

Dear grade 6 students

We would like to welcome you to the UWC camp, and in this connection send some information about the stay.

It is important that you return the following information to us before the camp school stay:

- **Class list with an overview of boys, girls and adults, as well as time of arrival and departure.**
- **Image permission form**
- **Contact information in the event of an accident**
- **Information about allergies, disabilities or other special needs**

Deadline: Friday 1 April 2022.

At the camp, the students live together in four or eight-person rooms. An overview of which rooms you will use will be sent no later than two weeks before the stay. You are then free to decide which students should share the rooms.

If you have any questions, please contact us either by phone 57 73 70 07 or by email: [leirskule@uwcrn.no](mailto:leirskule@uwcrn.no)

We look forward to welcoming you here at UWC Leirskule!

Kind regards,

Vetle Aase Øvrebotten, UWC Leirskule

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## Time schedule

	Tuesday	Wednesday	Thursday	Friday	Saturday
08.15-08.30		Inspection	Inspection	Inspection	
08.45-09.30		Breakfast	Breakfast	Breakfast	Breakfast
09.30		Morning assembly	Morning assembly	Morning assembly	Morning assembly
Morning	Attendance and accommodation (times vary with travel route)	09.30-12.00 Outdoor cooking	09.30-12.00 Canoe	09.30-16.00 Excursion to Fredensborg Canoe one way  packed lunch	Pack and clean Check-out before 11:00 Departure
12.00 – 13.00		Lunch	Lunch		Possible lunch
Afternoon	Welcome in Høegh  Get to know Haugland and UWC	14.00-16.00 <ul style="list-style-type: none"> <li>• rappelling</li> <li>• Bush Craft</li> </ul>	14.00-16.00 <ul style="list-style-type: none"> <li>• Kayak</li> <li>• Archery</li> </ul>		
16.45-17.30	Dinner	Dinner	Dinner	Dinner	
Evening	Swimming 17.30-19.00	Kiosk: 17:30-18:30	International activities with the students from UWC RCN 19:00-20:00	Swimming 17.30-19.00  Closing with entertainment from students 20.00-22.00	
22.00	Bed time	Bed time	Bed time	Bed time	

## *Activities*

Through a stay at UWC campus, students get the opportunity to participate in a number of exciting and educational outdoor life activities. Monday is the day of arrival and is mostly about information about the camp and the week to come, as well as getting to know the area and other students who visit the camp. Tuesday, Wednesday and Thursday the teaching is divided into three blocks; morning activity, afternoon activity and evening activity. Friday is the day of departure and goes with cleaning and packing before departure.

We note that small changes in the set weekly schedule and activities may occur in the time leading up to the camp school stay.

On Tuesday morning, the students will be divided in two groups. Half of the students get to try cooking in an outdoor kitchen, while the other half are out in a canoe. On Wednesday morning, the activities are reversed, so that all students can participate in both activities. On Thursday, the trip goes to Jensbua coastal culture center by canoe, and further on a short walk to Fredensborgparken and Lillingstonheimen. Local cultural history and natural geography are the theme of the trip.

## *Afternoon*

Tuesday and Wednesday after lunch, students have the opportunity to choose one of the following activities; Rappelling, kayaking, bushcraft and archery. During the week, the students will participate in two of four afternoon activities.

## *Evening activities*

In the evening on Monday and Thursday, the students have access to use the swimming facility at Haugland rehabilitation. The swimming facility consists of a 25 m pool with slide, as well as a hot therapy pool. Both pools are adapted for students with disabilities (Ramp). Swimming takes place under the supervision of an adult lifeguard. On Wednesday night, the activity is planned together with the students at UWC RCN. This

teaching session is currently being planned with the students, and we will come back with more information at the beginning of the stay.

### Kiosk

On Tuesday afternoon, the students can shop in the kiosk at the camp school, which is run by the students at UWC RCN. In the kiosk you can buy chips, sweets and UWC t-shirts. Due to infection control measures, it is only possible to pay with a bank card in the kiosk.

### Closing assembly

In order to make a little extra out of the closing the night before the day of departure, each class must prepare and perform some entertainment. It can be actors, sketches, songs... etc. To get the best possible atmosphere, it is nice if they take with the music they like best.

### Meals

UWC Leirskule offers a full board stay with three meals (breakfast, lunch and dinner) on Tuesday, Wednesday and Thursday. We also offer dinner on the day of arrival (Monday), as well as breakfast on the day of departure (Friday). NB! This means that students must bring a packed lunch for the day of arrival. The students have the opportunity to make a packed lunch for supper every day. Kitchen staff have extensive experience in adapting the diet to students with special needs (allergies or religious considerations), and there will always be a vegan / vegetarian alternative to dinner. Remember to fill out a form for allergies and special needs for dietary adjustment if needed.

## What can I experience and learn at the camp?

- Having to speak English
- To be part of a multicultural society. (At the college there are about 90 different nationalities and all the major religions are represented).
- To meet new people every day.
- To have a lot of physical activity - outside and inside
- To try activities you have not tried before
- To learn about life by the fjord in a historical perspective - from rowing old wooden boats to wetsuits and plastic kayaks
- Being away from home for a week
- Living in a boarding school with others of the same age
- Taking care of your own things
- To dress and take care of oneself - in all kinds of weather
- Breaking boundaries. Here are challenges and mastery experiences for everyone
- To "lift in teams!" - to be in a group and collaborate with peers across gender and school
- ... and much more!

## Rules where we live

When many people live together in one house, it is important

with some rules.

Lights out/quiet: You need to be quiet from 23:00.

Smoking: It is forbidden to smoke / light candles in and around the house, smoking is forbidden in the entire school area

Garbage: Garbage should be thrown in the trash (not in the toilet or in nature)

Defects: All defects must be reported to the staff at the camp.

Fire: Follow the fire instructions and inform the staff at the camp bullet immediately.

Cleaning: The house and rooms must be clean at all times, and floors, corridors and stairs free from loose objects

Cleaning: Cleaning equipment is available in the laundry room on each floor

Ventilation: Windows should not be opened more than 10 cm.

Upon departure, the room and the house must be in the same condition as when they arrived.

## Packing list

Students must bring:

- Towel (s)
- Toiletries
- Swimwear
- Rubber boots (absolutely necessary!)
- Sneakers / hiking boots
- Good rainwear, preferably oil hire
- Clothes / jogging suit
- Wool (super) underwear, preferably several sets
- Long trousers to wear on a trip
- 2 wool sweater / fleece sweater
- Wool socks, thin and thick
- Hat, mittens and scarves
- Small backpack
- Seat pad (sitteunderlag)
- Cup and plate
- water bottle
- watch

Students can bring:

- indoor shoes
- knife
- musical instrument
- camera, games
- Pocket money (we think 150 kr is enough)
- Money for Leirskule T-shirt (NOK 200)

### NOTE

**UWC Leirskule provides a duvet, pillow, bedding (sheets, pillowcases and bedding) for each student / parent and staff.**



## Rules of order for UWC Leirskule

Show consideration for fellow human beings and take good care of the buildings, furniture and nature you visit.

- Attendance is expected according to schedule and participation in all organized teaching.
- Life jackets must be worn during fishing from the shore and in canoe, kayak and boat activities.
- In the room, the rules also apply: Rules where we live`.
- The use of drugs is prohibited during the entire stay.
- Students are not allowed to use a mobile phone during the stay
- Self-inflicted destruction of property leads to claims for damages.
- It is forbidden to stay in the administration and the gym.
- Swimming, fishing, and the use of canoes / boats in leisure time without a permit are prohibited.
- In the event of a breach of the rules, the pedagogical staff assesses home delivery on the pupil's / parents' account. Full payment of booked stay is required.

## In the dorm

In the spring of 2015, the UWC camp moved into completely new buildings in the middle of the student city. Since the students at UWCRCN have a busy day, we ask you to show respect to the students and not make too much noise outside their homes.

UWC Leirskule currently has 15 rooms - four- and eight-man rooms.

## Responsibility and supervision scheme for UWC Leirskule

During all organized activities, the camp school teachers are responsible for the teaching and safety of the students who participated.

The hosts are responsible for board and lodging, as well as other hosting duties such as fire safety, cleaning, maintenance, etc. The hosts have a co-responsibility for ensuring that the camp's rules of order are complied with.

The accompanying teachers / parents have co-responsibility for ensuring that the camp school's rules of order are followed and for supervising the pupils in their free time and at night (sleeping night shift). In collaboration with the camp school, the following teachers shall participate in the camp school's teaching corresponding to the number of hours the person in question would normally have had in teaching / working hours. The teachers are responsible for obtaining written consent from the parents that they will give the students permission to swim outdoors in their free time.

Permission to stay outside the defined area for the camp ball can only be granted by the teachers who are involved, when he / she takes responsibility.

## Fire instructions for Henry Dunant and Thor Heyerdahl building. *Sted:*

*Fjaler kommune, Haugland UWC, G.nr 41/Br.nr 48*

1. DO NOT STOP THE ALARM until you are sure the fire has been extinguished or it is confirmed that the alarm is false.

1. 2. Start evacuation of the building without delay. All gathered outside the building on the football pitch. Wait for instructions on further evacuation to Teacher`s Hill.

2. Examine the place where the alarm goes off to determine if there is a fire and the extent of the fire.

3. Call the fire brigade on telephone 110 in case of fire, in case of heavy smoke development - or if you are in doubt. Keep in touch with the fire department until they have received the information they need.

4. In the event of a fire or suspected fire, activate a manual alert point at the nearest emergency exit to alert everyone on Campus.

5. In the event of minor fires, immediately try to extinguish with available extinguishing equipment.

6. Evacuate to Teachers' Hill.

Inform the fire brigade, the police and ambulance personnel about what happened when they arrive, and report to them about any missing persons.

## Student reservation for photos online.

On our home pages and in some publications we publish, we use from time to time a picture and video from activities and events at the camp. The picture is never presented with the children's name or school, but we can post what schools have been at the camp school that week.

We place great emphasis on protecting the integrity of students and teachers and, for example, never post a picture of someone in a bathrobe or in vulnerable situations. To be able to publish a photo from the stay, we need to submit their permission and ask the school to hand out and collect the form for this. We will use the "Be Careful Poster" for guidelines when using a picture.

It is expected that the following teachers / parents supervise the pupils in their free time, i.e. all time outside organized teaching / activities.

The teachers / parents are responsible for night shifts (sleeping) and waking up. Fire instructions hung on the wall in a quarter of a house. The teachers / parents are also responsible for the first aid kit at the house.

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