DIAMOND ADVENTURES

YOUR SCHOOL TRIP ADVENTURE.

A STUDENT GUIDE TO FEELING READY.



Going on a school trip is exciting — and it's completely normal to feel a little nervous too. This guide will help you know what to expect so you can enjoy the adventure.

WWW.DIAMOND-ADVENTURES.CO.UK

BEFORE YOU GO.

01

RESEARCH THE DESTINATION YOU ARE VISITING SO YOU BECOME FAMILIAR WITH IT



02

FOLLOW THE KIT LIST AND PACK THE THINGS YOUR TEACHER TELLS YOU THAT YOU WILL NEED!



03

LABEL YOUR BAG AND YOUR ITEMS WITH YOUR NAME SO IF YOU LOOSE THEM, IT'S EASY TO GET THEM BACK.



04

IF YOU'RE UNSURE ABOUT ANYTHING, IT IS OK TO ASK YOUR TEACHER. IT'S BETTER TO GET THE RIGHT ANSWER.



"Feeling excited and nervous at the same time is totally normal. Going on a school trip is a great experience but it can often be out of your comfort zone."

- Keiran



Top tip: Ask your teacher or your parent/ guardian to print off the kit list from our website. As you put it in your bag, you can tick it off the list.

THE DAY YOU TRAVEL.

01

YOUR TEACHERS WILL GUIDE YOU EVERY STEP OF THE WAY. SIMPLY FOLLOW THEIR INSTRUCTIONS.



02

IT'S IMPORTANT TO STAY WITH THE GROUP. DON'T WONDER OFF ALONE. LISTEN TO INSTRUCTIONS GIVEN.



03

TRAVEL DAYS CAN BE LONG, USUALLY ON COACHES. THERE IS OFTEN BREAKS FOR TOILETS AND SNACKS.



04

YOU'LL NEVER BE EXPECTED TO DEAL WITH ISSUES ALONE. YOUR TEACHERS WILL HELP YOU WITH ANYTHING.



"The day you travel is often exciting, but it's important to prepare. I recommend bringing a book so you can keep yourself entertained throughout the journey."

- Josh





For your school trip you will most likely travel by coach. You teachers may tell you which seat to sit in. On some trips, you may travel by train or even use a ferry.

WHERE YOU WILL SLEEP.

01

YOU WILL SHARE A ROOM WITH FELLOW CLASSMATES. SOMETIMES IN PAIRS, SOMETIMES IN GROUPS.



02

TEACHERS ROOMS WILL ALWAYS BE NEARBY. DON'T WORRY, IF YOU NEED HELP, YOU'LL KNOW WHERE.



03

YOUR TEACHERS WILL TELL YOU THE RULES ABOUT BED TIMES AND WHEN EVERYONE SHOULD BE QUIET.



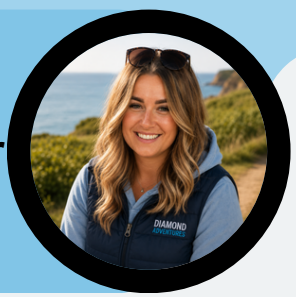
04

IF YOU'RE WORRIED ABOUT ANYTHING, IT'S REALLY IMPORTANT THAT YOU TALK TO YOUR TEACHER!



"Normally, your teachers will decide who stays in which room in advance. It may help if you know this in advance, ask your teacher and they can support you"

- Beth





Top tip: If it's the first time away from home, bring something from home that will help you sleep. Maybe a teddy or your favourite blanket.

A TYPICAL DAY ITINERARY

01

WAKE UP! - IT'S TIME TO GET READY FOR THE DAY, GET DRESSED, WASH YOUR FACE AND BRUSH YOUR TEETH..

02

BREAKFAST TIME!
THIS WLL USUALLY BE AT THE HOTEL YOU ARE STAYING IN AND YOU WILL BE TOLD A SET TIME.

03

MORNING ACTIVITY!
YOU WILL SPEND THE MORNING DOING AN ACTIVITY OR VISITING SOMEWHERE AWESOME

04

LUNCH TIME!
OFTEN YOU WILL HAVE A PACKED LUNCH IF YOU ARE OUT AND ABOUT DURING THE DAY.

05

AFTERNOON ACTIVITY!
YOU WILL SPEND THE AFTERNOON DOING AN ACTIVITY OR VISITING SOMEWHERE REALLY COOL

06

DINNER TIME!
THIS MIGHT BE BACK AT YOUR HOTEL OR AT A RESTAURANT. THE MENU WILL BE PRE-SET.

07

CHILL TIME!
YOU WILL USUALLY SPEND THE EVENING TO CHILL AFTER A BUSY DAY READY FOR TOMORROW.

08

BED TIME!
IT'S TIME TO SLEEP. LIGHTS OUT AND GET READY FOR ANOTHER ADVENTUROUS DAY.









Before your trip, your teacher will know what you're doing each day. If it helps, ask them if they can talk it through with you so there are no surprises.
- Charlie





Depending on the trip you are on, some of the places you might visit will be really cool! Take in the moment so you can tell your family about it when you get home.

SOME OF OUR TOP TIPS.

If you feel home sick during your trip, remember this is completely normal, keep yourself busy with your friends, talk to a teacher or focus on your activity.

You are capable of more than you think! School trips are about trying new things, having fun with friends, building confidence and growing a little braver!

Ask your parents/ guardians about their memories of when they went on school trips ... all those years ago! We're sure they had as much fun as you will have.

At any point during your trip, if you feel overwhelmed or unwell, you should talk to a teacher. They will know exactly how to help you feel better.

"The trip will go faster than you think. From leaving school feeling nervous to returning home, you'll think "That went so quickly". Enjoy every moment"
- Josh

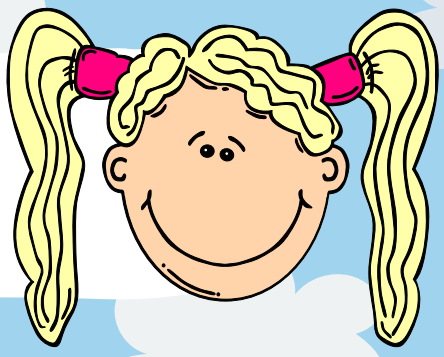


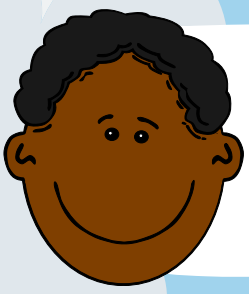
HEAR FROM OTHER KIDS.



The first night is the hardest, and that's normal. Lots of people feel strange on the first night, it's new. It's different. Focus on the next activity, not the whole trip.

Don't overpack, you won't use half of it. Use the kit list but remember you'll need mostly comfy clothes. Don't risk bringing expensive items.





Teacher's on trips are different (in a good way). Talk to them if you're worried, they expect children to be nervous on trips. No worry is too small!

Try at least one new thing! A new food, a new activity, or talk to someone new in your class. The best memories usually start with 'I wasn't sure about this but ...'



"Every year, we organise trips for thousands of kids who feel nervous & excited but they all come home feeling proud. Just remember you're not alone"
- Keiran

