

# Field Studies Council *Millport*





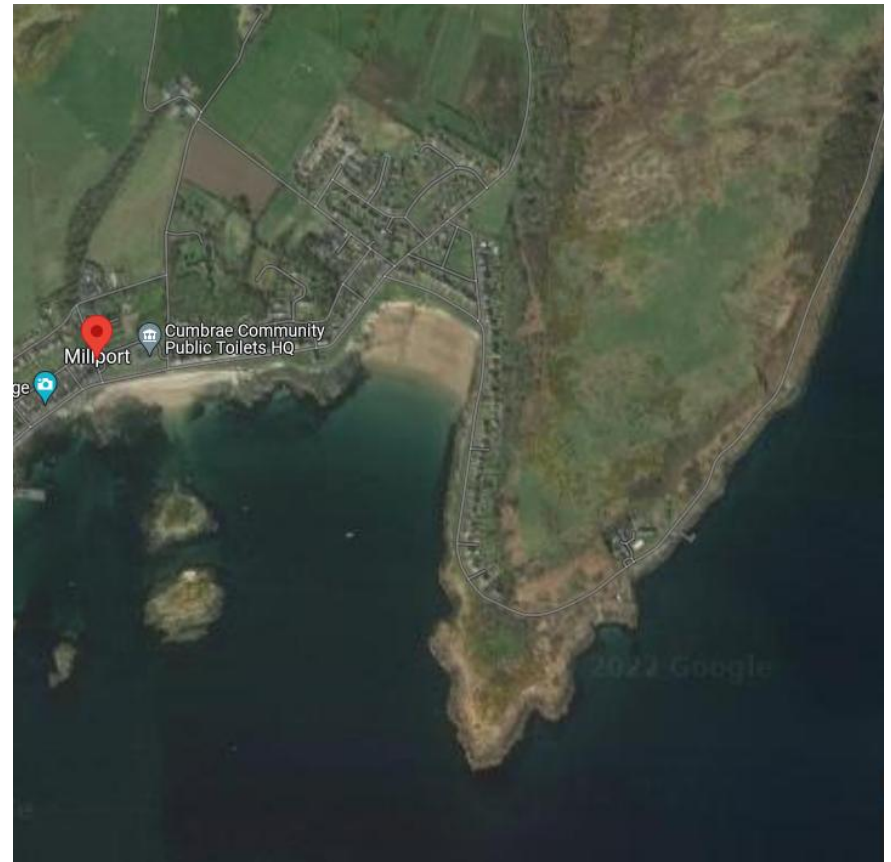
# Island Explorer Residential

Discover  
adventure in  
learning

## Where?

Field Studies Council (FSC)

Isle of Cumbrae, North Ayrshire



# Purpose of the Residential?

**To work as a team**

**Problem solving**

**Find personal limits**

**Live and work cooperatively**

**Become independent**

**Recognise the value of peer support**

**Value and appraise individual achievement**

**Experiment, take risks, make decisions**

**Have a great time!**

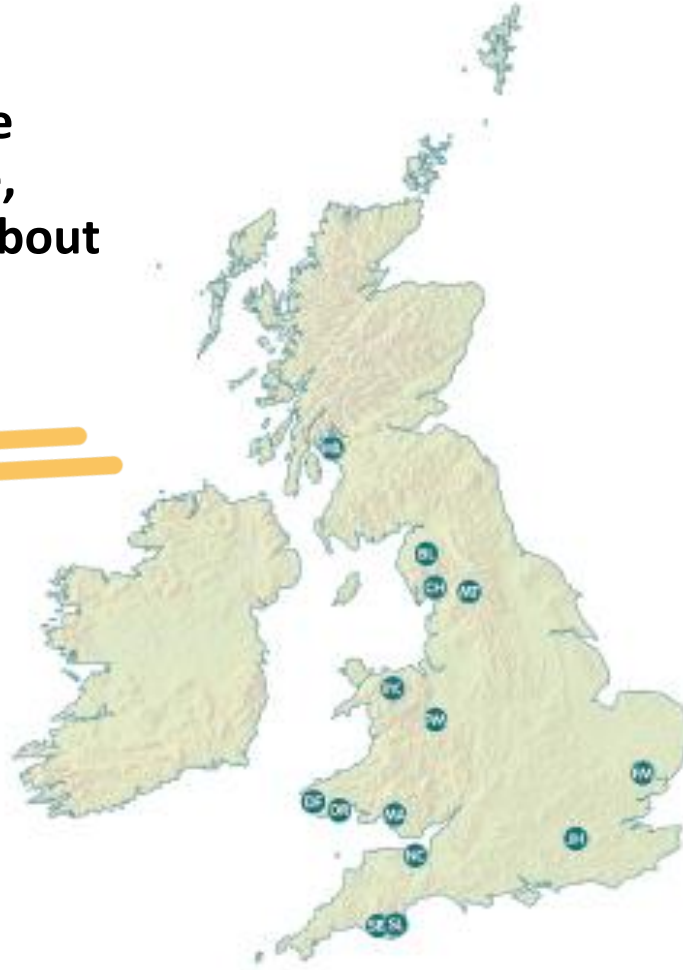




# Field Studies Council

**Inspiring everyone to be  
curious, knowledgeable,  
passionate and caring about  
the environment.**

since 1943





# Layout of Millport





# Accommodation

**Bedrooms double, triple or quadruple**  
**Ensuite bathroom**



# Teaching Facilities

**4 laboratories**  
**3 multi-purpose teaching rooms**  
**In-house library**  
**Research aquarium**  
**Visitor aquarium**  
**Off-site teaching areas within 5-10 minutes**





# Other Areas

## Staff Lounge



## Student Lounge



## Gift Shop



## Common Room





# Food

## **Breakfast**

**Cereal, Toast, Cooked breakfast**

## **Lunch**

**Packed lunch made at breakfast**

## **Dinner**

**Fish and chips / Vegan fish fingers and chips**

**Spaghetti and meatballs with tomato sauce**

**Macaroni cheese**

**Fajitas**

**Chicken/Veggie burgers with chips and salad**



# Example Programme

	Morning session (09:15 – 12:15)	Afternoon session (13:00 – 16:00)	Evening session (18:30 – 19:30)
Day 1:	<b>Arrival ~ 12pm</b> <b>(please bring packed lunches)</b>  <b>Welcome and introduction to Millport</b>	<b>Discover Cumbrae Wildlife Walk</b> A guided tour of the most scenic areas of Cumbrae looking out for seabirds and seals. We will see stunning views over the Firth of Clyde and learn about the area's history, before finishing up in Millport town to explore the museum and shops!	<b>Orienteering</b> Navigate your way around the grounds, learning about the past and present of the site (and tiring everyone out before a good night's sleep!)
Day 2:	<b>Rock Climbing</b> Are you brave enough to make it to the top of the Devils Dyke? Using skill and determination, groups will scale our on-site cliff. Students will also support their team by holding the ropes while they ascend.	<b>Wilderness Bushcraft</b> Could you survive in the wilderness? Using ancient techniques, we will learn how to fend for ourselves in the wilderness during a number of bushcraft tasks, including fire-lighting and shelter building.	<b>What Wanders at Night</b> Investigation into the nocturnal inhabitants of the woodlands surrounding the Centre
Day 3:	<b>Raft Building</b> Using our newly developed team working skills we will design, construct, and sail our very own raft! Can you master the challenges and complete the games without falling in?	<b>Curious Creatures</b> What kinds of creatures can we find around the centre? How do these creepy crawlies survive in their tiny worlds? We will investigate food chains, adaptations and food webs of creatures living at the centre	<b>Campfire</b> A gathering to share our experiences of the trip, with an opportunity to learn about the night sky. Play a game, sing a song, and enjoy toasting marshmallows
Day 4:	<b>Rocky Shore Exploration</b> We will head down to the nearby rocky shore to explore the intertidal zone and learn about the amazing sea creatures that survive there. With our new appreciation of the rocky shore environment we will then complete a beach clean.	<b>Depart ~ 12 pm</b> <b>(packed lunch provided)</b>	





# Safety

- **Adventure Activities Licensing Authority**
- **Learning Outside the Classroom Quality Badge**
- **Risk Assessments – Generic, Activity Specific, Site Specific**
- **Staff qualifications – Teachers, Degree in relevant subject, NGB Qualifications, In-house training**
- **PVG**
- **First aiders**
- **Duty cover 24 hours a day**



# Kit list

Indoor shoes/trainers

Towel (*towels are provided for Staff*)

Wash kit (*Please do not bring aerosols as these can set off our fire alarm*)

Waterproof clothing \*

Wellingtons \*

Walking boots and rucksack

Warm jumper / hoodie

Warm trousers (*jeans become cold when wet*)

Gloves, hats and scarves

Thick socks (bring several pairs in case they get wet)

Sun hat and sun-glasses?

Sandwich box

Drinks bottle \*

Torch

Personal medicines (inhalers, hayfever tablets etc)

Sun cream?







# Any Questions?

