



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 3rd 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**

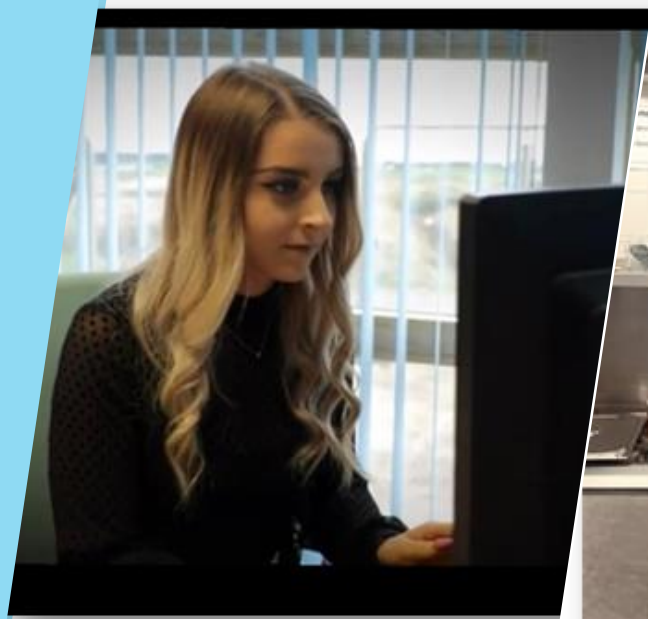


Go Outdoors!



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.

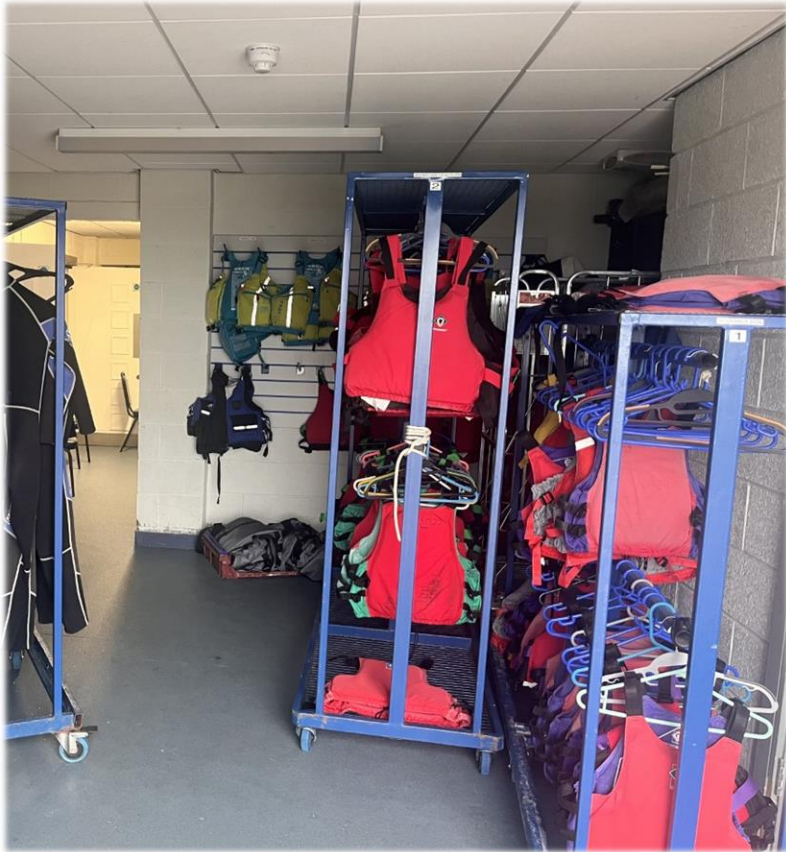


Puddings - Syrup Sponge, Sticky Toffee Pudding, Jam Sponge, Chocolate Cake, Pancakes, Ice Cream & Jelly.



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

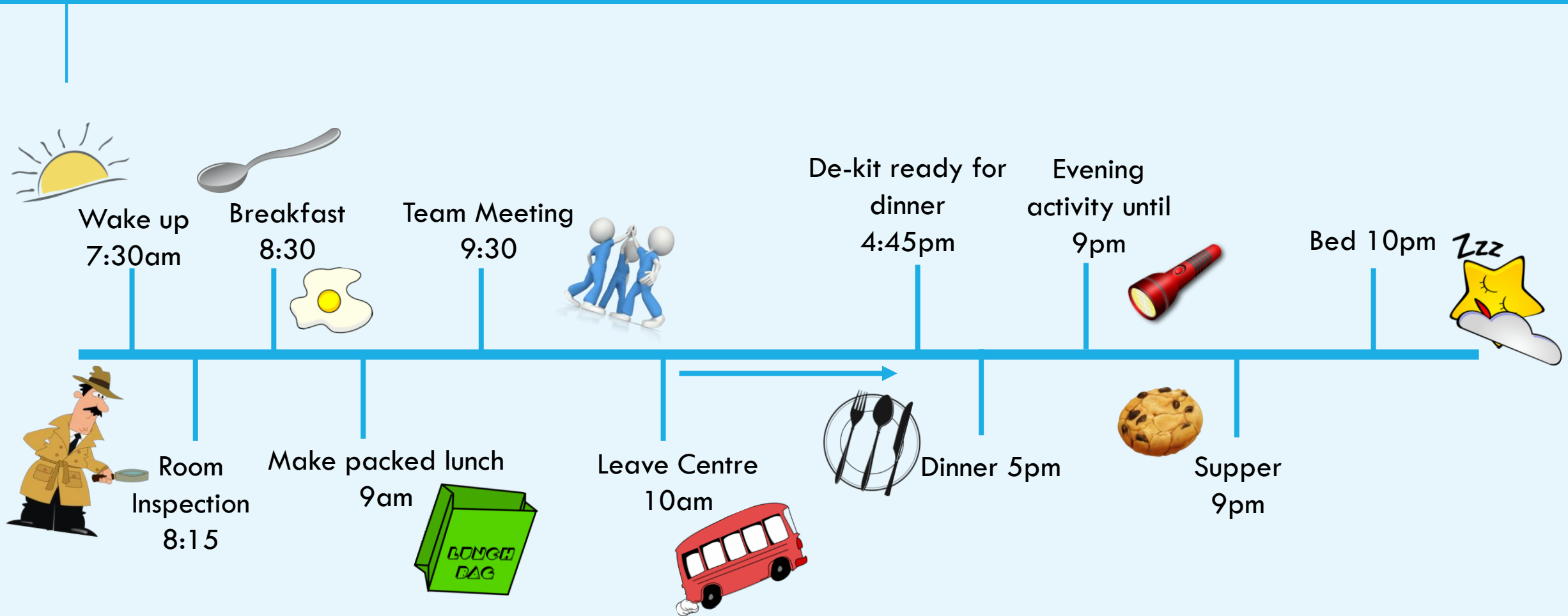


We will provide you with:

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



A DAY IN THE LIFE AT AOEC

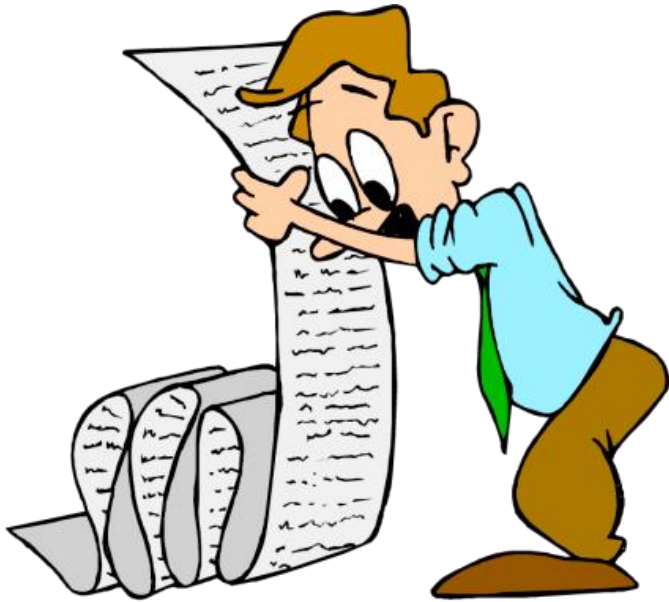


Final Day at AOEC



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



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<https://arranoutdoor.com/>



@ArranOutdoors