



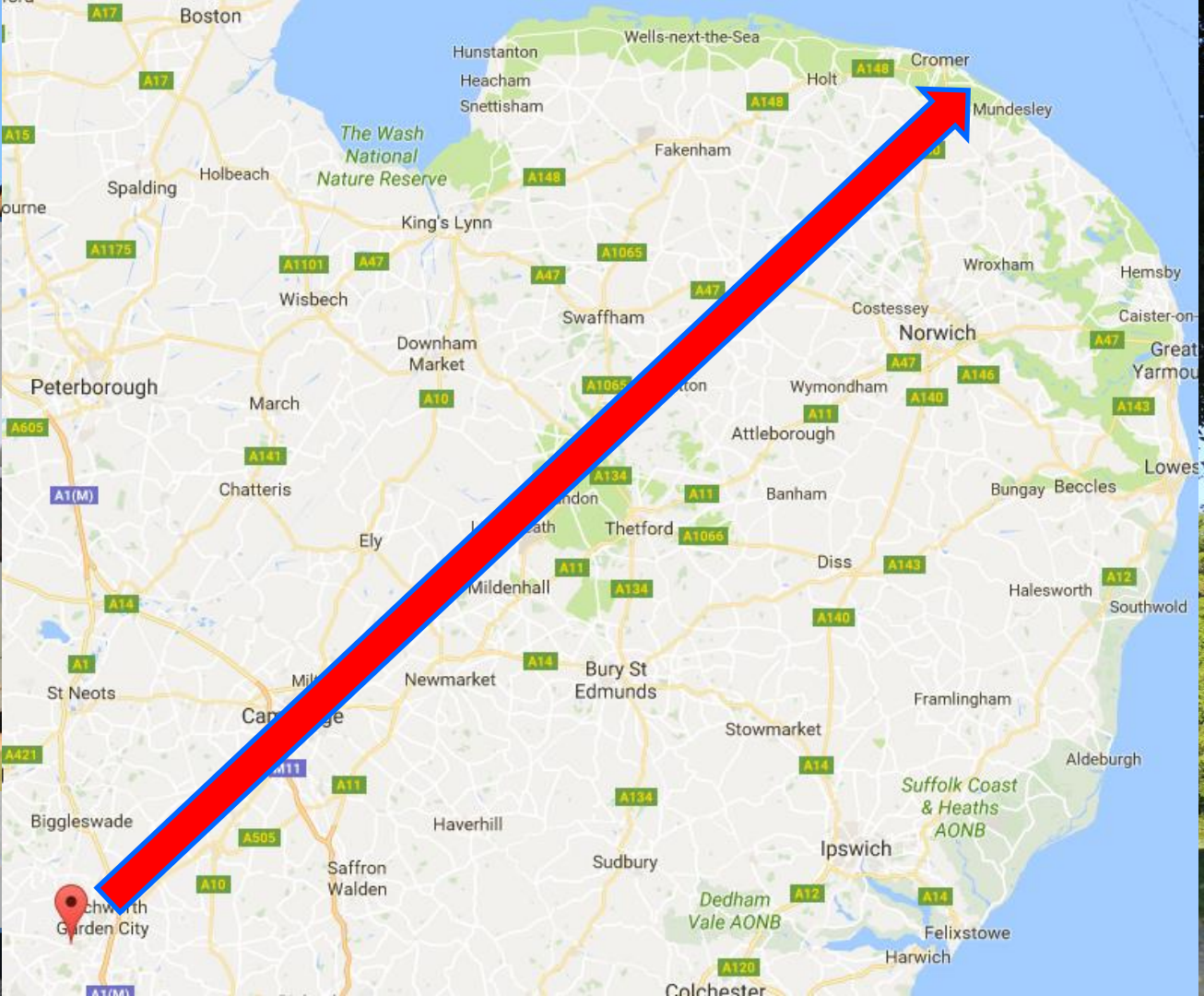
Overstrand 2023

# Overstrand Hall

24<sup>th</sup> – 26<sup>th</sup> May 2023



# Travel







# Overstrand 2023

## Itinerary

### Wednesday

9:30am – leave school

12pm – lunch on Cromer beach

2pm – Arrive at Kingswood Hall

ACTIVITIES!

6pm (roughly) – Dinner

7:30 – Evening activity

9pm – Wind down

10pm – lights out

### Thursday

7am – wake up

8am – breakfast

9am – start of activities

1pm – lunch

2pm – afternoon activities

6pm – dinner

7pm – evening activities

9pm – wind down

10pm – lights out

### Friday

7am – wake up

8am – breakfast,  
sheets and pack

9am – activities

12pm – lunch (ish)

1:30pm – leave

4pm – arrive at school



# Overstrand 2023

## Accommodation / Facilities

Overstrand Hall

Children will stay in dormitories of 6 - 10

Indoor spaces

Dining room



















# Overstrand 2023

## Activities Making the bed!







# Overstrand 2023

## Activities



We will definitely stop in Cromer on the way (around midday) for lunch and a play on the beach before we drive the final 10 minutes onto Overstrand.





# Overstrand 2023

## Activities



Low ropes, climbing, laser tag...





# Overstrand 2023

... rock pooling, camp fire (inc hot chocolate!)...

## Activities





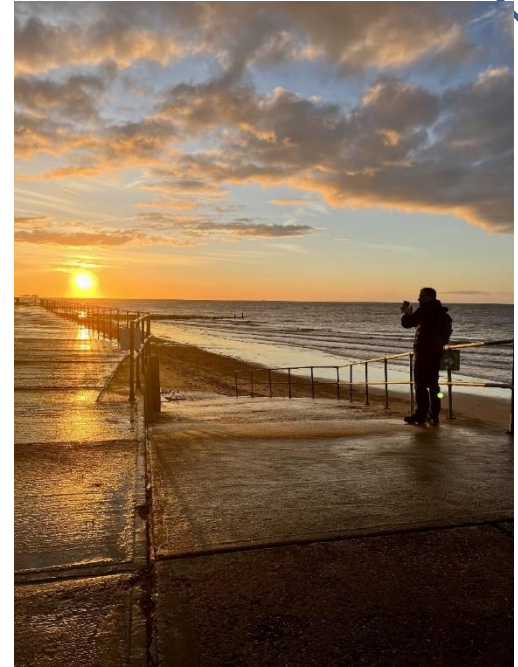


# Overstrand 2023

## Activities



... fire lighting, sunset walk...







# Overstrand 2023

## Activities

Could also include:

- Abseiling
- Team building
- Night line
- Bouldering
- Den building
- Buggy building
- Archery





# Overstrand 2021

## What's included?

- Accommodation – full board
- Hoodie
- Travel
- Insurance
- Equipment
- Instructors.

## What's not included?

Packed lunch on first day





# Overstrand 2021

## Why do we go?

- Develop an inner confidence
- Develop social skills
- Develop team building skills
- Experience new and exciting activities
- Learn to organise themselves.



# Overstrand 2023

Finally...

