

Going on a Residential to Nant BH

Preparing for my trip.



Here is Nant BH on a map of North Wales.



Residential are school trips where I stay overnight with friends and teachers. Residential are great fun. I will get to spend time with my friends and try new and exciting activities. This is the Centre I will see when I arrive.



Before I go on my residential, my _____ will help pack my bag with things I need to take. When I say goodbye, I may feel sad. It is okay to feel sad. My teachers and friends will help me feel better. We will get there on a bus. I will sit where my teacher tells me and I will wear a seatbelt. It will take about _____ minutes to get there.

When I get to Nant BH, I will take my bag to my dormitory and go and sit in the dining room with my friends. I will listen to the instructor who will tell me how to be safe at the Centre, and what activities we will be doing. Here are some of the rooms I will use at Nant BH Centre.



Dining Room



Top Classroom



Lounge



Games room

At Nant BH, it is important to work as a team and help each other. This means I might be given a job to do, like making my bed, sweeping the bus, or serving food to my friends.



I will eat meals in the dining room. I will make my own packed lunch. When I am eating, I might see food that I have not tasted before. I will not know what it tastes like unless I try some. People might ask me to try a new food because they think I might like it. If I do like it, I can ask to have more. If I do not like it, I know it is okay to say, "No, thank you". Trying new food is a good way to discover which foods I like to eat, and which foods I may to like to eat.



At Nant BH, I will share a bedroom with one or more of my friends. I will sleep in a bunk bed. I will share a bathroom with the people in my dorm. This is what the bathrooms look like. The bathrooms have showers and toilets.



I might need to change my clothes for some activities. If the weather is sunny, I will need to wear sunscreen. If the weather is cold, or I will be getting wet, I will need to wear clothes that keep me warm and dry. I might borrow some clothes, like waterproofs and wetsuits from Nant BH. Here is where I will get them from. For some activities, I will be given a helmet to wear to keep me safe.



I will hang my wet clothes in the drying room overnight to dry.



We will do lots of fun activities at Nant BH. It is good to try new activities. Staff will be there to help me. I must follow instructions and do what my teachers say. I must also listen to the Instructors from Nant BH and do what they say too. If I do these things, I will stay safe and have a great time! I will travel to some activities on a minibus. Here of some of the activities I might do at Nant BH.



Mountain Walk



Ropes course



Canoeing



Gorge Walking



Zip-line



Orienteering

In the evenings, I will do a night-time activity and after that, I might get time to use the games room or visit the gift-shop to buy a souvenir. My teachers will tell me what I am allowed to do, and what time I should go to sleep.



On my last day at Nant BH, I will pack all my clothes into my bag. We will leave Nant BH after lunch, and we will go back to school on the bus. My parents will collect me from school at home-time. I might be feeling tired on the way home. It is ok to feel tired when I have been busy.

