# A little bit about us!

- We have been providing Outdoor Learning for over 46 years to Schools all over North Ayrshire
- The Centre in Lamlash (where we are now) was officially opened on Friday 3<sup>rd</sup> October 2008
- This means our building is now over 15 years old!
- Quality and Safety are our highest priorities when you are here with us
- We are licensed to provide Adventurous Activities with AALA
- We are an RYA Training Centre



Now for the fun stuff...

# Travelling to Arran



YOU WILL ARRIVE  
AT THE ARDROSSAN  
FERRY TERMINAL  
WITH YOUR CASE  
AND MEET THE  
REST OF YOUR  
CLASS AND  
TEACHERS.



THE FERRY WILL  
DEPART  
ARDROSSAN AT  
09:45, THIS WILL  
BE A 55-MINUTE  
SAIL.



YOU WILL SIT IN  
ONE OF THE  
LOUNGES AND  
MIGHT EVEN GET  
TO VISIT THE TOP  
DECK TO LOOK  
OUTSIDE!



OUR MINIBUSES  
WILL BE WAITING  
TO COLLECT YOU  
FROM THE FERRY  
TERMINAL TO  
BRING YOU BACK  
OVER TO THE  
CENTRE.

# ON ARRIVAL AT THE CENTRE



**Welcome and  
Introductions**



**Allocation of  
Dormitories**



**Tour of the  
Centre**



**Lunch**



**Fire Drill**



**Outdoor  
Equipment Issue**



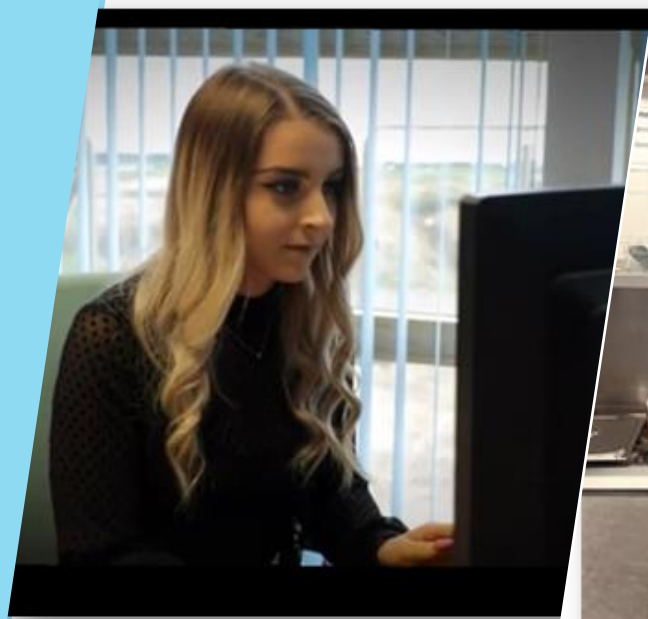
**Go Outdoors!**





# Meet the Instructional staff team!

- ▶ Martin - Team Leader
- ▶ Neil - Lead Instructor
- ▶ Nina - Instructor
- ▶ Shaun - Instructor



## Meet the Domestic staff team!

➤ **Cara - Booking & Support Officer**

➤ **Ruben - Cook**

➤ **Anne - Facilities Assistant**

➤ **David - Facilities Assistant**





Tour of the  
building





# Reception

- When you first arrive at the Centre, this is the first area you will see
- If you needed any help or assistance during your stay, there will always be someone around the reception area
- When you arrive, you will leave all your bags and cases in this area, and go straight through to the Student Lounge





# Student Lounge



- In the Student Lounge, our staff will introduce themselves to you
- They will also tell us some rules of the Centre
- Then they will tell you what group you are in
- We have the **Red Team**, **Blue Team** & **Green Team**
- Each team has a different lounge that they will gather in each day to talk about the day ahead



**SOME OF OUR OTHER LOUNGES...**

**Staff Lounge, Library, Conservatory**





# Dorms!

- You will each be allocated to a dorm, and your names will already be on the doors when you arrive
- Each dorm has 2 bunk beds and sleeps 4 people
- They each have their own en-suite (toilet, sink & shower)
- The Centre can sleep up to 46 people
- We have one ASN dorm



# Dining Room

In each of your groups, you will take it in turns to visit the Dining Room to make your lunches and choose your menu for dinner



Once you have made your lunches on a Monday, you will eat them in the Centre



- You will get asked to select your menu choices for dinner that night



- After lunch, your instructors will tell you what your afternoon activity is, and what you need to prepare

*Examples of the foods you may eat...*





**Breakfast choices** – Sausage, Eggs, Beans, Toast (Jam/Butter), Cornflakes, Rice Crispies, Weetabix, Muesli. Apple/Orange Juice, Water.



**Lunches** – Rolls with fillings from the Salad Bar (Cheese, Coleslaw, Chicken, Ham, Tuna, Egg Mayo, Beetroot, Pickled Onions, Tomato, Cucumber, Lettuce), Crisps, Biscuits & Fruit.

**Dinners** – Baked Potatoes, Beef Burger and Chips, Pasta Bolognese, Macaroni Cheese, Fish and Chips, Pizza, Quiche, Sausage Casserole and Mashed Potato.



**Puddings** – Syrup Sponge, Sticky Toffee Pudding, Jam Sponge, Chocolate Cake, Pancakes, Ice Cream & Jelly.



**Supper** – Drink of juice / water and a chocolate, oat or ginger cookie.







**You will then get issued with standard kit from our stores, that will be yours for the week**

**Other equipment will be issued to you daily.**





*Other areas you may see downstairs...*





# Our Activities

All of our activities are weather dependent, but we can offer the following:

- Kayaking
- Stand up Paddleboards
- Keelboat Sailing
- Laser Picos
- Canoeing
- Abseiling
- Mountain Biking
- Climbing
- Gorge Walking
- Orienteering
- Day Walks
- Night Walks
- Raft Building
- Coastal Exploration
- Conservation
- Survival Game





# Equipment

## What you will need to bring with you:

- ▶ Indoor shoes/Slippers
- ▶ Outdoor Shoes
- ▶ Woollen Socks - 2 pairs
- ▶ Jogging Trousers (Denims not recommended)
- ▶ Long Sleeved Shirts
- ▶ Change of clothing
- ▶ Warm Sweaters (2)
- ▶ Woollen Hat, Scarf, Gloves, Sun Hat, Cap
- ▶ Swimming Costume
- ▶ Shorts
- ▶ Pyjamas/nightwear
- ▶ Toiletries, Towels
- ▶ Sun Glasses/ Sun Cream
- ▶ Water Bottle
- ▶ Old Trainers
- ▶ Lunch Box

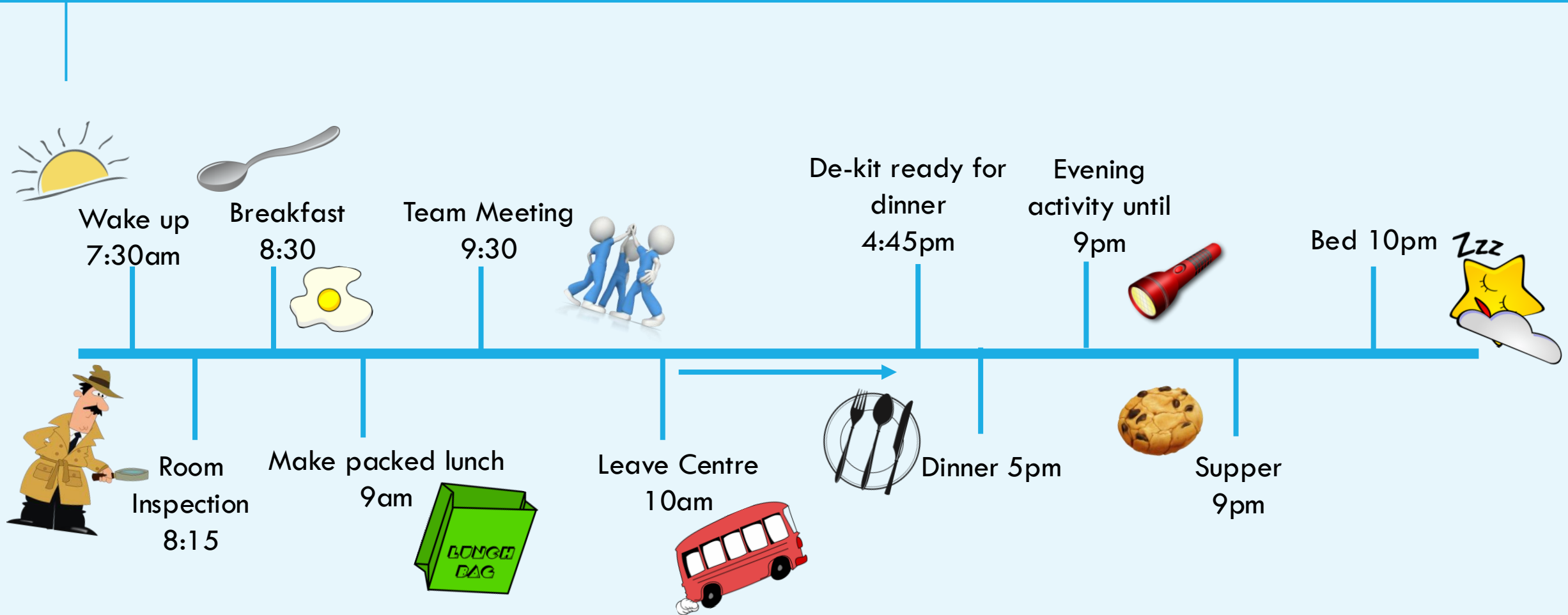


## We will provide you with:

- ▶ Wetsuit
- ▶ Waterproof/Sailing Suit
- ▶ Lifejacket
- ▶ Rucksack
- ▶ Mitts
- ▶ Balaclava
- ▶ Boots
- ▶ Wellies
- ▶ Flasks
- ▶ Helmet



# A DAY IN THE LIFE AT AOEC



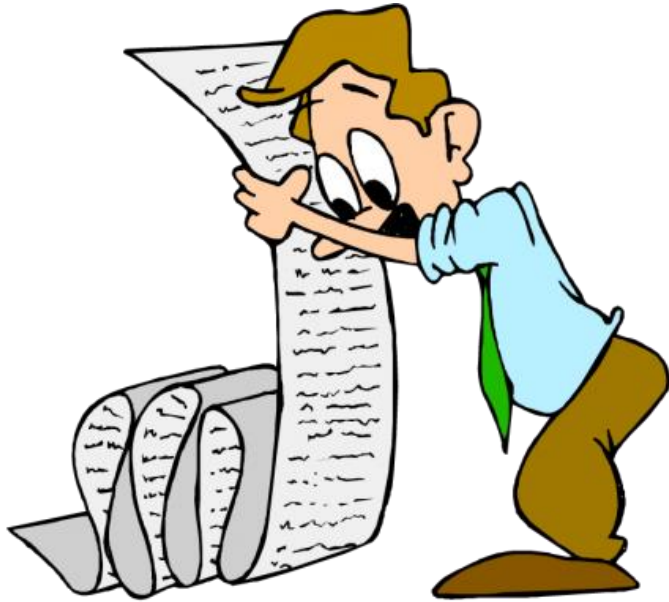


# Final Day at AOEC



1. On Thursday morning, you will start your day as normal
2. You will strip your bed, and put the bedding into our laundry baskets
3. You will take your cases, store them in the Student Lounge and head along for breakfast
4. You will then make your packed lunch and head out on activity
5. You will meet back at the Centre at 2pm and hand in your kit
6. At 3pm, you will then have a hot buffet lunch before we say our goodbyes and you depart the Centre
7. The Ferry will sail at 4.40pm and you will arrive back in Ardrossan at 5.35pm (unless an earlier ferry has been arranged with the Centre)

# House Rules



1. Everyone must take turns to help clean up at mealtimes
2. Look after and respect the building, the equipment, and each other
3. All sweets must be left downstairs in the lockers
4. No chewing gum
5. No sprays or deodorants in the dorms - downstairs or outside only. Roll on deodorant fine
6. No mobile phones or other devices are permitted at the Centre
7. No outdoor equipment to be worn upstairs



# Additional information

▶ Schools Packs will be sent out to each School - this will include consent forms, insurance information, kit list, dorm plan layout, duty groups & activity groups

▶ This info must be returned to us 8 weeks prior to your booking

▶ Medical / dietary requirements must be sent to us ASAP

YouTube Videos can also be shown, the links are below:

[Primary Summer Programme - YouTube](#)

[Arran Outdoor Education Centre — Primary Winter Programme - YouTube](#)



Arran Outdoor Education Centre



[arranoutdoor@north-ayrshire.gov.uk](mailto:arranoutdoor@north-ayrshire.gov.uk)



<https://arranoutdoor.com/>



@ArranOutdoors