

Secondary school residentials

KS3, GCSE and A Level guide

Hello, and welcome to YHA

Over the next few pages we're going to tell you a lot about the memorable, perspective-shifting residentials that we offer, and help you discover which one is right for you. But first, we'd like to tell you a bit about YHA and how we came to be one of the leading outdoor education providers in the UK.

YHA officially formed on 10th April 1930. We were established on a shoestring by a band of passionate volunteers. Our founders gave ordinary young people in Britain the opportunity - for the very first time - to escape to the countryside and enjoy leisure pursuits on a scale only previously possible for the wealthy.

Our founding purpose still goes to the core of what we stand for. Today, YHA

has more than 80 Learning Outside the Classroom accredited sites, more than any residential provider in the UK. Our diverse network of hostels is full to bursting with knowledgeable staff who make every school trip memorable and rewarding. Our action, adventure and activity packages are national curriculum-linked and can be tailored to meet the specific requirements of your group. We offer self-led residentials as well as day activities. And everything we offer is set against a backdrop of inspiring surroundings in the natural environment.

We've spent decades perfecting what we do. And we'd love to share it with you. So, let's get started.

Our charitable objective

To help all, especially young people of limited means, to a greater knowledge, love and care of the countryside, and appreciation of the cultural values of towns and cities, particularly by providing youth hostels or other accommodation for them in their travels, and thus to promote their health, recreation and education.

Our 'from' pricing is based on our low season rates. Please note that prices, locations and activities quoted in this brochure are all subject to change without prior notice. Please contact our advisors for more details.



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Access for all

We create unique opportunities for people from all backgrounds to experience amazing places, share extraordinary journeys and take a different path through life.

YHA offers support to educational groups where members of the group are eligible for pupil premium and where children and young people face additional social challenges. We are particularly keen to support groups of young people who have not undertaken a residential activity previously.

Take your school to any one of our 130+ hostels

With a YHA school trip you can be assured of a safe, fulfilling and unforgettable residential that will stay with students long after the coach journey home.

Working together with teachers and experts in their fields, we have prepared a range of fully flexible residential options for school groups of all shapes, sizes and abilities.

Your pupils could be scrambling up a rock face, abseiling down a viaduct or canoeing on a real lake. They could be connecting with nature and discovering how to help protect the natural environment.

You can enhance your stay by adding on options such as geography field

trips (see page 18), revision breaks, media workshops, connecting to nature residentials or learning the art of teamwork.

Our flexible approach to planning your residential sets us apart from other providers. Whether you want a self-led adventure, the whole place to yourselves, activities and meals provided, or a bespoke combination, our experienced staff will create a tailor-made residential to meet the educational needs of your class and offer exciting ways to engage, challenge and inspire every member of your group.

Why choose YHA

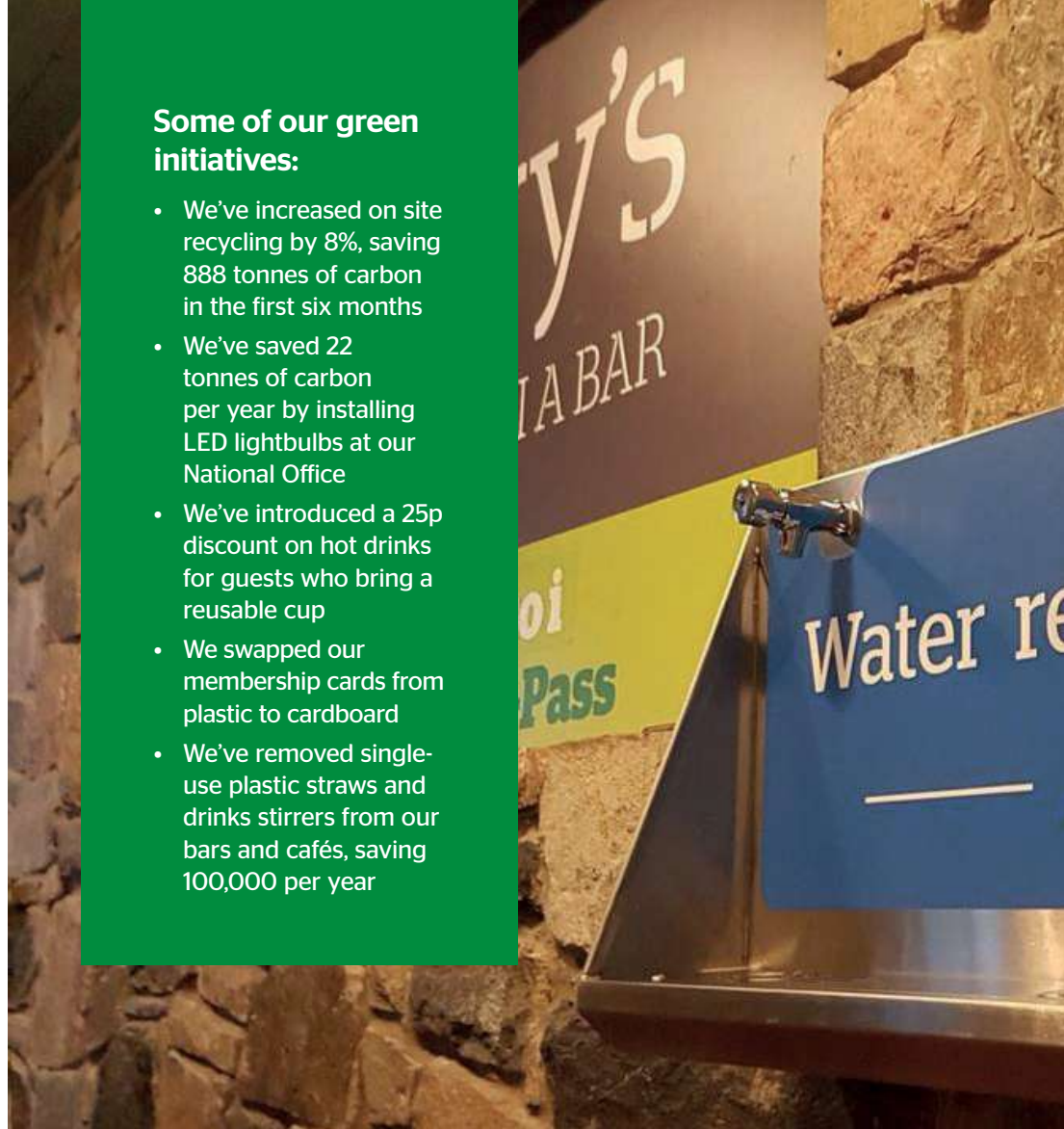
- 130+ locations across England and Wales by the coast, in the countryside and in cities
- Over 80 LOtC accredited sites and counting - the most of any provider in the UK
- A wide range of properties from 10s to 100s of beds
- Sole use of hostels available
- Free planning visits and free leader places
- Tailored, affordable packages
- Discretionary support available for pupil premium students
- Expert, friendly staff

We want to be as green as our logo

We have a long history of caring for the natural world. And we know just how vital it is to be aware of our environmental impact. Since September 2019, we no longer provide single-use plastic bottles in packed lunches at any hostels. Thanks to a successful bid for grants from Waitrose and Partners and Hostelling International, we have been busy rolling out water refilling stations across our network. This will remove 500,000 plastic bottles from our network every year.

Some of our green initiatives:

- We've increased on site recycling by 8%, saving 888 tonnes of carbon in the first six months
- We've saved 22 tonnes of carbon per year by installing LED lightbulbs at our National Office
- We've introduced a 25p discount on hot drinks for guests who bring a reusable cup
- We swapped our membership cards from plastic to cardboard
- We've removed single-use plastic straws and drinks stirrers from our bars and cafés, saving 100,000 per year





Our network

Key

- ▲ Package hostels
- ▲ Bolt-on activities only
- ▲ Self-led residentials only

Day stays available at:

- YHA Castleton Losehill Hall
- YHA Edale
- YHA Ilam Hall
- YHA Grasmere
- YHA Whitby
- YHA Okehampton



Please note that self-led stays and bolt-on activities may also be available from our package hostels.



Introducing YHA Chester Trafford Hall

We're delighted to introduce our new hostel YHA Chester Trafford Hall which is located just outside the historic city of Chester. This hostel combines the grandeur of a Georgian mansion house with excellent facilities. It has 53 en suite bedrooms, which sleep between two and five guests, plus there's eco-friendly chalet accommodation behind the main house. The hostel has four large meeting rooms, as well as classrooms available making YHA Chester Trafford Hall a great option for your next residential, be it a self-led stay or taking the opportunity to enjoy one of our popular activity packages.

The site has fantastic environmental credentials. It's heated by 100% renewable energy, has a stable annexe

that's carbon neutral, and has its own organic kitchen garden. There are 14 acres of beautiful grounds complete with mature woodland and landscaped gardens to explore.

The Grade II-listed hostel is perfectly placed, situated just four miles from the city of Chester, in the village of Wimbolds Trafford. It's close-by to the many attractions of rural Cheshire and the historic walls of the Roman city as well as Chester Zoo and Blue Planet Aquarium making YHA Chester Trafford Hall a great option for your next group trip.

We deliver everything from transition residentials to activity packages to day stays. Our full range of packages are available from March 2022 and bookable now.

Activities available

Multi-activity package

See page 16

YHA Chester Trafford Hall is superbly located for access to great locations for climbing, abseiling, and a variety of water sports, you can add these to our onsite sessions for an adrenaline filled multi-activity stay.

Bolt-on activities

See page 24

Our YHA led onsite sessions and off-site adventurous activities can be added to your stay as either a half day or full day bolt-on.

groups.yha.org.uk



Winter residential

We know the dramatic impact residential can have on young people and we are committed to making them as accessible as possible. End-of-year trips away can be a fantastic adventure for your students. The experience encourages creative learning and strengthens relationships, both between their peers but also with teachers and school staff.

Even better, our winter residential options start from just **£12.50 (ex VAT) per night, per person for bed and breakfast**. Our experienced teams can build an adventure for you and your class that is perfectly tailored to supporting their development and educational attainment.

“

We've taken our Year 12 Geographers to YHA Boggle Hole in February for a number of years now. The students love it! Going earlier than traditional times allows students to experience many different fieldwork techniques that they can then decide to use for their NEA (independent investigation / coursework) during the latter part of the academic year.

”

Lyndon Cowlard,
Head of Humanities,
Kesteven and Grantham
Girls' School

*Available for bookings from 1st November to the end of February for stays between Sunday and Thursday nights inclusive, does not include London hostels.



Self-led residentials

Our self-led options give you the freedom to run your own residential whilst enjoying a wide range of accommodation options and group-friendly facilities. In addition to hostel accommodation, please ask about our camping barns, pods, cabins and campsites as a stay that's a little out of the ordinary may suit your group perfectly.

Our facilities include

Meeting/classrooms, games rooms, drying rooms, hostel grounds, great social spaces, outdoor grounds, self-catering kitchens, restaurants serving breakfast, picnic lunch and evening meals, WiFi

Contact us

Our experienced team are here to support you with every aspect of planning your visit. Our flexible approach means that we can provide you with a break that's tailored to your needs and delivered at the low prices group leaders expect from YHA.

Email groupreservations@yha.org.uk

Call 01629 592 637



Activities available*

- abseiling
- archery
- canoeing
- caving
- climbing
- crate tower
- find the double agent
- guided walk
- map skills and navigation
- raft building
- shelter building and fire lighting
- team challenges

Evening activities

- egg rocket launch
- fire building
- night hike
- night line
- orienteering

Make your own itinerary

Our flexible package building means that you can choose what you want to do, when. We can tailor your stay to be exactly what you need so that it meets the needs of your class and helps you reach your learning objectives.

Time	Day one	Day two	Day three
8.30am - 9.30am		Breakfast	Breakfast
9.30am - 12.30pm		Activity choice	Activity choice
12.30pm - 1.30pm		Lunch	Lunch
2.00pm - 5.00pm	Activity choice	Activity choice	Departure
5.00pm - 7.00pm	Dinner	Dinner	*some activities may be site specific, speak to our advisors for details
7.30pm - 8.30pm	Evening activity	Evening activity	alternative lengths of residential are available

Prices from
£70.50
per person per
night (ex VAT)

Minimum two night stay. Includes
full board meals, accommodation
and activities

“

Experiential learning
promotes a deeper
approach to learning...
Students are more likely
to remember and apply
what was learnt in future.

”

Sam Cooley, Victoria
Burns & Jennifer
Cumming*



Action adventure package

Designed to make the most of the natural world around us, this package really takes the challenge up a level.

Forget simulated experiences indoors and instead engage your students with exhilarating activities in the great outdoors. You'll see the difference that a genuine experience makes as your group tackles the thrills of natural rock surfaces or man-made structures including bridges and viaducts, breathe in fresh country air as they prepare to take a leap of faith, or paddle down the river as cool water slaps against the side of their canoe.

Teamwork is key as the adventure begins. Our experienced staff encourage students to step out of their comfort

zones to try different things and take on new challenges. Students will tackle a wide range of activities, each one intended to improve their skills and self-confidence, strengthen friendships and help them grow as team players.

This package is perfect for PE students or those wishing to push themselves through enrichment and transition programmes.

Activities include: caving, weaselling, high ropes, abseiling, canoeing, raft building, leap of faith, night hike

Available at:

- YHA Edale
- YHA Okehampton

*(2015) The role of outdoor adventure education in facilitating group work in higher education. Higher Education, 69:567-582



Prices from
£69.50

per person per
night (ex VAT)

Two or four night options
available. Includes full board meals,
accommodation and activities

“

It all seemed really
difficult, but when you
give it a go it's good.

”

Student,
St Mary Redcliffe and
Temple School



Multi-activity package

Our multi-activity package offers a mixture of adventurous and on-site activities that make the most of the great outdoors and the hostel locality, whilst offering something for all abilities.

Led by both YHA staff and specially selected external providers, we combine activities including team challenges and fire lighting with a spot of weaselling and climbing. Our residentials are packed with morale boosting, team building exercises that aim to provide a genuine sense of achievement and discovery.

Activities include: guided walk, archery, abseiling, caving, canoeing, climbing, night hike, fire lighting, shelter building, coasteering

Available at:

- YHA Castleton Losehill Hall
- YHA Chester Trafford Hall*
- YHA Conwy
- YHA Edale
- YHA Grinton Lodge
- YHA Hawkshead
- YHA Ilam Hall
- YHA Ironbridge Coalbrookdale
- YHA Langdale
- YHA Malham
- YHA Okehampton
- YHA Ravenstor
- YHA St Briavels Castle
- YHA Wye Valley

*Coming March 2022



Self-led prices from

£8.33*

per person per
night (ex VAT)

*off peak rate

Geography, geology and ecology

With the requirements for fieldwork days at GCSE, AS and A level, now is the ideal time to rethink your options for geography school trips. Whether it is an AQA, Edexcel, OCR or Eduqas opportunity you are looking for, we probably have more great geography and ecology options available to you than you realise.

We know that for many schools, parents and students, the cost of this integral fieldwork can be off-putting. But, have you considered a self-led fieldwork residential at YHA? It may be the perfect solution. We have hostels located across England and Wales, including all the National Parks and deep in the hubs of some of the UK's major cities.

Our hostels feature comfortable communal areas and many have dedicated classroom space, great for a little evening work and follow-up. So, whether you're planning on heading to the Lake District for a little glaciation, dropping in on one of our coastal locations to check out some landforms and carry out some beach profiling, or maybe heading to Liverpool for a touch of urban regeneration or a trek out on the sand dunes nearby. We are sure to have a hostel perfect for you needs.

In addition to our self-led residentials, we offer tutored sessions within the Peak District National Park, with taught activities led by an experienced learning team,

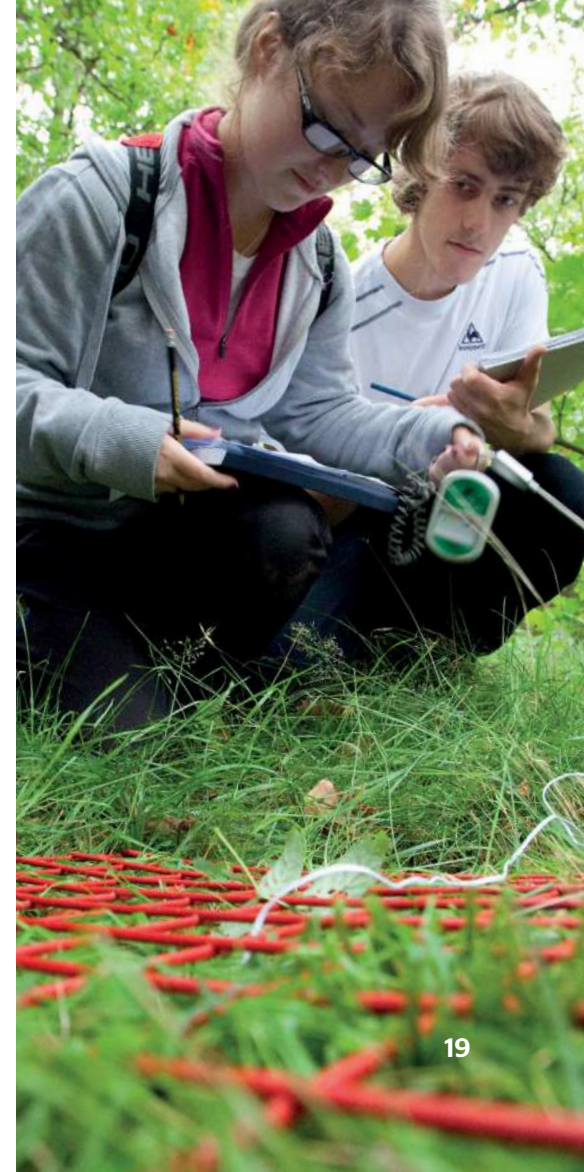
as well as close links with the FSC in the Lake District.

Our self-led fieldwork residentials offer stunning locations at great value, affordable prices.

Here's some ideas:

- **YHA Swanage** is a great base for exploring the Jurassic Coast
- **YHA Lulworth Cove** has direct access to Lulworth Cove and Durdle Door
- **YHA Broad Haven** is the perfect residential to study coastal processes and landforms
- **YHA Conwy** is a fantastic location to explore Snowdonia, Llandudno, Great Orme and Anglesey
- **YHA Ravenstor** has everything covered for a multiple day coursework trip as you are close to woodland, meadows, streams and quarries
- **YHA Malham** is the place to study stream ecology, the impacts of tourism, inspirational physical landforms
- **YHA Borrowdale and YHA Eskdale** are great hostels in the Lakes for geology and geography trips
- **YHA Sheringham** is the perfect place to explore the Norfolk coast line and rivers
- **YHA Liverpool Central** is brilliant for studying urban regeneration, plus there is good access to sand dunes at Formby

groups.yha.org.uk



The Duke of Edinburgh's Award

We offer fantastic opportunities for Duke of Edinburgh participants to complete both the volunteering section (Bronze, Silver and Gold Awards) and the residential section (Gold Award) of the DofE Award. Your students can pack a bag and enjoy the experience of a lifetime as they make new friends, learn new skills and get fully involved with everything YHA can offer.

From hostel stays to camping adventures, volunteering at our summer camps, their chosen YHA or our National Office, or even supporting as a fundraiser, staying with YHA is a great way to boost their confidence and independence whilst leaving a positive footprint on their own life and many other people's.

The benefits of our Duke of Edinburgh residentials

- 75% said they had better social skills
- 73% boosted their practical skills
- 67% grew in confidence
- 65% were more motivated to volunteer again
- 53% felt they had improved employability
- 99% of them loved it!





Virtual volunteering opportunities

YHA have developed a range of virtual volunteering options for young people to gain valuable skills and experience. Available for 14-year-olds and over, the 12-week placements can be completed entirely online and have been designed to meet the requirements for Duke of Edinburgh Award participants. The opportunities available are social media volunteer, volunteer videographer or virtual fundraising volunteer.

Revision breaks

As a youth charity, we are dedicated to helping young people achieve their potential. A few nights in an inspiring setting, surrounded by friends, support and stress-relieving socialising can be just the thing to prepare your students for their exams without them feeling the need for all-night cramming sessions.

Many of our hostels, particularly those in tranquil rural locations, are ideally suited for revision breaks. We'll provide you with dedicated classroom facilities, prepare delicious meals at times to suit you and give you all the space you need to focus minds. Plus, you have the option to add our bolt-on activities or team building challenges on to your stay.





Transition and enrichment

Transition between primary and secondary school (or even between year groups) can be a stressful time for students. The mixed emotions and heightened stress of the change can impact on a young person's mental health.

A study carried out by Bath University measured levels of the stress hormone cortisol in children who were starting primary school. The levels were found to be high several months before the new term, indicating the children were responding in anticipation long before the event.

Building resilience through outdoor adventure is key to helping young people effectively deal with adversity

and change. A YHA residential provides plenty of fun outdoor challenges and meaningful learning opportunities to enable young people to increase their resilience and develop bonds with their peers through transitions and beyond.

Speak to our team for information about how we can support your pupils through transition.

Bolt-on activities

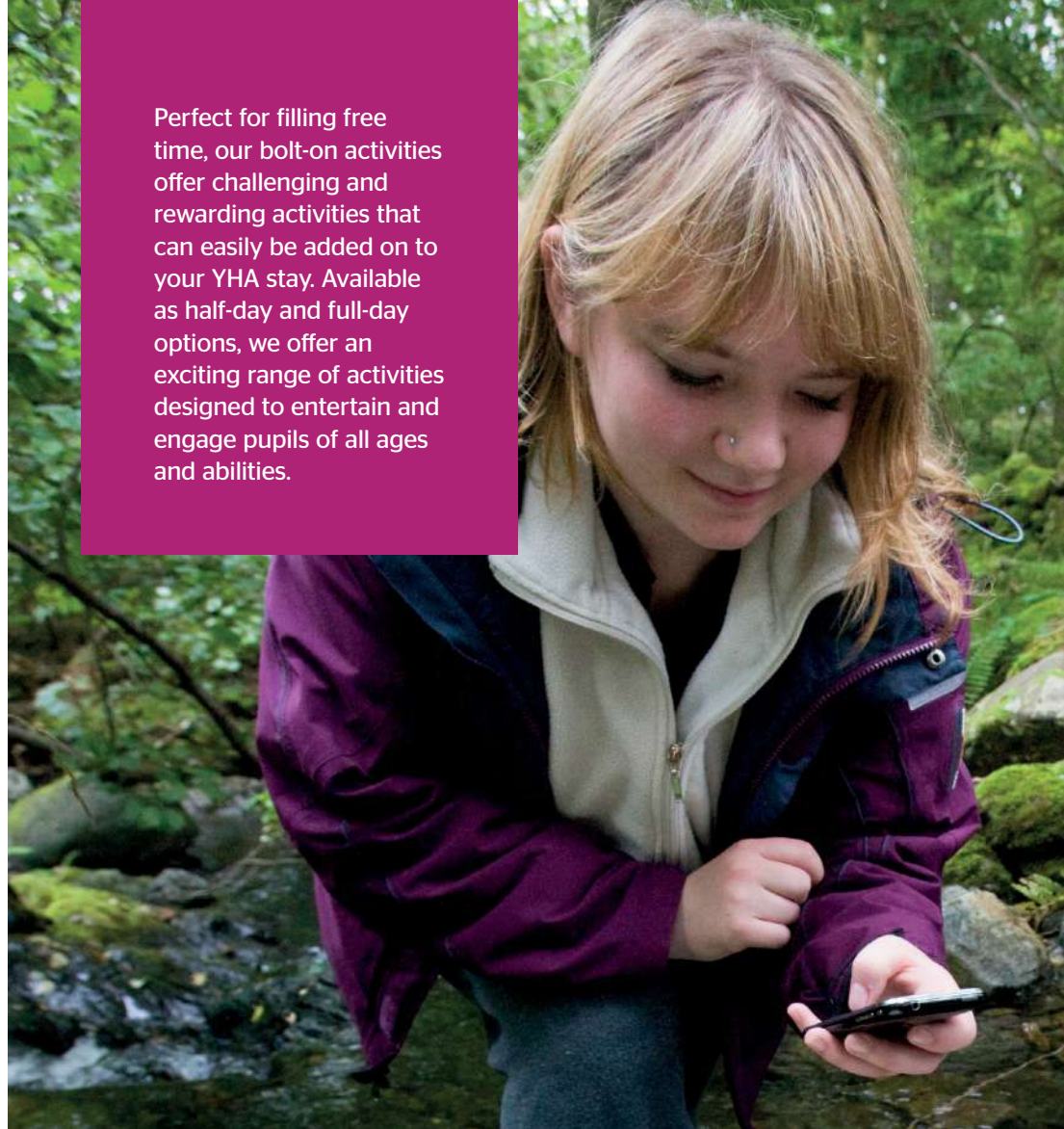
Adventure bolt-on

The British countryside offers a near-endless number of opportunities to explore, discover new things and try unusual activities. From fell walking in the Lake District to canoeing in the Peak District or climbing and abseiling in Wales, every outdoor activity you can think of - and many you can't - is catered for somewhere.

Activities include: climbing, abseiling, coasteering, canoeing, kayaking, ghyll scrambling, mountain walk, and more.

Prices from **£37.00 per person**
(ex VAT)

Perfect for filling free time, our bolt-on activities offer challenging and rewarding activities that can easily be added on to your YHA stay. Available as half-day and full-day options, we offer an exciting range of activities designed to entertain and engage pupils of all ages and abilities.





groups.yha.org.uk

YHA bolt-on

YHA delivered bolt-ons are available at all of our sites that offer YHA packages, so you can rest assured that you have well trained and experienced staff engaging and challenging your pupils.

Activities include: team challenges, shelter building, archery, guided walk, fire lighting, and more.

Prices from **£8.50 per person** (ex VAT)

Theatre Explorer bolt-on

If you're thinking about seeing a show whilst staying at our London hostels, why not try our bespoke two-to three-hour drama workshops, delivered by the folk at The Theatre Workout.

Prices from **£18.50 per person** (ex VAT)

Available at: YHA London St Paul's, YHA London Thameside, YHA London Lee Valley

Northumberland National Park introductory talks

This is your landscape - discover Northumberland National Park.

YHA The Sill at Hadrian's Wall building tour - find out about the building, how it was designed and what makes it so unique.

Prices from **£30.50 per group** (ex VAT) (max 60)

Peak District National Park bolt-on

Alongside the Peak District National Park in Derbyshire we're proud to offer fieldwork sessions to KS3 and above, providing exam board specific learning opportunities.

These programmes aim to inspire and engage pupils within this awe-inspiring National Park.

Prices from **£16 per person** (ex VAT)

Available at: YHA Eyam, YHA Ilam Hall, YHA Hartington Hall, YHA Ravenstor



Prices from

£21.00

per person per day
(ex VAT)

Price includes lunch

Day stays

We now offer schools access to our activity packages on a day time only basis. YHA Day Stays are day activities that are national curriculum-linked for all abilities, delivered in the great outdoors and your school has the choice of what the day will look like. Students will develop new skills, connect with nature, work as a team, build confidence and develop creativity.

Activities include: archery, shelter building, fire-lighting, guided walks, orienteering, natural art, team challenges, minibeasts and habitats, rokit launch, fossil hunting, history day and our popular spy-themed Alex Rider missions.

*some activities may be site specific, speak to our advisors for details

Available at:

- YHA Castleton Losehill Hall
- YHA Edale Activity Centre
- YHA Ilam Hall
- YHA Whitby
- YHA Okehampton



“

Each residential is memorable for different reasons. Whether it's a child who has outstanding knowledge, or a fussy eater who has decided to try something new for the first time.

”

Meet the manager

Our hostel staff are pretty special. With backgrounds ranging from education to hospitality, travel to outdoor adventure, each member of staff is as unique as our hostels. They do, however, have one thing in common - an absolute passion for helping young people discover skills and abilities they never knew they had. They're the secret superheroes of our hostel network, and they'll go out of their way to make your experience incredible.

Laura is the hostel manager at YHA Malham in North Yorkshire.

Can you tell us a bit about your background and experience with YHA?

My life before YHA was just as exciting as it now. I spent 17 years working in tourism overseas. My winter seasons were spent skiing and snowboarding in the Italian Dolomites, I was living the dream!

I moved back to the UK and to the gorgeous village of Malham in the heart of the Yorkshire Dales and I've been here five years. I'm now lucky enough to be living a different dream. I love living and working in such a beautiful place.

“

There are so many fantastic fun activities and being a big kid myself it's hard to choose. My favourite curriculum based activity it has to be one of the guided walks around such stunning scenery, or the stream studies because at the end of the session we get to have a paddle in the water. My favourite adventurous activity is kayaking.

”

What makes your hostel the perfect base for school trips?

YHA Malham is the perfect base for school trips as we are set in the rural village of Malham in the heart of the Yorkshire Dales. The hostel has 81 beds split between the main building which sleeps 47, and the annexe which sleeps 34, this is ideal for school groups who prefer their own space. Room sizes vary from two to eight beds, some of which are en suite. The classroom is perfect for indoor activities, but we prefer to be outside discovering the great outdoors. The local area has so much to offer from the limestone pavement of the iconic Malham Cove to the enchanted mystery of Janet's Foss. From the mighty Gordale Scar to the gorgeous glacial lake of Malham Tarn.

What is your favourite part about hosting school residentials?

My favourite part of hosting residentials is seeing the smiles and delight on children's faces. For some children, being away from home for the first time really does take them out of their comfort zone. Seeing how they embrace and enjoy the change really is amazing.

What is your most memorable YHA residential experience?

Each residential is memorable for different reasons. But one thing that does stand out is a child who was dependent on a wheelchair that did all the activities along with their friends, who overcame any challenge that got in the way.

Familiarisation events

We're proud of our residential. Our dedicated and experienced teams provide an experience that is tailored to the needs of your group and they deliver real adventures and activities in the great outdoors.

We want to show you just what we can do. That's why we've organised a series of teacher and group leader familiarisation events throughout our network of locations in England and Wales that we'd love you to attend.

Our events will:

- enable you and your family to experience an overnight stay as well as some of the fantastic locations and facilities that we have to offer
- give you the opportunity to participate in some of the activities we can offer to schools
- let you meet representatives from some of the local attractions in the area that your group can visit during your trip
- let you sample the delights of our delicious groups menu

Once you've booked your residential with us, you will also have the option to come and give us a test run with a free planning visit.

For more information or to book your place:

Visit groups.yha.org.uk/planning-visits

Or email Mike Sabin at michaelsabin@yha.org.uk



Mental health and wellbeing

Mental health is as important as physical health. And, as with physical health, our experiences in childhood often determine our wellbeing as an adult. Most of us grow up mentally healthy, but research suggests that compared with 30 years ago, more children and young people are developing problems with their mental health. We know how access to the outdoors and physical activity can improve your mental health. But experiences with YHA can offer much more than that.

Research by Learning Away has shown that taking part in a residential can have a transformative effect on young people. They improve resilience, relationships and achievement, and they increase confidence to try new things.

Research by Learning Away:

- 77% increased attainment
- 84% improved relationships
- 71% better engagement
- 82% increased confidence

Learning Away Final Evaluation Report, York Consulting 2015

A YHA residential creates opportunities for personal growth and group bonding. Young people are given the chance to break with the distractions and complications of home and stretch themselves, work together, understand each other and communicate better.

We are YHA.

We transform young lives forever through travel and real adventure.

Because where you go changes who you become.

01629 592 637 groups.yha.org.uk groupreservations@yha.org.uk

YHA (England & Wales),
Trevelyan House, Dimple Road,
Matlock, Derbyshire, DE4 3YH

Company No. 282555
Reg. Charity No. 306122