



A Guide to our Summer Adventure Weeks

We have put this handy guide together for anyone who has or who is thinking about booking one of our awesome youth adventure weeks, to provide some additional information to help you prepare for your visit. If you need any additional information or have any questions please do not hesitate to contact us on 0300 300 3113 and we'll be happy to help.

ARRIVAL

On arrival please head to Reception, where you must register for your course.

RESIDENTIAL BOOKINGS

For those of you who have booked to stay at the Centre for the week, you will need to arrive on Sunday afternoon between 4pm-5.45pm. Our friendly house parents will be on hand to welcome you, register you and allocate you your room for the week.

Your evening meal will be served in the dining room at 6pm, so it's a good idea to arrive prior to this, to give yourself a little time to settle in beforehand.

NON-RESIDENTS

Your course will start with a Centre briefing at 9.15am on Monday morning, but please arrive by 9.00am on the first day to give yourself time to register at Reception.

COURSE

On Monday morning everybody attending an activity course will be given a short Centre briefing at 9.15am. Please ensure you are in Reception prior to this and listen out for instructions as to where you will need to go for your briefing. There are usually plenty of staff around at this time, so if you are unsure where to go please ask.

At the end of your briefing you will be introduced to your instructor, who will then find a quiet space to chat to you all about the upcoming week, before you all head off to stores to get kitted out for the day ahead.

Your activity course will general run from 9.15am to 5.00pm stopping for lunch about 12.30pm.

For those of you who are staying at the Centre don't forget to pick up your packed lunch from the dining room at breakfast. (Your house parents will remind you!)

If you are not staying as a resident don't forget to bring a packed lunch with you, or you may purchase one from the dining room each day. Your day will finish at 5pm, so please ensure arrangements are made for you to be picked up at this time.

Your activity week will finally finish about 4.30pm on Friday so please ensure somebody is around to pick you up by 5pm at the latest on Friday afternoon.



WHAT TO BRING

We will provide you with all necessary kit and clothing, but please bring with you;

- Old Trainers/Wetsuit boots (these will get wet!)
- Trainers/Shoes (to be kept dry)
- Warm clothing, thermals & fleeces, hat
- Sunhat
- Towels
- Swimwear
- **SUNBLOCK - the sun and wind can easily burn you when you are on the water**
- 50p pence for lockers (this is returnable)
- Personal Medication
- Pocket money for snacks and drinks

If you are staying as a resident please also bring

- Clothes for the evenings
- Toiletries

STAYING AT THE CENTRE

If you are staying as a resident you will be based in one of our three onsite dormitory houses. You will be grouped with other children of the same gender and similar age and each house has a dedicated house parent to look after you.

Our house parents are responsible for you when you are not with your instructor. Whilst you are here if you have any problems at all, please speak to your house parent who will try and resolve any problems.

During the week our house parents will:-

- Make sure everybody gets up in plenty of time for a good breakfast and that they are all well organised for the busy day ahead.
- Arrange a fantastic programme of evening activities, including games, film nights and much more
- Make sure lights are out at a reasonable time and good order is kept, so everyone can get a good night's sleep and get ready for another an action-packed day!



VALUABLES & POCKET MONEY

We recommend you don't bring too many valuables with you. Jewelry shouldn't be worn during activities so it is probably safer to leave it at home. We do have a safe in Reception, where small valuables can be kept. In this case please hand them to your house parent who will put them away for safe keeping.

House parents will also look after your pocket money, keeping it locked in the safe until you need it. We have a small range of Plas Menai merchandise available (mugs, bags, notepads, badges, magnets) that range in price from £1 - £10 and which are great as small memento's to remind you of your trip. There are also vending machines around the Centre if you want some additional drinks and snacks, so we suggest an approx. budget of between £5-10 per day.

A TYPICAL DAY

7.30am	Get up
8.00am	Breakfast – Don't forget to pick up your packed lunch
9.15am	Meet Instructor and prepare for the day's activities
9.30am – 4.30pm	ACTIVITIES (you'll stop for lunch about 12.30pm)
5.00-6.00pm	Free time (under the supervision of the house parents)
6.00-6.30pm	Supper
7.00-9.00pm	Evening activities
9.00-10.00pm	Free time (under the supervision of the house parents)
10.15pm	LIGHTS OUT!

PICK UP AND DROP OFF

We offer a free pick up and drop off service from Bangor train station, as long as the train arrives and departs between 12pm-6pm. If you are travelling by train and would like to be picked up and dropped off, please complete the Youth Adventure Week Travel Request form and email it to the Centre asap.

Please be aware that until we acknowledge receipt of this form this service has not been booked or confirmed.