



Tramore Trip

Friday 13/5- Saturday 14/5/2022

A chairde,

I hope you are all keeping well.

We are on the countdown to our 3rd Year trip to Tramore on Friday.

We will be leaving the school on our buses at 7.15am sharp. All students must be punctual as we will be leaving on time in order to make the start of the activities in Tramore.

Please note the following in preparation for the trip:

- **Luggage**: Only one small suitcase/bag & a small sports bag/rucksack for lunch & water activities is permitted per student.
- **Water Activities**: towel, swimwear, sun screen, spare pair of runners, and a change of clothes.
- **Land Based Activities**: runners, clothes for outdoors, light rain jacket, change of clothes, spare trainers.
Students are requested to wear school tracksuit on Friday & regular clothes on Saturday. Please ensure all school uniform items are labelled clearly before departure.

- **Food:** Light snack for arrival to Tramore & packed lunch for the Friday. All other meals will be provided.
- **Mobile Phones:** As this is a school tour, it will be a mobile free trip. No mobiles permitted at all times including on the bus, at activities & at all times in the hotel itself. It is advised that students keep their mobiles at home. If students choose to bring a mobile, it must be labelled & handed into Ms.Giblin for safekeeping on Friday morning. All mobiles will be kept in an individual secure zip lock bag and handed back on arrival to Foxrock on Saturday.

It is essential for the spirit of the trip, the online safety of all & to maximise the social element that students adhere to these guidelines. It is an excellent opportunity for students to embrace two days without the usual distractions of technology! Sanctions will be imposed on anyone in breach of these rules.

We appreciate your support of this & ask you to discuss this with your daughter in advance of Friday.

- Many thanks to the seven other members of staff who are giving of their time & will be accompanying the 3rd Years on our trip.
- To reassure parents/guardians about their travel, a notification will be sent to the school app on arrival and on our departure from Tramore.
- In cases of emergency, parents/guardians may contact Sinéad Giblin, Year Head on the following phone number: **0838302192**. It will kept on at all times.
- Room allocations will be distributed on Thursday to the students.
- The reception number for the Majestic Hotel is 051-381761.
- Please find a reminder of our itinerary sent out previously below.

Most importantly, we hope the 3rd Years have fantastic trip & bring home lots of fun memories from their stay. Please contact Sinéad Giblin at sgiblin@loretodoxrock.ie if you have any further queries in advance of Friday.

Le gach dea-ghuí

Roinn na Gaeilge & YH/Tutor Team



Bilingual Adventure Education Centre

The Beach House ,Tramore, Co Waterford.Tel(051) 386773 . M: 0863914908

www.freedomsurfschool.com

Freedom Surf & Adventure Trip - 1 Night Stay over

Day One

7:15am: All students board buses sharp at this time, leaving from Loreto College Foxrock

9.30am: **Hotel Check in.**

Freedom Staff Meet and Greet Students.

9.45am .

Students take the Lakeside walk to Freedom Surf Centre (5 minute walk).

Students divided in to 2 Groups. Group A will take part in Water Activities.

Group B will take part in a guided Historical Coastal Hike. Groups switch around after lunch.

Group A:10am .Surfing Lesson and Bodyboarding Lesson.

Group B: 10am Coastal Adventure Hike.

12.30pm Lunch

Groups Switch around.

3.30pm Group Reflection on days Activity.

3.45pm - Hotel Room Allocation.

5pm-6.pm Evening Meal .

6pm - 7.30pm Ecology Walk

8pm-10pm-Evening Activity with teachers in hotel

10pm-10.30pm - Return to rooms & lights out

Day 2.

9.15am Breakfast

10am - 12.30pm Surfing Lesson & Bodyboarding Session. Ocean Team Challenges.

12.30 - 1pm Pack Lunch.

1pm-1.15pm Reflection/Group discussion on the day's activity.

1.30pm Depart Hotel.

Accommodation :

<https://www.majestic-hotel.ie/>

Hotel Rooms : Twin Rooms. Two students per ensuite room (2 beds in each room)

**Approved by: The Irish Surfing Association, & Failte Ireland. Supported by
Foras na Gaeilge**

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