

Year 1: Welcome to ECP Trip

4. - 6. 9. 2019
Janov nad Nisou
Jizerské hory

Name:



THE ENGLISH COLLEGE IN PRAGUE
ANGLICKÉ GYMNÁZIUM

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Dear Year 1s,

Welcome to the ECP and your induction trip!

The purpose of these few days is to get to know your classmates and tutors better. We hope that you will find common interests, develop your communication skills, learn to work together in teams and to have a really enjoyable time at Pension Artur - Chata Milada and the surrounding area.

On this trip, you will work with your peers, tutors and Year 6 students, who will also be running activities for you to participate in. You will also learn a little bit about the Jizera Mountains and more about the ECP.

On one evening we will have a BBQ / open fire and we invite you to bring along your guitars / other portable instruments to play around the fire.

I look forward to seeing you on the trip.

Ms Hulová



Practical Information

Meeting point	Wednesday, 4.9., 8:15, at ECP
Dismissal point	Friday, 6.9., 15:45, at ECP
Transport:	Private coach
Accommodation	Chata Milada, Malý Semerink 1016 Janov nad Nisou, Tel. + 420 483 305 321, +420 483 380 796 www.pensionartur.com/cs
What you need to take with you	See extensive list on the next page.
Accompanying teachers, contacts	<u>Leader:</u> Ms. Hulová Tel. 725 772 645 <u>Other teachers:</u> Mr. Foster; Dr. Young; Ms. MacLeod and Mr. Cossins
Other important information	The School Code applies throughout the trip. You will be briefed each day with regards to health and safety and the activities.



ESSENTIAL KIT LIST that every individual must have.

Clothing	
Waterproof jacket with hood	This needs to be fully waterproof not just water-resistant.
Waterproof trousers	As above.
Top-layer fleece	Thick fleece or thick hoodie top for the evening.
Trousers for walking	These must be quick drying, NOT jeans.
Warm Hat & Gloves	Unlikely to be cold but just in case.
Sun Hat	Cap is ideal.
Sunglasses	
Socks	A pair of walking socks for the second day.
Walking footwear	Trail shoes or walking boots are ideal because they are waterproof and have good ankle support. To avoid blisters they must have been worn before and be comfortable. Alternatively, trainers that have good grip on the bottom can be worn but may become very wet. Flat soled shoes such as Converse must NOT be worn in the mountains.
Sports footwear	Trainers suitable for games, running and wearing in the evening for comfort.
Slippers or flip flops	For inside the pension.
Personal Equipment	
Medium sized rucksack	For all your clothes / what you are bringing on the trip.
Small day rucksack	With waterproof liner or big plastic bag inside in case of rain. This is to be taken out on the second day.
Water bottles	Large reusable water bottle.
Watch / Mobile phones	We will aim to not use mobile phones so a watch is needed for time. (There is no WI-FI available in the accommodation).

Wash Kit	Towels are also needed.
Sun cream	
Money	There is nowhere to buy anything, except you may wish to buy a small souvenir at the lookout tower that you visit.
Pen, planner and experience book	For team games and making notes during the trip. The planner and experience book will be issued to you on the first day of school, please remember to bring them with you.
Emergency Equipment	
Personal first aid kit	Personal medication (paracetamol, etc) and plasters for blisters.

Information about places we will visit

Jizera Mountains



The Jizera Mountains Nature Reserve was declared, over an area of 368 km², in 1968 and it includes the territory of the Jizera Mountains and their foothills (with the exception of the Černá studnice Ridge). It lies, approximately, between the municipalities of Liberec, Frýdlant, Nové Město

pod Smrkem, Kořenov, Tanvald and Jablonec nad Nisou. Three quarters of its area are occupied by forest. The nature reserve's highest point is Mount Smrk (1,124 m above sea level) and the place with the lowest point above sea level can be found in the environs of the Smědá River, near the town of Frýdlant (325 m above sea level). The Jizera Mountain Beech Forest is the largest complex of natural beech forests in the Czech Republic (27m2). The mountains are called the "Chamber Pot of Europe", because the annual rainfall is usually more than 1,600 mm.

Prezidentská chata /Presidential chalet

Built in 1929 by the Society of Friends of Nature, the house was taken over by the Nazis during the Second World War and later became a recreation place for the employees of the communist presidential office. Today, it is open to the public and offers cosy accommodation in the heart of Jizerky.



Královka Lookout Tower

The 24m tall tower is located on top of the Nekras Mountain (859m). The first wooden tower stood on Královka from 1888 to 1906 and was built by a German mountain society for Ještěd and Jizerské hory. The tower offers a spectacular view of Jizera Mountains, Ještěd hill, the Lusatian and Giant Mountains.

Vodní nádrž Josefův Důl

The construction originates from the 1976 - 1982 period. It is the largest water reservoir in Jizerské Hory. There are two embankments, the front (length 720 m, height 43 m) and the side, and they both retain 23 million m³ of water. The reservoir is a source of drinking water for Jablonec, Liberec and the Českolipsko region. The water flows through a tunnel in the water treatment plant in Bedřichov.



Pilgrimage cross at Královka



Programme

Wed 4. 9.

8:30	Departure from ECP
10:30 - 11:30	Arrival at Malý Semerink - rules of pension - chata, ECP School Code of Conduct, allocation of rooms, health and safety
11:30 - 12:30	Tour of the area - getting to know your surroundings, the other tutors and Year 6 students
12:30 - 13:30	Lunch
13:30 - 14:30	House meetings - initial thoughts and expectations Team building activities - who is who (my tutor group)
14:30 - 15:30	Team building activities - who is who (the whole of Year 1)
15:30 - 16:00	Free time
16:00 - 17:00	Team building activities - physical
17:00 - 17:45	Getting to know your tutors and teachers
18:00 - 19:00	Dinner
19:00 - 21:00	Evening programme
21:00 - 21:30	Free time
21:30 - 22:00	Quiet time in rooms
22:00	Lights out, sleep

Thu 5. 9.

8:00 - 8:30	Breakfast
8:30 - 9:00	Tutor time
9:00 - 10:45	Team building activities
10:45 - 11:00	Break
11:00 - 12:00	:more
12:00 - 12:30	Free time
12:30 - 13:30	Lunch
13:30 - 14:00	Free time
14:00 - 18:00	Walk
18:00 - 18:30	Free time
18:30 - 21:00	BBQ dinner, fire, games, music, drama, Year 6 led activities
21:00 - 21:30	Free time
21:30 - 22:00	Quiet time in rooms
22:00	Lights out, sleep

Fri 6. 9.

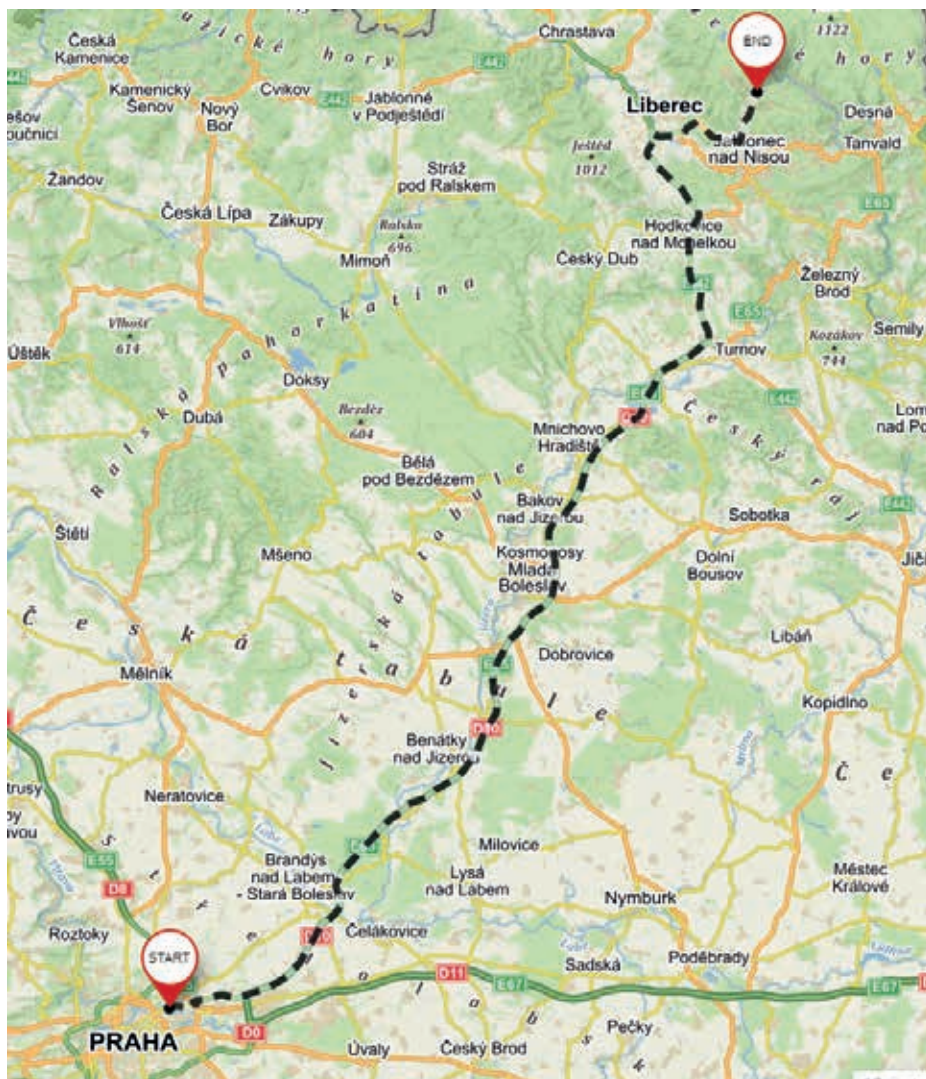
8:00 - 8:30	Breakfast
8:30 - 9:00	Tutor time
9:00 - 12:30	Rope park activities / team building with instructors
12:30 - 13:30	Lunch
13:30 - 14:00	Packing and clearing of rooms
14:00 - 14:30	Reflection
14:30	Departure from Chataar
15:45 - 16:15	Arrival at ECP

Worksheet for the Walk

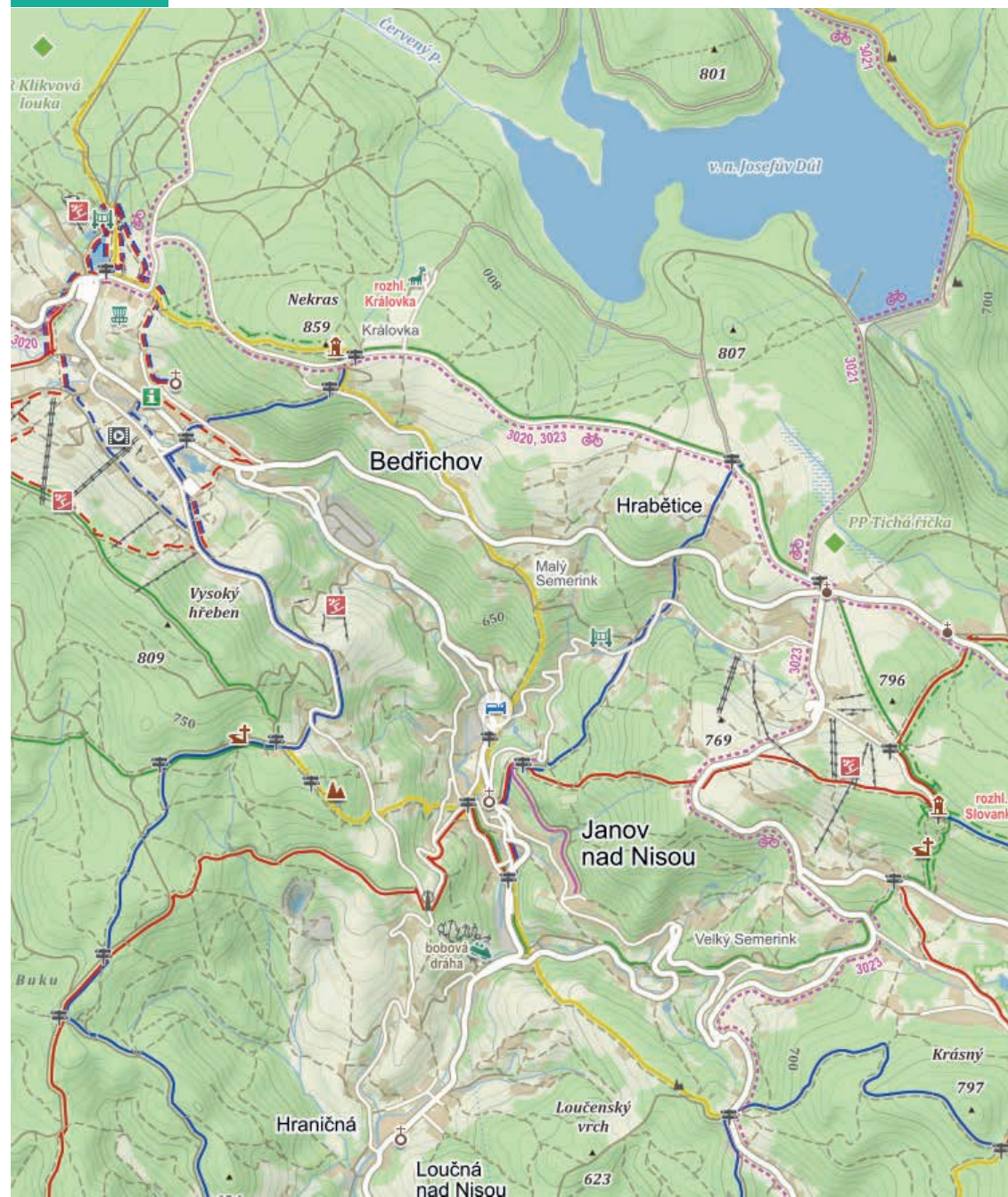
1. How many steps are in the Královka tower?
2. What can you see from Královka (Mountains, Towns)?
3. Can you explain how dams work? What is the main risk of them? What do you know about Josefův Důl dam?
4. Name 3 flowers, 3 trees and 3 animals you saw on the walk.
5. Which berries can you pick in the Czech woods? Which are poisonous?
6. Which presidents stayed in the Presidenstká chata?
7. What is the history of the German inhabitants, who lived here before the War? What happened to them? Why?
8. Three interesting details that you have picked up from your walk? Why these three?



Journey to Janov nad Nisou, Jizerské hory



Map of the area





NOTES AND REFLECTION



Lined area for notes and reflection on the left page.

Lined area for notes and reflection on the right page.



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