**Green Camp Muszyna 2019**

**Departure/Arrival Details**

We will depart from Krakow at 9.00 on Sunday 26 May. We will assemble at our usual location, Al. 3 Maja (Wisła Stadium – see map below) and the bus will depart promptly, so please be there at 8.45. This will ensure that we arrive in good time at our destination -

ALPINA SPORT

Ośrodek Sportu i Rekreacji

33-370 Muszyna

Złockie 76

tel. 690-992-755

[www.alpinasport.pl](http://www.alpinasport.pl)

We will return to our departure point at 17.30 on Friday 31 May.

**Staff**

The teachers attending the camp from BISC are:

Mrs Ania Nabielec (Camp Leader)

Ms Anna Mikoszewska

Ms Jowita Skalska

Ms Katarzyna Stępniak

Mr Adam Miller

Mr Randy Stava

Mr Jonathan France

Mr Luke Jeż

Mr Dan White

Mr Mark Elliott

Ms Asia Peplinska/ Mr Paolo Tornitore

Ms Agata Piskorz

Ms Fran ​Marchadour-Tunstall

We are also taking a qualified nurse, who will be with us at camp at all times.

**Activities**

The camp activities will be led by qualified instructors from the locality of the hotel and one of our teachers will accompany each of the groups. Students (divided in to age groups) will participate in very exciting activities like: archery, dancing, swimming, climbing, bike and hiking trips. Students from Year 5 to Year 10 are going to spend one camp night in the mountain shelter. Evening entertainment will include Talent Show, Disco and Night Walk. The outdoor activities will take place even if the weather is poor, so it is important that all students come properly equipped for the week. The emphasis should be on comfortable, practical clothes, especially footwear. Please see the suggested kit list (attached to this letter).

Students may bring skipping ropes and other small sport equipment. We recommend they bring at least one board game or card game that they can play with other students. They may also bring DVDs or a memory stick with movies for the bus ride and Movie Night. Students may bring pocket money with them but we would recommend no more than 100PLN.

**Mobile Phones/ Electronic Devices**

Green Camp is designed as an opportunity for students to interact with their surroundings and improve social interactions. Therefore Green Camp will be a strictly no mobile phone or electronic device camp. This includes but is not limited to mobile phones, tablets, smart watches, gaming devices, mp3/4 players.

(If any of these devices are brought on the trip, they will be looked after by a member of the teaching staff until we return to Krakow.)

Parents are kindly asked not to telephone their children at camp. Not only does it enhance the valuable experience of growing in independence by being away from home, but also significantly limits outbreaks of homesickness – which, in most cases, happen right after a phone call from home. At the same time we would like to inform you that, should we have any concerns about the well-being of your child, we will contact you immediately. We will be in constant touch with the school and will be sending daily updates from camp. Should anything happen at home, you can contact Ms Ania Nabielec on 660 45 38 61.

**Please respect our policy and do not use this number to call the children.**

**Kit List**

Please insure students have enough practical clothes for 6 active days. The following list is our suggestion:

Waterproof jacket

Warm jacket

Two pairs of trainers and a pair of walking shoes (or more)

Shoes/ sandals for river walking

Socks (one pair per day + 3 extra)

Cotton sweatshirts

Trousers

Underwear (at least one pair per day)

T shirts (one per day + 2 extra)

Sweaters (2)

Shorts

Pyjamas

Slippers or flip-flops

Swimming kit – suit, cap, goggles

Toiletries, towel, hairbrush, etc.

Tissues

A cap/hat to protect from the sunshine

Sunglasses

Sun protection cream

Tracksuit

Small rucksack for excursions

Bottle for water (plastic or metal, no glass)

Torch

Pencil case

**Important Note:**

At every camp there are lost and misplaced items. It would greatly assist staff and children if you could **name all clothes** and as many other items as possible.

**Medical/Diet Information Please**

Please could you help us by returning the attached **medical/diet/contact information sheet** to Ms Kasia in the school office by Monday 20 May? This is very important information for us in ensuring the best possible care of your child whilst on the trip.

**We are looking forward to a fantastic week of fun!**

Anna Nabielec

Name of student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child get carsick? (please circle) YES NO

Please indicate any special medical needs:

If sending medication please indicate the required dosage and treatment:

Please indicate any special dietary needs:

Please complete:

Home phone

Father’s mobile

Mother’s mobile