

# The Flows Field Centre

Learning outside the classroom

Located only 5 minutes from the Forsinard train station, the Flows Field Centre is the ideal base camp for delivering learning outside the classroom



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## Facilities

### Accommodation

The Flows Field Centre has group accommodation for up to 16 people, and comprises:

- 5 two-person bunk rooms
- 1 four-person en-suite bunk room
- 1 twin bed en-suite room
- Key-pad restricted access to the accommodation

An all abilities bedroom with en-suite bathroom is available on request. Demand for this room needs to be disclosed at the earliest stage possible to ensure availability. In addition to a staircase, a lift offers access between the ground floor and the first floor accommodation.



*Two-person bunk room*



*Kitchen*

### Meals

The guest kitchen is available for self-catering and has everything you would expect in a kitchen geared towards larger groups. If you would rather not cook, or perhaps have the main meals provided, we can advise on local caterers. You can also bring your own caterer. Please put them in touch with us to ensure they can make most of the kitchen facilities that we have.

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### Facilities and equipment

A fully kitted out laboratory can be booked as part of staffed activities. Pupils can marvel in comfort at the up-close views of sphagnum moss and minibeasts. A drying oven makes it possible to conduct small experiments, turning pupils into young scientists. If you would like to use the lab as part of your stay, please make this clear at the time of booking, so we can arrange staff to deliver a session.

### Group space

The group space has state of the art audiovisual equipment, and is great for introductions and follow-up learning. The room doubles up as dining room and social space, with the possibility to turn it into a cinema, lounge or table tennis and games room.

We have a variety of education equipment such as a flipchart stand and a whiteboard available, as well as games and creative materials for free time and social activities.

### Drying room

A drying room is also available, ensuring equipment and clothing are dry again for use the next day.



## Activity overview



### Primary Schools

The Flows Field Centre is ideally located and equipped to deliver parts of the science curriculum and social studies, specifically through outdoor learning. Professional teaching staff can help you set up an activity programme and deliver parts of it or plan and deliver all activities, tailored to meet your learning outcomes. In the past we have delivered peatland discovery lessons for P1-P3, and a range of lessons for P4-P7, including pond life studies, peat depth measuring, and exploring former ways of life at shielings.

### Transition programmes

Our staff have experience in planning and delivering transition programmes, and we can help you deliver this for P7 pupils who will enter secondary education the following year. Based at the Flows Field Centre, the programme focuses on personal and social development through outdoor learning and environmental education. Activities will have a particular focus on teamwork, communication skills, sharing and feedback, and contain elements of leadership and “caring for yourself and others”. Duration and contents are flexible, please get in touch with our learning development officer for more information.

### Secondary schools

Forsinard has fantastic field studies opportunities for **Geography, Biology or Environmental Science** classes. Using survey methods and sampling techniques, and handling scientific equipment, the field studies led by our staff enables completion of added value units, and National 4, 5 and higher assignment projects. For an **arts** class, why not turn the Flows Field Centre into an atelier or creative hub? For **English**



classes, the area is also a great resource. You only have to look at the map to find relations between place and language. The area can be an inspiration for nature and travel writing. Historical sites such as the Forsinain Broch, shielings, and clearance villages are easily accessible from the Flows Field Centre. To complement **history** classes we offer debate & negotiation activities (land use conflicts), site excursions with interpretation and historical investigations based on map data, stories, and other sources.

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### Rates and booking

Accommodation      £15.00 p.p.p.n. (*to be confirmed*)

Activities            Free of charge

To enquire about availability and request a booking form please contact the reserve administration on 01641 761311 or e-mail [forsinard.admin@rspb.org.uk](mailto:forsinard.admin@rspb.org.uk).

If you would like us to deliver a presentation or an outdoor learning session during your visit, please get in touch with our Learning Development Officer Sjoerd Tel via 076 1277 4587 or [sjoerd.tel@rspb.org.uk](mailto:sjoerd.tel@rspb.org.uk).



*for schools*

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