

Record of Achievement



Name

Date





Aims of my course

During your course at Oaklands, you will have the chance to take part in many outdoor activities, all in the beautiful Snowdonia National Park. This Record of Achievement will help you record and understand your adventures and experiences at Oaklands.

As well as being great fun your course will give you the chance to learn about...

- **Yourself**; through facing many challenges each day. You'll have the chance to learn about responsibility (looking after yourself, others, and equipment), new skills (for example how to canoe), and gain pride in your achievements
- **Others**; by working in different teams in all sorts of adventurous activities, living with other people, talking and listening to other people (communication skills), and getting to know new people. You should also have a chance to learn about the importance of working together, and the benefits of including others
- **Environment**; by being out in the great outdoors each day, learning about how we live with all sorts of amazing plants and animals. Also by discovering how the land has been shaped by the weather, rivers, ice and humans

Your course at Oaklands will give you the chance to try and learn about these activities;

Rock Climbing
Gorge Walking
Mine Exploration
Orienteering

Problem Solving
Mountain Walking
Abseiling
Canoeing

Getting stuck into these activities will provide you with the chance to learn about looking after yourself and those around you, whilst experiencing real adventures in the great outdoors. You will be given the chance to take responsibility for the Centre, equipment and your safety as well as looking after others. And having some great fun at the same time!

Enjoy your course!

My course at Oaklands

My Programme of activities

	Day time	Evening
day		
day		
day		
day		
day		

These are the people I share a room with

These are the people in my group



This is a picture from today

Have you kept your Carbon Footprint small today?

Oaklands is trying to reduce the impact we have on the environment (our Carbon Footprint) by reducing the amount of energy we use, and rubbish we produce. Can you help by Keeping your Carbon Footprint small?

Starting with the biggest footprint colour in one of the footprints every time you answer YES to the following questions...

- Switching off lights when we don't need them saves electricity; did you remember to switch your dormitory lights off this morning?
- Making up sandwiches requires lots of energy. Did your group eat all your sandwiches today?
- Creating clean drinking water also requires lots of energy. Did your group drink all your water today?



Oh dear...

Not bad

Well done!



This is a picture from today

Have you kept your Carbon Footprint small today?

Starting with the biggest footprint colour in one of the footprints every time you answer YES to the following questions...

- Plastics can be recycled to make other things (like fleece jumpers) with a lot less energy than having to make them from scratch. Did you recycle all the waste plastic from your lunch today?
- Your evening meal requires lots of energy to prepare. Did you eat all of today's evening meal?
- Preparing hot drinks uses lots of energy. Did your group drink all your hot drink today?



day



Today we went:

Which was at:

During the day we...

I was really proud of myself today when I...



This is a picture from today

Have you kept your Carbon Footprint small today?

Starting with the biggest footprint colour in one of the footprints every time you answer YES to the following questions...

- Rubbish left lying around can get eaten up by animals making them unwell; have you picked up any rubbish from outside today?
- Keeping doors and windows closed Keeps in the heat, reducing the energy needed to warm up the Centre. When needed, have you been keeping your windows and doors closed?
- Creating clean drinking water requires lots of energy. Did your group drink all your water today?



Oh dear...

Not bad

Well done!

day



Today we went:

Which was at:

During the day we...

I think my team is great because...

To be a better team we need to...



This is a picture from today

Have you kept your Carbon Footprint small today?

Starting with the biggest footprint colour in one of the footprints every time you answer YES to the following questions...

- Plastics can be recycled to make other things (like fleece jumpers) with a lot less energy than having to make them from scratch. Did you recycle all the waste plastic from your lunch today?
- Switching off lights when we don't need them saves electricity; did you remember to switch your dormitory lights off this morning?
- Making up sandwiches requires lots of energy. Did your group eat all your sandwiches today?



Oh dear...

Not bad

Well done!

day



Today we went:

Which was at:

During the day we...

My favourite part of this course has been when...

This is the person who has helped me the most during the course, and how they've helped me...

This is a person I helped during the course, and how I helped them...

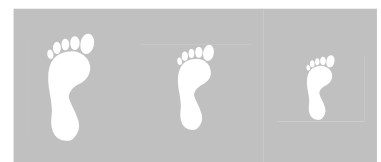


This is a picture from today

Have you kept your Carbon Footprint small today?

Starting with the biggest footprint colour in one of the footprints every time you answer YES to the following questions...

- Preparing hot drinks uses lots of energy. Did your group drink all your hot drink today?
- "Take only photos and leave only footprints" is a phrase often used by environmentalists, as a way of explaining not to pick any plants or leave rubbish. Did you just take photos and leave footprints today?
- Your evening meal requires lots of energy to prepare. Did you eat all of today's evening meal?



Oh dear...

Not bad

Well done!

day



Today we went:

Which was at:

During the day we...

During my course at Oaklands I learned about...



These are some pictures from my evening activities

Evening Activities

Here's a summary of what we did during our evenings...



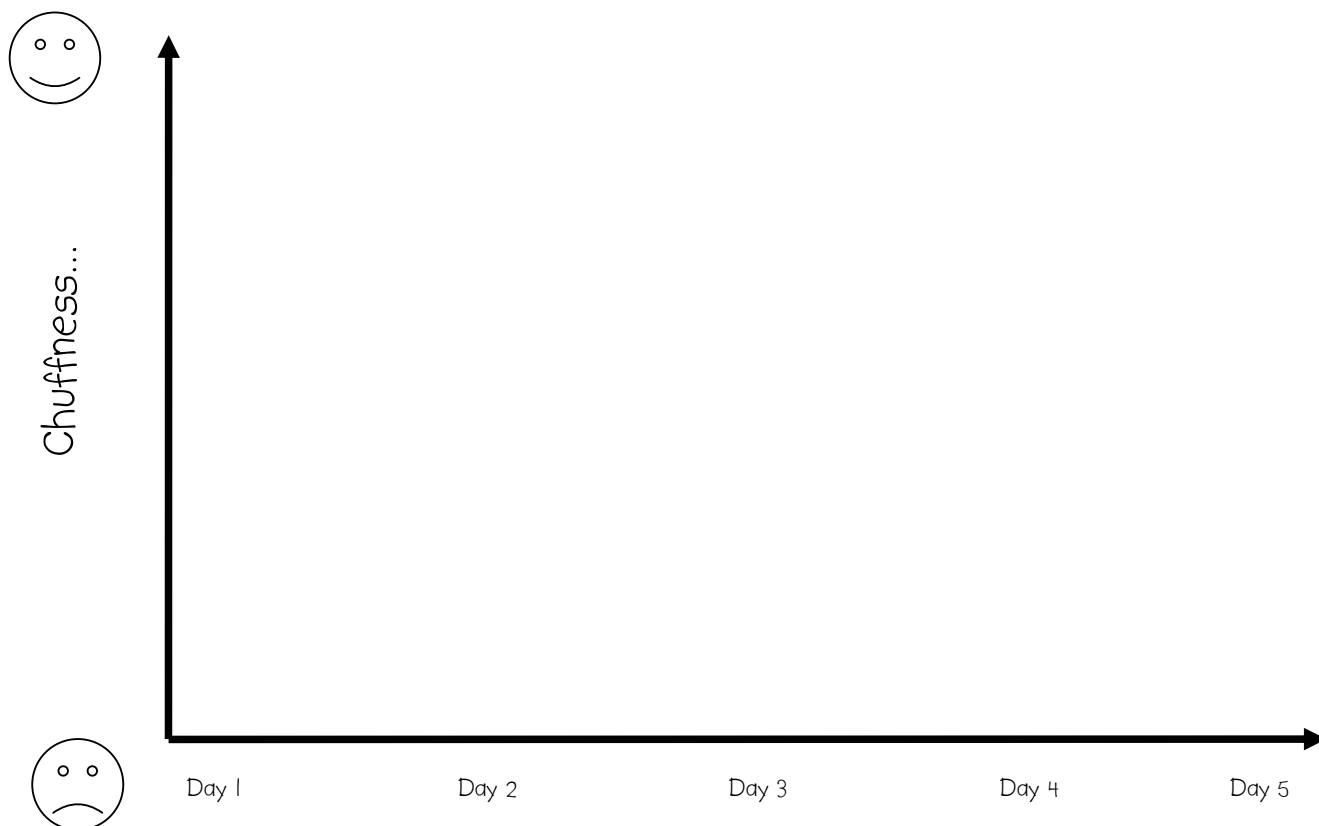
First night	
Activity	
Second night	
Activity	
Third night	
Activity	
Fourth night	
Activity	



What I thought of my course

Chuff Chart

Plot the ups and downs of your course here. Don't forget to label the chart to remind you of what you found most rewarding, and most challenging...



Write this up when you get home from Oaklands

The best part of my visit to Oaklands was...

The activity I enjoyed most was...

Because...

The hardest part of my visit was...

Is Your Carbon Footprint Small?



Add the number of footprints you've coloured in each day during your course, then colour in the correct footprint here.

Excellent!
Well done, you're an Eco-Warrior!



13-15

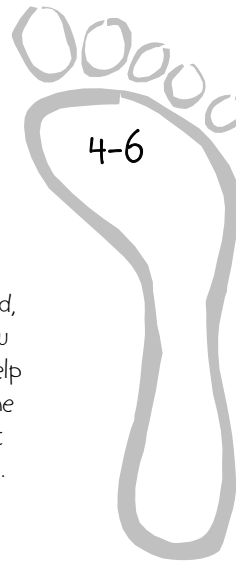


10-12



7-9

Not bad, but you could help save the planet more...



4-6



1-3

You're Killing the planet!!

How big has your Carbon Footprint been this week?

Fun Stuff

Can you link the picture to the word?

Karabiner

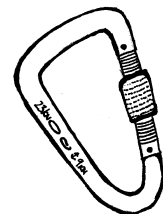
Helmet

Canoe

Stalactite

Rucksack

Buoyancy Aid





Word Search

O	A	K	L	A	N	D	S	B	E	L	A	Y	I	N	G	S	T	A	T	I	C	S	C
L	R	A	V	E	N	E	M	W	H	Y	S	H	A	N	D	J	A	M	T	R	U	S	T
P	A	D	D	L	E	O	I	N	U	I	T	T	H	E	L	M	E	T	S	L	A	T	E
K	F	I	A	A	V	N	L	E	A	D	F	G	O	M	A	P	D	Y	N	A	M	I	C
C	T	T	R	A	A	A	E	L	L	A	A	D	G	P	R	H	I	C	A	I	R	N	T
A	A	N	D	Y	W	C	Y	M	R	U	D	C	G	R	P	J	P	B	L	A	K	E	F
P	B	G	M	O	R	E	C	B	E	N	K	A	Y	A	K	E	A	L	W	I	N	Z	E
S	S	U	O	F	B	K	H	D	T	G	A	R	I	A	N	G	R	I	V	W	B	L	K
I	E	N	S	U	E	U	A	A	H	E	R	O	S	W	E	E	P	S	T	R	O	K	E
Z	I	N	L	I	L	N	M	V	W	T	M	L	Y	N	D	A	E	T	P	Y	U	A	R
E	L	E	A	R	O	E	B	E	A	H	Y	Y	B	D	V	C	N	E	A	S	L	R	M
A	A	L	T	O	W	G	E	S	R	I	F	N	U	A	L	A	S	R	U	G	D	A	A
C	M	A	E	N	I	O	R	K	T	N	I	R	O	A	S	D	H	I	L	A	E	B	N
H	I	N	C	L	I	N	E	H	S	P	R	A	Y	D	E	C	K	D	I	N	R	I	T
I	S	P	O	T	T	I	N	G	D	H	G	E	A	D	A	X	N	G	N	U	I	N	L
E	R	H	Y	W	B	A	C	H	Y	F	U	T	N	E	K	A	H	E	E	F	N	E	E
V	S	K	E	T	W	B	A	T	T	E	R	Y	C	A	T	M	A	R	A	N	G	R	E
E	M	S	T	A	L	A	C	T	I	T	E	C	Y	D	K	A	R	L	H	O	O	P	C
M	A	N	T	L	E	S	H	E	L	F	O	Z	A	S	Z	X	N	S	I	M	O	N	H
E	R	O	S	I	O	N	I	L	H	K	F	X	I	E	F	L	E	E	C	E	Y	U	O
N	S	Q	U	E	E	Z	E	O	A	E	E	R	D	R	A	W	S	T	R	O	K	E	O
T	R	O	B	E	R	T	A	S	T	G	I	G	R	O	U	P	S	H	E	L	T	E	R
M	O	R	A	I	N	E	P	I	E	D	G	H	R	H	V	E	C	A	B	A	N	G	E
O	C	O	M	P	A	S	S	K	S	A	H	F	A	T	H	O	M	K	F	T	L	D	E
S	T	I	C	H	T	P	L	A	T	E	T	R	E	S	E	R	V	O	I	R	G	W	G

All these words are lost in the word search, can you find them all?

Other...

Oaklands
Cymru
Andy, Carolyn, Dave,
Diane, Echo, Gethin,
Karl, Lynda, Nuala,
Pauline, Roberta,
Simon

Canoeing

Buoyancy aid,
cagoule, canoe,
capsize, catamaran,
draw stroke, gunnel,
Inuit, kayak, paddle,
, raft, rapid, rudder,
spraydeck, stopper,
sweep stroke,
thwart, wave

Rock Climbing

Abseil, achievement,
belaying, below!,
bouldering, dynamic,
figure of eight, hand
jam, harness,
helmet, karabiner,
Kermantle, mantle
shelf, spotting,
static, sticht plate,
trust

Mine Exploration

Adit, aven, battery,
caban, chamber,
deads, fathom,
gangué, incline, iron,
lead, ore, Rhywbach,
slate, squeeze,
stalactite, winze,
Wrysgan

Mountain Walking

Blister, cairn,
compass, group
shelter, erosion,
fleece, hat, lake,
map, moraine,
reservoir, ridge

Some Welsh Words

Welsh alphabet

a-b-c-ch-d-dd-e-f-ff-g-ng-h-i-j-l-ll-m-n-o-p-ph-r-rh-s-t-th-u-w-y



<p>A aber - a small stream-confluence of a river or stream. afon - a river allan - out allt - hillside or wood araf - slow</p> <p>B bach - small bannau - beacons blaen - source of river; head of valley bont (pont) - a bridge borth (porth) - a gateway or harbour bron - a hillside bryn - a hill bwch - little gap</p> <p>C cae - field caer or gaer - fort or camp can - song carm - heap of stones or cairn carreg (garreg) - a rock celli - hazel grove cefn - ridge cil - a nook; source of stream coed - a wood creigiau - rocks; cliff croesffordd (groes) - a cross-roads cribyn - a crest, ridge cwm - a shallow valley</p> <p>Ch Chwech - six</p> <p>D dan - below; under darren/tarren - rock hillside dau - two deg - ten dol - a meadow; a river meadow draen (drain) - thorns drysgol - rough place du - black dwr - water dyffryn - a valley</p> <p>Dd Dda (da) - good</p> <p>E efail - smithy eglwys - church erw - plot of land/acre esgair - mountain ridge</p>	<p>F fan (ban) - peak faen - felin - mill foel (moel) - bare topped hill</p> <p>Ff ffridd - mountain pasture ffrwd - stream ffynnon - well or spring</p> <p>G geilli - small wood glan - river bank glyn - a glen gors - a marsh graig (Craig) - a rock or crag gwaun - a meadow gwern - a marsh, swamp</p> <p>H hafod - summer pasture/dwelling haearn - iron hendre - winter dwelling heol - road han - church of</p> <p>I i - to ia - ice iaith - language ie - yes</p> <p>J jac codi baw - JCB!</p> <p>L Lerpwl - Liverpool liwyn - a bush or grove</p> <p>Ll Llan - churchyard; enclosure, yard. llechryd - a stone ford or brook Lledr - leather llyn - lake or pool</p> <p>M maes - a field mawn - peat melin - mill merthyr - a martyr/martyr's grave môr - sea môrlan - seashore mynydd - mountain</p> <p>N nant - a small stream valley naw - nine neuadd - a hall or mansion</p>	<p>O ogof - cave</p> <p>P Pabell - tent parc - a park pant - a hollow or valley pen - head, top or end pedwar - four pergyl - danger pistyli - well or spring plas - mansion, house pump - five pwll -, a pit or pool</p> <p>Ph</p> <p>R ras - race rwan - naw rygbi - rugby (Wales Grand Slam champions 2008 & 2005)</p> <p>Rh rhayader (rhaeadr) - a waterfall rhigos - a place or heather rhiw - a hillside rhos - moorland rhyd - a ford or stream</p> <p>S saith - seven sychnant - stream that dries up</p> <p>T tal - end; front tir - land tref - a homestead/ town tri - three ty - a house</p> <p>Th</p> <p>U Uchaf - highest Uchder - height Un - one</p> <p>W waun - moorland or meadow wedi - after wrth - with with - eight Wyddfa - Snowdon</p> <p>Y Y (yr) - the Yn - in Yna - there Ystrad - flat valley bottom</p>
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Certificate of Achievement

Has been awarded to



For successfully completing a residential course of outdoor adventure activities such as
**Rock Climbing, Mine Exploration, Canoeing, Mountain Walking, Gorge Walking, Abseiling,
Orienteering, and Problem Solving,**
based at The Oaklands Outdoor Education Centre.

Awarded on the



Signed...

Centre Staff

School Staff

By completing this course the holder of this certificate has achieved some of the following National Curriculum objectives:

- Personal Development including increased confidence and self esteem, responsibility, learning skills, health and fitness and an understanding of the principals of health and safety.
- The ability to form effective relationships and communication skills.
- The social skills that encourage participation, sound values and an inclusive attitude to others.
- A concern for living things, an appreciation of the natural environment and an understanding of the interdependence of humans and the environment.

These are the learning objectives that have formed the strength and focus of this course of Outdoor Education. However, the course will also have contributed towards the achievement of many learning objectives using a variety of learning styles and methods in a wide range of National Curriculum disciplines. This includes English, Science, Geography and Maths as well as making a major contribution towards.

Citizenship

Personal, Social and Health Education

P.E.



