



Adventure Club Calendar 2019

Saturday 16th March	Rock Rats
Sunday 17th March	Super Splash
Saturday 23rd to Sunday 24th March	D of E Bronze training Monchique
Saturday 30th to Sunday 31st March	Bear Cub Camp
Saturday 6th April	Rock Rats
Sunday 7th April	Super Splash
Wednesday 10th to Sunday 14th April	D of E Gold training Wales
Friday 3rd to Friday 10th April	Journey of Discovery
Saturday 25th to Sunday 26th May	D of E Bronze Assessment Monchique
Saturday 1st to Sunday 2nd June	Survival camp
Saturday 15th to Sunday 16th June	Bear Cub Camp
Saturday 22nd June	Rock Rats
Sunday 23rd June	Super Splash
Thursday 27th June to Tuesday 2nd July	D of E Gold Assessment Lake District
Thursday 4th to Friday 5th July	Bear Cub Camp
Monday 8th July	Rock Rats
Tuesday 9th July	Super Splash
Thursday 11th July	Rock Rats
Friday 12th July	Super Splash
Monday 15th July	Super splash
Wednesday 17th to Thursday 18th July	Survival Camp
Monday 22nd July	Super Splash
Wednesday 24th July	Super Splash
Easter Holidays	PADI course
TBC	Bubble Maker



www.nobelalgarve.com

Nobel Algarve British International School

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Nobel Algarve
BRITISH
INTERNATIONAL
SCHOOL



Nobel Algarve Adventure Club

For students Year 4 to 13





Nobel Algarve Adventure Club

Where would we be without a little adventure?

As Eleanor Roosevelt once stated, “The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.” In other words, we grow and become our best selves when we take advantage of new adventures

The NISA Adventure Club has been set up to provide the pupils of the school with adventurous activities designed to develop their personal and social skills. Adventure and the outdoors have been used successfully in providing unforgettable experiences and as a tool for the development of skills such as communication and teamwork.

“If happiness is the goal – and it should be, then adventures should be top priority.”

Richard Branson

Mr Harris has had 25 years experience taking groups on adventurous activities. He was based in Scotland for 10 years and worked as a team leader for a development training company using climbing, trekking, canoeing, sailing and camping as a vehicle for dramatic change and growth. He is a qualified climbing instructor and mountain leader. He is also a level 3 coach for Kayak and Canoeing.



**British
Mountaineering
Council**
thebmc.co.uk

The group sizes will be small ranging between six and 15 students, depending on the activity.

The following activities will be offered.



Bear Cub Camp

A weekend camping and doing activities such as archery and fire making.

This camp is suitable for the following year groups: 4, 5, 6, 7, 8 and 9

Maximum group size is 15



Survival Camp

A weekend learning survival skills such as making camp, fire making and cooking.

This camp is suitable for the following year groups: 10, 11, 12, 13

Maximum group size is 15



Duke of Edinburgh Award - Gold

An eighteen month program ending in a four day assessed expedition. The program also encourages the development of a sport, skill and volunteering. The training and assessment will be in the mountains of Wales and England.

This course is suitable for the following year group: 13

Maximum group size is 15



Rock Rats

A day at the crag climbing and abseiling.

This day is suitable for the following year groups: 7, 8, 9, 10, 11, 12, 13

Maximum group size is 8



Journey Of Discovery

A 7 day 100km hike and camping trip in the Algarve learning navigation, camp craft and how to dig deep.

This camp is suitable for the following year group: 10

Maximum group size is 40



Bubble Makers

An introduction to scuba diving in the school pool. A day to learn how to use the kit and techniques needed to scuba.

This day is suitable for the following year groups: 7, 8, 9

Maximum group size is 8



Super Splash

A day out on a RIB, snorkelling, coasteering, fishing and exploring caves.

This day is suitable for the following year groups: 9, 10, 11, 12, 13

Maximum group size is 6



Duke of Edinburgh Award - Bronze

A six month program ending in a two day assessed expedition. The program also encourages the development of a sport, skill and volunteering. The training and assessment will be in the Monchique hills.

This course is suitable for the following year groups: 9

Maximum group size is 30



PADI Open Water

A 6 day course teaching and assessing every skill needed to scuba dive in the sea ending up with a PADI open water qualification.

This course is suitable for the following year groups: 10, 11, 12, 13

Maximum group size is 8



Bear Cub Camp

A two-day, one-night camp in an enclosed site among orange trees.

Itinerary

Saturday

- 10am** Meet and safety briefing
- 11am** Team building games
- 1pm** Lunch
- 2pm** Archery
- 3pm** Setting up camp
- 4pm** Fire making
- 5pm** Wide games
- 6pm** Cooking dinner
- 8pm** Camp-fire and Marshmallows
- 9pm** Star gazing

Sunday

- 9am** Breakfast
- 10am** Team games
- 11am** Take down camp
- 12pm** Spoon making
- 1pm** Lunch
- 2pm** Problem solving activities
- 3pm** Den Making
- 4pm** Pick up

This camp is suitable for the following year groups 6, 7, 8 and 9

Maximum group size is 15



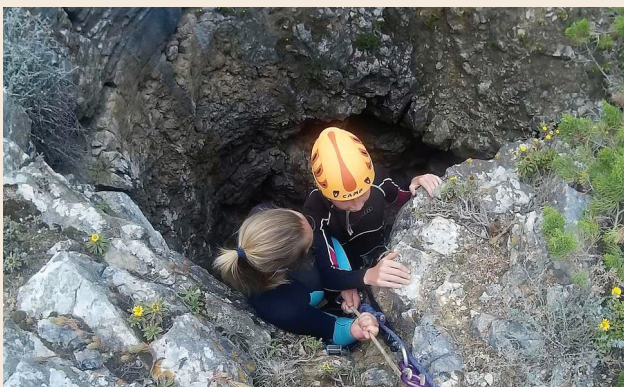
It's important to put our kids in danger!

Now before everyone gets too excited and starts to shout me down I want to explain that there are two types of danger:

1 Real Danger

I am not advocating that we put our children into real danger, in fact we have a duty to protect them fiercely from any real danger. What I am advocating and strongly recommending is the use of perceived danger to form incredibly strong and long-lasting bonds.

The interesting thing about the two types of danger is that on a neurological level the brain cannot distinguish between the two.



2 Perceived danger.

In the picture to the left you can see Mandi, taking her son Liam down a cave abseil. As far as Liam is concerned he is trusting his mum to take him backwards into an unknown black hole where he can hear the sounds of the sea a hundred feet below. The only thing stopping him plummeting down is his mum in control of the abseil device and that he has willingly put his life into her hands.

It sounds pretty dramatic and inside Liam's brain it is; in fact for Liam it is similar to being on a battle field -he is close to fight or flight and is working hard to stay calm and trust his mother in such a high-risk situation.

The reality is that the hole is not unknown, I have been down it several times, the sea is calm it just sounds loud as it echoes up and the abseil rope has a safety rope back-up attached to a second anchor point that I am holding so that even if Mandi lets go completely they will not fall. The whole set-up is "bomb-proof"

and in fact the danger is all perceived and real danger is missing completely.

The real magic happens when they drop off the end into the water together and the fear is turned into joy and happiness along with a deep sense of trust and shared experience. The bond created is similar to the one created when a soldier rescues a brother-in-arms from the battlefield - it is instant and long lasting.

Adventure activities can be dramatic, like this one, or much calmer. One of my favourite days out with my two boys, Marley and Riven, aged 4 and 5 at the time, was on a bear hunt in the local woods near where we lived. I was living in Somerset at the time, so bears were pretty rare, but they didn't know that. We had a fantastic experience for about four hours tracking and then escaping from bears. We laughed and screamed: we were brave, and we ran away but we stuck together and looked after each other. The crazy thing is that even though they now know it was all made up they still talk about that day and the excitement because for their brains it was real and therefore the memories and the emotions attached to them are also real.

The Nobel Algarve Adventure Club has been set up to give the pupils in our school adventurous experiences in a safe and controlled environment. I have put together a range of activities that will be appropriate for pupils from year 6 to year 13, both on land and water and am excited to begin this journey.

Rock Rats

A day out at a local crag learning the skills to climb, belay and abseil.

- 10am** Pick up at school
- 11am** Climbing at a local crag and training on rope work and how to belay
- 1pm** Lunch
- 2pm** Abseiling
- 4pm** Drop off at school

This day is suitable for the following year groups 7, 8, 9, 10, 11, 12, 13.

Maximum group size is 8

“Adventure is a path. Real adventure, self-determined, self-motivated, often risky, forces you to have firsthand encounters with the world.”

Mark Jenkins



Super Splash

An action packed day on the water.

- 10am** Pick up from school
- 11am** Fun with rib, towed on doughnut, fishing for lunch
- 12pm** Snorkelling
- 1pm** Lunch
- 2pm** Coasteering, cave exploration.
- 4pm** Drop off at school

This day is suitable for the following year groups 9, 10, 11, 12, 13.

Maximum group size is 6

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.”

Jawaharlal Nehru

Survival Camp

A two-day, one-night camp among orange trees packed with activities to turn you into Bear Grylls.

Itinerary

Saturday

- 10am** Meet and safety briefing
- 11am** Team building games
- 1pm** Lunch
- 2pm** Archery and air rifle training
- 3pm** Setting up camp
- 4pm** Fire making
- 5pm** Shelter making
- 6pm** Cooking dinner
- 8pm** Camp-fire and Marshmallows
- 9pm** Star navigation

Sunday

- 9am** Breakfast
- 10am** Decision-making task
- 11am** Take down camp
- 12pm** Spoon making (whit-ling)
- 1pm** Lunch
- 2pm** Problem solving activities.
- 3pm** First aid training
- 4pm** Pick up



This camp is suitable for the following year groups - 10, 11, 12 and 13

Maximum group size is 15





Journey Of Discovery

The Journey of Discovery is a seven day 100km hike designed to take Year 10 pupils on a journey from being children to young adults. It is a Nobel Algarve ‘rite of passage’ that will challenge and entertain, introduced in 2016.

It follows a route from the school site down to our school boarding house where the group learns basic camp craft and then sets off in earnest the next day up to Silves. It then goes to the top of the Monchique hills and then back down to our primary school in Espiche before a triumphant return to the Lagoa site.

Along the way the students will be challenged both physically and mentally and be given the opportunity to look back and reflect on their lives so far and to then look forward to what kind of a future they want.

They will gain skills and make or deepen friendships along the way.

Parents in the past have been amazed by the change in their children and the increased levels of maturity and drive.

It is a truly unique and transformative journey.

This camp is suitable for the following year groups 10

Maximum group size is 40

“Only those who risk going too far can possibly find out how far they can go.”

T.S Eliot



Duke of Edinburgh Award Bronze

A six-month program ending in a two-day assessed expedition.

What is the Duke of Edinburgh International Award?

The Duke of Edinburgh International Award is available to all 14-24 year olds and is the world’s leading youth achievement award. It equips young people for life regardless of their background, culture, physical ability, skills and interests. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognises their achievements.

Since its launch over 60 years ago, the Award has inspired millions of young people to transform their lives. Through non-formal education, the Award can play a critical role in a young person’s personal development and is achievable by any 14-24 year old who wants to take up the challenge.

There are four sections.

1 The Service section of the Award encourages young people to volunteer their time to and understand the benefits of this service to their community. For Bronze the participants need to do a minimum of one hour a week over six months.

2 The Skills section of the Award encourages the development of personal interests and practical and social skills. For Bronze the participants need to do a minimum of one hour a week over six months.

3 The Physical Recreation section of the Award encourages young people to participate in sport and other physical recreation for the improvement of health and fitness. For Bronze the participants need to do a minimum of one hour a week over six months.

4 The Adventurous Journey section encourages a sense of adventure whilst undertaking a team journey or expedition. As part of a small team, participants will plan, train for and undertake a journey with a defined purpose in an unfamiliar environment. At Bronze the journey is over two days and one night.

This award is suitable for the following year groups 9

Maximum group size is 30



Duke of Edinburgh Award Gold

An 18-month program ending in a four-day assessed expedition.

The Gold follows the same format as the bronze but the sections are longer. The sections need to be followed for 18 months and the expedition is in wilderness terrain over four days and three nights.

The expedition training takes place in Portugal and Snowdonia, Wales and the assessment is in the Lake District, England.

There is also a residential section -The Gold Residential Project, completed only at Gold level, aims to broaden participants' horizons through involvement with others in a residential setting.

This award is suitable for the following year groups 12

Maximum group size is 15



Bubble Makers

An introduction to scuba diving in the school pool. A day to learn how to use the kit and techniques needed to scuba.

This day is suitable for the following year groups 7, 8, 9.

Maximum group size is 30



PADI Open Water

A six-day course teaching and assessing every skill needed to scuba dive in the sea, ending up with a PADI open water qualification.

If you've always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. Get your scuba diving certification with the PADI® Open Water Diver course – the world's most popular and widely recognised scuba course. Millions of people have learned to scuba dive and gone on to discover the wonders of the aquatic world through this course. To enrol in a PADI Open Water Diver course (or Junior Open Water Diver course), you must be 10 years old or older. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required.

The PADI Open Water Diver course consists of three main phases:

- Knowledge Development to understand basic principles of scuba diving
- Confined Water Dives to learn basic scuba skills
- Open Water Dives to use your skills and explore!

This course is suitable for the following year groups 10, 11, 12, 13

Maximum group size is 5