

## Make your bed

### At Arete:

On a residential you are learning to become more independent and complete some daily tasks which you may not have done at home before. Before your visit to Arete, it may be helpful to practise some of the tasks you need to do around the centre. The Arete staff, your teachers and friends will help too!

### Pre Course Ideas:

- Before you come to Arete, a really helpful skill that you can practice is how to make your own bed, putting on bottom sheet, duvet cover and pillow case.
- What further steps could you take to help out at home? Could you vacuum your room? Could you put your laundry and used bed sheets in the washing machine and learn how to wash them correctly? These are all great life skills which you will always use.
- We have some fun ideas to use a bedsheet for a shelter, check out our [shelter video 1](https://youtu.be/ELn2HETkxJM).  
<https://youtu.be/ELn2HETkxJM>

## Social Awareness

Identify the impact of your actions

### Can you:

Make your own bed and keep your bedroom tidy

### Additional information:

Bedsheets

[Online shelter building videos](#)



## Knife, fork, spoon, spatula...

### At Arete:

Arete is similar to school, we sit together as friends to share a meal and discuss the day, our expectations or our adventures! For meal times to be successful we all play a part to make them run smoothly.

### Pre Course Ideas:

- When you are at home (or school) can you organise a family meal. What part can you play?
- Can you help an adult to plan and prepare the meal? Maybe you can take on the role of serving the food like at Arete or clearing the table
- Can you lay the table for a meal? Meet Holly one of our instructors - she'll show you a demonstration of how to lay the table and her famous 'Knife, Fork, Spoon, Spatula song!'
- Have a look at how you will lay the table at Arete on the [video](https://youtu.be/5Mp2AGEduUk).

## Social Awareness

Identify the impact of your actions  
Develop and value friendships

### Can you:

Lay the table and think of other ways to help at mealtimes

### Additional information:

Knife, Fork, Spoon,  
Spatula...

[Laying the table video](#)



# What's essential?

## Personal Qualities and Skills

Develop independence and use initiative

### Can you:

Pack your bag for Arete or another adventure

### Additional information:

Have a look at our help videos about what to choose

[Arete Kit list](#)

### At Arete:

At Arete you will be given lots of instructions of things you will need to pack for your day of adventure. From the correct clothes, to lunch and snacks for the day. You will have to choose the best clothes you have for the day.

**Check the weather:** Before you pack your bag it is a good idea to check the weather forecast. Check out the Metoffice for your local weather guide. Once you have seen the forecast think ahead for what items you might need to pack. The weather might determine where you go, if it is very windy you might want to choose somewhere that might give you shelter? For any tips check out our video on how to pack a bag.



### Pre Course Ideas:

- Make a list of the essential things you need for a day out or an activity such as swimming at school.
- Take charge and pack a bag for a day out making sure you have the essential items to complete an activity eg food/water,
- Pack your own bag for Arete - follow the [kit list](#) provided and add your own essentials but remember you need to be able to carry it!

<https://www.aretecentre.co.uk/schools-youth/parents-guide/#kit>



# The big question ?

## At Arete:

Communication skills are a valuable part of a residential trip. You will be given lots of new information at Arete, in new exciting situations. Being able to listen carefully to what you have been asked to do and ask questions if you don't understand is vital.

## *Personal Qualities and Skills*

Effective Communication

### Can you:

Be prepared and find out about your residential.

**Additional information:**  
Don't forget you can bring your questions with you or ask your teacher to email us.

## Pre Course Ideas:

- Can you interview someone that has been on any residential or to Arete before?
- What information can you gather that will help you and your peers before your visit?
- Do you have any questions for the Arete staff?
- Collate a list of them to ask on arrival, as a class you could email the office or look at the videos and the website to see if you can find the answers for yourself.



# Dream big... I can do it!

## *Personal Qualities and Skills*

Stretch comfort zone and overcome fears

### At Arete:

During your time at Arete you will have the opportunity to try lots of new activities and challenge yourselves. What would you like to achieve during your stay? Would you like to get better at a certain thing? Maybe you'd like to make new friends, overcome fears or learn new skills.

### Can you:

Set yourself some challenging goals for your visit to Arete

### Additional information:

You could bring your goals with you.

Look at [Sophie's video](#) for some top tips

### Pre Course Ideas:

- Write a letter or a postcard to your future self before you start your residential at Arete Outdoor Centre. Setting your own goals aims and objectives is a really powerful way to achieve them and make sure that they happen. See the [Write a Postcard](#) video.  
<https://youtu.be/WgD1onz8YtU>
- Think about what is important for you.
- You can reflect and read your ideas once you have completed your residential to see if you have achieved what you wanted. Maybe you exceeded them or your goals changed.



# Food Glorious Food...

Food is our source of energy. If we choose the correct foods and eat a healthy balanced diet then we will be rewarded by having consistent energy and more enjoyment of life.

*"It is health that is real wealth and not pieces of gold and silver"*

*Mahatma Gandhi*

## At Arete:

Food is an important part of life and at Arete in particular the foods we eat are important to give us energy to succeed in all the activities we do.

## Pre Course Ideas:

- Can you make a sandwich and put together your own lunch for school or a day out? At Arete you'll need to make your own sandwiches each morning. What interesting sandwich ideas can you come up with - we'd love to see them.
- Can you design a balanced meal that would be healthy and give you lots of energy when completing exercise?

You could use the Eatwell Guide to help with food selection



## Identify and adopt a healthy lifestyle

Make healthy food choices that will give you good levels of energy for the day.

### Can you:

Design and make a healthy meal or lunch, think about a balanced diet.

### Additional information:

Additional cooking ideas for the outdoors

# There's No Such Thing As Bad Weather

## At Arete:

The weather plays an important part of everyday life at Arete. The activities we chose for the day and the clothes we wear are impacted by the weather. Due to the diverse landscape it can be sunny on the coast while wintery on the mountain tops.

During the residential, groups of pupils are asked daily to present the weather to help us make informed choices.

## Weather Forecasts:

Before heading into the outdoors there are 3 key points to understand:

- **Rainfall.** When is it raining and how heavy? More than 3mm per hour would be heavy.
- **Wind.** Strength and direction? 30 mph would feel breezy, above 40 mph would start to move you around.
- **Temperature.** T-shirts above 17 celsius or extra warm tops below 10 celsius?

## Pre Course Ideas:

The keys points to understand are Rain, Wind Strength & Direction

- Watch the weather forecast for your area on TV, the [BBC youtube channel](#) or use the [Met Office website](#) Present the forecast you have found to friends or parents for the upcoming day.
- Record the weather and describe how it affects you. Did it change the activities that you did? Compare it to the forecast, was it accurate?
- Alfred Wainwright is a famous walker and writer. What do you think he means by his famous quote 'there is no such thing as bad weather just unsuitable clothing'?

## Environmental Awareness

*Experience a range of different environments in different conditions.*

### Can you:

Identify the impact of the weather on a days activity.

### Additional information:

Some links to useful websites!

[The Met Office](#)

[BBC channel](#)

[DK - Weather](#)



## Reduce, Reuse, Recycle

### At Arete:

An increase of carbon dioxide in the atmosphere means the climate will change with 30% of species at risk of extinction, extreme weather and rising sea. Reducing what we buy, reusing anything we have and recycling any, hopefully minimal, waste we create is a simple way of reducing our own carbon footprint.

We have always worked hard at Arete to follow this ethic, but we can always do more! We recycle our everyday waste of cardboard and paper, hard plastic, glass and tins. Soft scrunchable plastics, like crisp packets, we also collect as they can be recycled through our local coop shop.

### Pre Course Ideas:

- Think about what 'Reduce, Reuse, Recycle' means to you. Can you produce less waste? Can you give an item a new lease of life through fixing or cleaning? Do you recycle at home or school?
- Help with the weekly recycling at home or school and identify what can be recycled. Look in your bin, is everything in the right place! Can you reduce the general, non recyclable, waste down to zero?
- Make a poster to tell others about recycling. You could share them with us or ask your teacher to.
- Have a go at upcycling, creating useful items out of someone else's rubbish. See our activity sheet [Everything is Useful](https://www.aretecentre.co.uk/wp-content/uploads/2020/06/everything-is-useful-compressed.pdf)  
<https://www.aretecentre.co.uk/wp-content/uploads/2020/06/everything-is-useful-compressed.pdf>
- As an addition could you change an item you buy from the supermarket to have better packaging eg plastic that can be recycled, vegetables that aren't pre-wrapped. Share with your classmates to show them what they can do.

### *Environmental Awareness*

*Take responsibility for their actions.*

#### Can you:

Reduce and reuse to minimise waste and then recycle things that you don't need any more?





## At Arete:

At Arete we are starting to think more about the environment and how we have an impact on it. We have made changes to our daily lives at the centre to try and reduce our carbon footprint. These include: ground source heating, sensors on lights, solar panels, HVO fuel for buses. Have a look at our website:

<https://www.aretecentre.co.uk/environmental-policy/>

## Pre Course Ideas:

- Think about the impact you have on the environment around us.
- Walk around your school and home and look at ways you can reduce your carbon footprint. Can you make a list of all the different things you could do? Have a look at this video which gives you some more information. [Earth Day - 10 Ways to reduce carbon footprint](#)  
<https://www.youtube.com/watch?v=Ohj6lll9sCw>
- Record a plastic diary for the week - activity 6 on [WWF plastic activities](#) or create your own way of recording.  
<https://www.youtube.com/watch?v=Ohj6lll9sCw>
- What can you do to help? What could you change? Can you give any ideas to Arete to improve what we do?

## Environmental Awareness

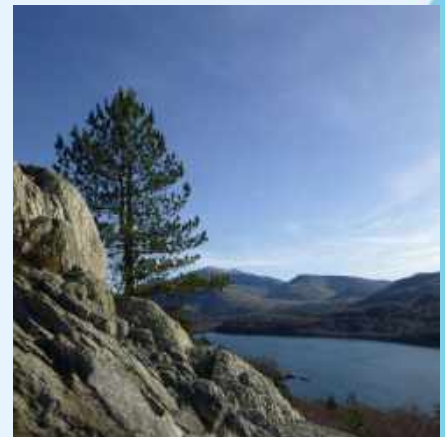
*Identify ways we can all respect the environment*

### Can you:

Make a change for the survival of our climate

### Additional information:

[WWF additional resources](#)



## What a Wonderful World

### At Arete:

We are lucky to have Arete Outdoor Centre surrounded by mountains and a stone's throw from the coast. We love to take you to magical places and hope you will leave with awe and wonder for our natural world. When we visit any venue our aim is to leave no trace that we have been there.

We think carefully about the impact we have on the environment around us. This is from taking litter and compostable food home with us, not damaging delicate flora and fauna through trampling or picking to not disturbing any birds or insects that live in that particular ecosystem.

### Pre Course Ideas:

- Have a look at where you live, what green areas and space do you have nearby? What do you do you love about any open spaces near your home? Wildlife loves unkept areas free of lawn mowers and hedge trimmers, allowed to grow wild. Maybe you could let those 'weeds' grow freely in your garden to support the vital insects.
- Could you pick up litter in your school grounds/on the way home from school? Have a look at this poster and share some worrying facts with your peers - [Plastics Explainer](#). See the [Richie's Rubbish Adventure](#) video. [https://www.wwf.org.uk/sites/default/files/2020-02/WWF\\_Plastics\\_Explainer.pdf](https://www.wwf.org.uk/sites/default/files/2020-02/WWF_Plastics_Explainer.pdf)  
<https://youtu.be/675NyJRjxI4>
- Write to one of the big supermarkets to encourage them to work harder on reducing their plastic packaging, as this will have an impact on our mountains and seas.

## Environmental Awareness

Show appreciation for their surroundings

### Can you:

Show an appreciation for where you live

**Additional information:**  
[WWF additional resources](#)  
[Plastic is not fantastic!](#)



# Knots For All (1)

## At Arete:

At Arete we tie lot's of knots. They are an essential part of the activities we do to keep us safe. Learn how to tie some before you come.

## Pre Course Ideas:

**Knots are useful in all aspects of life, here are a few for you to try.**

- **Reef Knot:**

Used for joining two ends of rope. Remember: Left over right, under. Right over left, under...



- **Clove Hitch:**

This is a great way to attach a rope to a pole, post or karabiner. Note one loop is in front and one is behind.



## *Physical skills*

*Develop and acquire technical knowledge and skills  
 Develop physical skills that they can adapt and apply*

### Can you:

Practise tying some of these knots

### Additional information:

Do you know any others you could teach us?

### Notes:

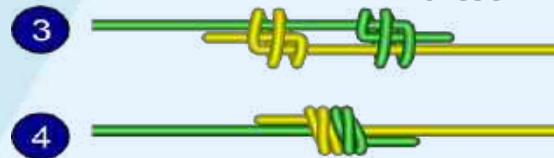
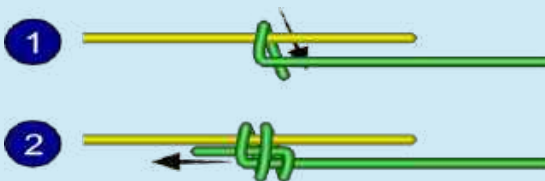
***Knots can be stressful if they don't turn out right, be patient!***

# Knots For All (2)

## Pre Course Ideas (continued):

- **Double Barrel Knot:**

Another method for attaching two ends of rope together, much stronger than a reef knot.



Can you:

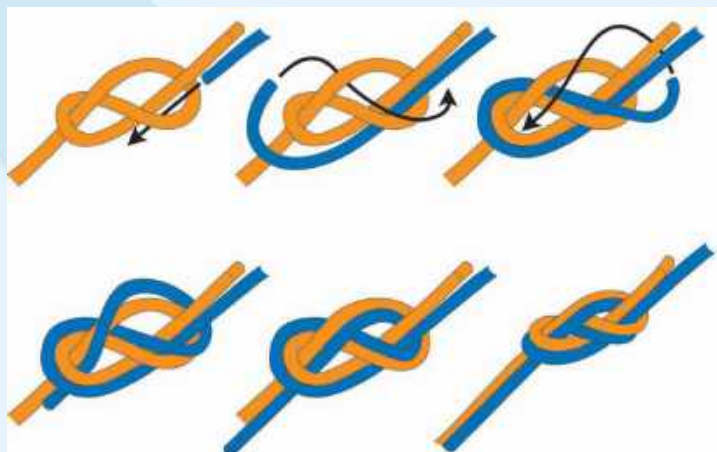
Practise tying some of these knots

**Additional information:**  
Do you know any others you could teach us?

Sophie's Figure of 8 video  
Tying a walking boot video

- **Figure of eight:**

An important knot for climbing. Watch [Sophie's video](https://youtu.be/wu0sJgiWD44) and see if you can tie one of these rethreaded figure of eights. You may get to tie one when climbing at Arete and you could teach a friend. <https://youtu.be/wu0sJgiWD44>



# Make a Map (1)

## At Arete:

Maps and plans guide us everyday at Arete, from locating bedrooms for new visitors to navigating to the top of mountains.

## Pre Course Ideas:

To make yourself familiar with using plans and maps have a go at some of our activities.

**Detailed maps require time and skill to produce. In this challenge you will have a go at creating a small map of somewhere like your house, garden or a local park.**

## Creating a simple map:

1. First draw out the outline of the area you are mapping on to a sheet of paper. For a room in your house, an outline of the room shape; for a garden the shape of the grass, path etc
2. Separately draw any objects that are in that space, colour them in and cut them out. For a room cut out the chairs, table, TV or for a garden flower beds, shed, BBQ, toys etc
3. The colours you use can help represent items. For instance all chairs in brown, all tables in grey and add a key showing this.
4. You can draw big features like houses and ponds straight onto your map. Very small features could be represented by a symbol and added to your key.
5. Move around your cut out objects on the map outline you created in stage 1 and stick once they are in the correct position.

## Physical Skill

*Develop and acquire technical knowledge and skills.*

**Can you:**

**Can you create your own map?**



# Make a Map (2)

**Treasure hunt:** Use your map from Make a Map (1). Hide a toy in the area you have mapped and mark X on the map you have made where it is (ideally with a mark that can be removed). Get a member of your household to use the map to find it. Swap over.

## Key Concepts.

- **Key:** A key shows what different symbols mean. Symbols are small pictures that stand for different features on a map. A symbol is often drawn to look like what it represents. For example a forest could have little shapes that look like trees.
- **Orientation:** Twist the map so that the objects in front of you are at the top of the map and objects behind you are on the bottom makes it much easier to orientate yourself. Work out the direction north is in the real world that you have mapped and add this same direction to your map to help with orientation.
- **Scale:** The scale shows how many times you would have to enlarge your map to get it to actual size of the. For example if your map has a scale of 1:50, this means that every 1 cm on the map represents 50cm in the real world.

## Physical Skill

*Develop and acquire technical knowledge and skills.*

### Can you:

Can you create your own map?

### Additional information:

Use any space you have around you, house, garden or park

### Equipment:

Pencils, Paper, Scissors, Glue, Ruler

