Avanti Quest

Year 8 - Radhadesh, Belgium

3rd – 7th March

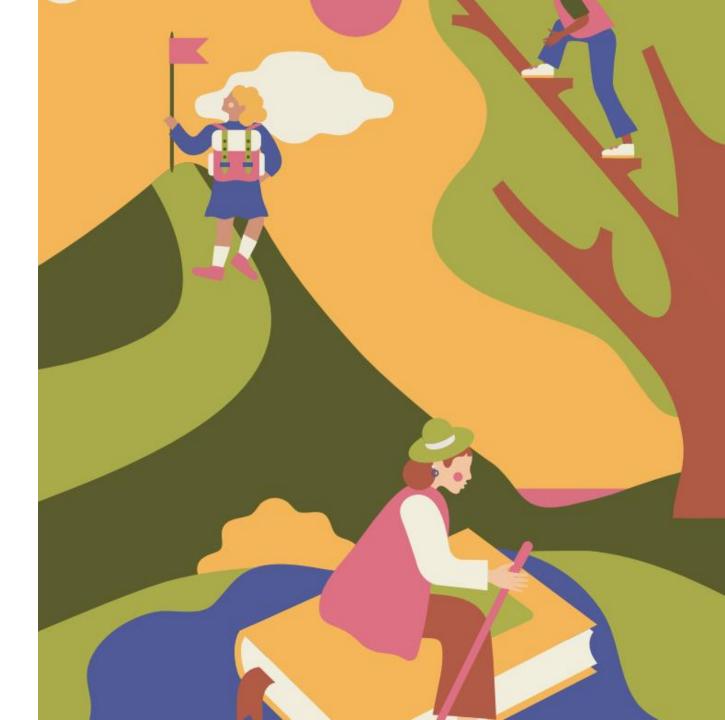
10th – 14th March

What is Avanti Quest?

Avanti Quest is a retreat program centered around spiritual insight and character formation, two of the Trust's main pillars.

Through a combination of fun outdoor activities, thought-provoking workshops and small group discussions, students are encouraged to continue their path of selfdiscovery.

We hope that students will come away from the experience feeling physically, emotionally and spiritually nourished with a greater understanding of themselves and the world around them.



Where is Avanti Quest happening?

A beautiful spiritual venue located on the hills in the Ardennes of Belgium.

Among the rolling hills of the Belgian Ardennes the <u>'Château de Petite Somme</u> is a 12th century castle with a rare combination of European neo-gothic decor and ancient Eastern culture

Within it, students will find a Hindu temple and Yoga hall, spiritual art gallery, gift shop and finally an artisanal bakery run by local residents.



What will we be doing?

We will be spending some time on site at Radhadesh, visiting the temple, gallery and goshalla

There will be a full activity day at Adventure Valley doing rock climbing, escape rooms, tubing and other fun activities.

We will be doing a chocolate workshop and visiting some of the different cities around Belgium

We will have daily workshops and discussions geared toward building stronger relationships with ourselves, others and the natural world.



Accommodation

Radhadhesh offers clean, comfortable, rooms with private bathrooms for up to six students per room.

Teachers will be in charge of assigning students to rooms based on their preferences. Students will be able to inform teachers of who they would like to share rooms with



Food & snacks

Govinda's spacious all-vegetarian restaurant is surrounded by light and windows. This allows for a stunning location for breakfast, lunch, and evening meals.

Students are not to bring any snacks – these will be provided by Govinda's.

We will be catering to any special dietary requirements/allergies based on medical forms.



Travel

Passport & Visa Requirements:

Passports must be valid for a minimum of 6 months on the date of return to UK

British passport holders do not need a visa.

If your child holds an international passport, please let the school know as soon as possible as a visa will be needed. We will arrange for this within school.

School trip lead will check in January to check they are valid.



Safety

Retreats team possesses intimate knowledge of the Radhadhesh site incl. emergency response plans

A thorough risk assessment has been conducted to mitigate potential safety concerns.

At least one first-aid trained school staff member

A minimum 1-10 ratio of teachers to students will be maintained.

Students will have structured free time within specified boundaries, with off-site roaming permitted only in groups of three minimum.



What do we expect from parents?

If interested, please register by completing the initial form as found in the letter.

To secure your child's place, please make the £50 nonrefundable. A monthly payment plan for the rest of the amount is available also.

Fill in the necessary contact and medical forms when shared by schools after registration.

To support children in preparing their luggage and passports for Radhadhesh. A recommended list of items to pack to will be provided nearer to the retreat

To be patient with school communications/ photographs each day and to understand our staff's main priority is to the children's safety and wellbeing.

To ensure that students arrive at school on-time when leaving for the retreat and that students have the means to get home on their return to school.

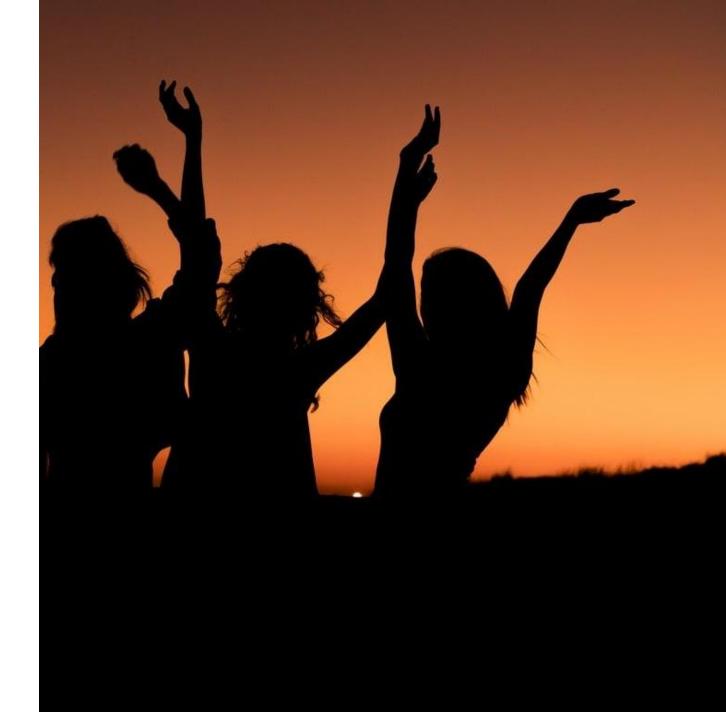


What do we expect from students?

Students to listen and respect all Avanti and Radhadesh rules, so that the programme runs without disruption and everyone is kept safe.

To be 100% respectful and supportive of the retreat and school staff that will be attending, as well as their fellow peers.

To throw themselves into every aspect of the retreat experience. To have a go and have fun!



What we need to know about: Visa & Passports

Will we need to arrange a visa for this trip?

If you are a British passport holder, then a visa is not needed.

If you hold an international passport, then we will need to apply for a Schengen visa – we will help organize this through the school. Please let the school know **immediately** if your child holds an international passport.

How many months does the passport need to be valid?

Passports need to be valid for 6 months on the **date of return to the UK**. Teachers will be checking passports a couple of months before the trip, if passports are not in date and cannot be renewed on time, then your child will automatically be withdrawn from the trip.

Do we need insurance?

No. You do not need to take out any insurance as the trip is covered by the school.



What we need to know about: Packing/Money/Phones

What should my child pack?

There is a kit list on this webpage – please download it.

Check the weather forecast a week ahead and pack items that you feel will be appropriate in line with the kit list. Please also ensure that students <u>do not</u> bring anything bigger than a **medium** size suitcase.

Should my child bring spending money?

We suggest bringing 50 Euros as there will be plenty of opportunity to shop. Students will be responsible for their own money and teachers will not be expected to after it on their behalf. Please ensure if you are sending your child with cash then money is converted to Euros before departure as there will be no opportunity to exchange money. Alternatively, you can send them with a debit card if you are happy to do so.

Are the children allowed to have mobile phones?

Mobile phones will be allowed for this trip. They will be able to use it on the journey and certain times during the day. The rest of the tim, mobile phones will be given to teachers to look after so it does not distract students from the retreat.



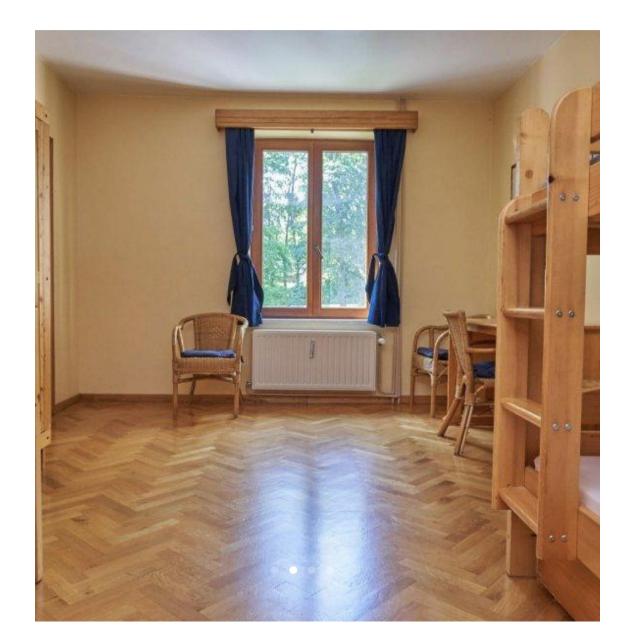
What we need to know about: Accommodation

Do the kids get to choose who they will share a room with, or will they be allocated by the teachers?

When filling out the registration form provided to you by the school you will have a chance to let us know who your child would prefer to share a room with. The final arrangement is then made by the school trip leader to ensure a balanced mix of students and a harmonious environment, teachers will ensure that students are staying with at least one of their selected friends. We do everything we can to have friends stay with each other since it makes it more fun for everyone. We don't tell the students who they are staying with until we get to the destination. Please know your child and friends rarely spend a lot of time in the rooms, we're too busy having adventures the whole week!

Do boys and girls have separate rooms?

Yes of course. Boys will be sharing with boys and girls will be sharing with girls. Students will not be allowed into each other's rooms at any point during the trip.



What we need to know about: Cost & Cancellation Policy

Just want to reconfirm, is the deposit refundable?

The deposit is unfortunately non-refundable, unless we can get another student to replace your child and attend the trip instead.

Is the rest of the payment non-refundable, regardless of illness or other circumstances?

At Avanti, we're just the in-between facilitator for this trip. Your down payment doesn't go to us, rather it goes to the Provider. Refunds are therefore at their discretion. However, as mentioned above, if we can find another student to take your child's place, we will be able to give a refund.

