



# School residentials with YHA

Let the adventure begin



# Your guide to YHA

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# Welcome to YHA

**We can't wait to welcome your school.**

YHA offers fun and memorable residential as one of the leading outdoor education providers in the UK. Since 1930, YHA has operated a unique network of hostels throughout England and Wales, which means we have over 90 years of experience of providing inclusive adventures, in extraordinary places.

Our knowledgeable staff make every school trip safe and rewarding. YHA school residential are all tailor-made to meet the needs of students and offer engaging and exciting ways to inspire, motivate and challenge every member of your group.

We offer activity packages and self-led residential as well as activities that are linked to the national curriculum. Everything we offer is set against a backdrop of the great outdoors or is based in the buzz of an exciting city.

We believe everyone should have access to the benefits of adventure. And as we're a charity, when you book with us, your money supports an organisation dedicated to helping all young people access and experience adventure.



# Accommodation

**Staying at YHA during a school residential trip can be an exciting experience for students. Here's what to expect:**

- Depending on the location, the hostel could be in a historic building with rustic charm or a modern facility with contemporary amenities.
- Students usually stay in dormitory-style rooms with bunk beds.
- There are typically lights and a charging station next to each bed.





- Bathrooms and showers are generally communal, separated by gender. Some YHA locations may offer en-suite rooms.
- Bedding is provided, but students will need to bring their own towels. (We have a suggested kit list)
- YHA staff are present on-site, providing a safe and secure environment. Many YHAs have a 24-hour reception or an emergency contact.
- There are usually communal lounges where students can gather, play games, or relax in the evenings.
- Most hostels have outdoor spaces for social activities.





# Activities

Many YHA hostels are located in **areas ideal for outdoor activities** such as hiking, orienteering, and team-building exercises. Some hostels offer organised activities and packages.

Hostels are often situated near **historical sites, national parks, or other points of interest**, making it easy to plan educational trips that can be linked to the national curriculum.





Depending on what package your school has booked, here are some of the activities that could be happening on your residential.



Archery



Fire building



Walks



Team building



Heritage / historical



Abseiling



Canoeing & kayaking



City tours



Climbing & scrambling



Alex Rider



## Kit list

**Here's some suggestions on what you might like to pack for your child:**

- Casual trousers suitable for outdoor activities
- Shorts
- T-shirts
- Jumpers
- Waterproof coat
- Trainers/walking shoes/wellies (depending on weather forecast)
- Hats and gloves/sun hat and sun cream
- Pyjamas
- Underwear and socks
- Towel
- Plastic bag for wet/dirty clothes
- Toiletries (toothbrush/toothpaste)
- Prescribed medicine
- Refillable water bottle

**If you label everything with your child's name, you have more chance of it returning home!**





# Food

## Fuel your adventure

From tasty breakfasts and convenient packed lunches to hearty evening meals, your children are sure to find something delicious to enjoy on their trip with YHA.

We source our ingredients with care, providing delicious food that is ethically sourced - using British produce wherever possible - so you can have confidence in your meals. Fresh fruit and water are always available at mealtimes too.

We cater for a range of dietary requirements such as vegan, vegetarian, halal and dairy free.





## Breakfast

Students can take their pick from our continental buffet, including cereal, fruit, yoghurt and pastries. We also provide a cooked full English breakfast which includes eggs, bacon, sausage (vegetarian sausage available), beans, tomatoes and hash browns.



## Packed lunch

There's a range of tasty sandwiches to choose from, plus fresh fruit, crisps and a biscuit bar.

## Evening meals

After a busy day of exploring, we know how important it is to refuel with a tasty evening meal. A different choice is offered each day, including a vegetarian option.



## Sample menus (evening meals)

### Monday

- Macaroni cheese with garlic bread
- Pesto pasta with garlic bread
- Jacket potato, cheese & beans
- Salad bar
- Chocolate brownie sundae
- Choc ice
- Fresh fruit

### Tuesday

- Peri-peri pockets with chicken thighs & chips
- Peri-peri pockets with falafel & chips
- Jacket potato, cheese & beans
- Salad bar
- Doughnuts
- Choc ice
- Fresh fruit

### Wednesday

- Pasta with vegballs in a tomato sauce & garlic bread
- Jacket potato, cheese & beans
- Salad bar
- Chocolate fudge cake
- Choc ice
- Fresh fruit

### Thursday

- Classic cheeseburger & chips
- Veggie bean burger & chips
- Jacket potato, cheese & beans
- Salad bar
- Belgian waffles
- Choc ice
- Fresh fruit



# Peace of mind

**All our locations are unique. Each has a specific risk assessment covering the activities, location and surroundings.**

YHA has more than 60 Learning Outside the Classroom accredited sites, more than any residential providers in the UK.

Awarded by the Council for Learning Outside the Classroom, the LOtC award is the only nationally recognised indicator of quality educational provision and effective risk management.

Accreditation means that all our risk assessments, insurance and safety logs have been externally audited, and our delivery observed.

You can find out more at [groups.yha.org.uk/school-trips/learning-outside-the-classroom](https://groups.yha.org.uk/school-trips/learning-outside-the-classroom)



## Safeguarding

Safeguarding children is our priority, and we work closely with industry leading experts, including the DBS, the NSPCC and LOtC, to ensure that our child safeguarding practices are over and above those required by law.

All our properties are regularly inspected for their physical safety and security, whilst our dedicated team of operational and activity staff undergo thorough training and screening programmes.



# Education

## Impact of a school residential

School trips with an overnight stay can be life-changing experiences for young people. A YHA residential provides powerful learning opportunities for young people of all ages and abilities.

Our activity packages are developed with support from teachers and industry experts and cover a range of topics linked to the national curriculum that are designed to give your children real life, outdoor learning opportunities. At the end of their stay, students report:

- Improved relationships with peers and teachers
- More resilience
- Greater sense of wellbeing





# What the students say...

**Don't just take our word for it, here's what other students have to say about their trips**

“ When we were going on a hike on Tuesday evening, we saw some wild animals like a cow, pig and a horse. When we got there it was an amazing, beautiful view. The sunset was the most beautiful thing I've seen. ”

“ It's really nice because I love fresh air. It's more of a countryside because I live on a main road. There's loads of wildlife like horses. ”

“ It's a good place for you to get more activities and get better at them and it's fresh air. ”

“ I like it because it's good exploring and doing activities. ”

“ There's a lot of fun activities and you get to stay up late! I've enjoyed doing archery the most. ”

“ I had a really fun time and I reckon me and my family should come again here. ”



# Families welcome too

**As well as school residentials, YHA also provides family breaks, here's what they offer:**



## **Brilliant amenities**

Let the kids run wild in the grounds of a hostel. Plus make use of laundry facilities and self-catering kitchens or take advantage of food on-site with kids eat for £1 offer\*.



## **Great locations**

Situated in stunning locations such as the heart of national parks, on coastal paths, in the middle of forests, at the bottom of mountains and in the buzz of big cities.



## **Affordable stays**

For families looking for a cost-effective holiday, YHA is the place. Rooms sleep up to eight people, making it more budget-friendly.

\*Offer subject to availability at participating hostels. YHA reserves the right to amend or end this offer at any time. This offer is valid for one kid's meal for £1 for a child under 10 with a purchase of an unlimited breakfast costing £9.95 or an evening meal costing £6 or more. Offer only available to residential guests staying at one of the participating hostels and not for groups of 16 or more.





# Families welcome too

**As well as school residentials, YHA also provides family breaks, here's what they offer:**



## **Amazing adventures**

YHA locations are close to outdoor activities such as hiking, biking, and water sports. You'll find YHA's in towns and cities too, near museums, art and culture.



## **Super stays**

From private rooms to hiring an entire hostel for a group of family and friends, to glamping under the stars, there are many ways to stay with YHA.



## **Sociable fun**

With social lounges in hostels, shared kitchens and eating spaces, it's a perfect place to make new friends.