

“Next Generation Project”

**B'NEI MITZVAH TZEDODAH
TREK/CAMP EXPERIENCE SUCCOT 2024
THE WINDERMERE CHILDREN
DofE (Bronze Level Practice)**

Trek Dates: Sunday 20 - Tuesday 22 October 2024

Venue: Windermere, Lake District

Itinerary: Suitable for Y7, 8 & 9 plus parents/carers

Objectives:

To introduce B'nei Mitzvah/Y7-9 students to Holocaust Education and outdoor pursuits in a self-sufficient but safe environment in the Lake District with families. This DofE style trek is designed to educate, stimulate, gain outdoors skills and support charitable causes.

The 3-day/2-night 25km trek will be themed around The [Windermere Children](#) refugee story, and include activities where students can learn about their own resilience, new skills and find balance and mental health benefits in the outdoors supported by the highest calibre of leaders and accompanied by family.

To find out more book your place on a [Zoom](#) on **Sun 15th Sept at 5pm. Email info@regenesis.org.uk to book a place on the call or WhatsApp Marc 07770 868380 or book your now place at**

[Regenesis Website](#)

Day 1:

Arrive in Windermere late morning ideally by public transport

Short hike to Camp Base ([YHA Windermere](#)) 4-5km

Set up camp/lunch

Session 1: Introduction to Navigation and Paper Map Skills

Session 2: Introduction to Hill Skills

Practice Navigation Session using Compass and Maps

Students must cook own hot dinner or self-cater in like-minded groups

Session 3: **Holocaust Education and Windermere Children discussion**
with Danni Weiner, granddaughter of Ike Alterman – living Holocaust survivor/Windermere child. Discuss Movie: The Windermere Children

Day 2:

Students to cook a group breakfast for all, and make own packed lunch

Session 4: Route planning and weather forecasting

Visit the Windermere Children Holocaust Museum. (4km)

Private presentation by the curator, Trevor Avery.

Walk to Ferry Terminal (2k), cross lake to west shore and walk the Beatrix Potter Trail or similar hike dependent on forecast (14km).

Return to camp for hot dinner (5km)

Session 5: Discussion: Mental Health and Connecting with the Outdoors

Kosher S'Mores around the firepit.

Day 3:

Session 6: **Basic Outdoor First Aid, survival techniques demo, Search and Rescue scenarios**

Session 7: Digital Navigation Options

Lunch, Clean down.

Session 8: **Debrief, Feedback and intro to Next Generation staircase of DofE activities**

Depart Camp to Windermere Train Station

Options:

Accommodation to suit all (in order of rising cost, tbc when final)

BYO Tent (can arrange own groups)	(£99 pp)
Indoor Dormitory Rooms 2-6, same sex	(£129 pp)
Private Rooms 1-3	(£139 pp)
Bell Tents with log burners 1-3	(£159 pp)
Motorhomes 1-2	(£199 pp)

Accommodation options will be finalised once friendship groups are known. Families may also share private rooms/tents, and students from different cities may be integrated with prior agreement.

Bookings can only be initially made using the £99 option, and after all places are sold, upgraded accommodation can then be reserved.

Preparation:

Parents only Zoom for info and sign up

Student and Parent Zoom to meet each other and discuss agenda

Student Only Zoom to discuss kit selection, agenda and training

Cost:

£99-199 per person depending on numbers and above accommodation option selected by participating families. Parent cost dependant on type of accommodation selected. NB transport, equipment hire and food not included. This will be discussed at the Zoom. Regenesiis is a non-profit

Award:

This adventure will qualify as a DofE Bronze Practice Expedition, and place students on the Regenesiis Next Generation outdoor learning pathway working towards higher awards and further similarly themed Next Generation Adventures.

Future Awards:

Plans include actual Bronze, Silver and Gold Levels as the program develops including a 4 night trek from Terezin to Prague through Bohemia to earn a trip to Buckingham Palace for Gold level.

Charity:

In line with Regenesiis' philosophy, DofE volunteering requirements and B'nei mitzvah tzedakah traditions, students/families are expected to fundraise for a charity of their choice via a team Just Giving Page.

Supervision:

A team of 3 will deliver the trek and will be led by experienced outdoors professionals affiliated and trained by the Mountain Training Association, and the British Mountaineering Council. Marc is a Licensed Search Technician with UK Search and Rescue and a Mountain Training Leader and Camp Leader. Tony is an outstanding trainer in outdoor first aid specialising in paediatric care, DofE Assessor including remote supervision, and is also a member of UK Mountain Rescue.

Risks:

A full risk assessment is available upon request; however, participants will acknowledge that trek events are not without risk, and that risk assessment is dynamic and will be continual according to participants needs, weather and environment. The trek is intended to be in a low-risk category considering the environment despite the challenge!

Insurance:

ReGenesis Events CIC will have event cancellation and liability insurance in place prior to the event once costs are known. The leaders each carry professional indemnity and public liability insurance through the Mountain Training Association policy up to £5m.

Catering, Washing and Accommodation:

The Next Generation Project is designed to have an element of self-sufficiency. Therefore students are expected to self-cater and cook in line with the ethos of DofE. Gas stoves, out-of-the-box cookware, recyclable tableware and refrigeration will be provided where double-wrapped food can be stored. The hostel also has a basic canteen and bar. There are lots of public WC's on the routes.

There are communal washrooms (same sex) in the accommodation, a kitchen/diner/bar and a large lounge. It is a requirement of DofE that students either camp or stay in basic accommodation. The venue offers upgraded double-bed accommodation in heated teepees and motorhomes.

Kashrus:

Each family will be responsible for meeting their own standards of Kashrus, or other dietary needs such as allergies, and the organisers will facilitate the self-sufficiency with the provision of new cookware, gas stoves, refrigeration and tableware etc to ensure that every member of the trek is enabled in these criteria. The leaders will retain responsibility for emergency provisions being suitable for all trekkers e.g. hydration, sugary foods, cereal bars.

Next Steps

Please join a Zoom on Sunday 15th Sept at 5pm or head to our [website](#) to reserve a place
Email info@regenesisis.org.uk for details or to ask questions.