

### AFTERNOONS AND MONDAY MORNINGS AT MILLFIELD

#### CAMP OPTIONS

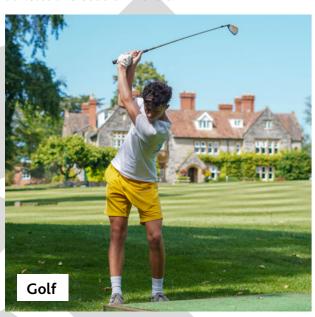
Our camp options give young people the opportunity to develop their skills and interests. There are four options (Multi-Sport, Outdoor Adventurers, Creative Arts and English) to choose from. Each option runs for 15 hours per week over two-week blocks, allowing for immersive and engaging learning experiences.

#### **MULTI-SPORTS**

This dynamic sports option provides young people with the unique opportunity to explore a variety of sporting disciplines, in facilities steeped with Olympic legacy, helping them to refine their skills and develop not only as athletes, but as individuals. Participants will have the chance to try out different techniques across a wide range of sports, including tennis, golf, football, basketball, and many more.

There will be an opportunity to gain expert coaching from Millfield's professional staff, which ensures that each participant benefits from personalised guidance. The coaches bring a wealth of knowledge and passion to their instruction, tailoring their approach to match the skill level of each individual.

Beyond the physical aspect, this option emphasises the development of key transferable skills that are valuable both within and outside of sports, including teamwork, healthy mindset and resilience. In addition to technical and teamwork skills, this option is designed to build participants self-confidence, as athletes and decision makers.









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#### OUTDOOR ADVENTURERS





Outdoor Adventurers provides young people with a unique experience in mastering outdoor skills while exploring nature. This camp option provides a diverse range of activities meant to encourage and facilitate discovery.

The programme includes a selection of activities such as several water-based activities and outdoor climbing and caving, giving attendees the opportunity to learn to scale natural rock formations safely, building both physical strength and problem solving skills, as well as discovering the amazing world below ground. They also participate in orienteering, which will help strengthen their ability to navigate unknown terrain, utilising map and compass abilities. Additionally, attendees will gain practical survival skills in the forest, such as outdoor cooking, building shelters, setting and safely managing fires, and understanding how to succeed and be safe in nature.

This option not only teaches technical skills and resilience but also inspires a deeper appreciation for the natural world

This option will incur an additional charge of 400 GBP on top of camp fees.



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#### **CREATIVE ARTS**

Through a series of projects, participants will engage in a number of creative disciplines such as drawing, painting, photography, design and 3-dimensional art forms. These activities are crafted to encourage a broad spectrum of possibilities, encouraging young people to explore and expand their aesthetic decision-making processes and critical thinking practices. As they engage with different media and techniques, attendees will have opportunities to articulate and convey their unique perspectives, thoughts, and emotions through their artwork.

Creative Arts focuses on the individual, prioritising the needs and interests of each participant. This personalised method is intended to capture and develop each person's imagination and creativity, providing support that helps them achieve their artistic goals. This option will help build self-confidence and the ability to communicate and share their talents and ideas with others.









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### **ENGLISH**

Millfield's main aim is to provide participants with an engaging learning experience suitable to their ability.

All materials are provided and are included in the cost of the option. On successful completion of the camp, all participants will receive a certificate and a report which will include their own reflection, as well as feedback from their session leaders and houseparent.

With a maximum option size of 14, participants will be grouped according to their age and level of English. There will be a pre-camp online assessment of grammar, vocabulary, reading and writing skills followed by a range of activities to assess speaking and listening skills on the first day.

The programme, centred around the Millfield values, is designed to help participants develop their brilliance by increasing their self-awareness, understanding of their place in the world and how they can bring about positive change. The sessions will include project work, discussions, debates and lectures. Participants will also explore some community projects enabling them to become positive disruptors by applying their experiences to real life situations.

Alongside this, participants will have the opportunity to explore specific topics such as English language and literature, media studies, history, geography, biology, chemistry, physics, maths, economics and business studies, These sessions will be taught by Millfield School Subject Specialists to provide a taste of the Millfield academic programme.











Please note, not all topics will be covered in the sessions every week and camp design will be tailored to different ages and English ability.

CLICK HERE TO DISCOVER MORE ABOUT OUR CAMP OPTIONS





