



**CAMBORNE SCIENCE  
& INTERNATIONAL ACADEMY**

# **Activities Week 2024 Options Booklet**

**Monday 8th July to  
Friday 12th July 2024**



# Welcome to Activities Week 2024

Activities Week at CSIA continues to grow from strength to strength and 2024 looks to be the most exciting yet.

We have listened to all the feedback from students, parents, carers and teachers from 2023 to ensure 2024's offer includes the favourites from last year as well as some new activities, alongside a 'pick and mix' week, which will give our students even more variety.

For us Activities week is an important part of our curriculum, as we believe being 'Active' in body and mind is an important part of character development within our students.

Activities week is designed to give students the opportunity to learn outside the classroom, to try something new or develop skills in an area of interest, as well as making memories that will last a lifetime. In this brochure, we set out the range of local, national and International activities that will be available for students to take part in.

We have categorised our activities into three sections, Residential, Progressive and Single Day activities.

Details on how to apply for your child's activity are shared at the back of this brochure.

A decorative border surrounds the central text. In the top left, there is a green circle, an orange basketball, a blue star, and a blue dumbbell. In the top right, there is a yellow circle, a blue microphone, a pink circle, and an orange guitar. In the middle left, there is a yellow circle with a pink flask and a green flask. In the middle right, there is a green circle with a paint palette and a blue star. In the bottom left, there is a yellow circle with a brown Eiffel Tower. In the bottom right, there is a blue circle with a red double-decker bus and a yellow pencil.

# Residential Activities

Trips that involve all or part  
of the week staying in  
residential accommodation

# Paris



A cultural trip to arguably Europe's most beautiful city. Visit the iconic Eiffel Tower as well as many other Parisian landmarks before embarking in the immersive experience that is Disneyland Paris.

## Sample Itinerary

Monday – Travel day, leave CSIA approx. 12am, arrive in Paris early evening, pancake making at the centre.

Tuesday and Wednesday – Sightseeing tour of Paris sites such as Montmartre, Sacré Coeur, Notre Dame, Palais du Louvre and Jardins de Luxembourg. Also visiting the Eiffel Tower alongside a river trip with packed lunch on board one of the famous 'Bateaux Parisiens'. Shopping opportunities at a local market and shopping centre. Activities at the centre on these days include a disco night.

Thursday – All day at Disneyland Paris and dinner in the food court.

Friday – Arrive back at school late morning/early afternoon (TBC)

## £590—Year 8 only



# Isles of Scilly



Join us for an exceptional adventure on the Scillies. You will be taking the famous Scillonian ferry from Penzance and then camping on the island of St Mary's for four nights. You will be able to experience a number of exhilarating activities including coasteering, speed boating, swimming on our own private beach, stand up paddle boarding and kayaking. We organise a special boat trip to Tresco Island and visit tiny islands teeming with wildlife on the way. The food we cook and provide is out of this world. The students that have joined us previously have had the most positive and enjoyable experiences. Come along and make life long memories with your friends.

**£350—Year 9 only**

# London



A 5 day trip to experience several of the amazing cultural attractions London has to offer.

Confirmed itinerary as listed below.

<b>Monday</b>	Travel to London—evening meal and London Eye
<b>Tuesday</b>	Science and Natural History Museums + Show
<b>Wednesday</b>	Harry Potter Studios
<b>Thursday</b>	Madame Tussauds + Boat trip down the Thames
<b>Friday</b>	Return travel – Stop at Cribbs Causeway for shopping

£620



# Amsterdam



Visit the amazing city of Amsterdam with its incredible architecture and diverse culture. Enjoy the many museums and Dutch traditions as well as a day at the De Efteling Theme Park , the 3rd largest Theme Park in Europe.

Potential itinerary. Leaving Sunday—Flight from Bristol

- Visit to The Upside Down: The world's largest social media experience
- Visit to Tony's Chocolonely Superstore
- Visit to the NXT museum of technology and psychedelic sound
- Visit to the Rijkmuseum with Art from Van Gogh, Monet and Picasso
- Visit to the De Efteling Theme Park (3rd Largest Theme Park in Europe) Returning Wednesday night.

Thursday and Friday based in school with Dutch themed activities.

**£650**

# PGL—Barton Hall, Devon



A week of adventure, team work, new experiences and challenges. We will spend the week at PGL Barton Hall in Torquay. Each day involves 4 different activities, each lasting 90 minutes. Activities will include abseiling, archery, buggy building, canoeing, climbing and many more; students will experience 14 activities in total. There will also be lots of team games and an activity each evening such as capture the flag and a campfire. Accommodation will be in dormitories. Food is provided for the week including cereals and cooked breakfast, hot and cold options for both lunch and dinner with a salad bar and fruit available.

**£500**



# Football and Netball Sports Tour



Spend the week training and playing like a sports professional! Monday is based at CSIA where new training kit will be provided and the teams will be put through their paces with tactics for the week organised. On Tuesday students travel to Millfield School where they will be based for the rest of the week. Each day the CSIA tour teams will play football/netball fixtures against local schools in Somerset. Evenings will involve visiting an Italian restaurant, bowling and swimming.

**£350—Year 8 and 9**



# Progressive Week Activities

Trips that involve a singular themed activity within which your skills will progress throughout the week.

# Mountain Biking



Don those helmets and strap in for a week of adrenaline filled biking action. Develop your skills over the course of the week across a variety of tracks within Cornwall. Bring your own bike or we can provide one if necessary.

**£100**



# Equestrian



Embark on a week-long adventure with our school trip to a local riding stable! Students of all riding levels will have the opportunity to ride daily, creating lasting bonds with many ponies and horses. This immersive experience goes beyond the saddle, offering hands-on lessons in horse care, including grooming, feeding, tacking up, mucking out, and tack cleaning. Whether you're a beginner or an experienced rider, this trip caters to all, providing lessons and scenic hacks along local bridleways. Get ready for added excitement with a tack and turnout (grooming) competition, a gymkhana (an assault course on a horse), and other fun competitions.

Sign up for a unique and enriching journey that combines the joy of riding with essential equine care skills, stable management and a touch of friendly competition!

## £200 — Year 7 and 8 only

# History Tour



New for 2024 the History Tour is the perfect week for those wanting to experience the fantastic historic venues in Cornwall.

<b>Monday</b>	Pendennis Castile	Tour of the castle, experience of Civil War and WW1 life
<b>Tuesday</b>	Bodmin Jail	Tour of the Jail- the site lead activities
<b>Wednesday</b>	National Maritime Museum	Boat building, pirates exhibition
<b>Thursday</b>	East Pool Mine	Mine tour and activities, pasty, heartlands exhibition
<b>Friday</b>	Truro Museum	Handling artefacts, creating your own museum exhibition— led by the museum

£65



# Cornwall Inter-Railing



Inter-railing is a rite of passage for many young people. They set off around Europe with nothing but a month long train pass and a plan to use their summer break to make memories. In this activity you will get the opportunity to explore the “Cornish Riviera” in a similar way with a week-long tour of Cornish towns, entirely by rail. We’ll visit Newquay, Truro, St Ives, Penzance and Falmouth, enjoying the activities on offer in each town before travelling back to Camborne each day. Look forward to a week of Amusement Arcades, BBQs, Boat trips, Swimming, Cinema, Museums and Escape Rooms.

**£100**



# Fishing



Back by popular demand, this student favourite returns for another week of lake and sea fishing. Get ready to tie on those rigs, cast into the water and get ready to reel in those catches.

The week will have a mix of different locations including sea fishing from a boat. All equipment provided if necessary.

**£80**

# Surfing



Intended activities throughout the visit will include the following:

- Surfing (2 sessions a day, conditions permitting)\*\*
- An opportunity to learn about the Cornish coastline.
- A certificate of completion.
- Certified Instructors coaching the sessions.
- Possibly beach activities and swimming which is weather and conditions (tide, currents) dependent.

The benefits of surfing can include the following although not exclusively:

- Increased social and emotional wellbeing.
- Increased self-confidence, motivation and direction to achieve success.
- Renewed appreciation for the environment.
- Develop teamwork skills, perseverance and resilience.

**£150**

\*\*Please bear in mind when deciding on your activity that surfing every day for a

week will be physically demanding and require resilience to keep going. This will particularly be the case for novice learners where you will be battered by the power of the Cornish waves repeatedly throughout each session. That being said once mastered there is little in comparison that gives you as much joy as surfing does! Many students who have signed up for this in previous years have gone on to become competent surfers.

# Master Chef



A week of foodie fun. You will have the opportunity to cook, learn about food and visit a local grower to have a firsthand experience of the processes of providing food to our tables. A chance to learn new skills and be creative. On the last day, there will be a Bake Off competition which last year, was fit to be judged by Mary Berry herself.

**£50**



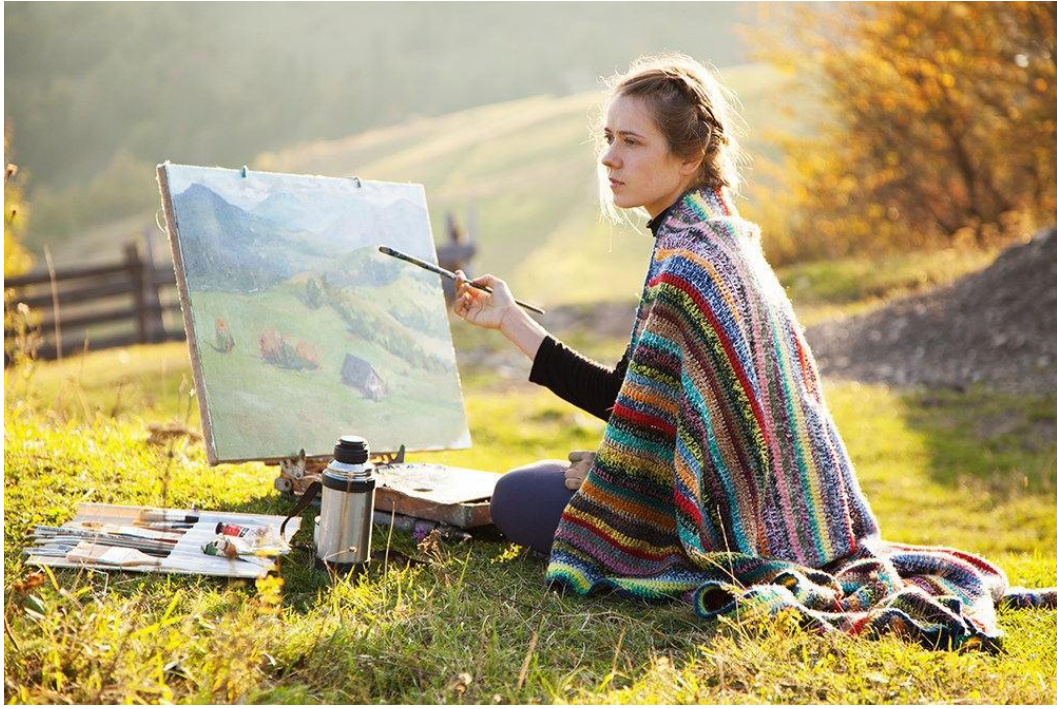
# Sailing



A week of learning to sail on the beautiful Cornish Coast, what more could you ask for? Spend the week being shown the ropes of sailing by qualified instructors and gain your Royal Yachting Association Stage 1 & 2 Sailing Course qualification that could be the start of a life-long passion. Other water sports will be mixed in to give this week the perfect variety of water based fun. An incredible opportunity and one to certainly get blown away by.

**£350**

# Art



Get out and about in your local area to be inspired by art and the natural world. Visiting Tremenheere Sculpture Park and Trebah gardens we will draw and photograph on site, using this back in the art rooms to create lino prints, printed t-shirts and develop a spray paint work shop. This trip is for you if you like the outdoors and love to draw, make and get creative!

£45

# Golf



This activity is a hole in a one. A week of playing golf at a range of beautiful Cornish courses. Start the week off with some practice and tuition at the driving range and progress through to the competition day on Friday. All warped up with presentations and food at the 19th hole.

£45



# Lawn Bowls



Back by popular demand, Lawn Bowls was a huge favourite with the students last year. With the Camborne Lawn Bowls Club on our doorstep and supporting the week; many of last year's students have taken this highly skillful sport on as a hobby outside of school. Suitable for beginners and experts, all equipment and tuition is included, as well as, travel to other clubs to challenge players from across the county.

£15



# Single Day Activities

Singular activities offered in a 'Pick and Mix' style over the days of the week. Choose an activity each day to create your own bespoke week.

# Monday

Activity	Description	Cost
 <b>Paradise Park</b>	A day at the fabulous Paradise Park, with its exotic animal exhibits and indoor fun barn; a student favourite last year.	£16
 <b>Surfing</b>	A day of Surf tuition on the Cornish coast, learn to ride those waves with an experienced instructor and all equipment provided.	£30
 <b>Loe Beach</b>	A day of varied water activities based at Lowe Beach; paddle boarding, kayaking and much more. Take a splash in to the great day of water sports.	£45
 <b>Beach Day/ Bodyboarding</b>	Students will get the opportunity to visit a different beach each day of the week and enjoy the delights of the Cornish coast as well as getting the chance to ride some waves on a body board whilst being supervised by a qualified lifeguard.	£10
 <b>Textiles</b>	A day in school putting your design skills to the test, using the tools of the textile trade to create your own master piece.	Free
 <b>Mini Expedition - Mon/Tues</b>	<p>A two day mini expedition along St Michaels Way. This activity runs over Monday and Tuesday.</p> <p>Walking along the coast path taking in the breath taking views, finished at a campsite where everyone will enjoy a beautiful evening around the camp fire before getting some well earned rest in your sleeping bag and tent.</p>	£30



# Tuesday

Activity	Description	Cost
 <b>Great Flat Lode</b>	A day walking the Great Flat Lode, enjoying the natural beauty of what is on our doorstep. The Great Flat Lode has loads to offer.	Free
 <b>Snow Centre</b>	A day of Snow fun at Plymouth Snow Centre, 2 hours of Ski or Snow Boarding tuition, as well as time on the Viper drop, Toboggan run and Snow Tubing. Amazing value for a full day of fun.	£45
	Pick your wits against you friends with a collection of board and cards games.	Free
 <b>Beach Day/ Bodyboarding</b>	Offered every day, students will get the opportunity to visit a different beach each day of the week and enjoy the delights of the Cornish coast as well as getting the chance to ride some waves on a body board whilst being supervised by a qualified lifeguard.	£10
 <b>Surf Life Saving</b>	A chance to have taster day of the growing sport of Surf Life Saving.	£10
 <b>Mini Expedition - Mon/Tues</b>	<p>A two day mini expedition along St Michaels Way. This activity runs over Monday and Tuesday.</p> <p>Walking along the coast path taking in the breath taking views, finished at a campsite where everyone will enjoy a beautiful evening around the camp fire before getting some well-earned rest in your sleeping bag and tent.</p>	

# Wednesday





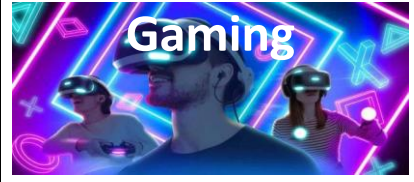

Activity	Description	Cost
 <b>Camel Creek</b>	A day at the exhilarating Camel Creek, with a range of exciting rides this is certainly one for the thrill seekers	£18
 <b>Mount Hawke Skate Park</b>	A day of dropping into half pipes and bowls at Mount Hawke Skate park. Pop on those helmets and show us what you've got.	£10
 <b>Football Tournament</b>	Bring your inner Messi or Ronaldo for the CSIA football tournament day. Teams will be picked with everyone's sights set on the final.	Free
 <b>Beach Day/ Bodyboarding</b>	Offered every day, students will get the opportunity to visit a different beach each day of the week and enjoy the delights of the Cornish coast as well as getting the chance to ride some waves on a body board whilst being supervised by a qualified lifeguard.	£10
 <b>Tehidy Woods</b>	A CSIA staple, for the third year Tehidy Woods has loads to offer with team challenges and den building.	Free
 <b>Coasteering</b>	Pull on those wetsuits and explore the Cornish coast before talking the plunge into the beautiful blue sea	£30

# Thursday

Activity	Description	Cost
 <b>School of Rock</b>	Bring your inner Jimi Hendrick and be part of a band jamming to create an immersive musical experience.	£5
 <b>Paddle Boarding</b>	Learn to paddle and control a paddle board and explore the Cornish coast with an experienced instructor and all equipment provided.	£30
 <b>Science Day</b>	A day of a variety of fun and explosive Science.	Free
 <b>Beach Day/ Bodyboarding</b>	Offered every day, students will get the opportunity to visit a different beach each day of the week and enjoy the delights of the Cornish coast as well as getting the chance to ride some waves on a body board whilst being supervised by a qualified lifeguard.	£10
 <b>Gig Rowing</b>	A chance to have taster day of the long Cornish tradition of Gig Rowing	£10
 <b>Mini Expedition - Thurs/Fri</b>	<p>A two day mini expedition along St Michaels Way. This activity runs over Thursday and Friday.</p> <p>Walking along the coast path taking in the breath taking views, finished at a campsite where everyone will enjoy a beautiful evening around the camp fire before getting some well-earned rest in your sleeping bag and tent.</p>	£30



# Friday

Activity	Description	Cost
 <b>Flambards</b>	<p>'The best day of the week!'</p> <p>No introduction needed for this Cornish legend. A day of exploring the Victorian village and seeking the thrills of the rollercoasters.</p>	£16
 <b>Wake Boarding</b>	<p>Strap in and get ready to be towed around the wake park in this exhilarating board sport.</p>	£30
 <b>Multi-Sports</b>	<p>A day of a variety of sports based at CSIA</p>	Free
 <b>Beach Day/ Bodyboarding</b>	<p>Offered every day, students will get the opportunity to visit a different beach each day of the week and enjoy the delights of the Cornish coast as well as getting the chance to ride some waves on a body board whilst being supervised by a qualified lifeguard.</p>	£10
 <b>Gaming</b>	<p>After a getting your eye in with a few rounds of games at CSIA, a trip to the VR centre in Redruth in on the agenda to take on the challenges in the virtual world.</p>	£30
 <b>Mini Expedition - Thurs/Fri</b>	<p>A two day mini expedition along St Michaels Way. This activity runs over Thursday and Friday.</p> <p>Walking along the coast path taking in the breath taking views, finished at a campsite where everyone will enjoy a beautiful evening around the camp fire before getting some well-earned rest in your sleeping bag and tent.</p>	

# How to apply for your child's Activities Week 2024

Please read through the brochure with your child carefully to find three suitable activities you would like to apply for. Once your child has made their three choices, you will need to complete the Activities Week preferences form (tear out the last page) and return to your form tutor by Friday 3rd November 2023. Applications received after this date will only be considered after the first round of allocations. It

is essential that the application form is completed by the parent/carer. Following the closing date above, we will begin the allocation process. As long as your application form has been submitted by the deadline, we will try our best to ensure your child is allocated a place on the activity with their highest preference. Please be aware that, due to there being a limited number of spaces, it may not always be possible to allocate your child a place in their first or second choice activities.

This year, students in Year 9 will be given priority for all international and residential trips, as this may be their last opportunity to take part in this type of activity

Once allocations have been completed, you will receive a communication confirming your child's place along with payment information. Shortly after you receive your confirmation letter, an activity week 2024 item will be set up on your ParentPay account so you can begin making payments. If your child does not wish to take up their place on their allocated activity, please inform your form tutor immediately so your place can be offered to another student. Your child can then be offered a place on a different activity with space.

Payments can be made over a period of time as per the payment schedule contained in your confirmation letter, but the initial non-refundable deposit 25% will be due by 4th Dec, followed by 3 further deadline points. Smaller payments can be made at any time via parent pay and the dates shared in your confirmation letter will be deadlines for payment amounts. Failure to keep up with the payments could result in your child's place being removed from the activity as we need these payments to secure places with external bookings agents.

If you have any queries please contact your year team office or reception

\* All activity costs are approximate at this stage and subject to marginal changes based on sign up numbers. The final price will be provided in your confirmation letter and you will then have the option to change activities/trips if you so wish.

\*\* CSIA reserves the right to make the final decision as to whether an activity is appropriate for an individual student.

# Activities Week 2024 Return Form

Use this form to complete your first, second and third choices for Activities Week 2024.

For choices in the Residential and Progress Category you just need to complete the box for Monday, if choosing from the single day activities please indicate an activity for each day of the week.

Once complete, please tear off this page and return to your child's form tutor.

<b>Student Name</b>	
<b>Tutor Group</b>	

## First choice

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

## Second choice

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

## Third choice

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

<b>Parent/Carer Name</b>	
<b>Parent/Carer Signature</b>	