

# SCHOOL GUIDE | RESIDENTIALS

2024 Season

Version 2.0





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# SCHOOL TRIPS WITH INSIDE OUT

## Some adventures are made different

Welcome to Adventure's here at Inside Out! This is a short guide on what to expect from bookings here at Inside Out - and should act as a guide for any teachers/schools looking to book.

We know and understand that residential for schools, children and teachers are huge opportunities. Done right, and they fuel confidence, build teamwork, forge friendships that last and give opportunities to apply learning that are worth their weight in gold. Done wrong, and a child's first residential; could be the last they are brave enough to try.

We get it! That's why we'll work with you, your pupils and their parents to build an adventure that is right for them.

Got a question or would like to book? Reach out to Sam or Nathan:

Call or Whatsapp | 01366 358131

Email us | [schools@insideouted.co.uk](mailto:schools@insideouted.co.uk)

Check out our website | [www.insideouted.co.uk](http://www.insideouted.co.uk)

Find us on socials | [@insideouted](https://www.instagram.com/insideouted)



# RESIDENTIAL ADVENTURES | INSIDE OUT

## Why choose us?

We like to think we do things differently here. For many of our staff, this is not just a job - it's a passion! Many don't choose to learn bushcraft just for the job; they do it because of a genuine love for what it promotes. They do it in their own time, with their children, with their families and with friends.

So, it'll come as no surprise that our staff are massively enthusiastic when it comes to sharing what Bushcraft is with pupils. We want the adventure to be great for everyone - including, you, their teachers. So please, get involved; but please, also take time to sit back, and observe children as we take the reins on all elements of the program (including managing teams, overnight care, meal times and everything in between).

On the note of that program, every bit that is on it, you can design. With your pupils - or on their behalf, that's up to you! We have over 20 different Bushcraft and Adventure Workshops to choose from, and a range of lunch and dinner time menus to choose from too.

So when we say it's your program, we mean it!



# ADVENTURES | MADE EASY

## Adventure for everyone

We know, that making residentials financially accessible for your pupils can be challenging. So we've worked hard to make it so that our programs are not only cost effective, but involve as little additional cost for parents and families as possible.

We therefore provide all camping equipment. Sleeping bags, insulative roll mats and weather proof liners (where needed) are provided. All children will need is clothes, weather proofs and a wash kit.



# WHAT IS BUSHCRAFT?

## Living Wild

We've had some wild ideas of what bushcraft is from children in the past - and as it is at the core of what we deliver, we want to make sure the description is right.

'Coined first in 1788, and coming from the Dutch word 'Bosch', meaning 'Forest' or 'Natural Woodland'; Bushcraft is the art of living comfortably through craft, by using resources found naturally in woodland!'

In other words, we utilise everything the great British woodland has to offer to build what we need, craft what is necessary and enjoy amazing food around hearty fires of our own making; all while causing no harm and leaving no trace in the environment we call home.

### 'Teamwork and Friendship'

Naturally, teamwork is a big part of comfortable living; from the friendships that make the hard times easy, and the team spirit when challenges are new or daunting. It's no surprise then, that teamwork is a big part of Bushcraft too.



‘The best thing about Bushcraft, is wherever you go;  
the skills go with you’

Ray Mears

Top Tip

Look for the little details and never be scared to ask “why?” - it really can make all the difference.



# YOUR RESIDENTIAL JOURNEY

## Five Simple Steps

**Step One** | Confirm your residential by email and with a deposit.

**Step Two** | Login to your very own schools page on our website and have a look around. Closer to the date, you can submit pupil lists here; activity options and menu options. You can also find a whole host of helpful downloads including welcome letters; insurance documents and your schools personal programme.

**Step Three** | Arrange your schools first free in school visit, complete with assembly for the children; assembly for the parents and an afternoon or morning of workshops.  
*\*This can be at any time; but most schools arrange this visit around a term/two terms ahead of the visit.*

**Step Four** | Submit those pupil & staff lists; settle the final invoice and make sure your 100% happy with your programme. We'll also come and visit your pupils again in this time for a short assembly and Q&A session.  
*\*Around 6-8 weeks before your residential.*

**Step Five** | Print off your school declaration; sign it and board the coach.

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We really do want this to be as hassle free as possible for you. So please do, always get in touch if you need any additional details about your school's trip with us.



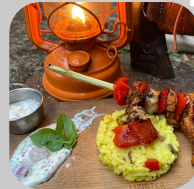


‘Nature does nothing uselessly’

Aristotle

Top-Tip!

When it comes to wild camping and staying warm in a good sleeping bag; less is more!



# WORKSHOPS & ACTIVITIES

We are lucky enough to have our very own syllabus when it comes to Bushcraft, called the Outcrafter Collection. This splits all our bushcraft in three difficulty levels across five different areas:

**Fire Craft | Cook Craft | Forest Craft | Camp Craft | Nav Craft**

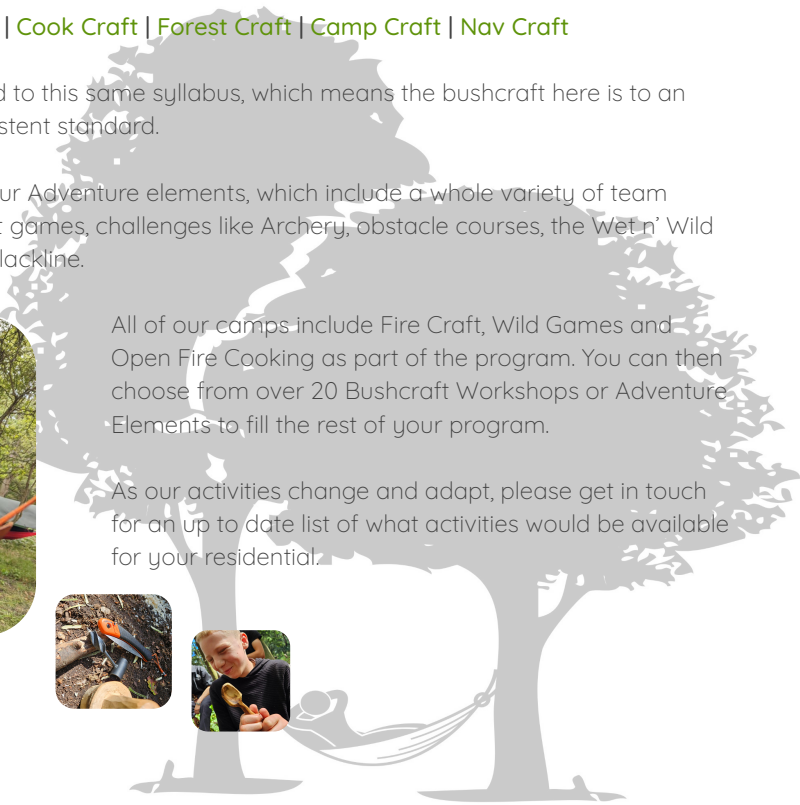
All of our staff are trained to this same syllabus, which means the bushcraft here is to an incredibly high and consistent standard.

On top of that we have our Adventure elements, which include a whole variety of team based, 'wild games', night games, challenges like Archery, obstacle courses, the Wet n' Wild Assault Course and the Slackline.



All of our camps include Fire Craft, Wild Games and Open Fire Cooking as part of the program. You can then choose from over 20 Bushcraft Workshops or Adventure Elements to fill the rest of your program.

As our activities change and adapt, please get in touch for an up to date list of what activities would be available for your residential.



# MENU

## Simply put: 'Wholesome & Good Food!'

Food is important for so many reasons. Not just the energy we get from it, but the time to talk, be social and enjoy recapping on a day of adventures with friends.

Understanding the process is equally important; from knowing where it came from and how to prepare it, to cooking it well. We love food here, and our food is an example of that love.

Example lunch menus:

TOASTIES | UPSIDE DOWN PIZZA | ALL IN ONE BANNOCKS | FILLED ROSTIS

Example Dinner menus:

LASAGNE (with Salad) | Chicken & Chorizo Pasta Bake (with Garlic Bread)

HAND CRAFTED BURGERS (with Wedges & Slaw) | COTTAGE PIE (with Seasonal Veg.)

All meals; both lunch and dinner are served with a choice of puddings.

Menus are seasonal, and vary throughout the year. So please see your school's web page for what meals we can offer as part of your residential.



‘The best thing about Bushcraft, is wherever you go;  
the skills go with you’

Ray Mears

Top Tip

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# ACCOMMODATION AT INSIDE OUT

We like to teach Bushcraft right! So for a standard two night camp, children will get chance to experience two bushcraft camping methods. One, will be in an A-Frame Shelter, built using traditional methods; with some safety tips in mind.

## Shelter Camping

All our shelters are built and weatherproofed using a mesh reinforced, tarps (meaning the weather stays out). We then use debris techniques to insulate these - meaning that you could comfortably camp in them in temperatures as low as  $-4^{\circ}\text{C}$ .

## Hammock Camping

As a bushcrafter, nothing beats slowly swaying to sleep after a bit of reading in your own hammock. At least one of the nights, children get chance to camp in a self closing hammock (making it very difficult to fall out), with and a heavy duty waterproof roof!

## Peace of Mind

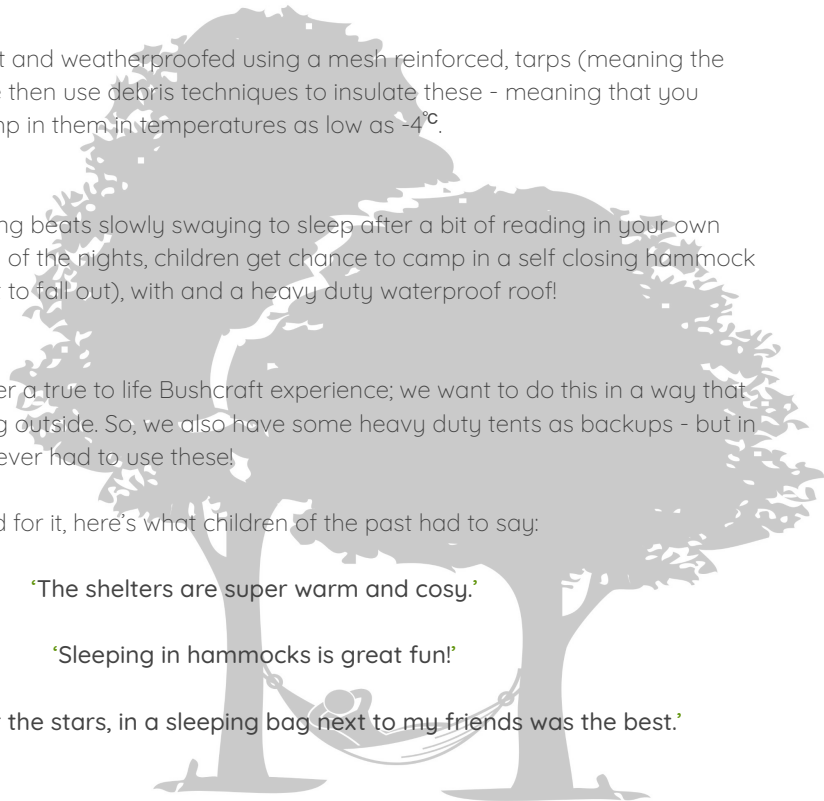
While we want to deliver a true to life Bushcraft experience; we want to do this in a way that creates a love for being outside. So, we also have some heavy duty tents as backups - but in eight years, we have never had to use these!

But don't take our word for it, here's what children of the past had to say:

'The shelters are super warm and cosy.'

'Sleeping in hammocks is great fun!'

'Sleeping under the stars, in a sleeping bag next to my friends was the best.'



# TEACHERS ACCOMMODATION

## Adventure your way

You are naturally more than welcome to join in with the adventure, and sleep in a hammock; but we also completely understand that there may be reasons not to.

Teachers have a dedicated space known as the 'Teachers Village'. The Teachers village is idyllically positioned near to a pond, where we frequently get nest coots.

The teachers village is home to two five metre bell tents. Each tent then has the following inside:

- Up to two reinforced and padded, adult camping beds
- A cosy, single, three season sleeping bag (plus additional blankets)
- Pillow(s)
- Internal lighting
- Water supply and facilities to make tea and coffee.
- Washing facilities

Please, make yourselves at home while you are with us; while our staff take care of every aspect of your schools residential - start, to finish!



‘By failing to prepare; you are preparing to fail’

Benjamin Franklin

### Preparation

While you will learn survival skills as part of Bushcraft take your time rather than rushing. Prepare well, before you start anything.



# WHAT A DAY LOOKS LIKE

As previously mentioned, every element of the program is customised and designed by the school. So what your day looks like could vary, but here's an example:



Rise & Shine  
Brush Teeth & Wash

Breakfast | Cereal & Toast

Bushcraft Workshop | Fire Craft

Bushcraft Workshop | Knife work and Carving Workshop

Bushcraft Workshop | Open Fire Cooking

- Lunch -

Adventure Element | 4 Wet n' Wild

Bushcraft Workshop | Hunting Tools & Slingshots & Spears

Bushcraft Workshop | Open Fire Cooking

- Dinner -

Adventure Element | Night Games

Supper & Lights Out



# STAFF, STANDARDS & SAFETY

## Keeping your children safe

Our education team here at Inside Out consists of Nathan and Sam- who you should have met at your School Parent evening. If you haven't met them though, there are several ways you can chat to them:

Give them a call on | **01366 358131**

Reach out on social media (Facebook or Instagram), by searching **@insideouted**

Come meet them on one of our Family Open Days (usually held in March, May and June).

But they are only part of a broad and passionate team; all of whom have had to pass background checks and provide an enhanced DBS to be part of the team. On top of that, they are all HSQE trained in Safeguarding and Food Hygiene Lvl 2.

And of course, they must all pass basic training on our Outcrafter Syllabus (bushcraft training), and show evidence of continued development in and outside of work.



‘The more you know; the less you carry’

Mors Kochanski

Top Tip

If it aches; rest it.  
If it hurts; find out why.

The worst thing you can  
do is ignore your body.



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INSIDE OUT  
BUSHCRAFT  
& ADVENTURE



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A bushcraft club run by Inside Out - Bushcraft & Adventure  
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