



**ESSEX  
OUTDOORS  
MERSEA**



**OUR HIGH-CAPACITY SITE  
NEAR COLCHESTER**

# Y5 RESIDENTIAL

Essex Outdoor Mersea

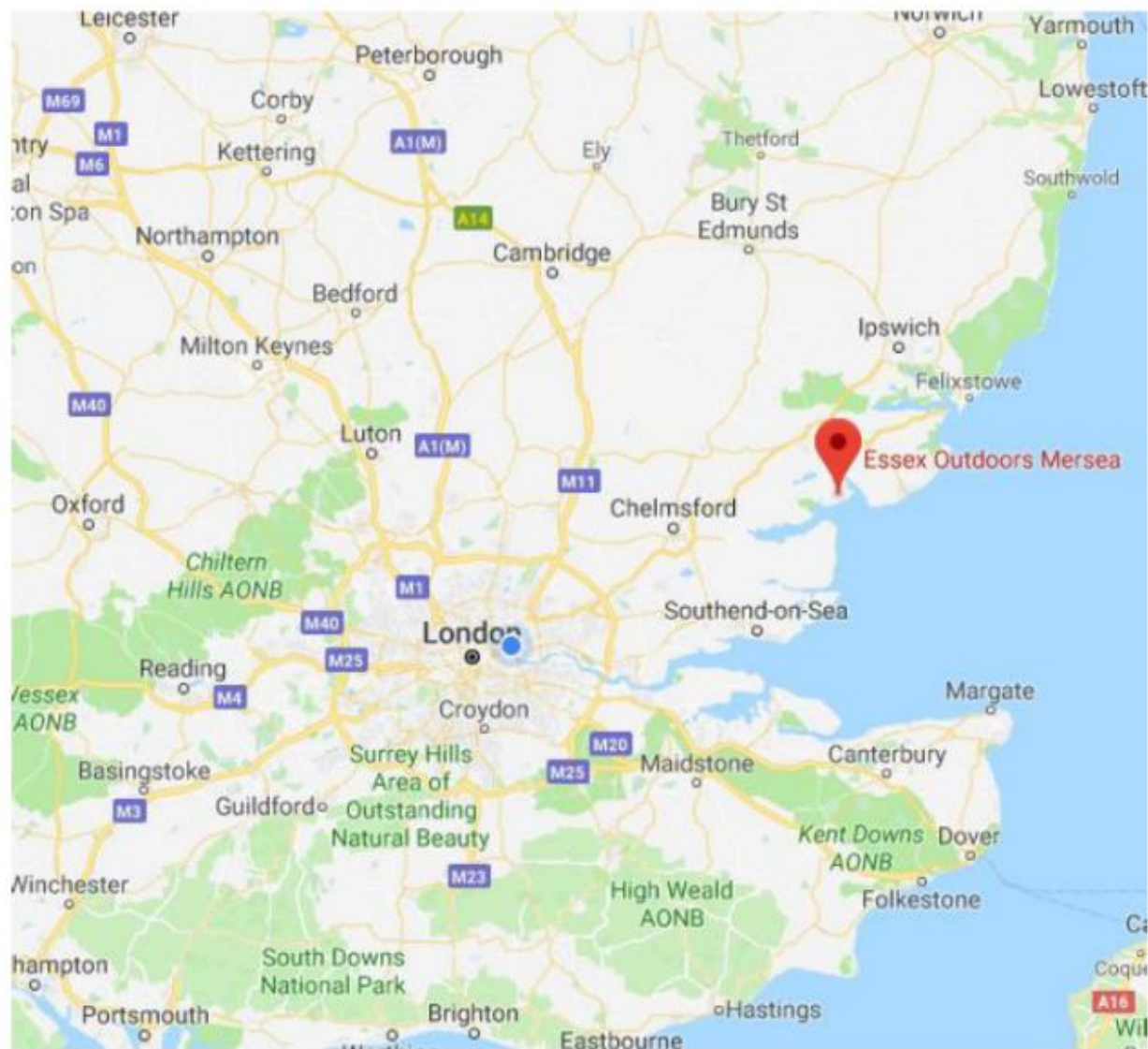
10<sup>th</sup> July – 12<sup>th</sup> July



**MORE THAN  
20 EXCITING  
ACTIVITIES**



**INSPIRING  
VISITORS OF  
ALL ABILITIES  
FROM 8YRS UP**



## CENTRE AT-A-GLANCE

<b>Location</b>	Coastal / Rural
<b>Travel Times</b>	London 1.5 hours - Norwich 1.5 hours Nearest station - Colchester Nearest airport - Stansted
<b>Size &amp; Capacity</b>	500 residential • 320 activity
<b>Accommodation</b>	Residential centre, log cabins and tents
<b>Facilities</b>	Dining hall, laundry room, big screen
<b>Activities</b>	20 separate activities including adventure course, caving and zip wire, plus a variety of land based and technical courses.

**Our centre at Mersea is situated on the charming Island of Mersea on the edge of the river Blackwater estuary, just south of Colchester.**

# Benefits of a residential trip

*"Learning outside the classroom is not some optional extra... Residential and educational school trips and getting out of the classroom should be part and parcel of school life"- Ed Balls ( Former Education Secretary)*

- Builds self esteem
- Boost resilience and wellbeing
- Increase engagement with learning
- Encourages independence
- Form new friendships with others
- FUN!

# BUSHCRAFT



With either beach or woodland based versions these exciting sessions are flexible and can incorporate a variety of skills and techniques including; fire lighting using fire steels, shelter building and knot work and camp craft including basic knife and axe work.

# ADVENTURE & OBSTACLE COURSES



The perfect environment for group work, team building, or just a bit of fun! Our purpose built obstacle courses promote participation, communication and team building, testing your ability to work with friends and colleagues in a safe but challenging environment.

# OFF ROAD BIKING



Our centres are perfectly situated to cater for all levels of mountain biking, and our sites present plenty of challenges, from onsite skill elements and gentle woodland trails through to more technical routes. And our proximity to some of the best single-track in the country allows us to stretch you even further. Our instructors will lead you through terrain appropriate to your skill level, and offer you advice and guidance where appropriate.

# KIT KARTS



Kit Karts are the perfect mix of team building coupled with the excitement of riding your creation down one of our hills. Groups will work in two teams to build soapbox style go-carts from the kit of parts and instructions supplied by the Instructor. Once the challenge is completed, group members will take it in turns to ride the karts down 3 slopes of varying inclines.

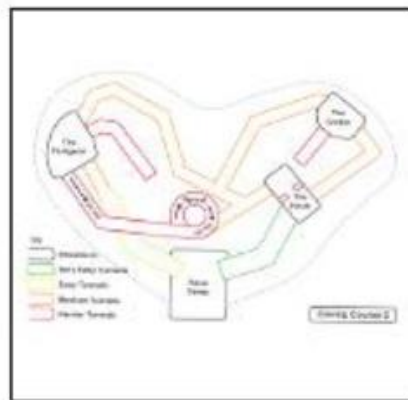
# ORIENTEERING & MAP SKILLS



This activity teaches the important life skill of map-reading. After thorough tuition in the basics, including orientating the map, symbols, and scale, participants can head off to complete a variety of courses. For the more experienced, this can include orienteering by mountain bike and canoe.



# CAVING



Work your way through the tunnels of our caving courses, avoiding the dead ends to find the exit. Suitable for those with or without a fear of enclosed spaces, the group will be encouraged to work together to find the quickest way through the maze. Testing co-operation, communication and general teamwork, this activity can be tailored to your groups needs with extra challenges when requested.

# AERIAL ADVENTURE



## The latest addition to our exciting line up of activities at Mersea.

Our new high-level Adventure Course encompasses an amazing set of 11 challenging elements 13m off the ground and is designed to test your agility and your nerve. Take on the course with your teammates and complete the challenges set for you by your instructor; it's time to work together to test your communication and cooperation whilst stretching your comfort zone!

## Catering

From simple packed lunches and warming evening meals through to delicious buffets or sit-down banquets for events and weddings, our dedicated catering team can provide high quality, affordable meals to suit any visit to us.

Meals are provided by our catering staff and served in our dining rooms. We are happy to cater for all dietary requirements.

## Meals

Piri Piri Chicken with Rice, Southern Fried Quorn, Fish and Chips, Pasties, vegetables, pies, spaghetti, garlic bread, Noodles, Spring Rolls





Maximum – 8 to a tent – will depend on gender split.

Tents are brand new and are one unit. Children will just need to bring a sleeping bag and pillow.



# Kit List

## Suit case

- Underwear x 5
- Socks x 5
- Sun hat
- Tracksuit bottoms x 2
- T-Shirt x 5
- Fleece / Jumper x 3
- Light waterproof jacket and trousers
- Sensible footwear (trainers or boots not Plimsols) x 2 **(may get muddy)**
- Night wear **(warm clothes to sleep in)**
- Onesie
- Sleeping bag
- Pillow and Pillow case
- Rucksack/Backpack

## Wash bag

- Water bottle x2 (named)
- Towel x 2
- Toothbrush
- Toothpaste
- Shower gel
- Sun cream
- Insect repellent
- Comb / Brush

## Other bits

- Flash light with batteries
- Medication for Asthma/Eczema or Allergies **(Clearly labelled along with how and when it should be administered)**
- Bin Bag (for dirty washing)

# Cost and deadlines

- Total cost £90
- Pay non ref deposit of £20 once your booking has been confirmed by office and you receive a text or email from Michele
- First come first served basis

# Breakdown of costings

Total cost of Transport (based on 30 children) £1130

£37.60 per child

Total cost of accommodation including catering and activities (based on 30 children) £3,900

£130 per child

Total cost of trip (based on 30 children) £5030

Total cost of trip per child £167.66

We are asking parents to pay £90 per child