

14 December 2018

Dear Parent / Carer

Year 9 and 10 Outdoor Education & Activity trip to the West of Ireland

I am writing to you to provide details about the activities trip offered during UHS Fest week. The PE department is running an Outdoor Education trip to Ireland from **Sunday 14th July to Thursday 18th July 2019**. The plan is to give students an experience of Irish culture, to see the geography and beauty of the west of Ireland while taking part in lots of OAA activities over the 4 days.

The general plan for the trip is as follows:

Sunday 14th: Students meet UHS staff at **Gatwick Airport** for an Aer Lingus flight to Knock Airport for a late afternoon flight. *Time and exact cost of this flight will be confirmed at a later date but we will travel on the Sunday.* The group will fly to Knock and get a coach to the **Croagh Patrick Hostel** where we will be staying for the duration of the trip. Breakfast each morning is included in the hostel cost. We will have a small meal on arrival in the eatery next door before bedtime.

Monday 15th: Students will take part in a 2-hour surf lesson at Carrowniskey beach in the afternoon with a packed lunch. Equipment and tuition is provided and is included in the total cost. In the afternoon we will take the students to visit another beach for a walk and some games. We may also have a DVD night! Dinner will be at the local eatery next door where we will have a 2 course dinner.

Tuesday 16th: Students will take part in a 2-hour surf lesson at a local beach. Equipment and tuition is provided. We will have a packed lunch on the beach & if the weather is good we can stay there for a while. Dinner arrangements are the same for this evening.

Wednesday 17th: Students and staff aim to complete the pilgrimage walk up Croagh Patrick. This is a Catholic religious tradition which has been done in Co Mayo for more than 5,000 years. Its religious significance dates back to the time of the pagans, when people are thought to have gathered here to celebrate the beginning of harvest season. Knock was very recently also visited by the Pope. The walk will take from 3-5 hours to complete depending on fitness levels. **We may change the day of the walk if the weather changes- we can change the surf & walk days if necessary.* Following this, we will visit Westport town for shopping and dinner to experience Irish culture. **Students will need Euros for this meal.**

Thursday 18th: We will go to a town called Newport to collect bikes at 9am to go for a **29km cycle** to and around Achill Island. This will take from 2-3 hours and we have time to explore the island & have some lunch. **Students will need some extra money for food/dinner on this day.** The Greenway path is a safe and picturesque cycle through the heart of rural Ireland. In the late afternoon we will return to the hotel to pack and then head on to Knock Airport for our flight back to **London Gatwick**. Approximate times for landing is the pm but TBC. There is a departure tax of 10 Euro which has been added to the cost of the trip.

As you can see from the draft itinerary above there is a great mix of activities; history, geography and mainly physical activity for students to get a full experience of Ireland. The cost of the trip is **£392** but this is subject to some change as the Aer Lingus flights have been quoted but not confirmed. It is likely

that the final amount for the trip could vary by £30-£50 due to fluctuating exchange rates & booking fees. The flight does **not** include luggage for the hold, only 1 x 10kg hand luggage bag. A hold bag can be added later for an additional cost of around £40.

The Cost of the Trip Includes:

- All travel by coach and by air with hand luggage only.
- Accommodation at the Croagh Patrick hostel, Murrisk, Co Mayo with continental breakfast.
- 4 hours Surf lessons with tuition and equipment.
- Bike hire with full insurance.
- Sunday – Tuesday evening dinners.
- Packed lunches each day.

Students will need additional Money for their dinner on Wednesday evening and Thursday lunch which is estimated at about 11-13 Euro each with a drink. It is likely to be a pizza place or similar.

How to secure a place on the trip:

To ensure that your daughter is guaranteed a place on this trip, please pay £150 deposit online.

ParentPay will go live for deposit payments on Wednesday 19th December 2018 at 7.00pm.

Places are on a first come first served basis so I recommend you access ParentPay as soon as possible after it goes live to avoid disappointment. You are required to pay for this trip via your ParentPay account.

Once you have secured a place by paying your deposit online please complete the attached reply slip and return, via your daughter, to *Miss T Doyle (Director of Sport)*.

If you have forgotten your ParentPay login, please visit their website (www.parentpay.com) and click on “Forgotten password” in the account login section. Should this cause you any difficulty, please contact Salvina Barcellona salvina.barcellona@ursulinehigh.merton.sch.uk in the Finance Office who will be able to assist you with this. Please note that this is a voluntary trip. Therefore, if insufficient funds are raised then the trip may have to be cancelled.

By paying this you are committing to the trip and are aware that there may be slight changes to the total price due to flight cost changes/taxes and charges. This deposit will allow us to confirm flights ASAP.

This activity is dependent on receiving enough funds to cover the activity cost and may be subject to change depending on uptake. Once all deposits are in I will be confirming the flight details with you.

Only select to take part in this trip if your daughter enjoys physical activity and has a good level of fitness. She must also be able to ride a bike well.

Important notice

Students **MUST** have their own current passport and EHIC medical insurance card. Non EU passport holders must see me with their passports before signing up for the trip.

Yours sincerely,

Miss T Doyle (Director of Sport)

caitrona.doyle@uhsw.com

follow us on twitter

@UHSPEdept for trip updates

Reply slip for:

Year 9 and 10 Outdoor Education & Activity trip to the West of Ireland 14th – 18th July 2019

I have paid the £150 deposit using my ParentPay account. I understand that if my daughter is unable to attend and a replacement is not found, then this deposit along with any further payments cannot be refunded.

Name of Daughter _____ Form class: _____

Parent contact name: _____

Parent contact email: _____

Contact number(s): _____

Country current passport is issued by: _____

Expiry date of current passport: _____

Parent Signature: _____ Date: _____

Return this slip to Miss Doyle in the PE office