



# NDUBALUBA OUTDOOR CENTRE

## Ndubaluba Information Pack - 2020

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For Groups doing the Duke of Edinburgh International  
Award

P/B 16 Mkushi, Zambia Tel: +260 979 999992 / **+260 968 575269** Email: [ndubaluba@chengeloschool.org](mailto:ndubaluba@chengeloschool.org)  
Website: [www.ndubaluba.com](http://www.ndubaluba.com) // [www.facebook.com](https://www.facebook.com)

This document contains information on the Duke of Edinburgh (DoE) International Awards which helps young people develop their skills and character building. There is Kitchen menus, bookings, rates, payments procedures, medical information, programs and many other things you need to know regarding the DoE.

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# Kit list

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For the DoE Adventurous Journey students are expected to bring their own expedition food, cutlery, plates/bowls, mug and cooking utensils. The Centre provides meals 'outside' of the actual Adventurous Journey, i.e. On arrival or after the AJ has finished. The students must also supply their own tents and roll mats.

## What Students and Staff Must Bring!

- Sleeping bag and pillow or bedding
- Tent
- Expedition Clothing – Clothes that can get wet and dirty
- Long trousers and sleeves for evenings
- Good Strong Trainers for walking or Walking Boots
- Rafters/flip flops
- Swimming Clothes
- Toiletries
- Towel
- Torch
- Water bottle/ Camel pack (at least 2 Liters capacity)
- Cap/hat/ Sun cream
- Expedition cutlery (cup, bowl, plate, spoon, knife & fork)
- Water proof jacket (Rainy Season)
- Personal medication
- Food for your entire expedition including energy snacks / drinks and tuck
- 1x Mobile Phone per team (for DoE Qualifiers only)

## Optional but recommended

- Note book & pen- this is a must bring
- Sleeping mat / roll mat
- Large Rucksack (50L +) (Can be provided by Ndubaluba on request)
- Head Torch
- Walking boots
- Sunglasses
- Insect repellent
- Pen knife
- Came

## Items to be handed in and kept safe at Ndubaluba

- **IPods& Gaming Consoles / Mobile phones / GPS-** *For their safe keeping and we want the students to focus on the course and the learning outcomes without distraction. GPS is not allowed for DoE expeditions. A mobile phone is allowed for the group on Qualifier only. IPods & Gaming Consoles / Mobile phones / GPS cannot be used as cameras on the expedition. Groups wishing to take photos should bring a camera for this specific purpose.*
- **Valuables: Jewelry, passports-** *For their safe keeping, jewelry can be dangerous on the climbing tower and other activities.*
- **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.*

# Rates 2020 – Duke of Edinburgh International Awards (DoE)

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## Bronze and Silver Rates

### 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

- Half day is where 2 meals are provided by the centre
- Prices include all meals at the centre, accommodation, supervision, training and assessing
- Own food has to be provided for actual expedition (see notes on DoE)

### Gold Practice Expedition at Mulungushi Dam

- **K 16,850.00** per group
- Price includes supervision, training and equipment
- **Minimum group size 4 students**
- **Maximum group size 10 students**
- Staff and Students have to provide their own food for the whole trip and cover the cost of camp fees
- Please contact us for more information on the DoE courses 5 days course

### Gold Qualifier Expedition at Kundalila Falls, Serenje

- **16,850.00** per group
- Price includes supervision, training and equipment
- **Minimum group size 4 students**
- **Maximum group size 10 students**
- Staff and Students have to provide their own food for the whole trip and cover the cost of camp fees
- Please contact us for more information on the DoE courses 5 days course

## 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
<b>Souvenirs</b> 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

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	K 310.00
Compass	K 420.00
Whistle	K 80.00
Helmet	K 570.00
Bush knife	K 130.00
Lunch box	K 35.00
Pot or pan	K 85.00

## 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.

## 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: 20% 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.
- 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.
- 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:**

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

**GBP Account Details:**

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

## Use of Photographs of Students at Ndubaluba

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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](mailto: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!

## Advanced preparation

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Did you know that you could also increase the value to your Ndubaluba course, by practicing some things with your students before the course? It is strongly recommended that you run through the basics of practical expedition skills which are outlined below.

- Discuss the purpose of the Duke of Edinburgh International Award and its aims with your students.
- Do some training in practical expedition skills such as:
  - Basic map reading & skills
  - Using a compass
  - Preparing and lighting a fire
  - Camp Craft skills – putting up and pack tents correctly
  - Food & menu planning – using the correct types of food etc.
- Give each student a card to express a personal goal that they would like to achieve over the Ndubaluba week. E.g. a fun card and a character card.
- Showing a slide show as a presentation of last year's course. This will help to prepare your students mentally and emotionally.
- Try to get a small team from last year's group to talk to your present students.

## **BOOK SIGNING BY AWARD LEADER**

- Remember you do not have to sign any student's book if you did not know that they were taking part in your activity for their DoE.
- Please try to put the exact dates that the students carried out the activity  
E.G. 5/1/14 – 29/3/14 rather than January – March 2014.
- The small space for comment should include positive remarks about commitment to the activity and any personal development in the student

## **Range of activities offered**

For your DoE course the activities at the centre such as canoeing and using the climbing tower will not be a part of the program as we will be focusing on planning, preparing and carrying out your student's expedition.

## **Transport on Expedition**

The centre will transport any equipment and instructors but, will not transport students during the expedition. Your transport will be used to travel to the start of any camps and the end–Point of the expedition. The terrain may be uneven and will be on gravel roads/tracks however; on a bronze expedition this is easily driveable for any bus. On silver expeditions a Toyota Hiace will be able to drive on the necessary routes but a larger Rosa bus will not have access. We have a Truck available to hire for silver expeditions if you are not able to bring transport that will be able to access all the required points. Please let us know in advance if you will need this (see rates document for current transport hire costs). The centre will have an emergency vehicle on standby for any medical eventualities during the trip.

## **Maximizing the value of your trip – Ideas for you**

If your course was a practice expedition the instructor will also give your group 'homework' which they must complete in preparation for their final expedition. It is strongly encouraged that back at your school you again review the practical expedition skills and have 'refresher sessions' so that your students are able to sharpen and refresh their skills before they come for the final expedition.

## **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.
- **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.**



<b>MIXED MENU</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SUPPER</b>
<b>MONDAY</b>	Toasted Bread	Lemon Glazed grilled chicken Lettuce/Tomato	Vegetable Brown Rice
	All Bran flakes with creamy yoghurt		Grilled Lemon Glazed Pork Chops
	White/Black Tea	Potato Salad/Lacto Laced dressing	Blanched Broccoli/Green Beans
			Rice Pudding
<b>TUESDAY</b>	Roller Meal Porridge	Nshima	White Rice
	Toasted Bread	Grilled Shoulder blade in brown sauce	Beef Medallion/ Potato wedges
	Black/White Tea	Seasonal vegetables	Coleslaw Salad
	Vanilla Yoghurt	Banana short cake with Custard topping	
<b>WEDNESDAY</b>	Oat Porridge	Packed Lunch	Grilled Potatoes/Nshima
	Toasted bread	(Crisps,Fruit,Pie,Nuts and Rasins	BBQ Chicken with Sneaky sauce
	Black/White Tea	Chocolate bar, Chef's Sandwich)	Spinach/Blanched Carrots
	Plain Yoghurt		Chocolate cake + creamed lacto
<b>THURSDAY</b>	All Bran flakes/yoghurt	Minute steak cubes served with spaghetti/Nshima	<b>FINGER SUPPER</b>
	Toasted Bread	Blanched mixed vegetables	Veggie Rolls/meatballs/mini pies + fruit of the day.
	Black/White Tea	Mixed fruit served creamed lacto	
<b>FRIDAY</b>	Chipolata Sausage	Grilled potatoes& Sausage	Quiche
	Bread Toast	Grilled Butternuts	Green Salad with lacto dressing
	White Black Tea	banana pudding	Fruit
	Baked beans		
<b>SATURDAY</b>	Bread Toast	Burger of the day	Pizza
	White/Black Tea	Chips	Ndubaluba Dip
	Muesli/Yoghurt	Green Salad	Coleslaw Salad
		Chef's desert	
<b>VEGAN SUNDAY</b>	Bread Toast	Vegetable Mac N cheese	Vegetable Macaroni Casserole
	Oat Porridge		Chocolate cake
	White/Black Tea	Grilled Impwa/Sautéed Cabbage	
	Drinking Vanilla Lacto	Pan Cakes served with Maple Syrup	

<b>WESTERN MENU</b>			
<b>VEGAN MONDAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SUPPER</b>
	Weet-bix	Vegetable spaghetti N cheese	Vegetable stir fry
	Fruit & Yoghurt	Coleslaw Salads	Fried Rice
	White/black Tea		Banana in Creamed Lacto
<b>TUESDAY</b>	Oat Porridge	Spaghetti Bolognese	Quiche
	Toasted Bread	Steamed Broccoli/carrots/Courgettes	Mixed Green Salads
	Black/White Tea	Rice Pudding	Bread Rolls
<b>WEDNESDAY</b>	Bread Toast	<b>Packed Lunch</b>	Grilled Portuguese Chicken
	Muesli	Pie, Tacos ,Fruit ,Peanuts N raisins	Oven Baked Potato
	Black/White Tea	Chocolate bar & Crisps	Beet Root and Carrot salad
	Yoghurt & Fruit		Mulberry in Yoghurt cream
<b>THURSDAY</b>	Black/White Tea	Pork on the Leg	<b>FINGER SUPPER</b>
	French Toast	Vegetable Brown Rice	Mini Sausage Roll
		Buttered Carrot dices	Crisps, Sandwich & Fruit
		Brown Bread pudding	
<b>FRIDAY</b>	Beans	BBQ Sausage	Grilled stuffed Egg plants
	Bread Toast	Baked Potato Wedges	Sneaky sauce dip
	Chipolata Sausage	Coleslaw Salad	with pitta bread
	White/Black Tea	Pap N Shebo	Fruit of the day.
<b>SATURDAY</b>	Bread Toast	Vegetable pasta	Cheesed baked potato
	Weet-bix/creamy yoghurt	Apple Crumble with Custard Sauce	Beet Root and Carrot Salad
	White/Black Tea	Golden grilled veggies	Fruit
<b>SUNDAY</b>	Oat Porridge	Char Grilled Topside	Paneer Pakoora with Pita bread
	Bread Toast	Roast Sweet Potato wedges	Pudding of the Day
	Hard Boiled Eggs	Grilled Aubergines/Green Beans	
	Plain Yoghurt	Lacto sundae	

	<b>ZAMBIAN MENU</b>		
<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SUPPER</b>
<i>Monday</i>	<i>Toasted bread served with jam</i>	<i>Pot roasted Beef Stew with Nshima</i>	<i>Boiled Brown Rice</i>
	<i>Peanut Porridge</i>	<i>Fried Rape with tomato &amp; Onion</i>	<i>Flame grilled pork chops</i>
	<i>Black/White Tea</i>	<i>Nshima</i>	<i>Butternut Mash</i>
		<i>Fruit of the day</i>	<i>Sponge cake + custard</i>
<i>Tuesday</i>	<i>Toasted bread served with Margarine</i>	<i>Nshima</i>	<i>Breakfast Mealie Nshima</i>
	<i>Black/White Tea</i>	<i>Boiled dry beans</i>	<i>Fried kapenta</i>
	<i>Roasted 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 peanut butter</i>	<b><i>Packed Lunch</i></b>	<i>Nshima</i>
	<i>Black/White Tea</i>	<i>Crisps, Pie, Chef's sandwich</i>	<i>Beef Shin stew</i>
	<i>Boiled Eggs</i>	<i>In season Fruit of the day+ custard to go</i>	<i>Chibwabwa in peanut powder</i>
	<i>Flavoured lacto</i>		<i>Fruity drinking lacto</i>
<i>Thursday</i>	<i>Boiled Samp with fresh/sour milk</i>	<i>Nshima</i>	<i>Choice Heat up for camp varies from time to time</i>
	<i>Black/white Tea</i>	<i>Fried fish + sauce</i>	<i>Choice Heat up for camp varies from time to time</i>
		<i>Boiled Spinach</i>	
		<i>Rice Pudding</i>	
<i>Friday</i>	<i>Toasted Bread</i>	<i>Nshima</i>	<i>Nshima</i>
	<i>Black/white Tea</i>	<i>Saucy Beef Stew+ Sautéed Cabbage</i>	<i>Scrambled Eggs</i>
	<i>Grilled Chipolatas</i>	<i>Bread + butter pudding+ lacto topping</i>	<i>Boiled Chinese Cabbage</i>
	<i>Creamed Lacto</i>	<i>Boiled Cabbage</i>	<i>Custard and cinnamon glazed cake</i>
<i>Saturday</i>	<i>Meal Porridge</i>	<i>Nshima</i>	<i>Roasted Sweet Potatoes</i>
	<i>Toasted Bread</i>	<i>Chicken curry</i>	<i>Peanuts n Raisins</i>
	<i>Black/white Tea</i>	<i>Steamed Impwa</i>	<i>Fruit custard</i>
	<i>Lacto Sundae</i>	<i>Creamy yoghurt pudding</i>	
<b><i>SUNDAY</i></b>	<i>Toasted Bread</i>	<i>Nshima</i>	<i>Rice</i>
	<i>Black/White Tea</i>	<i>Beef mince curry</i>	<i>Giblets in gravy</i>
	<i>Oat Porridge</i>	<i>Boiled Pumpkin(chibwabwa) leaves</i>	<i>Boiled Dry beans</i>
	<i>Flavoured lacto</i>	<i>Tart</i>	<i>Bread 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 staff members are qualified in First Aid and can support the teacher when required.

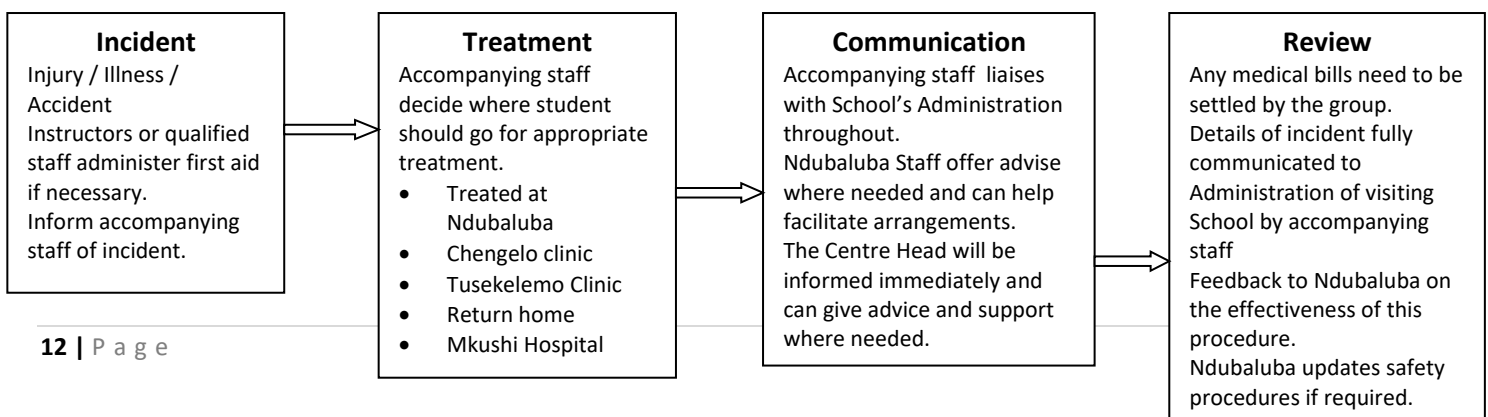
## Cost

- 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 and Mars offer 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 Director 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

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## 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

## Award administration

Ndubaluba Outdoor Centre will run the adventurous journey section of the Award. The instructional staff and assessor will sign the participant's record books. The National Award Office (contact details given below) will issue badges and certificates.

Duke of Edinburgh's International Award-Zambia

Email: [awardzambia@gmail.com](mailto:awardzambia@gmail.com)

## 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.

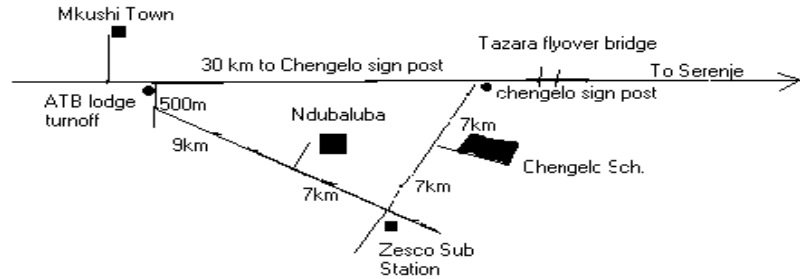
On the expedition element of the course staff members will be provided with a tent to sleep in following the above guidelines on sharing accommodation.

If you have a large number of students wanting to do the award we can accommodate larger groups but they will camp at the Centre. We can therefore accommodate up to 150 students.

## 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.



## Pre-Course Information Details

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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;

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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):

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

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Do you have any other queries?

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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

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## 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?	
<b>** 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.</b>	
	<b>Number of</b>
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:

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

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### Menu Choice - Please indicate your one chosen menu

Western Menu	Mixed Menu	Zambian Menu

# Team sheet

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

- Groups should have a maximum of 7 students and a minimum of 4
- Each team should have a good mix of abilities

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
1			
2			
3			
4			
5			
6			
7			
	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
1			
2			
3			
4			
5			
6			
7			

**Please provide any relevant medical information on students**

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# DofE Programs for Bronze/Silver/Gold

**BRONZE PRACTISE (4 DAYS)**

**GROUP:**

**DATE:**

DAY	BREAKFAST	MORNING	LUNCH	ATERNOON	SUPPER	EVENING
TIME	07:00	08:30-12:00	12:30	14:00-16:30/ team time	18:00	19:00-20:00
<b>1</b> <b>DECISIONS</b>		Arrival Ndubs Briefing	Light lunch <b>Teacher mtng</b>	Award aims Award briefing (15min) <u>General Training session 20min each.</u> 1.Navigation 2.Menus & Equip 3.1 <sup>st</sup> Aid Training  <b>Break: 15:15 – 15:30</b> <u>Preparations in sub-teams</u> 1.Navigatrion (1h30m) 2.Menus & Equip (45min) 3.1 <sup>st</sup> Aid Training (45min)  17:00 Showers / free time	<b>Supervise</b> <b>Duty A</b>	<b>Lights out 21:00</b> 1.Emergency Procedure 2.DoE Rules 3.Gen. briefing 4.S. Challenge <b>Hot choc, Campfire</b>
<b>2</b> <b>COURAGE</b>	05:00 06:30  07:00 09:00  13:00	<b>Students Pack up &amp; eat</b> <b>Instructors meet teams.</b> <b>Team Checks</b> <b>Breakfast for Teachers</b> <b>Teams depart</b>  <b>Exped vehicle departs</b>	Exped Packed Lunch	15:00 Arrival target 15:30 Chill 16:00 Fire Demo 17:00Heat supper  17:30Tent Checks	Staff Supper	1.Supper Showdown 2.Cooking area Check 3.Reflections 4.S.Challenge 5. Gen briefing <b>Lights out 21:00</b>
<b>3</b> <b>RUNNING</b>	05:00 06:00 06:30 07:00  11:00	<b>Wake up. Pack up.</b> <b>Staff Breakfast</b> <b>Instr Meet team.</b> <b>Do Checks</b> <b>Teams depart</b> <b>Exped vehicle departs</b>	Exped Packed Lunch	14:00 ◦Arrival target ◦Equip. returns ◦ Interview  Showers/free time	<b>Supervise</b> <b>Duty B</b>	1.Awards 2. S. Challenge <b>Campfire, Hot Choc,volleyball.</b> <b>Lights out 21:00</b>
<b>4</b> <b>COMMIT-MENT</b>	◦Pack up. ◦V.book ◦Feedback forms <b>Duty A</b>	<b>Qualifier preps</b> <b>Departure 09:30)</b>	Packed lunch	Instructor post course responsibilities		

**BRONZE QUALIFIER (4 DAYS)**

**GROUP:**

**DATE:**

DAY	BREAKFAST	MORNING	LUNCH	ATERNOON	SUPPER	EVENING	
TIME		08:30-12:00	12:30	14:00-17:00	18:00	19:00-20:00	20:00 – 21:00
<b>1 DECISIONS</b>		<u>Pre Lunch</u> Arrival Ndubs Briefing	Light lunch <b>Teacher mtng</b>	Award aims, Awards briefing (15min) <u>General Training session 20min each.</u> 1.Navigation 2.Menus & Equip 3.1 <sup>st</sup> Aid Training  <b>Break: 15:15 – 15:30</b> <u>Preparations in sub-teams</u> 1.Navigatrion (1h30m) 2.Menus & Equip (45min) 3.1 <sup>st</sup> Aid Training (45min)  17:00 Showers / free time	<b>Supervise Duty :</b>	Emerg. Procedure. DoE Rules. Gen. briefing Projects S. Challenge	Packing Campfire <b>Lights out 21:00</b>
<b>2 COURAGE</b>	Staff Breakfast (06:30) Teams check out/depart (07:00) Final equip. Packing Instructors depart:08:0	Teams walk via cp 1 and 2	Staff Packed Lunch (Pick up b48)	Teams continue walk via Cp 2 and 3. (CP1 Cut off: 14:00) Team Arrival at camp (15-1700) Campcraft Check before dark ( )	Staff Supper	Supper Show Campfire debrief S.Challenge Gen briefing	<b>Lights out 21:00</b>
<b>3 RUNNING THE RACE</b>	06:30 Staff breakfast 07:00 Team Checks/ depart 08:00 Instr,s depart	Team walk via cp 4 and 5.	Staff Packed Lunch	Team Arrival from 13:00 Equip.returns: Interviews & record books: Slide show prep:	<b>DH Supervise Duty:</b>	Project presentation. S. Challenge	<b>Campfire Hot Choc Floodlit Volleyball Lights out</b>
<b>4 THE FUTURE</b>	Breakfast at ndubs 07:00 <b>Supervise duty:</b> ◦Pack up.	Slide show Awards (Record books) 'Looking on' T shirts Departure ( 9:30)	Travel lunch				

\*School bus and driver may need to be used to collect students if groups get lost at cp1

\*I 1: 12 13 (standby):

DAY	BREAKFAST	MORNING	LUNCH	ATERNOON	SUPPER	EVENING
TIME	07:00	08:30-12:00	12:30	14:00-16:30/ team time	18:00	19:00-20:00
<b>1</b> <b>DECISIONS</b>		Arrival Ndubs Briefing	Light lunch <b>Teacher mtng</b>	Award aims Award briefing (15min) <u>General Training session 20min each.</u> 1.Navigation 2.Menus & Equip 3.1 <sup>st</sup> Aid Training  <b>Break: 15:15 – 15:30</b> <u>Preparations in sub-teams</u> 1.Navigatrion (1h30m) 2.Menus & Equip (45min) 3.1 <sup>st</sup> Aid Training (45min)  17:00 Showers / free time	<b>Supervise</b> <b>Duty A</b>	<b>Lights out 21:00</b> 1.Emergency Procedure 2.DoE Rules 3.Gen. briefing 4.S. Challenge <b>Hot choc, Campfire</b>
<b>2</b> <b>COURAGE</b>	05:00 06:30  07:00  07:30  15:00	<b>Students Pack up &amp; eat</b> <b>Instructors meet teams.</b> <b>Team Checks</b> <b>Breakfast for Teachers</b> <b>Teams depart</b>  <b>Exped vehicle departs</b>	Exped Packed Lunch	15:00 Arrival target 15:30 Chill 16:00 Fire Demo 17:00Heat supper  17:30Tent Checks	Staff Supper	1.Supper Showdown 2.Cooking area Check 3.Reflections 4.S.Challenge 5. Gen briefing <b>Lights out 21:00</b>
<b>3</b> <b>RUNNING</b>	05:00 06:00 0700 07:30 08:00 11:00	<b>Wake up. Pack up.</b> <b>Staff Breakfast</b> <b>Instr Meet team.</b> <b>Do Checks</b> <b>Teams depart</b> <b>Exped vehicle departs</b>	Exped Packed Lunch	15:00 ◦Arrival target ◦Equip. returns ◦ Interview  Showers/free time	<b>Supervise</b> <b>Duty B</b>	1.Awards 2. S. Challenge <b>Campfire, Hot Choc,volleyball.</b> <b>Lights out 21:00</b>
<b>4</b> <b>COMMIT-MENT</b>	◦Pack up. ◦V.book ◦Feedback forms <b>Duty A</b>	<b>Qualifier preps</b> <b>T- shirts</b> <b>Departure 09:30)</b>	Packed lunch	Instructor post course responsibilities		

DAY	BREAKFAST	MORNING	LUNCH	ATERNOON	SUPPER	EVENING	
TIME	07:00	08:30-12:00	12:30	14:00-17:00	18:00	19:00-20:00	20:00 – 21:00
<b>1</b> <b>RESPONSI-BILITY</b>		<u>Pre Lunch</u> Arrival Ndubs Briefing	Light lunch <b>Teacher mtng</b>	Award aims, Awards briefing (15min) <u>General Training session</u> <u>20min each.</u> 1.Navigation 2.Menus & Equip 3.1 <sup>st</sup> Aid Training  <b>Break: 15:15 – 15:30</b> <u>Preparations in sub-teams</u> 1.Navigatrion (1h30m) 2.Menus & Equip (45min) 3.1 <sup>st</sup> Aid Training (45min)  17:00 Showers / free time	<b>Supervise Duty :</b>	Emerg. Procedure. DoE Rules. Gen. briefing Projects S. Challenge	Packing Campfire <b>Lights out 21:00</b>
<b>2</b> <b>DECISION</b>	Teacher breakfast Teams checks / depart Equip. & food packing Instructor depart:08:00	Students walk and teachers Drive to check points 1 and 2	Staff packed Lunch (collect in am)	Students walk and teachers Driver to check points and Camp 1 Tent checks before dark	Staff Supper	Student supper cooking area check <u>Campfire:</u> Reflection & (games) S.Challenge Gen briefing	<b>Lights out 21:00</b>
<b>3</b> <b>COURAGE</b>	06:30 staff breakfast 07:00 Team Checks / Depart 08:00 Instr,s depart	Students walk and teachers Drive to check points and Camp 2	Staff packed Lunch (collect in am)	Students walk and teachers meet teams at camp 2 (Changwena)	Staff Supper	Super supper Showdown cooking area check <u>Campfire:</u> Reflection & (games) S.Challenge Gen briefing	<b>Lights out 21:00</b>
<b>4</b> <b>RUNNING THE RACE</b>	06:30 staff breakfast 07:00 Team Checks / Depart 08:00 Instr,s depart	Students walk and teachers Drive to end point Depart 4 Ndubs	Staff packed Lunch (collect in am)	Equip. Returns & interviews	DH <b>Supervise Duty :</b>	Project presentation S. Challenge	<i>Campfire, Hot Choc,volleyba ll.</i> <b>Lights out 21:00</b>
<b>5</b> <b>THE FURURE</b>	<b>Supervise Duty:</b> <b>Pack up.</b>	Slide show Awards T shirts Dep. (9:30)	(Travel Lunch)				

PLEASE NOTE THAT BLACK AND BOLD ITALICS PRINT REFER TO DIRECT TEACHER RESPONSIBILITIES

## Mulungushi Dam – Gold Practice

### Aim

***To explore the possibilities for tourism (especially adventure tourism) around Mulungushi Dam Area.***

DAY	B. FAST	MORNING ACTIVITY	LUNCH	ATERNOON ACTIVITY	SUPPER	EVENING
TIME	07:00	08:00	12:30	13:30	18:00	19:00
Day 1		12:00 Arrival n' Briefing Exploration Briefings Exploration purpose	Packed (Ndubs) Students have own lunch	Route planning Menu planning  Practice paddling	Students make up own supper	Planning for hike (TFD) <b>Lights out</b>
Day 2	Breakfast and packing for Day	TFD (08:00) Gorge walk (08:30)/Hike	Packed	Continue Gorge walk / Hike 17:00 Return to Boat Club	Students make up own supper	Canoe Exped Packing / planning Debrief & briefing  <b>Lights out</b>
Day 3	Breakfast and packing for canoe Exped	08:00 Depart for canoe exped – explore Dam	Packed	Continue with canoe exped camp (canoe shelters)	Students make up own supper	Night Canoe TFD <b>Lights out</b>
Day 4	06:00 Breakfast	07:00 depart for exploration of Dam	Packed	16:00 Return to boat club	Students make own supper	TFD Prize giving Go through project expectations <b>Lights out</b>
Day 5	Breakfast 07:30 Packing	05:30 pack up 08:00 Campsite survey 09:00 Go thru log books Expectations of Gold Award Final TFD 10:00 Depart	At Ndubs For Instructors			

## KUNDALILA – GOLD QUALIFIER

DAY	B. FAST	MORNING ACTIVITY	LUNCH	ATERNOON ACTIVITY	SUPPER	EVENING
TIME	07:00		12:30	13:30	18:00	19:00
MON		12:00 Arrival n’ Briefing Exploration Briefings Exploration purpose	Packed (Ndubs)	Rock ‘n Boulder		Interview planning (19:00) Campfire time (debriefing, briefing & TFD) <b>Lights out</b>
TUES		TFD (08:00) Gorge walk (08:30)	Packed (Ndubs)	14:00 Interviews with locals 16:30 Exped briefing & planning		Exped packing Debrief & briefings  <b>Lights out</b>
WED		07:30 Bus departs for exped drop 08:30 Exped begins	Packed (Ndubs)	15:00 expedition ends at palace Interview with chieftainess Return to Kundalila		Debrief & next day briefing TFD <b>Lights out</b>
THURS		08:00 TFD Waterfall climb (½ group) Activity trail exploration (½ group)	Packed (Ndubs)	13:30 Donut Dunk 15:30 Solitaire reflections 17:30 Super supper preps		Super supper presentation! Campfire showtime! <b>Lights out</b>
FRID		05:30 pack up 07:00 Campsite survey 09:00 Project outline Go thru log books Final review Final TFD 10:00 Depart	At Ndubs			



# 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)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 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 organization 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 organised	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 \_\_\_\_\_  
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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)

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Thank you!!