

# Nant BH



<http://www.nwoes.co.uk/>

Nant BH Centre is part of the North Wales Outdoor Education Service (NWOES) delivering to Conwy, Denbighshire, Flintshire, Wrexham and Anglesey.

The Centre provides high quality outdoor education courses, through residential and day experiences, to primary and secondary school groups since 1968.

Based in the heart of the Snowdonia National Park they are able to provide an exciting range of adventure activities in unspoilt wild country.

They are surrounded by impressive scenery and have easy access to lakes, rivers, mountains, coast and mines for memorable and inspiring adventures.

# Nant BH

The screenshot shows a web browser window with the URL [www.nwoes.co.uk](http://www.nwoes.co.uk). The browser's address bar and tabs are visible at the top. Below the browser window, the website's header features the Nant BH & Pentre logo on the left, a navigation menu with links for Home, About, Activities, News, Contact, and Downloads in the center, and a phone number 01492 640735 on the right. A teal banner at the top of the page contains the text "LATEST" and a tweet: "What a beautiful spot to show our @MtnTraining Lowland Leaders what secrets lie in the woods. Thanks Del <https://t.co/mKn9ntY8pA>".

The main content area features a large hero image of a young child wearing a blue helmet and a purple jacket, holding onto a thick rope. Overlaid on the left side of this image is the text "REAL ADVENTURE REAL LEARNING." in green and white. Below the hero image are four colored boxes representing different services: "OUR CENTRES" (teal) with a map of Wales, "RESIDENTIAL COURSES" (light blue) with a group of people, "DAY COURSES" (pink) with a group of children, and "ACTIVITIES" (purple) with a person on a bicycle. At the bottom of the page, the text reads "Inspiring adventures, lifelong memories" followed by a paragraph: "Since 1967, Nant B H and Pentre Outdoor Education Centres have built an excellent reputation for quality and safety in adventure learning. We offer a full range of exciting adventure activities through residential, day and outreach courses in".

The Windows taskbar at the bottom of the screenshot shows the Start button, several application icons (including Chrome, Word, and PowerPoint), and the system tray with the date 11/04/2016 and time 14:58.



At **Nant BH & Pentre** young people develop as **ambitious and capable learners**, by:

- seeking and enjoying new challenges
- setting themselves high standards
- building and applying knowledge
- questioning and solving problems
- reflecting on their learning and experience
- identifying next steps for themselves

At **Nant BH & Pentre** young people develop as **healthy and confident individuals**, by:

- developing confidence, empathy and resilience
  - facing and overcoming challenge
- building mental and emotional well-being
  - developing independence
- learning to manage and take measured risks
- forming positive relationships based on trust and respect
- experiencing the benefits of eating well and taking part in physical activity



At **Nant BH & Pentre** young people develop as **enterprising and creative contributors**, by:

- contributing to the success of a group
- identifying and grasping opportunities
- connecting and applying knowledge and skills
  - assessing choices regarding risk
    - taking measured risks
- taking a range of roles within a group
  - taking the chance to lead
- thinking creatively to solve problems

At **Nant BH & Pentre** young people develop as **ethical and informed citizens**, by:

- understanding and exercising their rights and responsibilities
- understanding and considering the impact of their actions when making choices
- improving knowledge about Welsh culture, community and the world
- respecting the needs and rights of others
- showing commitment to sustainability

High quality adventure learning in  
Snowdonia & Hiraethog

**Get in touch to book a course:**

Tel: 01492 640735

Email: [info@nwoes.co.uk](mailto:info@nwoes.co.uk)

Web: [www.nwoes.co.uk](http://www.nwoes.co.uk)



Follow us: @nwoes



**At Nant BH and Pentre you will**

- seek and enjoy new challenges
- set yourself high standards
  - learn new skills
  - solve problems
- reflect on what you've learned
- identify how you can develop your skills

**To help you to be the best you can be**

**At Nant BH and Pentre you will**

- take part in exciting new activities
- be independent and look after yourself
- develop confidence by tackling challenge
- help other people to overcome challenge
- eat well and take lots of healthy exercise
- learn how to take sensible risks
- learn new things about yourself and others

**To help you to take care of yourself and others**



**At Nant BH and Pentre you will**

- make the most of opportunities
- challenge yourself
- take sensible risks
- help your group to succeed
- take on different jobs in your group
- use your knowledge and skills
- solve problems in a creative way

**To help you to make the most of life**

**At Nant BH and Pentre you will**

- play an important part in Centre life
- think about the effect of your actions on yourself and others
  - learn about a brilliant new area
  - use Welsh in a new environment
- be eco-friendly and help to look after the environment

**To help you be a great citizen of Wales and the world**

**High quality adventure learning in Snowdonia & Hiraethog**

[www.nwoes.co.uk](http://www.nwoes.co.uk)

 Follow us: @nwoes

# Nant BH

At Nant BH, they are passionate about adventure and outdoor learning and the proven impact this has on young people's:

- confidence and resilience
- Attainment
- motivation and appetite for learning
- health and well being
- ability to understand and take sensible risks
- behaviour and attendance
- ability to work with others
- appreciation and care for the culture and environment of North Wales

Nant BH will work closely with the school to deliver a programme that best meets the needs of our pupils.

# Items to bring

- Old trainers and wellies
- 2/3 pairs of warm trousers (not jeans!!)
- 2/3 t-shirts and warm jumpers
- 3 pairs of warm socks and underwear
- Hat and gloves
- Toiletries and towel
- Pyjamas and slippers
- Bin bag for taking home wet clothes
- Water bottle

## Optional Extras

- Torch
- Disposable camera
- Walking boots

## Things the centre will provide

- Pillow and duvet
- Waterproof clothing
- Fleece jumper
- Rucksack

# Bedrooms



There are 4 large bedrooms each sleeping 8 children.

Boys and girls sleep in separate rooms and have been split into friendship groups.

Room inspection takes place every day before activities!



# Dining room



Children all meet together at meal times in the dining hall.

They will all take a turn to set the tables, help serve the food and clear the tables.



# The classroom



Before an activity takes place we will spend time in a classroom learning all about the activity and how to keep safe.

# Kit room



All specialist equipment is provided.

Waterproofs, climbing kit, hard helmets etc. are available on site.



# Activities

Just some of the activities available at the centre.....



Gorge walking, canoeing, rock climbing, bike riding, orienteering and the climbing wall.



# Games room



During their free time, the children may have access to a games room.

# Quiet lounge



...or a quiet lounge!

There is a small gift / snack shop on site. Your child may bring up to £5 to spend. If possible please send your child with change and not a £5 note.

