

AVANTI *Quest*



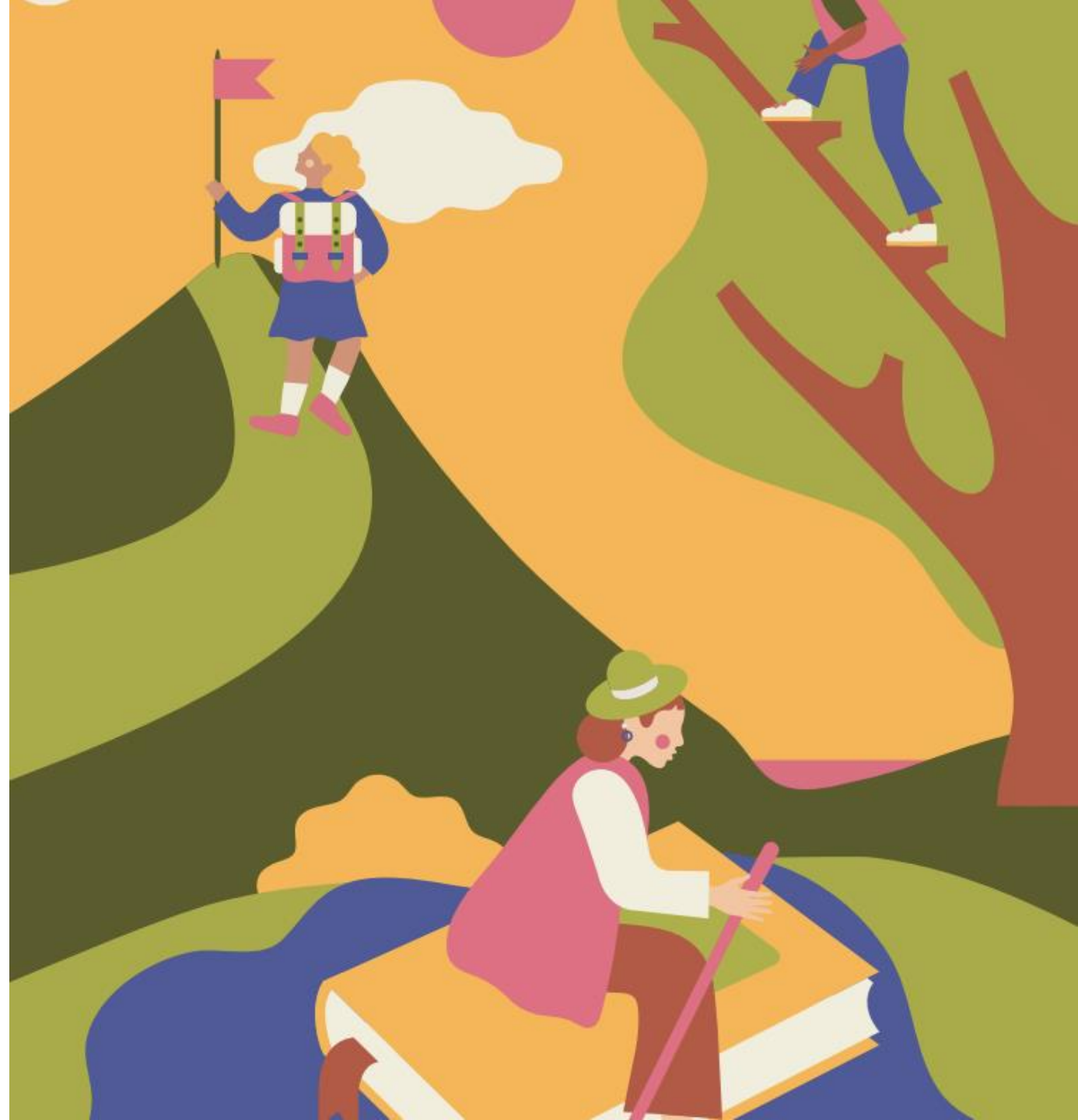
Year 6 trip to The Vedanta

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 self-discovery.

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?

Our retreat venue, The Vedanta, is a beautiful grade II listed estate, based in Lincolnshire, complete with games room, dining area, a beautiful yoga room and an open-air bonfire facility where we gather together to have deep, meaningful discussions.

Surrounded by 73 acres of nature and woodland, the stunning grounds provide an opportunity to get away from the chaos of modern life and live symbiotically with the natural world.

There are also 50-plus modern, luxurious bedrooms which will be allocated to students by the local trip team based on preferences to be selected.



What will we be doing?

We have a full, packed week on our retreat!

We will be spending time on-site doing group workshops and activities and will venture the surrounding area on our nature walk.

The Lincolnshire area has a wide range of activities such as water sports, high ropes, laser tag and many more.



Accommodation

Bedrooms are all ensuite. There will be a minimum of 2 students and up to 6 students in bedrooms.

Some students will be sleeping on mattresses on the floor, but they are the same mattresses we use on the beds and it's the same bedding – they just don't have the wooden bed frame!

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



Other Facilities

We have a games room that children will be given allocated time to use

We have sports equipment (like badminton and football) available for use during free time

A beautiful lake that we walk around

Horses on-site that students can go see!



Food & Snacks

Vedanta's spacious all-vegetarian restaurant will be providing our meals for the week.

Vedanta follow the same ethos friendly rules as Avanti and all dietary requirements are met according to your child's needs. There is a good variety of healthy and fun foods and desserts – we promise your children will be well fed and happy!

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.



Safety

Retreats team possesses intimate knowledge of the Vedanta 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 of the Vedanta



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 non-refundable deposit and a monthly payment plan has been put together.

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

To support children in preparing their luggage for the Vedanta. A recommended list of items has been provided.

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 Vedanta rules, so that the program 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: Packing/Money/Phones

What should my child pack?

There is a kit list on this webpage – please scroll down and you will find a copy.

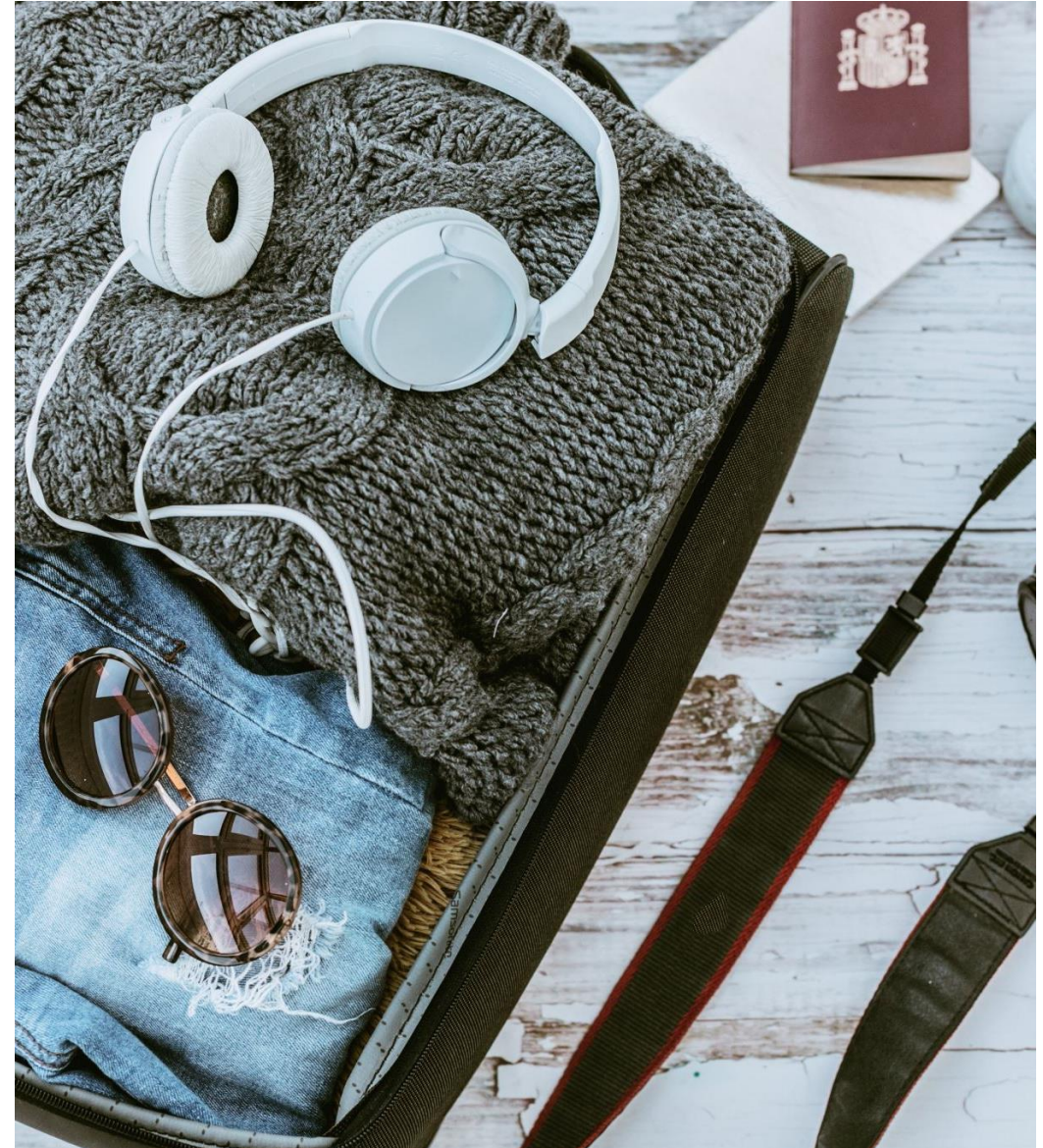
Check the weather forecast a week ahead and pack items that you feel will be appropriate in line with the kit list. Please also ensure that students **do not** bring anything bigger than a medium size suitcase.

Should my child bring spending money?

Money is not needed on this trip as there is nowhere for them to spend it!

Are the children allowed to have mobile phones?

Mobile phones and any other electronic devices will not be allowed during the trip to encourage children to fully engage in the activities and foster a sense of community among the group. Teachers and staff members will have their own communication devices in case of emergencies or any necessary communication.



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.

How have you costed out the trip?

Please know we don't make any profit off these trips – we host them at cost for your children. We've also noticed the increase in cost across the country and do our best with each vendor to get the lowest possible price (without limiting the experience or safety of the children). The cost of the trip includes accommodation, transportation, meals, activities, and supervision. The largest increase we've noticed around the country is a significant price increase in transport.

