

# Sample programmes

We offer a variety of activity and programming choices for school and youth groups. Here are three of our most popular programmes.

## Programme One: 4 Nights Residential for 40+ Students

	Day 1		Day 2			Day 3			Day 4			Day 5	
	PM	EVE	AM	PM	EVE	AM	PM	EVE	AM	PM	EVE	AM	PM
<b>Otters</b>	Arrive mid afternoon ferry	RE	Expedition		BA	Sail	Kayak	G	Rock Climb & Abseil		Quiz	Team Challenge	Depart on early afternoon ferry
<b>Dolphins</b>			Expedition			Kayak	Sail						
<b>Eagles</b>		G	Rock Climb & Abseil		RE	Expedition		BA	Sail	Kayak			
<b>Hérons</b>			Expedition			Kayak	Sail						
<b>Gannets</b>		BA*	Sail	Kayak	G*	Rock Climb & Abseil		RE*	Expedition				
<b>Puffins</b>			Kayak	Sail		Expedition							

\*RE-Raasay Experience; BA-Beach Art; G-Games

Programme One is based on 6 activity groups and includes:

- Traditional sailing in our Lewis Sgoth 'Oigh Niseach'
- Rock climbing and abseiling next to the ancient ruin of Brochel Castle
- Kayaking in the sheltered Home Loch
- Expeditions designed to explore Raasay's varied landscapes

Evening activities allow students to wind down at the end of the day.

- Raasay Experience explores the historical and environmental sites surrounding Raasay House
- Beach Art takes place in the sheltered North Bay, and students are encouraged to explore their creative side by sculpting art from materials found on the beach. This activity usually ends with a bonfire and toasted marshmallows!
- Games vary from rounders to scavenger hunts
- The Quiz allows students to show off the knowledge they have learnt about Raasay.

On the final day, the groups compete against each other in the Team Challenge. Each group is rated on their team work, communication skills, and successful completion of the task.

Along with a full activity programme, this course covers accommodation, full board with supper, full instruction by highly qualified and AALS approved staff, all equipment and transport on the island.

**Programme Two: 5 Nights Residential for 16 – 60 Students**

	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6	
	AM	PM	EVE	AM	PM	EVE	AM	PM	EVE	AM	PM	EVE	AM	PM	EVE	AM	PM
<b>Buzzards</b>	Arrival and Introduction to Course	Raft Race		Expedition		Games	Sail	Kayak	Overnight Camp	Rock Climbing & Abseiling		Obstacle Race on Loch	Loch Canoe	Coast Explore	Pier Jump and BBQ	Team Challenge	DEPART
<b>Eagles</b>				Loch Canoe	Coast Explore		Expedition			Sail	Kayak		Rock Climbing & Abseiling				
<b>Orcas</b>				Rock Climbing & Abseiling			Loch Canoe	Coast Explore		Expedition			Sail	Kayak			
<b>Dolphins</b>				Sail	Kayak		Rock Climbing & Abseiling			Loch Canoe	Coast Explore		Expedition				

This sample programme is based on 4 activity groups of 8 students, i.e. 32 students in total. If the number of students on a residential trip exceeded 32 we would add more activity groups. As Programme 1 but this also includes activities such as canoeing and coastal exploration which take advantage of the rocky shores and calm waters in the surrounding bays and coves. A high energy activity, it is one of our most popular in the summer.

This course includes a full activity programme, accommodation, full board with supper, full instruction by highly qualified and AALS approved staff, all equipment and transport on the island, and an overnight camp and adventurous evening activities.

**Programme Three: Advanced Skills Activity Programme  
7 Nights Residential for 16 – 32 Students**

		Morning	Afternoon	Evening
<b>DAY 1</b>			Travel to Raasay	Introduction to Raasay House Course followed by Icebreakers
<b>DAY 2</b>	Puffins Dolphins	Kayaking Dinghy sailing	Dinghy sailing Kayaking	Beach Art/Bonfire
<b>DAY 3</b>	Puffins Dolphins	Canadian Canoe from Arnish via Fladday to North End of Raasay Sailing "Oigh Niseach" to North End of Raasay		Preparation for Expedition
<b>DAY 4</b>	Puffins Dolphins	Sailing "Oigh Niseach" back to Churchton Bay Canadian Canoe to Brochel Castle down East Coast of Raasay		Overnight Camp on Eilean Tigh
<b>DAY 5</b>	Puffins Dolphins	Climbing and Abseiling Exploring Raasay incorporating John Muir Award project		Personal Development
<b>DAY 6</b>	Puffins Dolphins	Exploring Raasay incorporating John Muir Award project Climbing and Abseiling		Coasteering
<b>DAY 7</b>	Puffins Dolphins	Raasay Team Challenge	Mini Highland Games and Raft Race	Games
<b>DAY 8</b>		Depart for Home		

This programme is designed to allow students to develop their practical skills. Students learn dinghy sailing basics in our smaller boats. These skills later form the basis of RYA accredited courses. Kayaking and canoeing sessions focus on advanced technical skills while the overnight camping trip and various expeditions allow students to use and develop the skills learnt, and promote team work and communication.

The John Muir Award session ([www.jma.org](http://www.jma.org)) directs the students to focus on their surrounding environment and share it with fellow students, family and friends. The session incorporates a wide variety of activities from tree planting, preserving local sites, or creatively using the environment for art or sculpture. The JMA is adaptable and can connect to the environmental elements of your school's syllabus. Like the John Muir Award, the personal development session can be specific to your school's requirements.

This course covers a full activity programme, accommodation, full board with supper, full instruction by highly qualified and AALS approved staff, all equipment and transport on the island as well as any certificates awarded to the students during the course, advanced expeditions, an overnight camp, specially designed personal development and JMA sessions, and all materials associated with these.

### A TYPICAL DAY

8am	Breakfast
8.30am	Make packed lunch, tidy room and get ready for day
9.25am	Meet instructors and gather kit
10 – 12.30	Activity Session 1
12.30 – 1	Showers and debrief
1pm – 2	Lunch
2 – 4.30pm	Activity Session 2
4.30pm	Showers and debrief
5 – 5.45pm	Free time
5.45pm	Dinner
6.30 – 7.15pm	Free time
7.15 – 8.45pm	Evening activities
9pm	Hot chocolate & supper
9.15 – 10pm	School/Family Time
10pm	Get ready for bed
10.30pm	Lights out

