

Bawdsey Manor

Suffolk



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***Bawdsey Manor,
Bawdsey,
Woodbridge,
Suffolk
IP12 3BH***

***Contact number for Bawdsey Manor: 0333 321 210 or
01394 412 375***

Contact number for school mobile: 07769 865 346

***You will receive a brief e-mail from us each evening letting you know all is well.
We will contact you if there is a problem with your child, or we want to confirm
anything with you. We will have all your contact details with us.***

Travel details

- *We are travelling with Three Star Coaches, Luton*
- *Please arrive at school as normal on the Monday morning, bringing your luggage to the gym on the way in (back door near playground). We will leave school at 12:30pm. Please bring a packed lunch to be eaten at 11:30am before we prepare to leave. Please take travel tablets if required before coming to school.*
- *Arrive back at school at approximately 5:00pm. All children must be met by an adult (no child is allowed to walk home by themselves). If they are going home with another adult, just let us know please. Could parents/carers please NOT PARK IN THE BUS BAY so that the coach can pull in safely. Parents should wait on the path near the bus bay. We will phone school if we are running late and they will keep you informed of our progress.*



What's it all about?

Teachers and Leaders - more information

Why have we chosen PGL?

<https://www.pgl.co.uk/en-gb/school-trips/resources/promotional-videos/primary-schools-videos>



Why we chosen Bawdsey Manor, Suffolk

- 19 fantastic adventure activities to choose from
- 144 acres of beautiful grounds
- Stunning coastal location with panoramic views
- 2 - 3 hours away (far enough away, but not too far!)
- Newest PGL centre (2nd year open)
- See the Bawdsey Manor web page for more information:
www.pgl.co.uk/bawdsey



Day time activities

We have told PGL of our preferences and 2-3 weeks before leaving we will get our tailor-made programme. They could include activities such as: trapeze, rifle shooting, survivor (bushcraft), archery, giant swing, buggy building, Jacob's ladder, challenge course, fencing, abseiling, zip wire, climbing.

We will have a PGL leader who will stay with us all week, so they will get to know all the children.



Evening activities

Evening activities may include: Campfire, Splash, Wacky races, Sports night, Capture the flag or Ambush!

Sample programme for a 5 day Multi-Activity course for Primary Schools

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast (between 7:45am & 8:20am)					
09.00 - 10.30	-	High Ropes Course	Giant Swing	Archery	Climbing
10.30 - 12.00	-	Orienteering	Canoeing	Vertical Challenge	Tunnel Trail
Lunch (between 12:00pm & 2:00pm)					
14.00 - 15.30	-	Abseiling	Trapeze	Rifle shooting	Depart for home
15.30 - 17.00	Arrive, unpack, intro	Jacob's Ladder	Zip Wire	Raft Building	-
Dinner (between 5:00pm – 6:30pm)					
19.30 - 21.00	Splash	Campfire	Wacky Races	Sports night	-



Accommodation

Rooms with bunk beds, mainly sleeping 4 or 6 children (one which sleeps 10) with shared bathrooms.

We will discuss with you who will be in your dorm, but we will make the final decision.



Facilities

- **144 acres of grounds**
- **Playing fields/sports pitches**
- **Shop – gifts, sweets, ice creams and drinks will be open to us once a day at an allocated time. Price list is in your pack**



Catering and dietary needs

- **3 nutritious, balanced meals per day**
- **Self-service salad bar**
- **Vegetarian option**
- **Special diets catered for by prior arrangement (form in pack)**
- **Menu is included in information pack (subject to change)**
- **We are allocated a time for each meal**

Kit list *(please label everything)*

T-shirts

Long sleeved tops

Waterproof jacket

Fleeces/jumpers

Trousers/leggings (not jeans as they are cold and heavy when wet)

Shorts

Underwear & socks

1 or 2 sets of clothes for the evening

Nightwear

Sun hat/cap

Sunscreen

Wash bag with shower gel, shampoo, toothbrush, toothpaste, deodorant (no aerosols)

One pair of trainers for activities

One pair of trainers for water sports (no crocs)

One pair of shoes for evening activities

A towel for showering

An old towel for activities

Re-usable water bottle

Small rucksack

What you don't need to bring



Electronic devices

Mobile phones

Jewellery (stud earrings if absolutely necessary)

Valuables

Aerosols (hairspray or deodorant)

Bedding (we have paid for bedding)



<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/360/home/index.html>



Thank you for listening
Any questions?