COUNTRY HOUSE CAMP

PARENT HANDBOOK

WELCOME TO COUNTRY HOUSE CAMP!

Thank you for choosing Country House Camp! Our 40 acres of wood provide the perfect setting for our educational, fun summer programme! Campers will make friends and learn about the English culture from exceptional staff. They'll strengthen their English skills as well as value based social skills. But most of all, they will have FUN!

This handbook will help you prepare your child for camp. It will also provide more information about what we do and details of our summer programme. Please do not hesitate to contact us at any time if you have any doubts or questions.

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OUR PHILOSOPHY

At Country House Camp we create an environment that is safe and fun for children to make friends from all over the world, challenge themselves, learn new skills, and become more independent, accepting and responsible.

Summers at Country House Camp help children become stronger people who learn to get along and care for each other and the environment around them. Our campers live in a welcoming close-knit community with children from all over the world.

Our philosophy and programming are rooted in the core values of Acceptance, Independence, Responsibility and Teamwork. We put these values into action through a healthy and fun outdoor experience. In an increasingly fast-paced world, camp provides a nurturing, supportive environment in which children can 'go back to the basics' and focus on what is important.

Acceptance

Our campers come from all over the world. While numerous cultures are represented, the spoken language is English and the common thread among Country House campers is acceptance, tolerance and caring for people of all backgrounds.

Independence

For most children, camp is the first time they become fully independent from their families. They learn to take healthy risks, make decisions, and live on their own. The independence they learn at camp will help them succeed throughout their lives.

Responsibility

Our campers learn the value of their contributions. Whether it's room cleanup or a football match, campers learn they have a role and that others depend on them to perform that role to the best of their abilities.

Teamwork

Campers learn the importance of working as a team not only on the fields but in the bedrooms as well. Teamwork involves learning how to share and be respectful. Once learned, it is a lesson children will retain the rest of their lives.

OUR APPROACH

We run small sessions to ensure that our campers get unparalleled attention and a truly unique experience of English life, language and culture. Managing small groups of children allows us to really get to know each child individually and maintain the necessary flexibility to adjust the programme to the particular group of campers that we have each session. Our staff to camper ratio is 1-6 and our directors work directly with children and staff alike. We are a home away from home.

We offer a combination of scheduled activities and electives to encourage our campers to learn new skills as well as to improve old ones. We help our campers bond over common interests and share their skills as much as we encourage them to step out of their comfort zone and try new things.

On a similar note, at meal times we make a point of helping the children try new foods as we believe it is an essential part of living a new culture and growing up. However, we also know exactly what children love to eat and provide them with the comfort of familiar tastes.

Our English sessions are practical, fun and engaging. We believe that being eager to take part in activities led in English combined with the desire to form friendships in English with children who speak a different language, are the two main drives for children to learn to develop their English! In our English sessions we give them the tools to do just that, by solidifying the English knowledge gained at school throughout the year using a hands on approach that they can put into practice immediately whilst at camp.

OUR APPROACH

We have high expectations for your child! We ask our campers to make their own beds, tidy all their things, and help to clear their own plates, as well as tidy up communal areas at the end of the day. We also have a rota system where children take turns to hoover their bedrooms & bathrooms at least once during the stay. These are a few of the ways we encourage them to become more independent, responsible, and better team players, and we do it without ever loosing fun out of sight. At camp there are a lot of games and prizes; contributing to our camp community is a fun rewarding experience!

Throughout the summer there will be several moments of reflexion, either to debrief activities or to give campers and staff the chance to share experiences that everyone may benefit from. These are not just opportunities for children to work on their English but also to work on themselves and grow as people. There will also be lots of opportunities to be silly and goofy and simply have a great time in a carefree environment!

Country House Camp is technology free. Mobile phones, tablets, laptops, Ipods, etc are not allowed. We want children to be able to disconnect form the 'electronic world' so they can have the opportunity to discover an alternate world of nature, sports, arts, and adventure.

OUR STAFF

We take pride in the the quality of our staff. All staff are personally interviewed, have their references checked and undergo full background checks.

We understand what it takes to be a Camp Leader.

We know how to create a rich, rewarding summer experience. When hiring staff we look for great role models that show an enthusiasm for working with children in a warm, caring environment. We look for individuals with that special 'camp personality'. Though we have high expectations for our staff we also understand how demanding their job is for what we make sure our staff have well deserved breaks to recharge batteries!

Your child's wellbeing is of the utmost importance to us.

We value the work that our staff do every summer and we want to make sure that we give our staff the tools and strategies to be successful at their job. We run a week long intensive training programme before campers arrive which includes workshops that address motivation, safety, child behaviour, homesickness as well as a variety of teaching techniques and hours of role-playing and practice.

When swimming the children are supervised by a qualified lifeguard at all times.

All staff receive first aid / CPR training.
We keep a ratio of 1-6 campers or less.

1. WHAT TO PACK FOR CAMP

One of the greatest things children can learn from their summer away with us is how to take care of themselves. Allow your child to help you pack when planning for camp! This will make her feel much more invested in the idea of going away. It is also a great opportunity for you to discuss some of our rules and to share the excitement of all the fun things your child will be doing this summer!

At the end of this handbook you will find a packing list that we've put together for you and your child. This can be used as a checklist. We encourage you to ask your child to tick the items off the list!

We kindly ask you to pack for the whole duration of the programme; our packing list is for a 2 week stay.

Please bear in mind the following when packing: Children will most likely be taking a few additional things back home with them, such as their camp diary, certificates, souvenirs, any items they have made at camp or anything they may have purchased during the excursions! For this reason we ask you to please make sure that your child's suitcase has at least 3- 4 kg allowance for any new goods. Excess baggage can be very costly. Country House Camp will not be responsible for paying any excess baggage.

2. WHAT NOT TO PACK FOR CAMP

We are a technology free camp. We do not allow any type of videogame, mobile, ipad, or anything else with a screen, apart from a digital camera (not iphone doubling as camera, sorry!). Children may of course have them on the plane, but they WILL be required to hand out all electronic equipment upon arrival. It is essential for our programme that children disconnect from the world so they can spend their time connecting with other children and experiencing nature!

Any electronics children may want to have with them on the plane will be stored in the safe, along with their passport, pocket money, medicine or any other valuables. It is very important that you go through this rule with your child before sending her to camp. Explaining rules ahead of time will help manage your child's expectations. Arriving to a new place and immediately being taken away something that is so embedded in her lifestyle such as their mobile phone or ipad, without previous warning, may result in your child feeling homesick. By not letting your child know in advance that we are a technology free camp, or even worse, by encouraging her to hide a mobile phone, you are setting your child up for failure.

We are a small camp with great supervision. Our staff will help children unpack. When children are caught using / hiding a mobile phone, they often feel embarrassed and seen as 'rule breakers' by the other children. It is not fair for your child to be put in that situation. Your support in this matter is of upmost important.

3. HELPING YOUR CHILD BEAT HOMESICKNESS

Each year, over 10 million children around the world pack their bags to go to summer camp. This day and age we can all find things to fill our children's time during the summer. However, residential summer camp is a very different experience: it's a time for personal growth and development.

Although most parents and children are excited about this opportunity, we understand that sending your child on a plane across the world for 2 weeks can also be a bit scary! However, a cheerful, confident attitude on your part will get your child off to a good start!

Understand the growth opportunity in feeling homesickness.

97% of children experience at least some occasional

homesickness at camp. If a child loves her parents and has a good home, why wouldn't she feel some longing for mum, dad, the dog and friends back home? It is completely normal for a child to miss home. Homesickness is often triggered by fear. Fear of not fitting in, fear of change, fear of failure. In fact, most cases of homesickness seem to be associated with a child's fear that she does not "have what it takes" to survive without family: "I know I am ok at home, but I am not sure about camp." As a result of these self-doubts, the child starts feeling some insecurity - "I wish I was home…".

Children who doubted whether they could survive away from home, once they not only survive, but thrive in the camp environment, what do they now believe about themselves? They now think "Wow, I am more capable than I ever imagined! I still love home, but my fear that I could not survive outside of my mum's shadow is wrong. I'm stronger than I thought!" As you can imagine, this does a lot for self-confidence. In this way, homesickness is an opportunity to help a child grow into a resilient and capable adult.

99% of children succeed at camp! Our staff are fully prepared to deal with homesickness and we can assure you that your child will be supported every step of the way!

10 tips that will help you and your child succeed:

1. Speak openly of possible homesickness. Feeling homesick and missing family, friends and pets is normal. Knowing this, your child may accept homesick feelings with less anxiety.

2. Empathise with your child's fears, but do not get infected by them. Express confidence in your child's resilience and admiration for her courage in going to camp and tell your child that you want them to have fun! Children need to go off to camp with your blessing, not your anxiety.

3. Work with your child to learn about the camp ahead of time so they know what to anticipate. Heighten their interest by pointing out some of the exciting activities at camp, perhaps by viewing the photographs and reading descriptions on our camp website.

4. Use a calendar to show exactly the amount of time they will be away. Predictability and perspective on the length of separation is important whenever possible.

5. Pack a personal item from home, such as a stuffed animal or favourite blanket.

6. Reassure your child that he or she will get help from leaders and friends when needed. We have over 10 years of combined experience in the camping industry and our staff is fully prepared to deal with homesickness in a supportive, compassionate, effective way.

7. Don't make a "pick up plan" or a deal with your child to bring them home if they don't like the experience of being away. This undermines the child's sense that you have confidence in their ability to be on their own, and will set an expectation that they won't like the new experience.

8. Before the separation, avoid making comments that express anxiety about your child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen to them or their parents, and make them preoccupied with thoughts of home. Rather, acknowledge in a positive way that you will miss your child. For example, say "I'm going to miss you, but I know you will have a great time at camp."

9. If for some reason you do wind-up on the phone with a crying, homesick child, be supportive and positive about her ability to adjust and be absolutely firm about sticking it out. "Just try it one more day" likely translates to "I'm going home in a day." Again, such statements invite the child to fail. Alternatively, "I really want you to stay" is more likely to translate to, "I don't have a choice so I might as well make the best of it."

10. And finally, don't feel guilty about encouraging your child to stay at camp. For many children, camp is the first step toward independence and plays an important role in their growth and development. The paradoxical thing about camp is that even though children sometimes report levels of homesickness, they often rate themselves as very happy in the activities of the day. Your child will be in great hands! Feel free to call us whenever you want. We run a small camp which allow us to get to know every child personally. We got this! And so do you!

4. DOCUMENTS & FORMS

Below is a list all the documents and forms you will need to sign / fill out and return to us. Some of them have to be sent in advance, whereas others can be brought by your child. We will send you email reminders in due time for all the ones that we do need to receive in advance.

At the end of this guide you will find a Parent Checklist where amongst other very important things, you will find once again the list of required forms and documents. Please ensure that you have taken care of every single thing on the Parents Checklist. Failing to do so will most likely result in us not being able to welcome your child!

5. POCKET MONEY

If your child is flying without you, you may want to give her some money to buy something on the plane. Once at camp, children will have the opportunity to buy ice cream and sweets a few times a week. They will also be able to purchase our camp hoodie (£34) for themselves as well as for friends and siblings, a water bottle (£5) which is compulsory for those who do not bring one, and souvenirs on the London trip. We reccomend that children bring £150 with them. Senior Girls will be taken to a few clothing shops on the trip to London, so we would advise they bring an additional £50.

Children's wallets will be kept in the safe and given out to children by us when necessary. Pocket money is entirely optional and to the discretion of each parent.

FORM/DOCUMENT	
CAMPER HEALTH HISTORY FORM	Filled out ONLINE. You will find it on the Parents: Forms & Handbook section of our website. To be submitted online prior to the start of camp. **Your child will not be able to join camp without this document.**
AGREEMENT TO TERMS & CONDITIONS	Filled out ONLINE. Please read our Terms & Conditions first. We will not be able to secure a place at camp for your child without this document.
PASSPORT / VISA (WHEN NECESSARY)	To be brought by the child. It will be stored in a safe place upon arrival. We do not take responsibility for children who are denied entry in the UK due to lack of documentation. If you are not accompanying your child on the flight, please send her with a passport rather than EU ID card.
TRANSPORTATION FORM **or** PARENT VISITING CAMP FORM	Filled out ONLINE. If you are collecting and / or dropping off your child at camp, please fill out the online PARENT VISITING CAMP FORM. If you require our chaperon service, please fill out TRANSPORTATION - CHAPERON SERVICE. If you do not require the chaperon service but would like us to collect and/or drop off your child at the airport, please fill out TRANSPORTATION - COLLECTION & DROP OFF.
RIDING WAIVER	If you signed uo your daughter for riding lessons, please fill this out on paper and send us a photo of it.

All forms are available to be downloaded from the Parent section of our website.

IF YOU ARE NOT ACCOMPANYING YOUR CHILD TO CAMP

Use our chaperone service

If your child is departing from a city from where we will welcome 6+ other children, we will offer a chaperone service for a fee of £60 per flight. Our chaperones will meet you at the airport and will be with your child every step of the way to make their trip comfortable and stress-free from start to finish. On the day of departure, all you will need to do is check in your daughter and her luggage and meet our chaperones at departures. They will be wearing our CHC uniform and provide travel assistance with all aspects of the trip – security, through the flight, all the way to baggage claim and bus ride to camp. They will also keep your child's documents and make sure they are safely stored in our camp safe upon arrival. On the bus journey to camp, our chaperones will be able to tell the children all about camp and help them make new freinds even before they get to us!

On the last day of camp, our chaperone will check in your daughter and her luggage and once again provide travel assistance with all aspects of the trip, before they meet you at the arrivals gate!

This service will be available from any city from where we will welcome a group of 6+ children, ON OUR SELECTED FLIGHTS. All parents interested will be emailed in November with the list of flights where we offer this service (one flight per city on the first and last day of each session).

Use our complimentary pickup / drop-off service

We offer a complimentary pickup / drop-off service from London Heathrow and London Gatwick airports.

We recommend you send your daughter using our chaperon service. However, if you wish to travel with your daughter or this service is not available from her city of departure, we will meet her upon arrival at Heathrow or Gatwick airports.

All campers flying to London Heathrow and Gatwick airports that plan to use pickup and drop off service to camp, should arrive / depart between 09:00AM and 5:00PM on the first and las day of each session.

If flights are scheduled to land outside of this time period there will be a £150 surplus charge per camper.

Upon arrival, there will be a member of staff waiting for your child as soon as she lands. Our staff will carry a card reading 'Country House Camp' and will be in Arrivals wearing our camp t-shirts or hoodie. For your peace of mind, if your child is carrying a mobile phone, feel free to tell her to text you / call you as soon as we have them. We will nevertheless send a group message to all parents to confirm your child's safe arrival once all children are accounted for.

Please remember to give your child a snack pack for their journey, plus pocket money to buy something on the

plane. We will be picking up a lot of children that same day so your child may have to wait for other children to arrive before getting on the bus to camp. It is also a good idea to give your child our phone number and have them keep it close to her passport. Your child will feel safer knowing there is a number she can call upon arrival and that way the flight attendant may also be in contact with us should they be held at customs for a little longer than usual or experience any other sort of delay.
On the day of departure, no child will be left waiting unaccompanied. Our staff members will wait with the children until the parents /flight attendant arrives. We shall give them a sandwich for the journey home.

IF YOU ARE ACCOMPANYING YOUR CHILD TO CAMP

Parents are welcome to drop off and / or collect their children from camp, but are asked not to come outside of the stipulated dates and times. Parents are also welcome to use our airport service. We will be happy to collect you with your daughter and this will not have an additional cost, unless we have to specifically book a taxi to this effect. **All parents dropping off children at camp on the first day, must do so between 12pm – 5pm. All parents collecting children from camp on the last day, must do so between 10am – 3pm.**

If you wish to make your own arrangements to arrive at camp, you may either take a local taxi from the airport, or a train from London Waterloo to our local station, WINCHFIELD which is a 5min ride to camp. If you fly to London Gatwick, you also have the option of taking a train to BLACKWATER, which is a 20min ride from camp.

Local taxi numbers:

Footprint taxis: +44 1252 844 844
Atlas Cars: +44 1252 61 21 61

Our contact numbers:

Vera: +44 (0) 7765494561
Sacha: +44 (0) 7837 747 515

vera@countryhousecamp.com
sacha@countryhousecamp.com
info@countryhousecamp.com

COUNTRY HOUSE CAMP
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Poland Lane
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Hampshire
+44 1256 959 009

UPON ARRIVAL

1. ACCOMODATION

Children will be housed in rooms with 2 – 6 beds. Bathrooms are located on each floor and are shared.

If your child has someone she would like to share the room with, please let us know in advance by filling out the appropriate section of the Online Booking Form. **We will do our best to honour you child's request but please let her know that this can't always be guaranteed and that room changes will not be made upon arrival.**

Our staff sleep in each house, and on each floor where children are present, so are available 24 hours a day to deal with any problems during the night. Register is taken regularly to make sure all children are present.

2. MEDICATION

Children will be asked to hand out any medication upon arrival to camp. Their medication will be kept safe and administered by staff according to your instructions. For this reason **it is very important that you fill out the** Camper Health History Form and let us know the dosage and posology of every medication. These instructions must be in English.

3. PASSPORTS, VALUABLES & POCKET MONEY

Children will be asked to hand out their passport, valuables and pocket money upon arrival. We will keep in safe, along with their medicine.
Children will not need money during their stay, apart from on the excursion days, when they might want to buy a small gift or sweet. In total, therefore, we suggest approximately £100 - £150 preferably in small change, as pocket money. Please note that the children will be responsible for their money when on excursions.

4. LAUNDRY

We ask you to kindly pack for the full duration of the programme. Your child should bring enough socks and underwear for 2 weeks, as well as the recommended number of t-shirts, shorts etc that will ensure they have enough clothes for the duration of their stay. However, we offer a limited laundry service that we restrict to situations such as your child's clothes getting wet during an activity, too dirty to be used again (for ítems such as fleeces and cardigans that are meant to be used more than once), or should there be a little pee accident, injury, etc.
Your child will never have to face a situation where she will have no clothes to wear / not be warm.

5. ELECTRONIC EQUIPMENT

As we mentioned, we are a technology free camp. We do not allow any type of video game, mobile, ipad, or anything else with a screen, apart from a digital camera (not iphone doubling as camera, sorry!). Children may of course have these on the plane, but they WILL be required to hand out all electronic equipment upon arrival. It is essential for our programme that children disconnect from the world so they can spend their time connecting with other children and experiencing nature! Any electronics children may want to have with them on the plane will be stored in the safe, along with their passport, pocket money, medicine or any other valuables. **It is very important that you go through this rule with your child before they come to camp.**

08:30	Rise and Shine!
08:45	Breakfast & Clean Up
09:30	Morning Gathering & Sign Ups
09:40	English Session
11:10	Snack Time
11:20	Activity Period (3 day cycle)
12:40	Lunch
13:30	All camp activity
14:00	Rest
14:20	English Workshop
15:50	Activity Period (Elective)
17:00	Snack Time
17:10	All Camp Sport
17:50	Relax & Shower
19:00	Supper
19:40	Evening Programme
20:40	Eagle's Den
20:50	Evening Gathering
21:00	Rose Thorn Bud
21:30	Lights Out!

1. DAILY TIMETABLE

Days at camp are extremely varied, so a 'typical' day is not always easy to quantify. However, to help your children imagine how the day might be, here is a sample timetable for a typical onsite day:

2. ENGLISH SESSIONS

Our English sessions are practical, fun and engaging. We believe that being eager to take part in activities led in English combined with the desire to form friendships with children who speak a different language, are the two main drives for children to want to develop their English. In our English sessions we give them the tools to do just that, by solidifying the English knowledge gained at school throughout the year, using our engaging hands on approach that they can put into practice immediately while at camp.

We run two 1.5h English sessions (one in the morning and one in the afternoon), every day except for when we go out on excursions or have special workshops. These sessions are immediately followed by activities where the children will have the opportunity to practice what they've learned. There will be no English sessions on Sundays and excursion days. All our English teachers are

native speakers. The children will have had a total of 22h of English sessions by the end of their stay.

Children are put into small groups for their English sessions, according to ability.

Our English sessions focus on reading and speaking and are designed to be fun ways in which to improve the children's overall language abilities – even for those already fluent in English, and extend their vocabulary and pronunciation. We do not have them running through grammar and verbs: the idea is that they enjoy these sessions as much as they enjoy all the rest!

A few examples of activities children might do during their English sessions:

Daily diaries: every day, children will write up the events of the day before, illustrating with photos. They are encouraged to take their time to think through what they enjoyed most, and describe events in as much detail as they can.

News reporters/ film makers: with the Camp Leaders, we discuss a current theme or idea, with a view to learning how to form an opinion in English. We then help the children put together a pretend script for a news report and act it out in front of the video camera.

Poetry & music: children read, recite and learn different pieces, from simple Shakespeare to rock and roll!

British culture: we will teach children about different – and sometimes, rather funny - elements of British culture, and challenge them to take a few of them home. For example: how to lay a table for the Queen, and how to speak at a dinner with Prince William. Or, what is 'Black Tie' and why do British people wear hats when going racing?

Team games & energisers: in between all activities, we break up the sessions with team games and energisers – a fun way to refresh concentration, learn English, and make friends.

3. ACTIVITIES

At Country House Camp we ensure that every camper will engage in activities that are new and challenging and that require the use of new vocabulary every day. We strongly believe that a combination of structured activities and choice provides the optimal growth experience. To ensure that all campers experience the full breadth of opportunities available, campers are assigned to the morning activity period. Classes range from tennis to martial arts to cooking to music. However, to allow campers to grow and specialise in the areas they are most interested in, campers sign up for the afternoon period. Sundays are free choice, no class days with lots of leisure time and fun things going on!

Some of the activities that we have on offer:

Sport:
Swimming, Cricket, Badminton, Football, Tennis, Basketball
Adventure:
Shelter building, Fire making, Scavenger hunts, Hiking, Orienteering, Canoeing, Kayaking
Arts&Crafts:
jewellery making, slime, dreamcatchers, t-shirt painting, tie dye, photo frame making
Drama: plays, drama games, movie making, skits

Dance:
jazz, modern, hip hop, contemporary

4. EVENING ACTIVITIES

These are all-camp events that are true camper favourites! Campfires, Lip Sync Night, Skits, Scavenger Hunts, Craft Nights and much, much, more! Oh.. and of course, our world famous Black tie dinner and dance!

5. EXTRA ACTIVITIES

The following activities require and additional fee and you must sign up your child in advance:

- Horseback riding
- Golf
- Tennis

Horseback Riding

You may register your child for Horseback Riding lessons for an additional fee. Riding lessons are taught at the Kiln Equestrian Centre by their professionals. With over 20 years of experience, the Kiln Equestrian Centre has over 27 horses available and an Olympic sized indoor arena. Feel free to check their website for further information about the centre: http://www.kilnstables.co.uk/

The Horseback Riding lessons for our campers consist of three 2h sessions taken as one of the campers' activity periods throughout their stay at camp. These are group lessons catered to your child's riding level: The Kiln Equestrian Centre accepts all riding levels - including children who have never riden before. An evaluation ride on the first day of the session determines placement of campers by experience. Campers are grouped by age and then experience and are encouraged to progress at their own pace.

The fee for three 2h group riding sessions is £190. We take private bookings for jumps and dressage only. An additional cost of £15 per session will be added to the total price for these private lessons.

Campers participating in the riding programme are required to wear long trousers and shoes or boots that

protect their ankles. Riding shoes are preferable but the the Kiln Equestrian Centre also accepts wellington boots. Your child is required to bring her own helmet.

Please remember that if you sign up for riding lessons, you will have to fill out the riding form provided by the Kiln Equestrian Centre, in addition to our camp forms. This form may be found on our website, along with ours: http://countryhousecamp.co.uk/en/parents-forms-handbook/

Golf

You may register your child for Golf lessons for an additional fee. Golf lessons are taught at Oak Park Golf Club by their professionals. With a superb 27-hole golf course, driving range and practice area, they have the facilities to develop your child's game, whatever her ability. Feel free to check their website for further information about the centre: http://www.oakparkgolf.co.uk/

The Golf lessons for our campers consist of three 2h sessions taken as one of the campers' activity periods throughout their stay at camp. These are group lessons catered to your child's golf ability. Oak Park Golf Club accepts all levels - including children who have never played before. An evaluation on the first day of the session determines placement of campers by experience. Campers are grouped by age and then experience and are encouraged to progress at their own pace.

The fee for three 2h group Golf sessions is £120.

Campers participating in the Golf programme are not required to wear any clothing / equipment. Golf clubs will be provided.

Tennis

You may register your child for semi-private tennis lessons for an additional fee. Tennis lessons are taught in our tennis courts by an LTA certified professional tennis coach. Unlike golf or riding, all children will have access to the tennis courts and are welcome to play tennis under the guidance of our Camp Leaders. This tennis add on is for children who wish to take semi private lessons with a tennis professional, in a group of 4 students max.

The tennis lessons consist of four 1.15 hour sessions taken as one of the campers' activity periods throughout their stay at camp. We cater to all levels including children who have never played before. An evaluation on the first day of the session determines placement of campers by experience. Campers are grouped by age and then experience and are encouraged to progress at their own pace.

The fee for four 1.15h semi-private tennis lessons is £120.

6. EXCURSIONS

The children will be going on a day trip to central London, a day out in the countryside / local towns, and an overnight wilderness trip where they will cook dinner over the campfire, count stars, and go on a series of activites off camp. It is very important that you pack a a sleeping bag for the overnight!

Example Daily Menu

Breakfast

Fruit
Choice of cereals and milk
Toast, butter and jam/ peanut butter
Scrambled eggs/ waffles every 3 days
Juice

Lunch

Barbeque chicken & sausages
Baked potatoes
Green beans/ peas
Yoghurt
Cheese
Water

Supper

Soup
Pasta with bolognese or homemade tomato sauce
Salad
Chocolate cake/ ice-cream
Fruit
Water

7. MEALS

Children will be given three healthy, filling meals every day, as well as a morning and afternoon snack. All children will be expected to eat fruit and vegetables, and to brave about trying new things!

On excursion days, we will provide a picnic lunch, usually consisting of a sandwich, crisps, a snack, a piece of fruit and a drink.

PHONE CALLS & VISITS

You are welcome to contact us as often as you'd like. Your child may take a phone call from you half way through camp. We arrange for 15min time slots, typically on the weekend, and will contact you before the start of camp to make sure the allocated time / day suit you. If for some reason you can't call that day / time, we will rearrange it at your convenience. However, we encourage you to try to stick to the allocated day and time so that your child receives their phone call on the same day as all the other children.

A single phone call may seem a little harsh if residential summer camps are not a tradition in your home country and / or you were never a camper yourself... There are over 20.000 residential summer camps in the world, a lot of them with over a hundred of years of experience and you will find that very rarely are children allowed to call home at camp. This is something that is usually only reserved to children staying for the whole summer. We run 2 week sessions at Country House Camp and it is our utmost belief that contacting home more than once within that time will be detrimental to your child's growth. You are sending your child to a safe and fun environment with the opportunity for growth. Children can't grow mentally if parents keep a tight grip on them. Sometimes things won't go as expected for them, and

other times, plans will fall nicely into place. No matter what happens, it's a learning adventure that they need to embark on by themselves.

To check on your child's progress once she is at camp, you may do the following:

1. Join our whatsapp group

We will create a whatsapp group for for each session (please download this if you do not have it!) and add you to it so you can 'see' the children very often, at work and at play. We aim to send you updates every 3 days via whatsapp– or more frequently, if possible.

2.Email us:

info@countryhousecamp.com
sacha@countryhousecamp.com
vera@countryhousecamp.com

3.Call us:

Vera: +44 (0) 7765494561
Sacha: +44 (0) 7837 747 515

We will be available 24/7 but we ask you to please take into consideration any time difference before you make a phone call that is not urgent. We will set up a daily phone call schedule closer to date for any non urgent calls.

Should there be any medical issue, we will of course contact you immediately.

Visiting Camp

If you'd like to visit camp, please arrange it with us in advance. Visiting children unannounced during camp is extremely disruptive not just for your child, but also for all other children whose parents will not be visiting them. We believe your camper will have a better total camp experience if left with peers and staff the entire period. Parents/Guardians of campers staying more than one session may visit / talk on the phone to their child between sessions.

ILLNESS / CHURCH ATTENDANCE

ILLNESS

If your child has a basic cold / cough / headache, the Camp Directors may give her some basic non-prescription medicines such as paracetamol, throat lozenges or cough syrup (once again, any medication that your child brings must have clear instructions in English).

If it persists we will immediately notify you and arrange a doctor's appointment at the local Health Centre.

For emergencies, an ambulance will be called. There is a very good local health centre in the village 5 minutes away, and excellent hospitals within 15 minutes drive.

CHURCH ATTENDANCE

Children will have the option to attend church once per session, usually on the Sunday half way through their stay. You do not have to let us know in advance, children will be asked on the day if they would like to come.

CAMP RULES

Below you will find the Camp Rules for our Campers. Please take the time to go through these with your child. We will ask them to sign this once they arrive to camp. As we mentioned before, familiarizing your child with our camp rules will help her manage their expectations and adjust to camp!

- English must be spoken at all times! As long as you are in the presence of one other person who does not speak your language, you must speak English! We are here to help, so don't worry if you make mistakes! If you don't understand, tell us!
- You must respect the Camp Leaders at all times and follow their instructions.
- Hands Up, Mouths Shut! When a Leader puts her hand up, you must stop talking straight away.
- No-one may open the swimming pool gates, or go into the swimming pool unless the camp lifeguard is present and gives you permission to do this!!!
- Always tell a Leader when you are going to use the bathroom. Otherwise we will start looking for you!
- You must tidy your room, put away your own clothes & towels/ wash bags and make your beds each morning. There will be a prize for best room!
- You may not be in your bedrooms during the day to play, only to change or go to the loo.
- During quiet times, you may not shout and make lots of noise in your bedrooms. If you wake up before everybody else, be very quiet and rest until it's Wake Up time.
- When you hear the bell ringing, please come inside to the activity room.
- Be kind, respectful and helpful to others.
- Medicine and electronics (mobile phones, ipads, iphones, etc) must be handed to a staff member when you arrive. YOU ARE NOT ALLOWED TO HAVE MEDICINE OR ELECTRONICS WITH YOU.
- You may only have sweeties after lunch or after supper. Do not bring sweeties to activities. If you do have sweeties, make sure you share them with everyone around you. If you fail to do this, we will confiscate your sweeties.

- Always wear appropriate footwear. You may not wear flip flops to sport activities or sneakers to the swimming pool!
- No bullying, no fighting, no innapropriate language EVEN IF IT IS IN YOUR MOTHER TONGUE.
- HAVE LOADS OF FUN!

CONTACTS

COUNTRY HOUSE CAMP
Poland Court,
Poland Lane,
RG29 1JJ Hook, Hampshire
+44 1256 959 009

Clothing

- [ ] 1 x Jeans / similar
- [ ] 2 x Shorts (that can be used for sport)
- [ ] 2 x Light trousers / leggings / tracksuit bottoms
- [ ] 5 x short sleeved t-shirts
- [ ] 4 x long sleeved t-shirts
- [ ] 2 x light weight jerseys
- [ ] 2 x fleece / similar warmer jerseys
- [ ] 2 x swimming costumes
- [ ] 1 x Waterproof coat with hood
- [ ] A pair of underwear + socks for every day of camp
- [ ] Party wear for black tie evening (It might be cold outside!)
- [ ] 1 x onesie
- [ ] 3 x White t-shirt for painting activity (It can be old!)
- [ ] 1 x Old shirt / apron for painting / craft

Riding equipment for those who ride

1 Boots with heel (short boots ok)

- [ ] 1 Jodpurs / suitable trousers
- [ ] (Please only bring these if you already
- [ ] have it, there is no need to buy this equipment specifically for camp).

Shoes

- [ ] Flip Flops / sandals (suitable for swimming pool)
- [ ] Waterproof boots
- [ ] Trainers

Toiletries

- [ ] Bath towel
- [ ] Swimming towel
- [ ] Shampoo / Conditioner
- [ ] Body wash
- [ ] Toothbrush / Toothpaste
- [ ] Hairbrush

Must Haves

- [ ] Reading Book
- [ ] Bandana / Hair ties
- [ ] Sleeping bag
- [ ] Small pillow for camping
- [ ] Small backpack for day trips
- [ ] Flashlight / Headlight with batteries
- [ ] Up to 6 family / friend photos
- [ ] Favourite stuffed animal (If your child has one)
- [ ] Reusable waterbottle
- [ ] Sunglasses (If your child wears them)
- [ ] Laundry bag (or plastic bag for dirty laundry)

Checklist for parents

- [ ] Complete the Camper Health History Form ONLINE
- [ ] Complete the Agreement to Terms & Conditions ONLINE
- [ ] Complete one of the 3 available Transportation forms ONLINE (chaperon service, airport collection & drop off or parent visit)
- [ ] If your child is riding, complete the riding waver form ON PAPER and email us a photo of it.
- [ ] Pack medication (if any) with instructions in English & make sure your child knows where the medication is.
- [ ] Pocket money
- [ ] Make sure luggage has been booked for both flights
- [ ] Go over camp rules and schedule with your child. Make sure you discuss the electronics policy
- [ ] Discuss homesickness with your child, using the guidelines provided on the Parent Handbook
- [ ] Review Packing List

COUNTRY HOUSE CAMP

www.countryhousecamp.com