



Challenging Adventure

British Outdoor Adventure Activity Provider in UAE & Overseas

Parent Information

Week Without Walls, High School

23 – 27 February 2020



Offering A Unique Experience for School Groups



Challenging Adventure are offering the High School students at the Universal American School, five days of exciting, engaging and challenging activities at our wonderful camp at the foot of Jebel Jais Mountain, Ras Al Khaimah, UAE

Camp is scheduled for Sunday 23rd – Thursday 27th February 2020

The **Challenging Adventure** camp is situated in a private wadi and built on a natural hot-spring, so is a tranquil, green and lush oasis in the heart of the beautiful Hajar Mountains, yet amazingly just 15 minutes outside of RAK city centre.

Our ethos is to make the best use of our natural surroundings wherever possible and we have **mountains, culture, history and nature** right on our doorstep so are able to add a unique blend of learning to our programs. We always offer exceptional value for money and the price you see is fully inclusive.

Highlights include:

- **Natural Hot-Spring Pools** – Pure spring water, geothermically heated to 40°C....heaven!
- **Kayaking** – using our private marina, you'll learn new skills, have races and have lots of fun.....you'll probably get wet!
- **BBQ night!**
- **Via Ferrata** – an exciting 3 hour journey, during which you will be travelling on the side of the steep canyon walls, using the small ledges to walk on and all the while safeguarded by the in-situ steel cable!
- **Campfire** – Songs, stories, stargazing and marshmallows a must!
- **Cultural** – Trek to the old villages of the Al Habsi tribe and learn how they lived in such a harsh environment throughout the year.





Hugely popular with all groups, **Wilderness Survival** will see you lighting fires, making improvised stretchers to rescue team members and much more!



Learn new techniques and test them out on our **Mountain Bike** skills course, fun!



Unique to Challenging Adventure, our **Majlis Tour** will give you a cultural insight as well as a physical challenge!



A fun and educational journey through the mangroves on **Kayaks** will engage you and teach you about the delicate ecosystems there



Our **Teambuilding activities** can be cerebral, physical , or both. Test your problem solving skills to the max.



Cultural Trek which will take you on a journey to discover the ways of life of the local Al Habsi tribe and perhaps look for some of the many fossils that exist in the area.



Our **Canyoning** session is a very exciting journey through the mountains with scrambling, mountain cables and culminating with 3 long abseils!



Using the amazing cliffs just a few minutes from the camp, the **Rock Climbing** offers something for everyone from beginner to expert



Build a **low-rope course** through the trees and see if you can balance across. Patience and perseverance required.



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Sample of Planned Activities



Accommodation is in large, villa-style tents with hotel mattresses to sleep on.



Archery will see you learn new skills and safely shoot for gold! Who will become the next Robin Hood?



All food is cooked on-site by our experienced chef who aims to provide wholesome and tasty meals.



Our **qualified team leaders** and instructors will take very, very good care of you during your time at camp!



What a wonderful way to relax after a day of activities....have a splash in our **natural hot-spring pools**!



Evening activities include our hot-spring pools, stargazing, campfire and BBQ & Pizza nights!



Safety Standards

Safety is paramount when working with school groups. We are a family-run business and know how parents and schools feel when they entrust their children to a 3rd party, especially when it involves a stay away from home.

Rest assured, we are quite used to working with large numbers of students at our camp and have everything in place to ensure the safety, well-being and enjoyment of all who visit to take part in our fabulous activities.

- Our site is secured with a 2 metre high fence with lockable gates and CCTV
- Duty instructor on-site at all times
- 4x4 safety vehicle available for all activities
- All staff are fully trained and qualified to UK standards in the activities that they run
- Instructors are 1st Aid trained and police screened
- All of our activities are fully risk-assessed and each instructor will be doing their own dynamic assessment of the group
- Operating procedures including staff ratios follow the UK Health & Safety Standards
- All technical equipment is checked and the usage logged according to best practices
- Nearest modern and well-equipped hospital is just 15 minutes away
- Full liability insurance as standard





What to bring – There is a full suggested kit-list on the following page, but rest assured there is no need to buy or bring any specialised equipment or clothing. Shorts, trainers and t-shirts usually suffice for most activities and we provide all technical equipment for the activities on your itinerary.

Summary of some important bits:

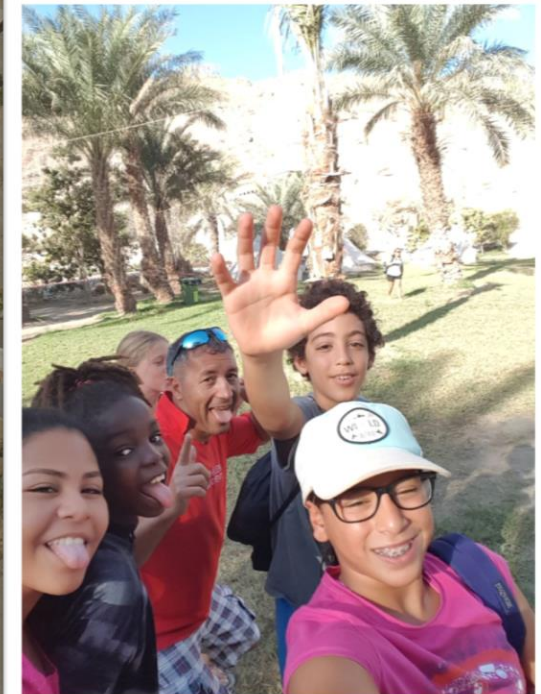
We ask parents to complete a mandatory medical/dietary form and request this in advance of the camp, so we know to cater for any specific medical or dietary requirements. Please ensure that you complete this at your earliest opportunity. It can be found at www.challengingadventure.com/consent and the password = **adventure**

As you would expect, the safety and enjoyment of students both during and after activities is paramount. We cater to the multi-national nature of schools across the GCC and as such:

- **All food is halal as standard**
- **Prayer areas are available**
- **Depending on the needs of the school and participants, we separate boys/girls accommodation & activity sites, and our bathrooms are separate as standard.**
- **We operate to UK safety standards across the board**
- **All instructors are UK qualified, hold a 1st Aid certificate and are police screened**
- **Our campsite is secure with a fence and lockable gates**

We look forward to welcoming your child to our wonderful facility and in the meantime, if you would like to know more about us, you can find more information at our website at

www.ChallengingAdventure.com



SUGGESTED PACKING LIST

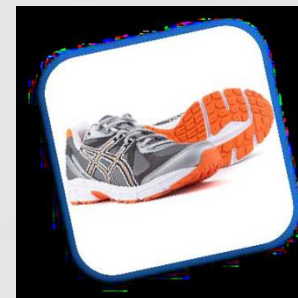
As far as day to day clothing is concerned, t-shirts, shorts and trainers are the norm, but any loose and lightweight clothing is fine, especially for travelling in. Jeans are not appropriate for activities. Please don't overpack and take into account the duration of the stay as well as the weather which is likely to be hot during the day and warm at night. You will need to bring a sleeping bag and **small** pillow for night time, but any specialist equipment needed for all the activities on your itinerary will be provided.

Clothing (in addition to day to day clothing)

- ☐ Casual wear for travel and evenings including a fleece or jumper in case it's chilly in the evening
- ☐ Water-sports kit to include shorts, swimming costume, long-sleeved t-shirt, sun hat and footwear such as sandals (with ankle-strap) **or** old trainers/wetsuit shoes (no flip-flops)
- ☐ T shirt / nightclothes
- ☐ Practical shoes for activities ie. sturdy soled trainers

Other Essentials

- ☐ Sleeping bag/pillow
- ☐ Water bottle(s) (sturdy & refillable)
- ☐ Sunglasses/sunhat
- ☐ Small torch (flashlight)
- ☐ Washbag and Towels
- ☐ Waterproof high-factor sunscreen
- ☐ Small rucksack/shoulder bag
- ☐ Snacks for the journey
- ☐ Pocket money
- ☐ Personal Medication



FAQs

Where is the camp?

The camp is situated about 15 minutes outside of Ras Al Khaimah City Centre, at the foot of the Jebel Jais mountains.

What is it like?

It's a breath of fresh air, especially if you live in the city! It's a green and sheltered site right in the heart of the mountains, but close to the city and its facilities including the local hospitals. The area is steeped in local history and tradition and we feel very privileged to be able to share the camp and surroundings with our guests.

What will my child need to bring?

There is a suggested kit list on the preceding page of this document and recommend that you pack appropriately for the length of stay. Please don't forget to complete the mandatory consent form (in advance) which is at www.challengingadventure.com/consent and the password = **adventure**

What kind of activities will they be doing?

We have worked with the school to provide an itinerary for the age group of your child. Some of the activities are listed on the previous pages.

What are the timings for the day?

Each full day will start with breakfast at around 7.30am. The first activities will start at 9am and finish at 12pm for lunch. At 1pm, the activities will start again and finish by 4pm where there is some downtime before using the hot-spring pools at 5pm. Dinner is usually at 6pm and there will be a planned activity afterwards until 9pm, or as agreed with the teaching staff.

What kind of food will they be eating?

We cook onsite and steer away from fast-foods, preferring to provide wholesome and nutritious food at meal times. There will always be a vegetarian option available and all food is halal as standard. Providing us with dietary information on the mandatory consent form will ensure that we can cater to any specific needs your child may have.

Who will be looking after the children?

Our instructors will be responsible for running the activities and they are all UK qualified and 1st Aid trained. With each group of students, there will also be a teacher from the school present so depending on the activity, 2 adults for 10 or 12 students.

How safe are the activities?

All of our activities are fully risk assessed and run in line with the UK Health & Safety guidelines and best practices. Our staff are UK qualified in the activities they run and all of the equipment we use is modern and checked regularly by our staff.

Where will the students be sleeping?

We have large tented accommodation and each child will have a thick mattress and sheet provided. They will need to bring a sleeping bag and small pillow. Boys and girls will be in separate tents as standard.

What happens if I have further questions?

No problem at all, please contact us in the office on +971 7 244 8097 or +971 56 665 1481 and we will happily answer any questions you may still have.