

Nant BH 3 Day Residential Course – Itinerary

Approximate Timings	Day 1 – Arrival	Day 2	Day 3 – Departure	Responsibility Notes :	
07.15		Wake Up & prepare for breakfast	Wake Up & prepare for breakfast	School Staff	
08.00 - 08.30		BREAKFAST	BREAKFAST	School staff	
08.30 - 09.00		Sandwich making & briefing	Sandwich making & briefing	Nant BH Staff	
09.00 - 09.30		Centre Jobs & getting ready for activities in dormitories	Packing & getting ready for activities. Clear Dormitories	Nant BH Staff led , supervised by school staff	
09.30 - 09.45		Pre Activity briefing for staff and pupils	Pre Activity briefing for staff and pupils	Nant BH Staff led	
09.45 - 12.45		Arrival at Nant BH by coach Intro , kit issue , moving in	ACTIVITY SESSION 2 Options	ACTIVITY SESSION 4 Orienteering	Activity NBH staff
10.30					Pupil and staff intro meetings by NBH staff
12.45 – 13.30	LUNCH (cooked)	LUNCH (packed)	Lunch (packed) prior to departure	NBH & School staff	
13.30 - 17.00	ACTIVITY SESSION 1 Options	ACTIVITY SESSION 3 Options	Departure from Nant BH 1.15pm	Activity NBH staff	
17.00 - 17.30	Return to centre, sort equipment , Shower, change for evening meal	Return to centre, sort equipment , Shower, change for evening meal		School staff to supervise during “Downtime”	
17.30 - 18.15	EVENING MEAL	EVENING MEAL		NBH & School staff	
18.15 - 19.00	Tidying rooms & changing for evening activity	Tidying rooms & changing for evening activity		School staff supervise	
19.00 – 20.45	EVENING ACTIVITY 1 Night walk	EVENING ACTIVITY 2 Picture search review		Activity NBH staff	
20.45 – 21.00	SUPPER DRINKS	SUPPER DRINKS		NBH & School staff	
21.00 - 21.45	Optional - Games Room , Students lounge , Gift Shop, DVD	Optional - Games Room , Students lounge , Gift Shop, DVD		School staff supervision	
Good night!	Bedtime	Bedtime		School staff supervision	