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29th June – 3rd July 2020

Welcome to this year's Activity Week booklet. To our Year 7 students this is a new venture with exciting prospects and to Years 8, 9 and 10 it will rekindle interests from earlier projects. There is the opportunity to continue a course already attempted, try a new course or take part in a residential trip.

What is Activity Week?

The simple answer is that it is a time when both students and staff can share experiences that are not usually available during the rest of the academic year. Even a cursory glance at the course ticles on the Overview page will give you an idea of the great image of experiences available.

The normal school timetable and curriculus will be suspended for the week.

Activity Week was endorsed at our last full Ofsted inspection when the team stated that they felt that h enhanced the student's education.

Year 10 students are included in our offer and courses for Year 10 are offered as extension to GCSE courses and so are aimed at Year 9 and Year 10 students into are taking the linked GCSE. They are not, however, an essential part of the course and we intend that they will excite and motivate students to extend their learning in those subjects.

Courses have been split into KS3 and KS4 although there is some crossover in Year 9. The booklet indicates who may apply for advertised courses.

All students are expected to participate in, and benefit from, the week.

Some courses are expensive, some less so, while others are completely free of charge.

New skills can be learned, new friends made, new challenges met and overcome.

THE AIMS AND OBJECTIVES OF ACTIVITY WEEK

All courses arranged for the week include elements that can be identified in the various National Curriculum documents and the week is specifically designed to enrich the school curriculum and provide opportunities to:

- learn a variety of new skills
- develop self-confidence and self-reliance
- develop a sense of responsibility
- work co-operatively
- provide experiences outside the scope of the normal curriculum
- promote the achievement of short-term goals
- reinforce the development of the social and personal skills in new situations
- encourage self-assessment

Through the residential experience, there are a number of additional aims and objectives:

- to encourage corporate spirit
- to develop self-confidence, self-reliance, naturity, awareness and a sense of responsibility
- to promote and improve per one' physical ability
- to visit a foreign country and encourage students to use a foreign language
- to experience foreign call are

Special note reparding charging for activities within the academic year:

The 1988 Education Act has implications regarding charging for school courses such as those outlined in the booklet:

There is no legal obligation for you to contribute and indeed no child at Lutterworth High School will be treated differently according to whether or not his/her parents have made a contribution. It must be made clear at the outset, however, that courses on offer may not go ahead as planned if there is insufficient financial support. Please take special note that:

Whilst every effort will be made to give students their first choice, it is inevitable that some will have to be placed on one of their other preferences. Do not choose any course that you would not be happy to participate in.

Courses are allocated to ensure that as many students as possible get their first choice. Allocating courses can be complicated and, whilst we make every effort to give students their preferred option, it is inevitable that some will be disappointed. We are happy to place these students on a waiting list for their preferred option.

Once allocated a place on a course it will not be possible for a student to switch to another course unless there are exceptional circumstances.

Students who have not been offered a residential course before are prioritised whenever possible if they have chosen ares dential course this year. Please indicate on the form if this applies.

Students will be required to pay a non-remudable deposit very soon after allocation. Once places are allocated, a nayment schedule will be sent out (for instance, a course at 2500 would start with a deposit of £150 with three equal payments to follow spread between November and March). All payments for an courses will be handled using Scopay via the website. Please not that all costs listed in this booklet are approximate and the final payment will be adjusted within 10% up or down of the past shown. You will be notified of any change bigger manthis

The balance of all ourse costs must be paid by deadline dates. Failure to meet deadlines for payment, unless special arrangements have been agreed between parents and school, may result in your child forfeiting their place.

Some courses require a high level of physical fitness. Students who have opted out of PE and swimming sessions at school on a long-term basis for reasons other than serious medical conditions or long-term injuries are unlikely to be allocated a place on sports-related trips.

The prices for overseas residential trips are subject to confirmation of 2020 admission, transport prices, the current performance of the Euro and consequently may be subject to change. It is worth noting here that the outcome of the Brexit negotiations may affect the Euro.

Thank you for taking the time to read this information.

What you need to do:

Carefully read the information with your Parents/Carers. Complete and return your application to your tutor on **Monday 21st October 2019.**

Ready to select your course? This is what you do:

Step 1 Read the booklet carefully with your parents or carers. Remember that we will spread the payments across the year.

Step 2 Complete the application form giving us three choices.

Step 3 Check that all the information required is on the application and give it to your tutor after half term.

DO NOT SEND A DEPOSIT WITH YOUR APPLICATION

You need to know:

Students who do not return the form by the deadline will usually have their choices looked at *after* the chers have been processed.

No course - residential or school ased - is allocated on a first come, first served basis.

Finally:

Your child should submit their option form to tutors on **Monday 21st October 2019.**

FURTHER ACTIVITY WEEK INFORMATION

Online Payments

Please use the 'Online Payments' service which can be accessed via www.lutterworthhigh.co.uk. If you require an 'online link code', please e-mail showells@lutterworthhigh.co.uk . Please do not make any payments until you receive the specific trip letter offering you a place on your preferred course.

European Health Insurance Cards (EHIC)

If you have chosen to go on a residential trip abroad and either do not have an EHIC card or yours is out of date apply for a new one as soon as you have confirmation of your course. Apply online to www.dh.gov.uk/travellers. Without an up-to-date card, you will not be able to go on your chosen trip.

Collective Passports

For overseas trips, trip leaders will le you know what arrangements are being made with the passport.

Consent Forms

When completing your child's oppent form please complete and sign both pages and enqure clustentact information is correct. These are issued when sturients are offered a course.

All enquiries: activer k@lutterworthhigh.co.uk

Activity Week – Application for Financial Assistance

There are a number of ways in which the school is able to support families requiring financial assistance. Should you wish to request support please contact Mrs Howells (<u>showells@lutterworthhigh.co.uk</u>)

OVERVIEW OF COURSES AVAILABLE

No.	COURSE TITLE	TYPE OF	COST	YI	EAR	GRO	JP
NO.		COURSE	(approx.)	7	8	9	10
1	Art and Design KS3	School based	FREE	\checkmark	\checkmark		
2	Exploring Performing Arts (KS3)	School based	£125	~	~		
3	STEAM	Day Trips	£120	\checkmark	\checkmark		
4	Adventure Challenge	Day Trips	£140	\checkmark	\checkmark	\checkmark	
5	Bayeux Paris	Residential	£745	\checkmark	\checkmark	\checkmark	
6	Extreme Action	Day Trips	£135	\checkmark	\checkmark	\checkmark	
7	Fantastic Food	School based	£85	\checkmark	\checkmark	\checkmark	
8	Get Coding	School based	£70	\checkmark	\checkmark	\checkmark	
9	Horse Riding	Day Trips	£1,5	~	\checkmark	\checkmark	
10	Look Good, Feel Good	School based	-40	\checkmark	\checkmark	\checkmark	
11	Sportsweek	School based	TREZ	\checkmark	\checkmark	\checkmark	
12	Engineering Challenge	Scho has		\checkmark	\checkmark	\checkmark	\checkmark
13	Lake District Experience	R 251, 'entià.	2400		\checkmark	\checkmark	
14	Art KS4	S hool Jased	£75			\checkmark	\checkmark
15	Berlin History/RE Trip	nosidential	£575			\checkmark	\checkmark
16	Canada Sports Toul (COURSE FUL)	Residential	n/a			\checkmark	\checkmark
17	Geneva CCRN	Residential	£530			\checkmark	\checkmark
18	Performing Arts Masterclass (15-)	School based	£125			~	\checkmark
19	Seville Spanish Language Trip	Residential	£700			~	✓
20	Cornish Adventure	Residential	£500				\checkmark
21	Work Experience	Workplace based	£60				~

1	Art and	d Design KS3
Course	Mrs S	Aims and Objectives
Leader:	Evans	 To develop designing and making skills
Year group:	Years 7	 To discover a range of media and
	and 8	techniques that you can use in your art and
No. Places:	20	design work
Dates:	Mon 29 th	 To visit a local art and design space to see
	June – Fri	design in a wider setting
	3 rd July	
Cost:	FREE	Details of the Course
		You will start the week with an inspirational trip out to a local art and design space where you will take part in a creative workshop. For the rest of the week you will complete a different project each day and you will work with a variety of different materials – 2D, 3D and textiles. We will also have a visitor coming to deliver a workshop for one day.

Come and join us to such our creative skills to the limit!

This is the ideal course or you if you love drawing and making things using ots of different materials!



2	Explor	ing Performing Arts (KS3)
Course	Mrs E	Aims and Objectives
Leader:	Chinery	• To discover and develop musical, theatrical
Year group:	Years 7	and dance talents
	and 8	• To have fun exploring different arts skills
No. Places:	25	Details of the Course
Dates:	Mon 29 th	We will explore lots of different performing arts
	June – Fri 3 rd July	skills, visit a theatre, watch a show and meet
Cost:	£125	professionals in the theatre world. We will try out
Cost.	approx.	a variety of new skills. Proposed workshops
	арріоді	include steel pans, samba drumming, circus skills,

3	STEAM				
Course Leader: Year group: No. Places:	Mrs C Burchett Years 7 and 8 36	 Aims and Objectives To allow students to develop social skills away from the normal school atmosphere To experience a number of STEAM (Science, Technology, Engineering, Art and 			
Dates:	Mon 29 th June – Fri 3 rd July	 Mathematics) attractions across the UK To develop self-confidence by being in new places away from home To be reflective and use ICT to describe 			
Cost:	£120 approx.	• To be reflective and use for to describe experiences			
		Details of the Course We will be going on a variety of day trips throughout the week, aiming to broaden students STEAM experience. Our day trips will include Twycross Zoo, Think Tank Birmingham, Peak District Lead Mine and Museum to be confirmed), Sea Life Centre and Ego Lisr very Centre and Pottery Painting. Students will arrive backat school to get their 3pm bus home. The price going course includes entrance fees to all venues coach travel and insurance. The order we do these trips, and exact costings, are subject to gian as and when they are booked. Further details about the venues are available online.			

4	Advent	ure Challenge		
Course Leader:	Mr R Webster and Mrs K Randon- Cooper	 Aims and Objectives To give students the opportunity to develop their ability to work as part of a team whilst enjoying new, exciting experiences To encourage involvement in a range of 		
Year group: No. Places: Dates:	Years 7, 8 and 9 50 Mon 29 th June – Fri 3 rd July	 different sporting and outdoor pursuits To develop new and different interests To develop problem solving and team working skills Details of the Course 		
Cost:	£140 approx.	Details of the CourseThe week will be divided into five separate visits,each focusing on a different skill and activity. Fulldetails are still to be confirmed but the courseshould include activities such as Climbing,Kayaking, Sailing, Paddle boarding, High Ropesactivities, an assault course and a visit to a waterpark.Students opting for this week should be willing totry out new, physical activities (includingwillingness to participate in water activities, andhence should be bleve swim, and activities atheight)		

5	Bayeu	(Paris
Course Leader:	Mr R Noyland and Miss A	 Aims and Objectives To encourage students to communicate in French
Year group: No. Places: Dates:	Begum Years 7, 8 and 9 40 Sun 28 th June – Fri 3 rd July	 To learn about French culture, history and art To learn about Bayeux (in relation to British history, especially) and Paris (one of the loveliest capital cities in Europe) To help students socially, to learn to cooperate and live with others and to
Cost:	2020 £745 approx.	develop a sense of responsibility Details of the Course We will be staying at two centres: for two nights at
		the Le Canada Hotel in Hermanville sur Mer, just 50 metres from the beach, and for three nights in Paris at Explorers Hotel, Dirkeyand. In Normandy visits will include the Bayeux British Commonwealth Cemetery, Arronanches 360° Cinema, Arromanchen American Cemetery & Memorial at Omahi Beach, a Cambe German Cemetery, Bayeux Sapesry, Bayeux Cathedral and Bayeux. In Paris virce will neduce the Tour Montparnasse, Montmarke, Proce du Tertre, an evening riverboat cruise and of course a day at Disneyland Paris! The cost includes full board accommodation excluding lunch on the day we travel from valond and the day at Disneyland), transport by cach and ferry including all tolls and taxes, all asymission costs, Collective Passport, and School Journey Insurance. Spending money is not included.

6	Extrem	ne Action
Course	Miss Z	Aims and Objectives
Leader:	Tur-Ribas	• To encourage students to challenge
Year group:	Years 7, 8 and 9	themselves by trying a range of different activities
No. Places:	45	• To learn new skills
Dates:	Mon 29 th	 To promote an active lifestyle
	June – Fri	
	3 rd July	Details of the Course
Cost:	£135	We will be including activities such as
	approx.	skiing/snowboarding, canoeing, sailing, paddle boarding, climbing and high-ropes.
		Students wishing to participate in this course should be reasonably confident in water. Are you up to the challenge?!

7	Fantast	ic Food
Course	Miss A	Aims and Objectives
Leader:	Ronald	• To learn and develop new cooking skills
Year group:	Years 7, 8 and 9	• To build confidence in the kitchen and beyond
No. Places:	20	
Dates:	Mon 29 th	Details of the Course
	June – Fri 3 rd July	<i>Every day will be different and you will have the opportunity to create tasty street food and to</i>
Cost:	£85 approx. (to include all ingredients)	<i>understand what it takes to feed yourself on a budget. The course will include a trip where you will make your own homemade picnic and take part in an exciting outdoor challenge.</i>
		All the food you make will be yours to take home at the end of each day and you will be free to adapt recipes to suit any special dietary needs.

8	Get Co	ding
Course	Mr M Patel	Aims and Objectives
Leader:		• To use your programming skills to program
Year group:	Years 7, 8	Raspberry Pis, create games, make robots
	and 9	and much more (including 'hacking'
No. Places:	30	Minecraft!)
Dates:	Mon 29 th	 To encourage creativity, independence and to develop problem colving skills
	June – Fri	to develop problem solving skills To visit different Arcade museums to see
Cost:	3 rd July £70	how older computers and games were made
COSL.	approx.	and to see and play an enormous range of
	appi ox.	retro consoles and computers from the ZX
		Spectrum to the PlayStation 2!
	0/	 Visit the Retro Computer Museum, Leicester and the National Videogame Arraus, Sheffield to learn about and play with eld considered on computers Build and program robots, sing Lego Mindstorms Use and learn about Ras, berry Pi mini computers Create computer games with a variety of different applications Use and discover different uses of Virtual Reality with Oculuatift headses It is intended that the week be used for students to expand on the world of computers and
		sudents will be leading their own learning, although all tools and resources will be provided. Students are welcome to bring in their own equipment, such as Raspberry Pis, if they wish.

Course Leader: Year group: No. Places: Dates:	Horse Mrs T Cutting Years 7, 8 and 9 24 Mon 29 th June – Fri 3 rd July	 Aims and Objectives To introduce those new to horse riding to the joys and experience of caring for, understanding and riding horses To give the opportunity, to those who can already ride, to develop and extend their skills in the heart of Leicestershire's riding country
Cost:	£155 approx.	Details of the Course Each day, between 9:00am and 3:00pm, the participants will be able to: - If a novice, learn to ride. - If more experienced, learn to improve your skills and technique.
		As well as riding lessons you we also learn stable management skills i.e. looping after a horse, as well as insights into the work of a vet and farrier. You will learn how to shoppe and buy the right horse or pony for yourself. This course should appeal to both those who have always warded to be these riding but haven't had the opperunity and those who wish to improve their riding technique. All aspects of horse riding will be everyal.

10	Look G	ood, Feel Good
Course	Miss S	Aims and Objectives
Leader:	Morgan	To increase your self-confidence by
Year group:	Years 7, 8	making the most of your looks and
5	and 9	improving your image
No. Places:	30	• To understand how hairstyles, skin, make-
Dates:	Mon 29 th	up, diet, exercise, colour and clothes all
	June – Fri	contribute to our appearance and that if we
	3 rd July	look good we feel good about ourselves
Cost:	£40	
	approx.	Details of the Course
		This course is an introduction to beauty care, diet
		and exercise. Topics covered will include hair, nail
		and skin care, fashion and make-up, healthy
		eating, gymnastics, Tae Kwon Do, aromatherapy,
		neck and shoulder massage and a day at
	and the second	Lutterworth Leisure Centre.
	and the second s	
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11	Sports	week
Course / Leader: Year group: / No. Places: 2 Dates: /	Mr C Bray Years 7, 8 and 9 30-50 Mon 29 th – Fri 3 rd July FREE	 Aims and Objectives To further develop students' skills in those activities on offer To promote understanding of more detailed concepts within each activity To develop officiating skills To enable students to test their skills in a competitive environment
		Details of the Course This course will enable students to participate in activities that are given 'limited' or even no exposure at Lutterworth High School. Time will be devoted to a number of activities with a balance of coaching, skills development and competition combining to give an informative, enjoyable and rewarding five days.

12	Engine	ering Challenge	
Course	Mrs E	Aims and Objectives	
Leader:	Cochrane	• To explore the world of engineering	
Year group:		 To investigate materials, mechanics and 	
	9 and 10	power	
No. Places:		To create solutions to solve problems	
Dates:	Mon 29 th	To promote teamwork	
	June – Fri	Details of the Course	
Cast	3 rd July	Students will investigate the properties of	
Cost:	£90		
	approx.	 materials and test different engineering set-ups with gears, chains, motors and wheels. They will then design, cost and build machines to compete in a range of different challenges. There will also be a day trip to "Enginuity" engineering museum near Telford and the Silverstone Experience with STEM workshop. This course is suitable for students of all year groups with a keen interest of Design, Engineering, Maths and Science. 	

13	Lake D	istrict Experience
Course	Mrs M	Aims and Objectives
Leader:	Niemeijer	• To experience being out and about in
Year group:	Years 8	Britain's hill country
	and 9	• To appreciate a wild area that is part of a
No. Places:		National Park
Dates:		• To learn how to work as a team
	June – Fri	• To live for a week with friends, taking on
	3 rd July	new responsibilities for social relationships
Cost:	£400	and valuing community life
	approx.	• To learn new skills (climbing, kayaking, etc.)
		Details of the Course Have you ever climbed above 3000 feet, scrambled up a rocky ridge, canoed on a lake? Are you adventurous enough to try? If you are, you will love this introduction to the wonderful surroundings of one of Britransmost beautiful National Parks. Location: Keswick, Desweit Water Activities: A range of water sports (canoeing and rafting) and mountain activities (Ghyll scrambling, climbing-alcuiling, bill walking and mountain biking) are officied by Keswick Activity Centre instructors A programme of evening activities includeed symming pool session and a visit to Keswi k Cumbing Wall.

14	Art KS4	
T 4	AIL NS ²	
Course	Mrs J	Aims and Objectives
Leader:		 To visit a local art and design space
Year group:	Years 9	 To undertake creative workshops
	and 10	• To create new work that could enhance
No. Places:	20	your GCSE Portfolio
Dates:	Mon 29 th	• To visit to a local college to see the art and
	June – Fri	design courses and participate in a
	3 rd July	workshop.
Cost:	£75	
	approx.	Details of the Course
		You will start the week with a trip out to a local art and design space where you will take part in a creative workshop. This will inspire your project work on portraits, photography and craft for the first half of the week. You will work with a variety of different materials, both 2D and 3D and push your creative skills to the mit. Later in the week, we will visit an art and design college where you where withing edge contemporary art and design. This is the ideal or wishif you love drawing and making, are unsidering Art as a GCSE or you want to unhane your Year 10 GCSE Portfolio. The curse is provided specifically for GCSE stud ant (or prospective GCSE students) by he Ast and Design Department.

15	Berlin	History/RE Trip
Course	Mr J	Aims and Objectives
Leader:	Anderson	To learn about the hist
Year group:	Years 9	through visits to histor
	and 10	To enhance and enrich
No. Places:	40	of GCSE History
Dates:	Mon 29 th –	• To help students devel
	Fri 3 rd July	to cooperate with othe
Cost:	£575	sense of responsibility
	approx.	

- the history of Nazi Germany to historical sites
- d enrich the students' study 'Y
- nts develop socially, to learn with others, and to develop a nsibility

Details of the Course

This course is a sightseeing tour of Berlin. It will feature visits to; the Berlin Jewish Museum, the Checkpoint Charlie Museum, the Kaiser Wilhelm Memorial Church, the Wannsee Conference Villa, the Brandenburg Gate, the Allied Museum, the Sachsenhausen Concentration Camp.

This course is provided cifically for GCSE students (or prospect **E** students) by e` the History and F partment.



16	Canada	a Sports Tour – TRIP FULL
	Mr M	-
Course Leader:	Mr M Howgate	PLEASE NOTE: this tour is already arranged and places onto it have been fully allocated.
Year group:	Years 9	and places onto it have been fully anotated.
	and 10	Details of the Course
No. Places:	n/a –	Students in Years 9 and 10 will travel to Canada
	already	on a Sports Tour that will feature games in
	allocated	Football, Netball and Rugby.
Dates:	Mon 29 th	
	June –	If your child is in Year 7 or 8 and they
	Mon 6 th	currently play or will start to play sport for
	July	the school they will have the opportunity to
Cost:	n/a –	travel on a similar tour in 2022, destination
	already	TBC.
	allocated	

17	Geneva	
Course	Mr S	Aims and Objectives
Leader:	Clarkson	• To see the world's largest and most
Year group:	Years 9	powerful particle accelerator
	and 10	• To be inspired by the history and future of
No. Places:	30	science
Dates:	Tues 30 th	 To experience authentic Swiss culture
	June –	 To visit the beautiful city of Geneva
	Thurs 2 nd	
	July (Mon	Details of the Course
	and Fri in	The cost includes the following; flights on Tuesday
	School)	and Thursday (preparation day on Monday in
Cost:	£530	school), Bed and Breakfast at Ibis Budget Genève
	approx.	<i>Aeroport for two nights and two evening meals (`Restaurant Edelweiss' and `Holy Cow</i>
		Restaurant'). Visits include; CERN, a cruite of Lake Geneva, SIG Energy Pavilion and the Natural History Museum. This course is provided specifically for GCSE students (or prospective GCSE students) by the Science Department.

18	Perfor	ming Arts Masterclass	
Course	Miss K	Aims and Objectives	
Leader:	Cowling	• Act, sing and dance your week away	
Year group:	Years 9	developing your skills across the performing	
5 .	and 10	arts	
No. Places:	20		
Dates:	Mon 29 th	Details of the Course	
	June – Fri	A busy week packed full of dance classes (develop	
	3 rd July	your skills across ballet, contemporary or street	
Cost:	£125	dance), musical workshops and acting	
	approx.	masterclasses. End the week with a visit to a	
		professional theatre.	

19	Seville	Spanish Language Trip
Course	Mrs C	Aims and Objectives
Leader:	John	• To improve language, communication and
Year group:	Year 10	grammar skills
	GCSE and	 To experience Spanish culture
	Year 9s	 To visit local sights
	intending	
	on taking	Details of the Course
	GCSE	Students will stay at Albergue Interjoven Sevilla
	Spanish	situated on the Reina Mercedes University.
No. Places:	30 Mon 29th	This study visit provides opportunities to improve
Dates:	Mon 29th June – Fri	and enhance your language skills in preparation
	June – Fri 3 rd July	for GCSE. The mornings will be spent receiving
Cost:	£700	language tuition in a foreign language school by
Cost.	approx.	professional, native speakers.
		Afternoons and evenings with perspent experiencing the sites and culture of Andalucía including a visit to the rescription city of Seville, the Alcazar Palace, a Flamenco show, Tapas tasting and muchanore. Students muchanore. Students muchanore were own passports for this trip. This course is provided specifically for GCSE students (opprospective GCSE students from Year) by the MFL Department.

20	Cornisl	h Adventure
Course	Mr T Nutt	Aims and Objectives
Leader:		• To learn about the diversity of British
Year group:	10	landscapes, including tourist attractions
No. Places:	30	such as Cheddar Gorge
Dates:	Mon 29 th	• To visit the Eden Project and explore the
	June – Fri	rainforest and Mediterranean ecosystems
	3 rd July	
Cost:	£500	Details of the Course
	approx.	Experience some of the UK's most beautiful and
		diverse landscapes with a journey to Cornwall. Based in sustainable accommodation at the Eden Project, we will have unrivalled and exclusive access to extensive gardens, the huge rainforest and Mediterranean biomes, as well as a workshop led by an expert. With locally sourced, freshly cooked food on the menu, nobody will go hungry! We will spend time intothe worldvrenowned gardens exploring the even ty or plant life; visit Cheddar Gorge and explore its caves; go to the beach to enjoy the sun and explore distinctive coastal landscapes, and bend half a day on the Hangloose him opes calcluding a spectacular sky wire 100m nove the Even Project, on England's longest zie line. This visit reaimed towards Year 10 Geography sturents with biologists, adrenaline junkies and photo rappers all welcome to join us on our ornich edventure!



END OF COURSE LIST