



2023

Guide

L&E WORLD CAMP UK

AYSGARTH SCHOOL, N. YORKSHIRE



THIS GUIDE'S

CONTENTS

3 WELCOME TO L&E

4 ARRIVAL & DEPARTURE

5 CONTACTING US

**6 CONTACTING YOUR
CHILDREN**

7 MEDICAL INFORMATION

7 ROOMS & LAUNDRY

8 MONEY

9-13 CAMP LIFE

11 OPEN MINDS

13 THEME NIGHTS 2023

14 KIT LIST

15 WANT TO HELP L&E?

16 2024 DISCOUNT

17 L&E RULES



Welcome to L&E

We are very excited about our camps this year. Here is all the **ESSENTIAL INFORMATION FOR PARENTS & CHILDREN** to get your child(ren) ready for camp.

If you need advice or clarification on anything, please contact us.

Hopefully, the sun will shine! We look forward to seeing you soon.

With Our Very Best Wishes,

Sam & the rest of the team



AYSGARTH SCHOOL

Aysgarth School, Newton-le-Willows, Bedale,
N.Yorkshire, DL8 1TF



ARRIVAL & DEPARTURE

When arriving at camp there are 3 things to do before anything else:

- Registration: Please make this your first thing on the "to do" list – it lets us know you're here!
- Medical Information: You must hand in all medication in a named and sealed bag/container with clear written instructions for use, accompanied by one of our Medical Forms. This is available on our website. (We will also have them available at camp). Please confirm we have the correct details regarding all aspects of your child's medical needs.
- Bank: Pocket money must be deposited in the Camp Bank for safekeeping.

Check-in is between 1700 and 1800 on arrival day. (Sunday) We will have a Family BBQ or Afternoon Tea (depending on the weather!) where you get to meet all the staff.

Please do not arrive before 17:00. We will not be able to check in your child before that time.

Going Home – Children can be collected from 0900 but before 1100 on pick up day (Saturday) and must "checkout" with a member of staff.

Obviously, if your children are using the Airport Transfer Service then a lot of this information is not relevant. However, please provide a medical form for them to hand in.



CONTACTING US

If you have any questions or concerns during camp it is always best to call us. The camp phone number will always be diverted to a staff member. You can then try the Director's numbers. As a last resort you can try the school number.

L&E Camp Phone: +44 1756 521000 (24 hours)

Aysgarth School: +44 1677 450240 (only available between 0900 - 1600 GMT)



SAM RIDGWAY

Director of Learn & Experience

Direct Line: +44 7731904135

WhatsApp: +1 778-628-7303



L&E OFFICE

Direct Line: +44 1756 521000

WhatsApp: +44 7731904135



CONTACT WITH YOUR CHILDREN

You can call, text, whatsapp, email and even video call us anytime.

Children can obviously call home at any time if they really need, however, we encourage this to be between 1830-1900 BST. This is to ensure it doesn't disrupt activities.

Delivery of the post is very exciting for those who receive letters. Please use the school addresses (see above). You can also send emails to your children to kidsmail@learnandexperience.com. These are handed out at the next available meal time. They also have access to computers so they can return emails.



MOBILE PHONES

Children can bring their mobile phones/devices however there are some rules:

- 1) It will be kept by L&E in our safe until needed.
- 2) They can only have access to it at the allocated times. Normally, at 1830 after evening meal.
- 3) They may not have great reception as some networks do not work very well on our site.
- 4) We will take no responsibility if the mobile gets lost, stolen or broken.
- 5) It must also be understood that phones may not be used during activity sessions or meal times.



THE COUNTRYSIDE

Aysgarth is in the countryside and is very different to living in town. If your child suffers from asthma or hay fever there is a chance this will be worse than usual on camp.



DORMITORIES

Allocating dormitories is a very difficult task. Every possible step is taken to accommodate everyone fairly. So please bear with us...



MEDICAL

On the L&E Medical Form you will sign a declaration giving us permission to administer medication e.g. sun cream, paracetamol (acetaminophen), ibuprofen, antihistamine, skin healing cream & plasters. If this is not the case you must make us aware on the form. If you send sun cream on camp with your child, it must be hypoallergenic and be labelled with your child's name.

It is important to have valid medical insurance for your child's visit.



SLEEPING BAGS & LAUNDRY

All children from UK must bring their own duvet and duvet cover or sleeping bag. If this is not possible then please let us know.

We recommend all children to bring their own duvet cover to make the rooms more homely.

We will provide a pillow, pillow case and bed sheet as standard plus duvets for our international children.

A laundry service is available once or twice a week. Please name clothes.

This service is NOT SUITABLE FOR DELICATE OR EXPENSIVE CLOTHES, which should be ideally, not be brought at all.



MONEY

We run a Bank system at L&E where all the children's spending money can be kept in the L&E Bank and then issued when needed. We recommend that no more than £30 per week is needed. Below are the only options to spend money while at camp.



L&E SHOP

Children can pay £5 per week to access confectionary after lunch. This come direct from their L&E Bank Account.

Once again we will be selling the much loved L&E T-shirts & Caps, look out for the new design this year!!! We have sizes to fit everyone, from tiny campers right up to adult sizes!

T-shirt: £15

Cap: £15

T-shirt & Cap: £25



EXCURSIONS

Campers have the opportunity to spend money on the Saturday/Sunday excursions

- Saturday 15th July: York
- Sunday 16th July: Beach
- Saturday 22nd July: Local villages
- Sunday 23rd July: Rest & Arrival
- Saturday 29th July : York
- Sunday 30th July: Beach

DAILY SCHEDULE AT L&E WORLD CAMP

7.45am wake up 

8.15 - 8.45am
Breakfast

9.00 - 9.25am
Warm-up Activity

9.25 - 9.30am
Morning Activity Choices

9.30 - 12.25pm

Morning Activities:

- Open Minds
- Adventure, Sport or Creative
- English

12.30 - 1.15pm
Lunch

1.15 - 1.45pm
Shop &
Free Time

1.45 - 2.00pm
Afternoon Activity Choices

2.00 - 4.30pm

Afternoon activities:

- Adventure, Sport or Creative
- L&E Extras (Horse Riding & Tennis)

4.30 - 6.00pm
Swim & Free Time

6.00 - 6.30pm
Dinner time

6.30 - 7.00pm
Free Time/Phone home

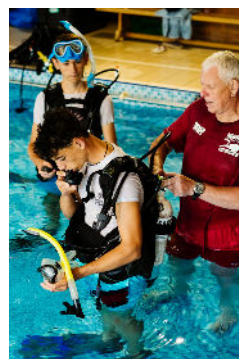
7.00 - 9.00pm

Evening activities:

- Icebreakers
- Campfire
- Movie night
- Theme Night
- Oscars

9.00pm onwards
Hot chocolate & Bedtime

Activity Options



SPORT



- Basketball
- Football
- Table Tennis
- Badminton
- American Football
- Hockey
- Lacrosse
- Cricket
- Waterpolo
- Rounders

CREATIVE

- Painting
- Drama
- Dance
- Stop motion
- Mask making
- Papermache
- Chalk drawing
- Cooking
- Photography
- Film Making



ADVENTURE



- Climbing
- Canoeing
- Fire building
- Archery
- Geocaching
- Scuba diving
- Survival skills
- Kayaking
- Abseiling
- Den Building

ENGLISH

Mornings
Only

Each weekday morning students who have chosen English will have language classes taught by our qualified teachers. The classes are small (no more than 10 in a class) engaging, interactive and are often taken outside the classroom.



L&E EXTRAS

L&E Tennis Academy

- Qualified Coaches
- 5-1 Sessions
- Hard Courts

L&E Horse Riding

- Riding Lessons
- Stable Management
- Hacks & Jumps
- Your own horse for the week

Afternoons
only



Monday

- **Session 1. Ice breakers**, sharing of expectations for the course, discussing potential challenges.
- **2. What is an Open Mind?** Foundations for the course. Introducing the elements of a positive learning environment.

Tuesday

- **1. World Views.** What are they, how are they formed, how can we better understand those of others?
- **2. How to disagree.** Case studies of challenging ideas and how to discuss them.

Wednesday

- **1. The Inquisitive Mind.** How can we become more curious about the world around us, what benefits may this have?
- **2. Curiosity Mini Project.** Practice project based around the transformative power of curiosity










Thursday

- **1. Curiosity Project Presentations.** Students present their mini projects followed by feedback.
- **2. The Resilient Mind.** Intellectual and physical challenges, how they overlap and their benefits for future success.

Friday

- **1. Intellectual and Physical Challenges Obstacle Course.** An exciting way to get the body & brain working on a Friday AM.
- **2. Introducing the Project:** What is a successful collaborative exercise and how can we achieve that?

An example week at L&E World Camp

		MORNING	AFTERNOON	EVENING
	Monday	Football Mask Painting Archery English Open Minds	Softball Coding Fire building L&E Tennis Horse Riding	Icebreakers
	Tuesday	Water polo Stop motion Scuba diving English Open Minds	American football Musical Theatre Scuba Diving Tennis Horse Riding	Campfire
	Wednesday	Basketball Photography Canoeing English Open Minds	Ultimate frisbee Movie Making Kayaking Tennis Horse Riding	Movie Night & QUIZ
	Thursday	Hockey Chalk Drawing Rock Climbing English Open Minds	Badminton Cooking Rock climbing Tennis Horse Riding	Theme Night
	Friday	Badminton Dance Geocaching English Open Minds	L&E Triathlon	Oscars & Party
	Saturday	Free time/Good Byes	Excursion: York	Movie Night
	Sunday	Free Time	Excursion: Beach	New Arrivals bbq
				
				

New-comers guide to our Evening Activities



Ice-breakers:

Campers are put into teams and play games like wacky races, chubby bunnies and bin bag fashion all ending in the famous "egg drop"! This is a chance to get to know everyone and make fast friends!



Campfire:

A magical night of songs, marshmallows and new friends. Some campers get patriotic and sing national anthems while some like to sing the classics!



Movie Night:

This is a chance for the campers to relax with popcorn and duvets. There are usually a few snoring children by the end! Don't worry-we take requests & all the campers are catered for.



Theme Night:


Most would argue that this is the best night of the week. Staff get suitably dressed up and campers can bring outfits as well but there's no pressure. These are the themes for 2023.

- **Week 1 : Disney**
- **Week 2 : Alien Invasion**
- **Week 3: Back to the Future**
- **Week 4: Toys & Games**



L&E Oscars & Party:

This is the big finale where everyone gets dressed up! We celebrate each and every child and look back on the past week and all the things we have achieved together. There are lots of awards up for grabs, but all eyes are on the coveted Star Camper Award which is revealed at the end of the night.



Kit List

ALL ITEMS OF CLOTHING AND SHOES SHOULD BE CLEARLY NAMED

- ... DUVET COVER (not compulsory but nice to make room homely)
 - ... NAMED WATER BOTTLE
 - ... WATERPROOF COAT
 - ... OUTDOOR SHOES/TRAINERS (2 pairs are a good idea)
 - ... TRAINERS for indoor wear. Compulsory.
 - ... PLENTY OF UNDERWEAR AND SOCKS
 - ... SWIMMING COSTUME
 - ... NIGHT WEAR (Suitable for public)
 - ... DRESSING GOWN/SLIPPERS
 - ... SWEATERS/CARDIGANS
 - ... SKIRTS/DRESSES
 - ... T-SHIRTS
 - ... JEANS/LEISURE TROUSERS
 - ... SHORTS
 - ... TRACKSUIT
 - ... TORCH & SPARE BATTERIES
 - ... NAMED LAUNDRY BAG
 - ... LARGE TOWEL (for swimming), BATH TOWEL & FACE TOWEL
 - ... TOILETRIES: Hair Brush, Flannel, Soap, Toothbrush & paste and Shampoo
 - ... TRAVEL BAG/SMALL KNAPSACK
 - ... CLOTHES THAT CAN GET VERY DIRTY.
 - ... SUNHAT, SUNGLASSES, SUNCREAM
- ... *HORSE RIDING BOOTS or SHOE WITH HEEL (If attending Horse Riding School)*

Optional items

CAMERA FOR FILM MAKING & PHOTOGRAPHY, STAMPED ADDRESSED POST CARDS, READING BOOKS, NOTEPAD, PENS, TENNIS RACQUET, GOGGLES, MOBILE PHONE, FANCY DRESS FOR THEME NIGHT (SEE P.13)



Want to help L&E??



4 ways you can help...

#1 School Information Evenings:

In 2022/2023 we held some successful information evenings at schools where we spoke to families about our programmes. If you are able to help us connect with your child's school we can plan a trip to your city and speak not only at your child's school but also to any friends that you have that might be interested in our programmes. We understand that sending your child to a camp/programme in another country is a big deal so we want to meet and speak to families so they can get to know us and to put their minds at ease.

#2 Share our YouTube films with your friends

Our YouTube channel is growing by the day and we have two amazing feature length films. These films help explain our programmes and feature campers, Teen Travellers, parents and staff. Subscribe to our Learn & Experience and Teen Travel YouTube pages!

#3 Leave us a Google review

You tell us time and time again what an amazing experience you have had so why not tell the world! Google reviews really do help us and they take just a few minutes to write...



#4 Follow us on social media

We are currently on Facebook, Instagram, YouTube and Twitter. We have loads of great content so follow/subscribe to our pages to see what's happening before, during and after summer!



What will your child do in 2024??



15%
EARLY BIRD
DISCOUNT

Book before 31/10/23 for 2024 programmes to receive a discount.
#LOYALTY23

...and finally

L&E RULES

Just like anywhere we have some rules which are mostly there to keep us all safe.

Most of the issues at camp are small and can generally be avoided if we keep to our 3 most important but simple rules:

1. Be kind 2. Be kind 3. Be kind.