



NDUBALUBA
OUTDOOR CENTRE

Ndubaluba Information Pack - 2020

For groups from within Zambia

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Website: www.ndubaluba.org / www.facebook.com

This document contains information about Ndubaluba Outdoor Centre that will help to understand the vision of the centre, where it is located, the programs offered, the rates for 2020 and payment procedures including booking policy, food menus and emergency procedures. Much more details as you read carefully. Please contact us for any clarification or queries regarding the information at ndubaluba@chengeloschool.org

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Kit list

The courses can be very physical in nature and clothing can easily get muddy or damaged. Please encourage your students to bring old clothing/or clothes they are happy to get 'well worn'. It is advisable for students to wear loose fitting clothing such as T-shirts, cargo pants and shorts. These will enable them to be comfortable and to dry off if they get wet quickly. Thick denim jeans are discouraged as they are uncomfortable and hot to walk in and do not dry quickly.

What Students And Staff Must Bring	Optional But Recommended
Activity clothing (old clothes to get dirty and wet)	Camera
Note book & pen (very Important)	Gum boots (Rainy Season)
Cap/hat / sun cream	Head torch
Day Rucksack / bag	Pen knife
Sleeping bag and Pillow or bedding (we don't supply bedding!!)	Sunglasses
Strong Trainers	Insect repellent
Rafters/flip flops	
Long trousers and long sleeves for evenings	
Shorts	
Swimming Clothes	Tribal Survival Camp-Addition to list
Towel	<i>(Only if you have chosen the off-site Tribal Survival 5 Day-camp)</i>
Toiletries	Tent (students can share)
Torch	Cutlery- knife , fork, spoon
Water bottle (1litre- coke bottle can do)	Cup and plate
Water proof jacket (Rainy Season)	
Personal medication- (please let instructors know.)	

Items to be handed in and kept in the Ndubaluba safe

- **iPod& Gaming Consoles / Mobile phones-** *For their safe keeping and we want the students to focus on the course and the learning outcomes without distraction.*
- **Valuables: Jewelry, passports-** *For their safe keeping, jewelry can be dangerous on the climbing tower and other activities.*
- **Tuck: sweets, crisps, chocolate...**any food stuff. *If non-perishable it will be handed back at end of camp- We want everyone to experience the same conditions on the camp. To go without the 'luxuries' of home helps the learning outcomes of the camp.*
- **Money:** this will be collected and counted by teachers and kept in safe. *For safe keeping, only required for purchasing t-shirts / key rings at the end of camp*
- **Please share ALL the information with your group.**

Rates 2020

Full day – Three meals

Price per student	Number of students
K 425.00	+36
K 460.00	25 – 35
K 480.00	13 – 24
K 500.00	0 – 12

Half day – Two meals

Price per student	Number of students
K 240.00	+36
K 260.00	25 – 35
K 275.00	13 – 24
K 285.00	0 – 12

- Prices are all inclusive (Food, activities and accommodation)
- Any local group that arrives before 10:00am and stays the night will be charged at 10% less than a day's rate for that group.
- Staffs are free to a ratio of 1:8 (if exceeded staff pay the applicable student rate)
- Drivers are charged at 50% of the applicable rates
- We do offer subsidized courses on request and availability
- Payment can be in the form of Zambian Kwacha, British Pounds, Cash, Cheque or Transfer

Rates 2020 - International Groups

Price per person

Full day	£ 65.00
Half day	£ 45.00

- Prices include food, activities and accommodation

Mount Mumpu Expedition for International Expedition Groups

- **£765.00** per group
- Group size max 24 people
- 3 day expedition
- Includes transport, guides and food
- **£ 10.00** Accommodation

Mount Mumpu Expedition – extended trek for International Expedition Groups

- **£ 1,000.00** per group
- Group size max 24 people
- 4 day expedition
- Includes transport, guides and food
- **£ 10.00** Accommodation

Others

	Price
Breakfast	K 40.00
Lunch / Light meal	K 60.00
Supper / Main meal	K 95.00
Accommodation only	K 130.00
Half day activities (no food and accommodation)	K 100.00
Half day activities with one meal (no accommodation)	K175.00
Full day activities and lunch or main meal (no accommodation)	K 240.00
Full day activities and any two meals (no accommodation)	K 370.00
Day use of facility only (No supervision or food)	K25.00
Ropes course (3 hrs, max group size 24 people)	K 110.00 per person
Transport (Hire cost for pick up and drop off) (Lusaka round trip approx. 700km, Mkushi round trip approx. 80km, Ndubaluba - Chengelo 60km round trip)	K 7.00 per kilometer
Souvenirs	
We sell Ndubaluba T-shirts (different types sizes etc), Key rings, Branded Caps/Beanies and Hoodies at the Centre, which you are free to purchase during your stay. We will sell these at the end of your course and students can access their money in order to make a purchase. Below are the prices!	
Ndubaluba T-shirt for children	K 70.00
Ndubaluba T-Shirt for adults	K 100.00
Ndubaluba Polo Shirt	K 125.00
Ndubaluba Key Ring	K 40.00
Ndubaluba Branded Caps/ Beanies	K110.00
Ndubaluba Hoodies	K275.00

If equipment is lost or damaged by any person visiting Ndubaluba Outdoor Centre. Ndubaluba reserves the right to charge for the item at the full replacement cost.

This list details minimum charges that will be used for certain items. This list is not exhaustive. Items that are not on this list will be charged at the discretion of the management. A decision to charge will also be at the discretion of the management.

Map case large	K 340.00
Compass	K 460.00
Whistle	K 90.00
Helmet	K 630.00
Bush knife	K 140.00
Lunch box	K 40.00
Pot or pan	K 100.00

Ndubaluba Booking and Payment

Booking

- Please book as early as possible to avoid disappointment. We prefer to take bookings a year in advance.
- Once you have booked you will receive a sample program. If you would like input into the program please contact us 4 weeks in advance.

- It is essential that the group leaders attending Ndubaluba trips read through our information before coming to Ndubaluba. Note that this information is updated from time to time.
- Ndubaluba reserves the right to request changes in camp dates if there is a need.
- Ndubaluba will try to accommodate any changes in dates requested by groups but this may not be possible due to our very busy schedule.
- The pre- course form, completely filled out is required at least 4 weeks before the camp.
- By booking to come to Ndubaluba it is understood that:
 - Clients will have read and fully understood the ethos and vision of Ndubaluba. We are a Christian Outdoor Centre and there will be elements of the program that are based on Christianity.
 - Clients will adhere to the rules and conditions of booking and life at the camp.
- Please contact us if you require further information or have any queries.

Payment

- Ndubaluba will charge for the number of students attending the course. If the number of students attending a course is less than what was written on the pre- course form, Ndubaluba will charge for the amount of students indicated on the pre- course form unless notified one week before that numbers have changed.
- We charge the same amount for students who don't turn up for any trip or camp without any medical or apologies given to us before the camp.
- We are prepared to discuss the invoice for any unforeseen circumstances (e.g. Medical Emergencies, funerals etc) which may affect the number of students coming on the trip if this is communicated to the Ndubaluba office at least a week before the course.
- Ndubaluba reserves the right to edit your invoice upon arrival should there be a need (e.g. student numbers are higher/ lower or family members accompany teachers etc.).
- Cash and Cheque Payments made at Ndubaluba can be in the form of British pounds, British pounds cheque, Zambian kwacha, Zambia kwacha cheque.
- Any Cheque payments must be made payable to CHENGELO SCHOOL
- If an invoice has not been paid in full by the last date of the camp this must be completed by a bank deposit/transfer by the end of the camp.

Payment Procedure

- Once dates have been offered and you have e-mailed back to confirm those dates, your booking is then secured with Ndubaluba. If you have booked and have not confirmed then those dates can still be offered to other groups.
- Deposit for all groups: 25% are to be deposited 4 weeks before camp by bank transfer or deposit
- Cancellation fee:
 - Once your booking is confirmed by Ndubaluba a fee of **K 4, 000.00** has to be paid if a group cancels up to 8 weeks before the camp date
 - If a group cancels less than 8 weeks before the camp a 25% charge of your invoice has to be paid. This will be based upon the approximated student numbers when booking or historical figures.
 - If a group cancels less than 2 weeks before the camp a 50% charge of your invoice has to be paid. This will be based upon the approximated student numbers when booking or historical figures.
- A pro-forma invoice for your camp will be issued and e-mailed to you as soon as Ndubaluba receives completed Pre-course forms stating the numbers of students, teachers and drivers attending the camp.
- The balance to be paid after your deposit can then be paid upon arrival at Ndubaluba by Cheque or Cash. Alternatively you can pay this by bank transfer or deposit after leaving Ndubaluba by the stipulated date on your invoice.

Bank Deposit or Transfer

- After any deposit or transfer has been made please notify Ndubaluba by e-mail including details of the amount and date **as well as emailing the Proof of Payment (POP).**
- If possible e-mail a scanned copy of the deposit slip as well
- Please ensure that the deposit slip and bank cashier clearly state your school/organization name along with Ndubaluba when entering details so that you can be clearly identified on our statement.
- When coming to Ndubaluba for your camp please bring the deposit slip with you. If payment occurs after the camp then a copy **MUST** be scanned and e-mailed to Ndubaluba.

Bank transfers and deposits should be made to the following account:

Kwacha Account Details:

Account name:	Ndubaluba
Account Number:	62538900433
Sort Code:	262319
Swift code:	FIRNZMLX
Bank Name:	First National Bank (FNB)

GBP Account Details:

Bank Name:	FNB ZAMBIA
Account no (GBP):	628 212 71757
Branch:	Mkushi
Branch/Sort Code:	262319
Swift code:	FIRNZMLX

Use of Photographs of Students at Ndubaluba

As I'm sure you will agree, it is impractical to repeatedly try to gain permission from schools and parents to use specific photographs on a course-by-course basis as well as making it very difficult to provide feedback on Ndubaluba courses where many photographs are taken. At Ndubaluba, instructors, visiting school staff and students take many photographs throughout the course. We will often collate these photos and use them for a slideshow in the final review and afterwards give them to the staff to take back to school. We often post the pictures on our Facebook page for those who participated on the course.

Because of this, Ndubaluba will now assume permission is granted for the Centre to use photographs of your students in promotional materials and course posts unless you specifically opt out in writing to ndubalubahead@chengeloschool.org at least two weeks before your trip, detailing the specific scenarios where you would prefer your students not be photographed.

Photography or filming will only take place with the permission of the Head of Centre and under appropriate supervision. Images that might cause embarrassment or distress will not be used nor will image associated with material or issues that are sensitive. We will only use images of pupils who are suitably dressed, to reduce the risk of such images being used inappropriately. We will make every effort to ensure that we do not allow images to be taken of any children for whom we do not have permission or who are 'at risk' or disallowed from having their photographs taken for legal or social reasons. If at any time you see a specific image you would prefer not to be used, just contact us and we will ensure it is removed. If you do want to use any photographs from the Ndubaluba courses in your own School's advertising and promotional material please seek permission from us on the same email address above and be sure to acknowledge Ndubaluba as follows: "Photo courtesy of Ndubaluba Outdoor Centre."

Find us on Facebook; <https://www.facebook.com/NdubalubaOutdoorCentre/>

Thank you for your continued support!

Kitchen Information

For the expedition element of the course, part of the Award is for students to purchase and plan their own meals while on expedition. Students are therefore required to bring their own food for the expedition element of the course. This should start from breakfast on Day 1 of the expedition through to lunch on the final day of the expedition. If you are not sure how many meals this is then please contact us in advance for guidance.

We as a centre do not provide any foodstuffs for the expedition but we can provide all the necessary cooking utensils and equipment. Your students need to bring their own plate, bowl, cup, knife, fork and spoon. Staff will be catered for throughout the expedition by Ndubaluba.

- ***A point to remember DoE Students must provide their own menu and food for the actual expedition.***

Ndubaluba Menus

- Below are three different Menu types that the Ndubaluba Kitchens base their meals on.
- There is a Menu with more 'western' style foods, one with more 'Zambian' style foods and one that mixes both food types.
- Please have a look at the different Menu's and choose which one you think would be the best for your group whilst at Ndubaluba.

MIXED MENU			
	BREAKFAST	LUNCH	SUPPER
MONDAY	Toasted Bread	Lemon Glazed grilled chicken Lettuce/Tomato	Lentil Rice
	All Bran flakes with Vanilla yoghurt	Potato Salad/Yoghurt dressing	Beef curry
	White/Black Tea		Vegetable of the day
			Apple Crumble
TUESDAY	Oat Porridge	Nshima	White Rice
	Toasted Bread	Grilled Shoulder blade with brown sauce	Flame grilled chops/ turned Potatoes
	Black/White Tea	Seasonal vegetables	Coleslaw Salads with lacto dressing
	Plain Yoghurt	Banana short cake with Custard and cinnamon topping	
WEDNESDAY	Porridge	Packed Lunch	Grilled Potatoes/Nshima
	Toasted bread	(Crisps,Fruit,Pie,Nuts, Rasins	Flame grilled Chicken with Sneaky sauce
	Black/White Tea	Chocolate bar, Chef's Sandwich of the day)	Spinach/Blanched Carrots
	Vanilla Yoghurt		Chocolate cake served with Custard
THURSDAY	All Bran flakes/Lacto	Beef medallion served with Rice/Nshima	FINGER SUPPER
	Toasted Bread	Blanched mixed vegetables	Veggie Rolls/meatballs/mini pies + fruit of the day.
	Black/White Tea	Mixed fruit served creamed lacto	Hot chocolate
FRIDAY	Chipolata Sausage	Grilled potatoes& Sausage	Quiche
	Bread Toast	Baked Butternut	Greek Salad
	White Black Tea	Lacto Sundae	Fruit
	Paneer beans		
SATURDAY	Bread Toast	Baked potato	Pizza
	White/Black Tea	Flame grilled pork chops	Ndubaluba Dip
	Muesli/Yoghurt	Grilled Aubergines	Coleslaw Salad
		Chef's desert	
VEGAN SUNDAY	Bread Toast	Vegetable Mac N cheese	Vegetable Pasta Casserole
	Oat Porridge	Pan Cakes served with Maple Syrup/honey	Fruit of the day
	White/Black Tea		

- The menu stated here may not be the exact menu provided due to local availability of food, it's a guide to the type of food that will be served.

WESTERN MENU			
VEGAN MONDAY	BREAKFAST	LUNCH	SUPPER
	<i>All bran flakes</i>	<i>Vegetable pasta N cheese</i>	<i>Vegetable stir fry</i>
	<i>Fruit & Yoghurt</i>	<i>Coleslaw Salad</i>	<i>Fried Rice</i>
	<i>White/black Tea</i>		<i>Desert of the day</i>
TUESDAY	<i>Oat Porridge</i>	<i>Spaghetti Bolognaise</i>	<i>Quiche</i>
	<i>Toasted Bread</i>	<i>Steamed mixed vegetables</i>	<i>Mixed Green Salads</i>
	<i>Black/White Tea</i>	<i>Desert of the day</i>	<i>Bread Rolls</i>
WEDNESDAY	<i>Bread Toast</i>	<i>Packed Lunch</i>	<i>Flame Grilled Portuguese Chicken</i>
	<i>Muesli</i>	<i>Pie ,Chef's sandwich ,Fruit ,Peanuts N raisins</i>	<i>Oven Baked Potato</i>
	<i>Black/White Tea</i>	<i>Chocolate bar & Crisps</i>	<i>Grilled veggies</i>
	<i>Yoghurt & Fruit</i>		<i>Fruit in Yoghurt cream</i>
THURSDAY	<i>Baked egg and Potatoes</i>	<i>Flame grilled pork chops</i>	<i>FINGER SUPPER</i>
		<i>Rice</i>	<i>Mini Sausage Roll</i>
	<i>Black/White Tea</i>	<i>Mixed veggie stir fry</i>	<i>Crisps, Sandwich & Fruit</i>
	<i>French Toast</i>	<i>Bread n Custard pudding</i>	<i>Hot Chocolate</i>
FRIDAY	<i>Baked Beans</i>	<i>Grilled BBQ Sausage</i>	<i>Grilled stuffed Egg plants</i>
	<i>Bread Toast</i>	<i>Baked Potatoes</i>	<i>Sneaky sauce dip</i>
	<i>Chipolata Sausage</i>	<i>Coleslaw Salad</i>	<i>with pita bread</i>
	<i>White/Black Tea</i>	<i>Pap N Shebo</i>	<i>Fruit of the day.</i>
SATURDAY	<i>Bread Toast</i>	<i>Pasta n Cheese topping</i>	<i>Cheesed baked potato</i>
	<i>Weet-bix/creamy yoghurt</i>	<i>Grilled mixed veggies</i>	<i>Beet Root and carrot Salad</i>
	<i>White/Black Tea</i>	<i>Apple Crumble with Custard Sauce</i>	<i>Fruit of the day</i>
SUNDAY	<i>Oat Porridge</i>	<i>Flame grilled Topside</i>	<i>Curry n pita bread</i>
	<i>Bread Toast</i>	<i>Roast Sweet Potato wedges</i>	
	<i>Hard Boiled Eggs</i>	<i>Greek salad</i>	
	<i>Plain Yoghurt</i>	<i>Desert of the day</i>	

	ZAMBIAN MENU		
DAY	BREAKFAST	LUNCH	SUPPER
<i>Monday</i>	<i>Toasted bread served with jam</i>	<i>Beef Stew with Roller Nshima</i>	<i>Boiled Brown Rice</i>
	<i>Peanut Porridge</i>	<i>Fried Spinach with tomato & Onion</i>	<i>Mince stir fry</i>
	<i>Black/White Tea</i>	<i>Pudding</i>	<i>Butternut Mash</i>
<i>Tuesday</i>	<i>Toasted bread served with Spread</i>	<i>Brown Rice</i>	<i>Roller Nshima</i>
	<i>Black/White Tea</i>	<i>Boiled dry beans</i>	<i>Fried kapenta</i>
	<i>Sweet Potatoes</i>	<i>Chicken stew with vegetable of the day</i>	<i>Boiled Rape n peanut stew</i>
<i>Wednesday</i>	<i>Toasted bread served with spread</i>	Packed Lunch	<i>Roller Nshima</i>
	<i>Black/White Tea</i>	<i>Crisps, Pie, Chef's sandwich</i>	<i>Saucy Beef stew</i>
	<i>Boiled Eggs</i>	<i>In season Fruit of the day</i>	<i>Blanched Chibwabwa</i>
			<i>Mulberry Yoghurt</i>
<i>Thursday</i>	<i>Boiled Samp with fresh/sour milk</i>	<i>Roller Nshima</i>	<i>Chefs choice of heat up.</i>
	<i>Black/white Tea</i>	<i>Shin bone stew</i>	
		<i>Sautéed rape</i>	
		<i>Rice Pudding</i>	
<i>Friday</i>	<i>Toasted Bread</i>	<i>Roller Nshima</i>	<i>Roller Nshima</i>
	<i>Black/white Tea</i>	<i>Flamed grilled chicken</i>	<i>Mixed cut in brown sauce</i>
	<i>Grilled Chipolatas</i>	<i>Bread + butter pudding</i> <i>Boiled Cabbage</i>	<i>Boiled Chinese Cabbage</i>
<i>Saturday</i>	<i>Oat porridge</i>	<i>Nshima</i>	<i>Rice</i>
	<i>Toasted Bread</i>	<i>BBQ sausage stew</i>	<i>Fried okra, flamed grilled topside+sauce</i>
	<i>Black/white Tea</i>	<i>Steamed Impwa</i>	<i>Fruit custard</i>
		<i>Creamy yoghurt pudding</i>	
SUNDAY	<i>Toasted Bread</i>	<i>Roller Nshima</i>	<i>Fried rice</i>
	<i>Black/White Tea</i>	<i>Ndubs Roast chicken</i>	<i>Pot Roasted Shoulder blade in brown sauce</i>
	<i>Oat Porridge</i>	<i>Boiled Pumpkin(chibwabwa) leaves</i>	<i>Boiled Dry beans</i>
		<i>Rice Pudding</i>	

Medical Incident and Emergency Procedures

General information

- Ndubaluba Outdoor Centre has an excellent safety record
- A large part of the instructors training and focus is on keeping the students safe on activities and courses
- All our fulltime instructors have a valid first aid qualification
- A Ndubaluba vehicle is always available to transport students for medical incidents to a clinic at the request of the teacher in charge
- The group should come with their own First Aid Kit.
- A member of staff accompanying your trip will be expected to administer very basic First Aid. The Ndubaluba staffs are qualified in First Aid and can support the teacher when required.

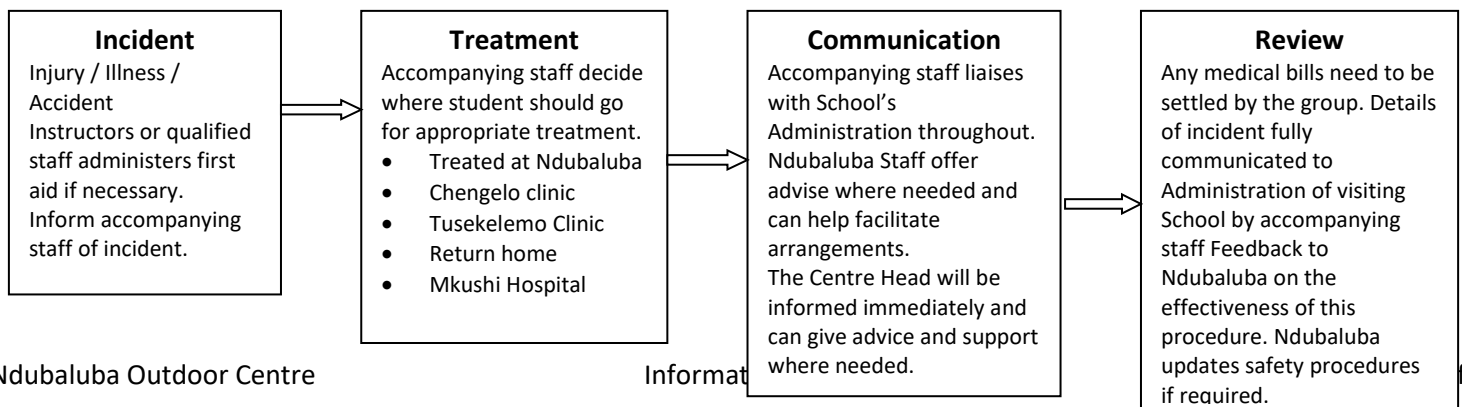
Cost

- Ndubaluba Outdoor Centre does not cover the participating student's medical costs for any accident that occur during courses at the Centre or on expeditions off site.
- It is strongly recommended that groups obtain health insurance for their students and staff while they are at the Centre and travelling to and from the Centre. SES offers this as well as other insurance companies.
- The visiting school is responsible for settling the bill with the clinic it has used. Ndubaluba can help facilitate that if required.

Procedure

- In the case of a medical incident our instructors will administer appropriate first aid
- The instructor will then approach the accompanying teacher in charge of the group regarding what to do next
- There are different options depending on the seriousness of the injury or illness
 - Chengelo clinic can treat mild illnesses or less severe injuries at relatively low cost
 - Tusekelemo Clinic is a private clinic in Mkushi and has a well qualified and experienced surgeon and doctor, x-ray department and intensive care unit. The standard of care is comparable with private clinics in Lusaka or the Copperbelt.
 - Mkushi Hospital is a government hospital comparable with other small towns
 - The students could be transported back home, to their school or a clinic of the parent's choice for further treatment
- The Ndubaluba instructor would encourage the teacher in charge of the group to call their school's administration to get advice on where to take the student.
- The responsibility of the choice of clinic is with the visiting school although the Ndubaluba staff will offer advice where needed.
- The instructor would also have contacted the Centre Head to gain advice to help the teacher make the best decision for their pupil and school.
- In serious 'life or death' medical emergency situations where the long term well being of the student was at stake we would immediately take the student to Tusekelemo Clinic while liaising closely with the teacher in charge and their school's administration.
- Ndubaluba and the visiting School Administration can review these procedures after the incident is concluded to see if there can be any improvements.

Flow chart



All you need to know

Centre Vision

Ndubaluba is under the umbrella of Chengelo School and Mkushi Christian Fellowship trust. We are a Christian organization who seeks to involve a Christian message in our courses.

Ndubaluba vision is to enable Chengelo School to draw its own students and those beyond Chengelo into a closer relationship with Christ through Christian Outdoor Adventure Education.

The basis of Christian Outdoor Adventure Education is that it is 'experiential'. Giving all students and visitors to the centre an opportunity to experience God in themselves, others and creation. By taking on new challenges, often personal self discovery and growth takes place through the revealing of creation and God in it

Course Aims

The aims of Ndubaluba courses are to challenge the participant physically, mentally and spiritually. In meeting students at the point they are at, this is achieved through a range of activities with the focus on student based experiential learning. There are also opportunities for the student to reflect upon their experiences and they will be helped to make sense of them to the benefit of their character development. Encouraging them to think bigger and to build good character qualities in themselves.

This is also in line with the aims of the international youth award which strives to:

"Provide a balanced program of self development in which young people can challenge themselves requiring persistence and determination. Learning about themselves and discovering hidden depths of their character." DoE Handbook page 11

Staffing and Activities

All the staff at Ndubaluba are committed Christians and will have opportunities to share their faith during a course. Whilst this sharing is important for us as a centre and will occur on every course at Ndubaluba we strive to be appropriate and sensitive to the beliefs of others.

At the Centre there is a head of centre and the senior instructor. You will also meet all the other friendly and cheerful instructors leading your camp when you arrive.

The staff and instructors are UK and Zambian trained in Adventure Education with lots of experience in Zambia. All of our activities are risk assessed and student safety is our number one priority. We deliver a wide variety of adventure activities to achieve the aims of each course.

Accommodation

This is offered in the form of basic thatched Chalets for students in 'dormitory style' with bunk beds. We have 10-12 spaces in each chalet. Bathroom facilities are basic. VIP long-drops and bucket showers with hot water are available for students.

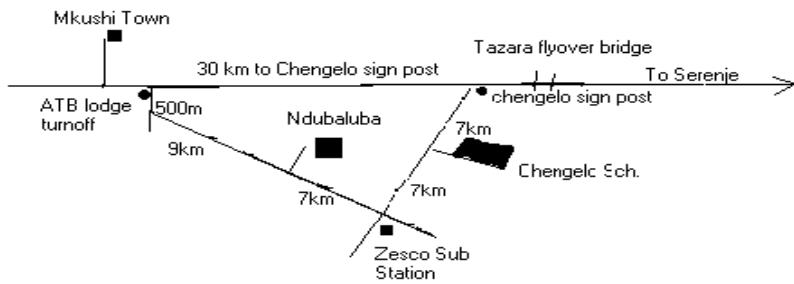
Boys and Girls have separate accommodation areas and bathroom facilities. It is expected at Ndubaluba that no member of the opposite sex should enter the accommodation area of the other. We encourage respect of privacy and high moral standards and ask teachers and accompanying staff to be supportive and reinforce this rule.

On the expedition element of the course students will sleep in tents, which they need to bring themselves. These must be single sex and will be set up keeping girls in one area of the camp site and boys in another area. It is expected that no member of the opposite sex should be near the others tent area. Staff accommodation is separate but close to the students. Staff will have a bed and access to a shower with running hot water and a flush toilet. There is basic bedding supplied for staff but please bring your sleeping bag as well. We have a female and male staff accommodation unit. We try to provide shared accommodation for married couples; however, this may not be possible. Unmarried couples would be required to sleep in separate accommodation. On the expedition element of the course staff members will be provided with a tent to sleep in following the above guidelines on sharing accommodation.

Location

We are located 30km North of Mkushi Town on the Great North Road. Make the correct turn at Kapiri Mposhi. Turn right at the ATB Lodge turn off just after the Mkushi turn off. Drive about 500m then take a left turn. Go for about 9 km past a small bridge then you will see the Ndubaluba sign post on your left by 1 big gum tree. Turn into the gateposts and after 500 meters you are in Ndubaluba.

If you are using the Chengelo route, turn right at the Chengelo School sign, which is about 30km from the Mkushi turn off. Go along this dust road for about 7km until you pass another Chengelo sign. Carry on straight, on this road for another 7km until a crossroads (4-ways). Take a right turn and follow the sandy road for another 7km until you get to a bend in the road and the Ndubaluba sign. Turn right and go for another 500m to the entrance of Ndubaluba on your right.



Range of activities available

Ndubaluba offers lots of fun, often tough and sometimes hair-raising activities!

Adventure Activities	Survival	Expressive Arts
Adventure races	Survival cooking	Pottery
Zip wire	Team survival challenge	Paper making
	Survival courses	Painting
Ropes course	Tree solo	Bush crafts
Assault course		Minimal resource teaching
High ropes tree jumps	Community Interaction	
Bush	Home based HIV care	Team building & Leadership
Orienteering	Local village work	Initiative tests
Jacob's ladder	Local school activities	Wide games/team games
Faith pole		Raft building
Climbing wall	Environment	Leadership lectures
Canoeing (also night canoeing)	Environmental activities and bush walks	
Rock climbing	Field studies	
Kayaking	Solo Solitaire	
High water jumps		

Local expeditions

- A trek up Mount Mumpu (6400ft): This trip entails a camp and a hike in the North Swaka Forrest Reserve. With a spectacular ascent through a huge bat infested cave.
- Kundalila Falls: This is a wonderful place for Rock Climbing, camping and abseiling.
- Mount Sancha: A remote hike and climb up a massive exfoliation dome, with an incredible view from the summit!
- Mwendefye Hills (For primary groups): An easier hike in the local hills with spectacular views of pristine bush from the top.

Please brief your students on the following regarding their stay at Ndubaluba

- General camp aims
- What to bring and what not to bring
- Expectations and discipline
- Accommodation
- Valuables
- No tuck policy
- No alcohol
- No smoking for students

The role of accompanying staff

Naturally, you will want to observe how your students get on, and sometimes you may want to take part yourself when appropriate. This is a great opportunity to observe strengths and weaknesses, leadership qualities, interpersonal skills and character development in your students. We encourage you to make the most of this. Taking notes may be useful. We encourage students to operate on their own initiative, with limited help and to learn from their own experiences.

As a staff member on the trip we expect you to take responsibility for the students' general discipline and well being outside of instructional hours. The course leader will meet with all your staff at the beginning of your course for a general briefing and to talk through the 'Teachers responsibilities' listed below.

- Morning wake up: Students will receive a knock on their chalet door at 06:00. Teacher to ensure all students are ready for breakfast.
- Supervising Meals: 1 teacher required to supervise duty team to clear away and tidy DH. An instructor will explain the procedure.
- Evening Activity: 1 teacher required to help supervise evening activity from 19:00 – 20:00 hrs
- Lights Out: Lights out is set by the teachers. By 21:30 hrs we kindly request silence in camp.
- After lights out: Please ensure continued camp silence after lights out and throughout the night. In the event of an emergency, you may call/whistle for the night watchman who will get hold of the course leader if needed.
- Night camping out: 1 teacher is required to supervise until 'lights out'. Thereafter camping out is optional but most welcome A tent is supplied for you.
- Certificates: These are to be completed for all students. Kindly hand them in to an instructor before the final Friday morning review.
- Review: Please attend the review sessions with students as they can be very useful times for you. (i.e. "Flashback" times and Final Review)

Mobile coverage

Members of staff may wish to be in contact with home. Please take note that there is only MTN and Airtel coverage on the Ndubaluba site. On expeditions signal for MTN and Airtel is patchy.

Contact Details

Email:	ndubaluba@chengeloschool.org
Website:	www.ndubaluba.org
Ndubaluba Office (Mrs Chanda Charity)	0968575269
Chengelo School landline:	0979 999 992
Richard Thompson (Centre Head):	0966 111 255

Maximizing the value of your trip

Every single course is taken seriously and highly thought out while attempting to match the course aims to your group needs. Every course is reflected upon after your stay while your suggestions and other developments are taken into account and acted upon.

In short, we continually aim to be increasingly skilled and professional. But we need your input. So just how can you make your trip of even more value to your school, students, teachers and parents alike? Here are some ideas.

Opportunities and benefits for staff

- An opportunity to be an example and role model in willingly taking on new challenges and being continuously open to your own further learning's, growth and development
- Many opportunities for one to one counseling, encouraging and support of individual students
- Creating a 'form spirit', which would be valuable to the continued life of the form throughout the year... be it spiritual, academic, motivational, personal, and social aspects
- Developing relationships with your students within a variety of new contexts
- Opportunities for staff to discover beautiful natural areas within Zambia
- Observing and understanding students in an open, honest and challenging environment

After the course

After all the time, effort and funds invested into your week, we would hope that the benefits would be long lasting. Not only seen as “a time of fun but it’s over now”. In short, the Ndubaluba instructor will sensitively challenge your group to achieve the aims laid out. However, the value of continuing the good work, which was started at Ndubaluba, cannot be overemphasized. This continued work back in the classroom after their trip will have several potential benefits.

- Lasting character development and motivation in your students
- A stronger platform of student leaders and role models in your school
- An additional school experience marketing tool to add to or compliment the student’s academic performance
- A report can be filed in student’s records used as a CV record or as a resource in your school prize giving
-

Here are some things that could be done by yourselves

- Your group can put together a sketch or drama at School Assembly including for example ‘fun times and what they learnt’ following the course
- Use the report comments drawn up at the Ndubaluba week to feedback to staff, parents and teachers
- Present a slide show or DVD to staff, parents and teachers of their time at Ndubaluba
- This can be a tool to use at parents days, open days
- Interview (formal) or get alongside specific students (informal) after the camp. Discuss how they are doing in themselves, what challenges they are facing now, back at school/home; how are they going about their personal goals that they set at camp.
- Certificates: Most Ndubaluba courses will present certificates to students. They can be re-presented again at your School Assembly.
- If the member of staff is observant of their student whilst at Ndubaluba, a mini report of each child could be made of how they performed in the week. A mini report such as this would have several advantages: It can be posted to parents or added to existing school reports. Most parents would be delighted or impressed that you are interested in their child’s development of self, even out of the classroom.



NDUBALUBA OUTDOOR CENTRE

Pre-Course Information Details

Please fill in this form and email it back to us 4 weeks before your camp. Your quick response and details help our preparations.

Name of school	
Purpose of visit to Ndubaluba	
Number of female staff	
Names of female staff	
Number of male staff	
Names of male staff	
Number of driver/s present	
Name/s of drivers present	
Total number of students on this trip	
Number of male students attending	
Number of female students attending	
Please indicate age range of pupils	Between and years
Arrival date of your trip	
Departure date of your trip	
Arrival time at Ndubaluba	
Departure time from Ndubaluba	
Contact name and mobile numbers/s of teacher/s attending	
Deposit amount and date	
Or deposit to be paid by date	
Please state if cash, cheque or money transfer deposit	

Will your driver and vehicle remain at Ndubaluba for the entire duration of the camp? If no, Please state the arrangement;

Please state any outstanding medical conditions and note that accompanying staff are responsible for administering medication for students on the trip (name, sex, condition, medication):

Are there specific areas or aims you would like us to focus on during the course? Please give as much detail as possible.

Do you have any other queries?

Please let us know if you require any more information from or about Ndubaluba. We look forward to hearing from you and to meeting you on your visit.

Dietary Requirements Form

General Information

Special dietary requirements

Name of Group	
Arrival Date & Time at Ndubaluba	
Departure Date & Time	
Number of Students	
Number of Staff members	
Number of Drivers	
Will you require lunch upon arrival?	
Will you require packed lunch for the journey?	
** Please remember that lunch upon arrival and packed lunch for journey are all included in the course rates, so feel free to indicate if you will require it. There will be no additional cost.	
	Number of
Vegetarians	
No pork	
No beef	
No chicken	
Halaal	
Other	

We now provide halaal food. However, strictly halaal can bring their own halaal meat to be cooked and if you do so please let us know in advance how you want it prepared:

Please indicate any food allergies, medical conditions and other dietary information you may have that Kitchens needs to know about:

Menu Choice - Please indicate your one chosen menu

Western Menu	Mixed Menu	Zambian Menu

Team sheet

Please fill in the table below with the names of your group according to the following instructions:

- Divide your group into teams of equal numbers (under 12 = 1 group, 12 to 24 = 2 groups, 25 to 36 = 3 groups and +36 = 4/5 groups.
- No less than 8 and no more than 12
- The teams must be balanced and well mixed in terms of gender, character traits, physical strength
- Aim to split strong friendships into different teams

	Group 1	Group 2	Group 3	Group 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Please provide any relevant behavioral issues or circumstances regarding your students, which you feel we need to know? E.g. Recently bereaved, behavioral conditions...

Standard Programs (Secondary 2 or 3 team / Primary 2 or 3 team Prog)

Primary 5 days 2 team standard course for students & teachers – Ndubaluba Adventure X-Treme!

If the number of students is 24 or less, then you need to put them in 2 teams that are balanced in terms of gender, character traits, and physical strength, split up strong friendships into different team. Above is the program for a 2 teams.

DAY	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOON	SUPPER	EVENING	ACTIVITY
TIME	07:00	08:30-12:00	12:30	14:00-16:30	18:00	19:00-20:00	20:00-21:30
MONDAY "YOUR CHOICE"			Arrival & Briefings Light Lunch Duty Prepare for activity	Energizer Camp Opening Assault course	Duty	Gospel Fun	Campfire
TUESDAY "TRUST "	Meal duty Prepare for activity Chalet Checks	1.Canoe Journey 2.Faith Pole/ Climbing Wall & Expressive Arts BREAK 10:00 – 10:30	Duty Prepare for activity	2.Canoe Journey 1.Faith Pole/ Climbing wall & Expressive Art Flashback time(16:00) Shower (Depart Chengelo - 17:00)	Chengelo (17:30) Or DH Duty	C.I.A @ Chengelo Or Night walk	Campfire Hot Choc & snack
WEDNESDAY "NEVER NEVER GIVE UP"	Meal duty Prepare for activity Chalet Checks	NDUBALUB A MEDIC "MISSION R"	Duty Prepare for activity	Egg Challenge Flashback time(16:00)	Duty	Quiz night	Campfire Floodlit games
THURSDAY "CREATION"	Meal duty Prepare for activity Chalet Checks	BUSH SAFARI OR HILL WALK	Duty Prepare for activity	Tent pitching Solitaire	Heat up	Solitaire Response & Hot Choc	Campfire games
FRIDAY "WHAT NEXT"	Meal duty Pack up Chalet Checks	Slide show Assault 2 'Flash Back' Prize giving T-Shirts Depart (10:30)	(Travel Lunch)				

Primary 5 days 3 team standard course for students & teachers – Ndubaluba Adventure X-Treme

If the number of students is 25 and above then you need to put them in 3 teams that are balanced in terms of gender, character traits, and physical strength, split up strong friendships into different team. Above is the program for 3 teams.

DAY	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOON	SUPPER	EVENING	ACTIVITY
TIME	07:00	08:30-12:00	12:30	14:00-16:30	18:00	19:00-20:00	20:00-21:30
MONDAY "YOUR CHOICE"			Arrival & Briefings Light Lunch Programme 'Run thru'	Energizer Camp Opening Assault course	Main meal Supervise : Meal duty	Gospel Fun	Campfire Lights out
TUESDAY "TRUST"	Supervise: Meal duty Prepare for activity Chalet Checks	8:30-10:00 1. Canoe Fun 2. Expressive Arts 3. Faith Pole/ Climbing Wall BREAK 10:00 – 10:30 (Admin) 10:30-12:00 1. Expressive Arts 2. Faith Pole/ Climbing Wall 3. Canoe Fun	Main Meal Supervise Duty Free time Prepare for activity	1. Faith Pole / Climbing Wall 2. Canoe Fun 3. Expressive Arts Flashback time(16:00) Shower (Depart Chengelo -17:00)	Chengelo (17:30) Or Light meal Supervise : Meal duty Activity preps	C.I.A @ Chengelo Or Night walk	Campfire Hot Choc & snack Lights out
WEDNESDAY "NEVER NEVER GIVE UP"	Supervise: Meal duty Prepare for activity Chalet Checks	NDUBALUBA MEDIC "MISSION R"	Supervise Duty Free time Prepare for activity	Egg Challenge Flashback time(16:00)	Supervise : Meal duty	Quiz night	Campfire Floodlit games Lights out
THURSDAY "CREATION"	Supervise: Meal duty Prepare for activity Chalet Checks	BUSH SAFARI And Environmental games- tree identification	Supervise Duty Free time Prepare for activity	Tent pitching Solitaire	Heat up	Solitaire Response & Hot Choc	Campfire games Students to shelters (20:30)
FRIDAY "WHAT NEXT"	Supervise: Meal duty Pack up Chalet Checks	Slide show & Assault 2 'Flash Back' Prize giving – certificates T-Shirts Depart (10:30)	(Travel Lunch)				

Secondary 5 days 2 team standard course for students & teachers – Ndubaluba Adventure X-Treme!

If the number of students is 24 or less, then you need to put them in 2 teams that are balanced in terms of gender, character traits, and physical strength, split up strong friendships into different team. Above is the program for a 2 teams.

DAY	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOON	SUPPER	EVENING	ACTIVITY
TIME	07:00	08:30-12:00	12:30	14:00-16:30	18:00	19:00-20:00	20:00-21:30
MONDAY "YOUR CHOICE"			Arrival & Briefings Light Lunch Duty Prepare for activity	Energizer Camp Opening Assault course	Duty	Gospel Fun	Campfire
TUESDAY "TRUST "	Meal duty Prepare for activity Chalet Checks	1.Canoe Journey 2.Faith Pole/ Climbing Wall & Expressive Arts BREAK 10:00 – 10:30	Duty Prepare for activity	2.Canoe Journey 1.Faith Pole/ Climbing wall & Expressive Art Flashback time(16:00) Shower (Depart Chengelo - 17:00)	Chengelo (17:30) Or DH Duty	C.I.A @ Chengelo Or Night walk	Campfire Hot Choc & snack
WEDNESDAY "NEVER NEVER GIVE UP"	Meal duty Prepare for activity Chalet Checks	NDUBALUBA MEDIC "MISSION R"	Duty Prepare for activity	Egg Challenge Flashback time(16:00)	Duty	Quiz night	Campfire Floodlit games
THURSDAY "CREATION "	Meal duty Prepare for activity Chalet Checks	BUSH SAFARI OR HILL WALK	Duty Prepare for activity	Tent pitching Solitaire	Heat up	Solitaire Response & Hot Choc	Campfire games
FRIDAY "WHAT NEXT"	Meal duty Pack up Chalet Checks	Slide show Assault 2 'Flash Back' Prize giving T-Shirts Depart (10:30)	(Travel Lunch)				

Secondary 5 days 3 team standard course for students & teachers – Ndubaluba Adventure X-Treme!

If the number of students is 25 and above then you need to put them in 3 teams that are balanced in terms of gender, character traits, and physical strength, split up strong friendships into different team. Above is the program for a 3 teams.

DAY	BREAKFAST	MORNING ACTIVITY	LUNCH	AFTERNOO N	SUPPER	EVENING	ACTIVITY
TIME	07:00	08:30-12:00	12:30	14:00-16:30	18:00	19:00-20:00	20:00-21:30
MONDAY "DECISIONS"			Arrival & Briefings Light Lunch Duty	Energizer Camp Opening Assault course	Main meal Supervise: Meal duty	Gospel Fun	Campfire Lights out
TUESDAY "TRUST AND COURAGE "	Meal duty Prepare for activity Chalet Checks	8:30-10:00 1. Climbing Wall/ Faith Pole 2. Canoeing 3. Initiatives BREAK 10:00 – 10:30 10:30-12:00 1. Canoeing 2. Initiatives 3. Climbing Wall/ Faith Pole	Duty Prepare for activity	1. Initiatives 2. Faith Pole / Climbing Wall 3. Canoeing Flashback time(16:00) Shower (Depart Chengelo - 17:00)	Chengelo (17:30) Or Light meal Supervise: Meal duty Activity preps	C.I.A @ Chengelo Or Night walk	Campfire Hot Choc & snack Lights out
WEDNESDAY "RUNNING THE RACE"	Meal duty Prepare for activity Chalet Checks	ROCKET RACE	Rocket Race Lunch	Egg Challenge Flashback time(16:00)	Supervise: Meal duty	Quiz night	Campfire Floodlit games Lights out
THURSDAY "DEPENDAN CE"	Meal duty Prepare for activity Chalet Checks	SURVIVAL DAY	Survival Lunch Rest time	Tent pitching Solitaire	Heat up	Solitaire Response & Hot Choc	Campfire games Students to shelters (20:30)
FRIDAY "THE FUTURE"	Meal duty Pack up Visitors Book	Slide show Freeze Frames Review Assault 2 Prize giving T-Shirts Depart (10:30)	(Travel Lunch)				

Teacher Responsibilities Standard Group

TEACHER RESPONSIBILITIES

- ***Bold italics print indicates direct teacher supervision (or involvement)***
- Morning wake up: Students will receive a knock on their chalet door at 06:00. Teacher to ensure all students are ready for breakfast.
- Supervising Meals: 1 teacher required to supervise duty team to clear away and tidy DH. An instructor will explain the procedure.
- Evening Activity: 1 teacher required to help supervise evening activity from 19:00 – 20:00 hrs
- Lights Out: Lights out is set by the teachers. By 21:30 hrs we kindly request silence in camp.
- After lights out: Please ensure continued camp silence after lights out and throughout the night. In the event of an emergency, you may call/whistle for the night watchman who will get hold of the course leader if needed.
- Night camping out: 1 teacher is required to supervise until 'lights out' and at least one teacher is also required to camp out. A tent is supplied for you.
- Certificates: These are to be completed for all students. Kindly hand them in to an instructor before the final Friday morning review.
- Review: Please attend the review sessions with students as they can be very useful times for you. (i.e. "Flashback" times and Final Review)
- Time Out: You are welcome to take some time out during some of the activity sessions. Some of Wednesday afternoon, and Thursday afternoon are probably best if you need time out.
- Camp out for teachers is optional. However at least 1 teacher is required to eat supper at camp and remain to put your students to bed. The camp is 300m from Ndubaluba.

Please Note:

Non-5 days courses have different programs (3 days camps etc) which will be sent to you as we send the information for such a camps.

Ndubaluba Staff Questionnaire On Site

To help us improve course standards and running of the centre we would value your feedback of your recent stay. Many thanks from all of us.

1. Name of School / Organisation: _____ Year Group _____

2. Dates attended: _____ Course Title: _____

3. How did the course meet your aims and objectives for your visit to Ndubaluba?

4. How do you think your visit to Ndubaluba will affect your students in their day to day life?

5. Please rate:

Quality of Food	Poor	1	2	3	4	5	Excellent
Quantity of Food	Poor	1	2	3	4	5	Excellent
Quality of Accommodation	Poor	1	2	3	4	5	Excellent
Quality of Ablutions	Poor	1	2	3	4	5	Excellent
Appearance and suitability of grounds/site	Poor	1	2	3	4	5	Excellent
Quality of Equipment	Poor	1	2	3	4	5	Excellent
Safety of students on Activities	Poor	1	2	3	4	5	Excellent
Competence of Instructors	Poor	1	2	3	4	5	Excellent
Helpfulness of Instructors	Poor	1	2	3	4	5	Excellent
Effectiveness of review sessions	Poor	1	2	3	4	5	Excellent
Activities on the course	Poor	1	2	3	4	5	Excellent
Spiritual content of the course	Poor	1	2	3	4	5	Excellent
General organisation of the course	Poor	1	2	3	4	5	Excellent
Value for money of the course	Poor	1	2	3	4	5	Excellent
Communication from our office before the trip	Poor	1	2	3	4	5	Excellent
Would you come back to Ndubaluba again	Never	1	2	3	4	5	Absolutely

6. Any specific comments on any of your ratings above: _____

7. How well was your course led? (I.e. Do you know who the course leader was? Were they visible and approachable? How quickly did they respond to your requests or questions?)

How well was your course led	Poor	1	2	3	4	5	Excellent
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Any Comments

8. Any other comments or improvements you think we could make to our courses or centre (Please use the back of this sheet if needed)

Ndubaluba Student Questionnaire On Site

We want to make the Ndubaluba experience even better! We appreciate your opinion.

1. Name of School / Organisation: _____
2. Year Group: _____ your age _____
3. Dates attended: _____ Course Title: _____
4. What were your expectations and experience of the camp?
I thought Ndubaluba would be... _____
My Ndubaluba experience was... _____
5. How do you think your visit to Ndubaluba will affect you when you get home?

6. Please rate:

How was the food	Poor	1	2	3	4	5	Excellent
Were the meals big enough	Poor	1	2	3	4	5	Excellent
How was your room	Poor	1	2	3	4	5	Excellent
How were the toilets and showers	Poor	1	2	3	4	5	Excellent
How was the site	Poor	1	2	3	4	5	Excellent
What was the activity equipment like	Poor	1	2	3	4	5	Excellent
How safe were you	Poor	1	2	3	4	5	Excellent
How good were the instructors	Poor	1	2	3	4	5	Excellent
Were they helpful and friendly	Poor	1	2	3	4	5	Excellent
Was the review session helpful	Poor	1	2	3	4	5	Excellent
What were the activities like	Poor	1	2	3	4	5	Excellent
Was the course well organised	Poor	1	2	3	4	5	Excellent
How was the spiritual content of the course	Poor	1	2	3	4	5	Excellent
Do you think it's good value for money	Poor	1	2	3	4	5	Excellent
Did you know enough about the camp before you came	Poor	1	2	3	4	5	Excellent
Would you come back to Ndubaluba again	Never	1	2	3	4	5	Absolutely

7. Any specific comments on any of your scores above: _____

8. How well was your course led? (I.e. Do you know who the course leader was? Were they friendly and you could easily talk to them? How quickly did they respond to your requests or questions?)

How well was your course led	Poor	1	2	3	4	5	Excellent
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Any
Comments _____

9. Any other comments or improvements you think we could make to our courses or centre (Please use the back of this sheet if needed)

Thank you!!

Ndubaluba Staff Questionnaire Off Site

To help us improve course standards and running of the centre we would value your feedback of your recent stay. Many thanks from all of us.

1. Name of School / Organisation: _____ Year Group _____
2. Dates attended: _____ Course Title: _____
3. How did the course meet your aims and objectives for your visit to Ndubaluba?

4. How do you think your visit to Ndubaluba will affect your students in their day to day life?

5. Please rate:

Quality of Food	Poor	1	2	3	4	5	Excellent
Quantity of Food	Poor	1	2	3	4	5	Excellent
Quality of Accommodation	Poor	1	2	3	4	5	Excellent
Quality of Ablutions	Poor	1	2	3	4	5	Excellent
Appearance and suitability of grounds/site	Poor	1	2	3	4	5	Excellent
Quality of Equipment	Poor	1	2	3	4	5	Excellent
Safety of students on Activities	Poor	1	2	3	4	5	Excellent
Competence of Instructors	Poor	1	2	3	4	5	Excellent
Helpfulness of Instructors	Poor	1	2	3	4	5	Excellent
Effectiveness of review sessions	Poor	1	2	3	4	5	Excellent
Activities on the course	Poor	1	2	3	4	5	Excellent
Spiritual content of course	Poor	1	2	3	4	5	Excellent
General organisation of the course	Poor	1	2	3	4	5	Excellent
Value for money of the course	Poor	1	2	3	4	5	Excellent
Communication from our office before the trip	Poor	1	2	3	4	5	Excellent
Would you come back to Ndubaluba again	Never	1	2	3	4	5	Absolutely

6. Any specific comments on any of your ratings above: _____

7. How well was your course led? (I.e. Do you know who the course leader was? Were they visible and approachable? How quickly did they respond to your requests or questions?)

How well was your course led	Poor	1	2	3	4	5	Excellent
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Any Comments

8. Any other comments or improvements you think we could make to our courses or centre (Please use the back of this sheet if needed)

Ndubaluba Student Questionnaire Off Site

We want to make the Ndubaluba experience even better! We appreciate your opinion.

1. Name of School / Organisation: _____
2. Year Group: _____ your age _____
3. Dates attended: _____ Course Title: _____
4. What were your expectations and experience of the camp?
I thought Ndubaluba would be... _____
My Ndubaluba experience was... _____
5. How do you think your visit to Ndubaluba will affect you when you get home?

6. Please rate:

How was the food	Poor	1	2	3	4	5	Excellent
Were the meals big enough	Poor	1	2	3	4	5	Excellent
How was your room	Poor	1	2	3	4	5	Excellent
How were the toilets and showers	Poor	1	2	3	4	5	Excellent
How was the site	Poor	1	2	3	4	5	Excellent
What was the activity equipment like	Poor	1	2	3	4	5	Excellent
How safe were you	Poor	1	2	3	4	5	Excellent
How good were the instructors	Poor	1	2	3	4	5	Excellent
Were they helpful and friendly	Poor	1	2	3	4	5	Excellent
Was the review session helpful	Poor	1	2	3	4	5	Excellent
What were the activities like	Poor	1	2	3	4	5	Excellent
Was the course well organized	Poor	1	2	3	4	5	Excellent
How was the spiritual content of course	Poor	1	2	3	4	5	Excellent
Do you think it's good value for money	Poor	1	2	3	4	5	Excellent
Did you know enough about the camp before you came	Poor	1	2	3	4	5	Excellent
Would you come back to Ndubaluba again	Never	1	2	3	4	5	Absolutely

7. Any specific comments on any of your scores above: _____

8. How well was your course led? (I.e. Do you know who the course leader was? Were they friendly and you could easily talk to them? How quickly did they respond to your requests or questions?)

How well was your course led	Poor	1	2	3	4	5	Excellent
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Any

Comments _____

9. Any other comments or improvements you think we could make to our courses or centre (Please use the back of this sheet if needed)
