

absoluteadventureeducation



parent information pack

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company background

Established in 2005, Absolute Adventure is an award-winning, Dubai-based adventure tour organiser, expedition management company, outdoor consultancy and training course provider.

We cater to:

- individuals
- schools
- charities

- small groups
- corporations
- special interest groups

We own adventure companies in UAE, Oman and Bulgaria as well as using trusted partners in Nepal, Indonesia and Thailand.

enhancing development The outdoors is a proven learning tool, an ideal environment to enhance personal and group development. Through participating in a variety of physical learning experiences involving outdoor adventurous activity, individuals can acquire a variety of skills that can contribute to greater personal development, enhanced teamwork and provide the opportunity to explore ones leadership potential.

Absolute Adventure School Programmes also help deliver learning outcomes required with both the British National Curriculum and The International Baccalaureate.



progressive programmes Absolute Adventure Education provides a range of progressive programmes for every age group from primary through to university/college groups. All activities are designed specifically for the age group of the students participating. Our adventures are more than just activities. We integrate experiential education theory into our programmes.

experiential education The Experiential Learning Cycle is at the heart of our education model which encompasses all learning styles. Our programmes build year after year dependent on the students age and experience level.

Programmes range from 1 to 10 days. To provide an optimum learning experience it is recommended that groups stays at least 3 days.

camps & centres



our centres

Our residential adventure camps are based out of our centres on the East coast; one in Kalba, two in Dibba Oman and one in Ras Al Khaimah. All four centres offer excellent facilities for students of all ages. Accommodation type and capacity differs between camps and lead teachers are recommended to arrange a preliminary site visit before arriving with students, especially if this is your first visit.

For Dibba trips, upgrade options are available for accommodation at Dibba Beach Resort.

Regardless of centre, all participants (including teachers) must complete an online registration form at least 2 weeks prior to the trip start date. Trips to Dibba also require a permit for crossing the border into Oman. This border permit is generated by our administration team and must be approved by border authorities in advance; any participant who does not submit their online form 2 weeks in advance may not be permitted to come to camp.



The following pages give an overview of the facilities at each camp and activities available.

adventure activities & timings

A range of adventure activities are available at each of our camps, as indicated on the previous pages. Some adventure activities are subject to availability and time restrictions, as well as age restrictions. For example:

- Mountain biking only available for ages 11+
- Archery only available for ages 9+. No archery range at the adventure centre.
- Raft building suitable for ages 9+
- Tyrolean can be run with up to 2 groups as part of a full day activity, including, ridge hike, climb, abseil
- Mountain biking and rock climbing not available in the rain

poor weather In the event of poor weather, the camp manager will liaise with the lead teacher to amend programmes and activities so that the aims of the trip are still met.

levels of success Most of our adventure activities are offered at four levels: 'Introduction', 'Level 1', 2' and 'Level 3'. These levels ensure that successive programmes are measurably more demanding, however, students can

still participate in a Level 2 programme without successfully completing Level 1; they may just require a little more instructor support. Students meeting set criteria for levels 1-3 are eligible to receive an Absolute Adventure certificate to recognise this achievement. Criteria for Levels 2 and 3 may require a half-day or full day expedition to be completed (e.g. orienteering, trekking and kayaking).

activity session^S Adventure activity sessions typically last 3 - 4 hours and there are typically two adventure activity sessions per day. It is possible to

typical daily timings	
Wake up	07:00
Breakfast	07:30
Activity Session 1	09:00
Lunch	12:30
Activity Session 2	14:00
Free Time	17:30
Dinner	18:30
Evening Activity	19:30
All Students in Rooms	21:00
Quiet and Lights out	21:30

split sessions up to allow for more activities; however, this is not recommended as it limits the amount of learning and development that can take place. Daily timings may change depending on the programme (if an overnight camp is included, activity sessions will start later the next day).

evening activities May include team building games, competitions, challenges, night hikes, astronomy or a camp fire. The actual evening activity that takes place may be dependent on the mood of the students.



arrival and departure times

School programmes typically run from 12 noon on the first day until 12 noon on the last day. As there is likely to be another school leaving camp the same day that you arrive, it is likely that there will be a crossover period. For this reason, we ask that school groups do not plan to arrive at camp before 11:30 am; this usually means leaving Dubai between 9 and 9:30 am. Once they arrive, the camp manager will brief teachers and students as well as ask the lead teacher to sign a document which includes an attendance register and check in notes.

If the group plans to arrive earlier than this (and are arranging their own transportation), they should inform the Dubai office so that we can make plans to accommodate them (if this is possible).

We expect groups to be on the road back to school by no later than 1 pm on the last day. Before departing, the camp manager will ask the lead teacher to sign a check out document.

This should get them back to school around 3:30 pm (for Dubai schools), depending on traffic. It is recommended that any students who normally take the school bus home arrange alternative transportation.

safety

We aim to give students the best possible outdoor learning experience whilst maintaining our impeccable safety record. Our safety procedures are in line with

the highest UK standards. We ensure that these standards are maintained through regular internal and external staff assessments, equipment checks and certifications, inspections of facilities and risk management strategies.

staff All members of Absolute Adventure's instructing staff carry internationally recognised instructor certification or have received an in-house sign off; we do not employ interns,



students or trainees. Competences are thoroughly reviewed by senior staff at the beginning of each season as well as at regular reviews throughout the year. Any member of staff who is not able to demonstrate sufficient competency is not permitted to lead a group. Before joining, all staff are thoroughly vetted via DBS checks and/or police clearance certificates from their home country and previous place of employment. All staff hold a level 3 outdoor first aid qualification as a minimum, and many are experienced wilderness first aiders; a number of our staff are also qualified first aid trainers and wilderness first responders.

instructor ratios For all adventure activities, students are split into activity groups of around 12 students per group. Groups are pre-determined by the lead teacher of the trip (so that each group contains a mixture of friendship groups). Each activity group will be led by one or two instructors (depending on the activity) with one teacher accompanying each group. Schools are given an allowance of one free teacher place for every 10 students; we may, however, allow additional specialist staff to accompany students with serious recognised behavioural or medical needs in addition to this free allowance. Additional teachers to this are chargeable at 50% of the student rate.

equipment All equipment is centrally logged and stored in compliance with international safety standards. All equipment is checked before each use and any item found to be worn or unsafe is removed from service immediately. Our larger pieces of equipment, such as the high ropes course in Kalba is re-certified by professionals flown out from the UK each year. Almost all of our equipment is sourced internationally from trusted providers of quality branded gear.

safety Continued

risk management Due to the nature of activity that students are involved with in our camps, there is an element of risk. All of our activities have been thoroughly risk assessed and are led by competent, qualified staff. Risk assessments are reviewed regularly.

child protection All staff undergo child protection training at the start of each school year. This training is in line with child protection training delivered to international school teachers in Dubai. The Operations Manager acts as the child protection officer for Absolute Adventure.

vehicles Our fleet of vehicles include buses, trucks and 4x4 vehicles. They are regularly maintained in Dubai and are checked every day before use.

All of our vehicles are fitted with state of the art GPS tracking devices which monitor the driving standards of each member of staff. Location. speed, acceleration, braking and cornering data is relayed to head office in real time. Our



vehicles are monitored at all times, even when they are not transporting students.

Coaches are hired through a reputable local coach company. All coaches have three point seatbelts and AC. Coaches are fully checked before leaving the depot. Teachers assume full responsibility for students on the coach journey to/from school; including counting students on and off the bus.

insurance Students and staff are covered by our Public Liability Insurance with a limit of AED 5,000,000 per incident.



food

Our experienced professional chefs hold valid certifications in food hygiene. Raw ingredients are all sourced locally with almost zero use of pre-prepared foods. Meals are prepared and cooked on site in our nut-free kitchens.

Our chefs cater for all dietary needs: these are communicated to us via the online registration form. Any particular needs should be highlighted on this form. In some circumstances, our 'buffet style' meals may not be deemed suitable for particular dietary concerns; if this is the case, our chefs will prepare and serve an individual meal.

All food served is halal. Pancakes and ice cream are all egg-free, and we roast vegetarian marshmallows around our campfires.

In general, all meals are included for school programmes, from lunch on day one to breakfast on the final day.

Different meals are served each day and there's always a variety of food to choose from. Below is a sample menu for a day at camp:

breakfast

Choice of 2 cereals Toast-jam and butter Scrambled eggs Chicken sausages Fried potato Fruit - apples, oranges, bananas & satsumas

lunch

Chicken burgers / veggie burgers Potato wedges Salad Juice Fruit - apples, oranges, bananas & satsumas

dinner

BBQ Chicken BBQ Beef Pasta Roast potatoes salad Arabic bread & humus ice cream Fruit - apples, oranges, bananas & satsumas

the role of the teacher

The camp experience is a great way to see students perform in an out-of-classroom setting and build better working relationships. It also allows students to see their teachers in a different light. To help teachers prepare for camp, they will receive a document confirming contact numbers, timings, programme details and any specific teacher requirements. The lead teacher would be expected to discuss these details

with all accompanying staff prior to departure.

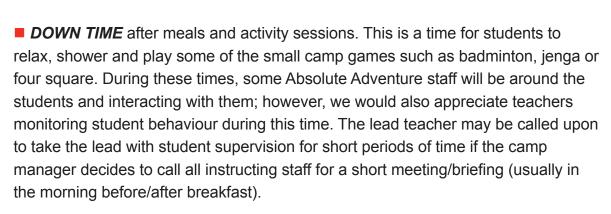
Upon arrival, the camp manager will brief all teachers on the programme: what to expect from our staff as well as clarify our expectations of teachers.

At camp, accompanying teachers can be expected to support with:

supervision

- IN THE MORNING, teachers may be asked to assist our staff in ensuring that students are ready to start their first activity on time.
- **DURING THE DAY** It is expected that one teacher would stay with each activity group during each adventure session. If there are not enough teachers for the number of sessions, or a teacher presence is not required, the camp manager will inform them of this. Although we encourage

teachers to be fully involved with each activity session, there may be times when it is not possible for the teacher to participate.





the role of the teacher continued

■ **MEAL TIMES.** Most meals are served buffet style with students forming an orderly queue. Due to food hygiene regulations, teachers and students are not permitted to help with the serving of food. Teachers would be expected to support

our staff by monitoring the queuing students and helping to ensure that students properly clean up after themselves before leaving the dining area.

BED TIME can be particularly busy, especially on the first night. Our staff would ask for the support of the teachers to make sure that all students are in their designated rooms when it's time for bed. To ensure that our staff



are well rested and safe to work the next day, only a small number of staff remain on site at night; these staff can be called upon at any time during the night.

medication

In line with international standards, Absolute Adventure staff will not administer any medication to any student or teacher. This includes prescription medication. For this reason we request that a teacher is available to assist any student who requires medication that can either supervise or administer that medication. If you are not sure, please consult a member of the Absolute Adventure office team as soon as possible before your trip date. In the event of anaphylaxis, Absolute Adventure staff will help to administer an auto injector.

behaviour management

To avoid any confusion for students, Absolute Adventure staff will take the leading role with behaviour management. In order to minimise disruption and allow an activity session to continue safely, our instructors may request a teacher to intervene. This may, in extreme cases, require a student to be removed from an activity.

In the case of persistent rule violation and/or dangerous behaviour, the camp manager may make the decision that a student can no longer safely participate in the programme. At this time, parents may be contacted to arrange collection of their child at their own expense.

payments

We collect all payments from parents. This way, we are in full control of who has registered for the trip.

Please pay as soon as possible, in order to secure the booking. A 25% deposit should be paid upon registration in order to secure your child's place.

The remaining 75% balance must be paid by the end of winter term.

refund policy

If a parent cancels their child's booking, 28 days before the trip, they are entitled to a 80% refund of their payment. Refunds for late cancellations are as follows:

- 11-27 days notice 50% refund of monies paid
- 0-10 days notice 0% refund of monies paid

In event of illness, a refund of 80% of the trip cost can be provided, however only upon receipt of a valid doctors note. Any students unable to attend a trip to Dibba due to border permit issues, including expired visas and passports, are entitled to an 80% refund if cancellation is made 0-10 days before departure. For international trips, the deposit payment is non-refundable.

Refund requests should be made to the school. The school will, in turn, request the refund from us. We pay any refunds to the school as they are our client.



To help you answer some questions you may have, below is a list of FAQs.

Q Students went to camp last year. Will they just be doing the same things as last year?

A We develop progressive programmes with each school so that successive trips lead into each other. This may involve students gaining level 1-3 certifications in activities such as rock climbing or kayaking, or it may involve successive trips leading to an expedition. These programmes are developed by experienced outdoor educators and include input from teachers at the school too.

What is included in the cost?

A The cost of the trip generally includes all accommodation, food, activities, equipment and instruction from our team of internationally certified professionals. Schools often opt to keep costs lower by using their own school buses or by reducing the number of activities.

Q Are the camps secure?

A Our camps sit on their own private land. There is a main perimeter fence around the camp, with a security guard on duty 24/7. Teachers and instructor staff sleep in at camp and are on call throughout the night in case of emergency.

Q What qualifications do the staff possess?

A All staff have internationally recognised certifications for instructing at least two outdoor activities, usually more. Instructors undergo intensive training at the start of

FAQs continued

each school year; a senior instructor must sign each member of staff off on each activity before they can lead a session. Each instructor holds a Wilderness First Aid certification; however, many of our team are also first aid trainers and wilderness first responders. Additional, certified training takes place throughout the year. We do not hire students, interns or trainee instructors.

• How many adults will be supervising our kids on the various activities?

A School groups will be broken into activity groups of around 12 students per group. Activities are led by one or two instructors and accompanied by one teacher from the school.

O Do students need to take their passport with them?

A No passports are needed for trips to Kalba or RAK. As the bus must cross a checkpoint in Dibba, all students and teachers must hold a valid passport for trips to Dibba. Passports are stored in the office safe as soon as the group arrives at camp. Passports only need to be valid for the duration of the trip (they do not need 6 months additional validity) and all residents must have a valid residence visa. If any student is between visas, temporarily on a visit visa or is unsure, please get in touch with us as soon as you can.

As trip organisers, the school may wish to consider collecting the passports in advance and storing them securely at





school. Any child who forgets their passport on the morning of the trip will not be able to board the bus.

Where will everyone sleep?

A Students sleep on bunk beds; teachers sleep in beds. We provide mattresses, bottom sheets, pillows and pillow cases and ask students and teachers to bring their

FAQs continued

own sleeping bags. Rooms are clean but basic. Wash facilities are around a 20-second walk away from the rooms. Boys and girls have separate accommodation areas at opposite sides of the camp with teachers and staff sleeping in between the two areas. Teachers and staff have their own washroom facilities.

Kalba Camp and RAK Oasis Camp have air conditioned cabins, whereas the Dibba Plantation Camp has large permanent structure tents with ceiling fans.

What if a student feels anxious or sick in the night?

A Teachers and staff sleep in rooms at camp. We have staff on duty throughout the night with at least one vehicle remaining on site. We have a medical room on site to deal with minor illnesses and injuries.

When is bedtime?

A Children are supervised until about 21:00. We generally suggest a lights-out policy of 21:30, but this may vary depending on the age of the group and their teachers' preferences.

What about food?

A Breakfast, lunch and dinner are all designed to be healthy, nutritious and food that kids love. There is always a choice of hot and cold dishes. vegetarian selections and fresh salad bars.

We have a child with allergies and specific dietary requirements. Can you cater for them with specific meals?

A We can cater for children with special religious or dietary needs if we are informed in advance. Please ensure any allergies or specific meal requirements are mentioned on the online registration form.



FAOs continued

What do we need to pack? Can I get a packing list?

A Yes we provide each school with a comprehensive packing list. You will have a link to this list on the online registration form.

What if a student is afraid or can't cope?

A All staff are trained to take responsibility for the well-being of the children who are in their care. We strive to create a warm & supportive environment at all times. Our instructors do their best to encourage your child to try every activity. Often seeing their friends having fun and completing the activity is motivation enough. Our staff are all trained to assess the situation and support your child in any way possible.



A We can cope with many needs as long as teachers make us aware of them at the time of booking. We will advise if we think we are not equipped to cope with a specific situation. We may request copies of IEPs and require a short meeting with



the child's parents. If a child normally has full time support, we are usually able to accommodate them at camp too.

Q Can we telephone our children?

A We're always contactable in case of emergencies. However, it has been our experience that parents phoning their children just to talk often makes the children's time away from home harder, rather than easier. Generally, after a chat with our staff and teachers, a child feels much better. If a parent needs to contact their child at camp, they should get in touch with the emergency contact person at the school.

FAOs continued

Q What should students not bring to camp?

A Anything that's not on the packing list! Mobile phones, expensive cameras, tablets, jewellery, expensive or favourite clothing, etc.

Q Do I need to pack any additional snacks?

A Students get well fed while at camp. They are welcome to bring extra snacks if they wish, although we strongly discourage it. Food is not allowed in the rooms though and children are asked to put snacks into a designated cool box when they arrive.

Q Do they need to bring spending money?

A As there are no shops in or around camp, there is no need for any spending money.

Q What is the procedure in case of a medical emergency?

A All instructors are first aid qualified and have their own first aid kits. More comprehensive first aid kits and a medical room are also available at each campsite. In case of an emergency a teacher and member of staff will escort the child to the nearest hospital, 10 - 30 minutes away, depending on which camp. From here, the teacher will contact you on the phone number provided on the online registration form.

Q Do you have insurance?

A Whilst in our care, all students and staff are covered by our standard third party public liability insurance up to AED 5,000,000 per incident.









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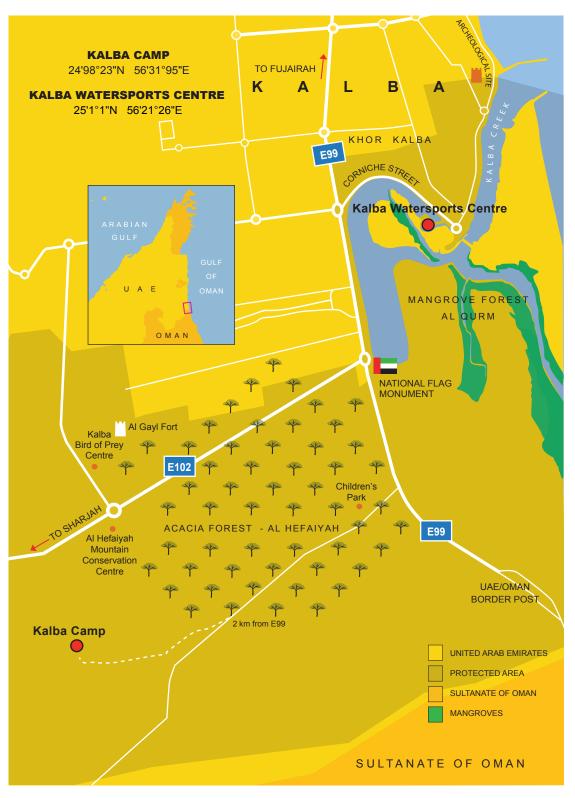






kalba camp & watersports centre

Kalba Camp is set within the Al Hefaiyah Mountain Conservation Reserve, approximately 2 hours by coach from Dubai on the east coast of the emirate of Sharjah.







kalba camp

ACCOMMODATION

STUDENTS 120





ENVIRONMENT













LAND-BASED ACTIVITIES



























Mountain Biking







Birds of Prey Field Studies Axe throwing





WATER-BASED ACTIVITIES









kalba camp & watersports centre

STUDENT

Capacity: 120, 6-8 students per room

ACCOMMODATION

Single sex accommodation areas

Log cabin style rooms with AC and power outlets

Metal frame bunk beds

Mattress, bottom sheet, pillow and pillowcase are supplied;

students provide their own sleeping bag

Window with mountain views

TEACHER

Capacity: 12, 1-2 teachers per room

ACCOMMODATION

Log cabin style rooms with AC and power outlets

Situated between girls and boys accommodation areas Mattress, bottom sheet, pillow and pillowcase are supplied;

teachers provide their own sleeping bag

En suite bathroom

Window with mountain views

TOILET + SHOWER

Single sex shower and toilet blocks

FACILITIES

Max distance from student room - 40 metres

Hot water

Hand wash stations next to dining area

Cleaned at least 3 times per day

FOOD

Professional grade kitchen

equipment

Certified chefs

All meals prepared and

cooked fresh on site

Nut-free

NEAREST

Kalba Hospital ~ 10 minutes

Fujairah Hospital ~ 20 minutes

EMERGENCY HOSPITAL

kalba camp & watersports centre

CURRICULUM LINKS & OFF-SITE TRIPS

Kalba Mangrove Reserve + Classroom

at watersports centre

- Biology & Ecology
- Classification
- Coastal Management
- Conservation

Al Hefaiyah Mountain **Conservation Reserve**

10-minute transfer

- Biology & Ecosystems
- UAE Social Studies

Kalba Birds of Prey Theatre

10-minute transfer

- Biology
- UAE Social Studies

Sheikh Saeed Bin Hamad Al Qasimi House Museum

15-minute transfer

- History
- UAE Social Studies



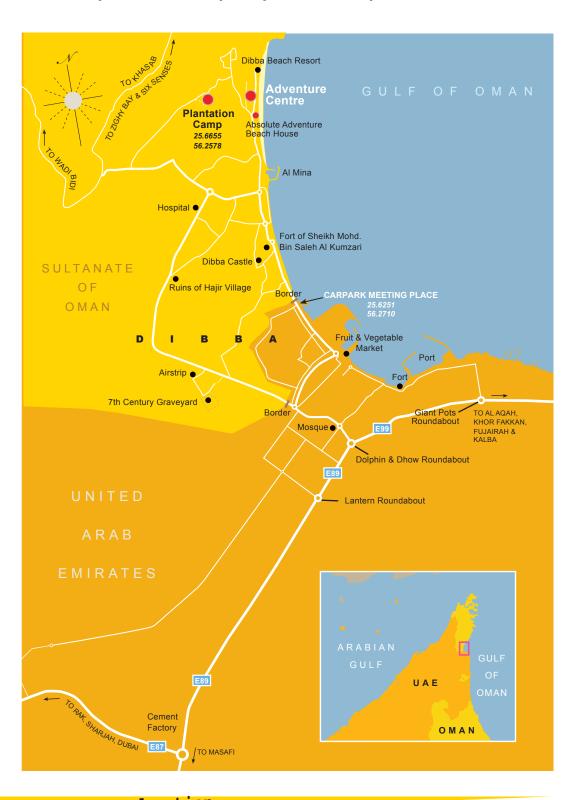




dibba plantation camp & adventure centre

2 hours from Dubai by coach, the Plantation Camp and Adventure Centre are on the edge of the Musandam Peninsula, just across the border into Oman.

NOTE: Trips to these camps require a border permit.



dibba plantation camp

ACCOMMODATION







ENVIRONMENT









LAND-BASED ACTIVITIES









Rock Climbing





























Knife Throwing Camp Craft Spear Throwing

WATER-BASED ACTIVITIES







Sea Kayaking Raft Building

Dhow Cruise





dibba plantation camp

STUDENT

Capacity: 120, 6-8 students per room

ACCOMMODATION

Single sex accommodation areas

Permanent structure Bedouin style tents with ceiling fan

and power outlet

Metal frame bunk beds

Mattress, bottom sheet, pillow and pillowcase are supplied;

students provide their own sleeping bag

TEACHER

Capacity: 24, 2-4 teachers per room

ACCOMMODATION

Situated between girls and boys accommodation areas

Permanent structure Bedouin style tents with ceiling fan

Metal frame bunk beds

Mattress, bottom sheet, pillow and pillowcase are supplied;

teachers provide their own sleeping bag

TOILET + SHOWER

FACILITIES

Single sex shower and toilet blocks for students

Single sex showers and toilets for teachers

Max distance from student room - 40 metres

Hot water

Cleaned at least 3 times per day

FOOD

Certified chefs

All meals prepared and cooked fresh on site

Nut-free

NEAREST

Dibba Hospital ~ 15 minutes

EMERGENCY

Fujairah Hospital ~ 35 minutes

HOSPITAL

dibba plantation camp & adventure centre

CURRICULUM LINKS & OFF-SITE TRIPS

Rocky Shore and Dibba Beach

- Biology and Ecology
- Classification
- Coastal Management
- Beach Profiling

Dibba Dhow Cruises

10-minute transfer

- Coastal Management Survey
- Geology

Scuba Diving

10-minute transfer

- Biology
- Coral Survey
- Coastal Management Survey
- Pressure and Depth







adventure centre, dibba

ACCOMMODATION









ENVIRONMENT









LAND-BASED ACTIVITIES

































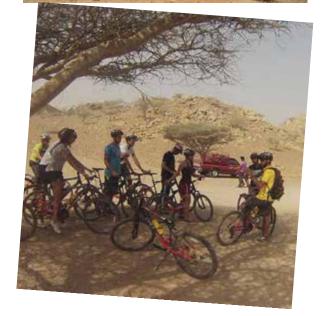
WATER-BASED ACTIVITIES











adventure centre, dibba

STUDENT Capacity: 40, 2-3 students per tent

ACCOMMODATION Single sex sleeping areas

> Tented accommodation with camp beds (TENTS)

STUDENT Capacity: 12, single sex dorm room with A/C

ACCOMMODATION Wooden frame bunk beds

> Mattress, bottom sheet and pillow provided (students (DORM)

> > provide their own sleeping bag)

Capacity: 4+ **TEACHER**

ACCOMMODATION Rooms in traditional villa with AC and power outlets

Mattress, bottom sheet and pillow provided (teachers

provide their own sleeping bag)

Single sex showers and toilets for students **TOILET + SHOWER**

> Max distance from student room - 15 metres **FACILITIES**

> > Hot water

En-suite bathroom for teachers

FOOD Certified chefs

All meals prepared and cooked fresh on site

Nut-free

WATERSPORTS Water activities take place from the beach in Dibba

~ 10-minute transfer from the Plantation Camp or

Adventure Centre

NEAREST

Dibba Hospital ~ 15 minutes

HOSPITAL

Fujairah Hospital ~ 35 minutes **EMERGENCY**

1 hour and 10 minutes from Dubai by coach, Oasis Camp sits inland from Ras Al Khaimah, close to the foothills of the Hajar mountains.



ACCOMMODATION









ENVIRONMENT







LAND-BASED ACTIVITIES

























WATER-BASED ACTIVITIES





STUDENT

Capacity: 190 set over 3 separate villages, 6-8 students

ACCOMMODATION

per room

Metal frame bunk beds

Mattress, bottom sheet, pillow and pillowcase are supplied;

students provide their own sleeping bag

TEACHER

Capacity: 12, 2 - 4 teachers per room

ACCOMMODATION

Situated at the end of each accommodation block

Permanent chalet-style structures with en-suite bathroom,

a/c and power outlet

Single beds

Mattress, bottom sheet, pillow and pillowcase are supplied;

teachers provide their own sleeping bag

TOILET + SHOWER

All chalets have en suite bathroom with shower, toilet,

FACILITIES

hand basin and mirror.

Hot water

Certified chefs **FOOD**

All meals prepared and cooked fresh on site

Nut-free

NEAREST

Dibba Hospital ~ 31 minutes

EMERGENCY

RAK Hospital ~ 32 minutes

HOSPITAL

CURRICULUM LINKS & OFF-SITE TRIPS

The Ritz-Carlton, Ras Al Khaimah Al Wadi Desert Resort

20-minute transfer Ghaf tree planting

- Biology
- Ecology
- Desertification

Wadi Wurayah National Park

80-minute transfer - full day Canyoneering, Abseiling, Leave No Trace

- Conservation
- Ecology





