



Avanti Quest

PGL Little Canada,
Isle of Wight

Monday 29th Sept –
Friday 3th Oct 2025

Info for Year 4 Parents





What is Avanti Quest?

- Avanti Quest is a residential programme, centred around two of the Trust's main pillars: spiritual insight and character formation,
- Through a combination of fun outdoor activities, workshops and small group discussions, students are encouraged to continue their path of self-discovery free from academic pressures and the distractions of modern life
- 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.

What's at PGL Isle of Wight?

- There are nearly forty different activities on offer. While there won't be time for all of them, pupils can look forward to some of the following:

Jacob's Ladder
Trapeze
Giant Swing
Vertical Challenge
Raft-building
Zip wire
and many more!





Accommodation

- PGL offers clean, comfortable, rooms with en-suites for up to four children.
- Teachers will be in charge of assigning students to rooms based on their preferences.
- Students will be asked not to lock their doors for safety reasons and all staff will be asked to knock before entering.

Food & Snacks

- We have arranged for a full ethos-friendly vegetarian menu to be served at PGL spacious restaurant.
- The buffet means children have unlimited access to a salad bar and fresh fruit.
- Children 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.



SAMPLE DAY

Schedule	Activities
7.00 – 8.50	Get up and fuel for the day with a hearty breakfast
8.50-12.00	Morning Activities - 2 sessions with a 10- minute break in between
12.00-13.50	Enjoy a fresh, tasty two-course hot lunch & some free time
13.50-17.00	Afternoon Activities – 2 sessions with a 10-minute break in between
17.00-18.00	Time to eat again – a different dinner menu each day
18.00-19.00	Spiritual Insight Discussions in our small groups – reflect, connect and grow!
19.00-21.00	Campfires, quizzes and evening entertainment
21.00/21.30	Bedtime – catch up on some zzz’s ready to do it all again tomorrow!

Travel Arrangements

- Pupils will be travelling from school by coach to the port in Southampton and then taking a 1-hour ferry to East Cowes.
- From there, they will get back on the coach for a short 20-minute ride to PGL.
- Parents should expect to drop off children around the normal time on Monday morning and pick up in the late afternoon/evening on Friday – Leave and arrival timings to be confirmed nearer the trip.
- Whilst at PGL, we won't be heading off site at any point during the week.





Pupil Safety

- All activities will be supervised by qualified instructors, and students will be divided into small groups with a designated leader..
- A thorough risk assessment has been conducted to mitigate potential safety concerns.
- There will be a staff member of Avanti present at all times. A minimum 1-10 ratio of teachers to students will be maintained.
- Students will have structured free-time within specified boundaries.



What do we expect from parents?

- To secure your child's place, please make the £65 deposit once made available in ParentPay/Arbor and review monthly payment plan.
- To fill in the necessary contact and medical forms when shared by schools after registration.
- To support children in preparing their luggage for the retreat. A recommended list of items to pack to will be provided nearer to the retreat date.
- 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?

- To listen to and respect all Avanti and PGL staff, so that the programme runs without disruption, and everyone is kept safe.
- To support their fellow peers during activities and discussion groups.
- To throw themselves into every aspect of the trip.