

JOHN MUIR DISCOVERY AWARD – Cumbrae programme

Journeys on Cumbrae's coast to discover, explore, conserve and share



	Morning	Afternoon	Evening
Monday	11.00 Arrive and welcome 11.30 Orientation of centre 12.00 Programme introduction (H,H,H) 12.30 Lunch	1.30 Team games #1 3.30 Discovering Cumbrae 5.00 Logbook introduction 6.00 Evening meal (Shop 6.30 – 7.15)	7.30 Team games #2 9.00 Finish 9.30 Everyone to go to their rooms 10.00 Lights out
Tuesday	07.30 Early call 08.30 Breakfast 09.30 Watersports #1 (Training for a journey) 12.30 Lunch	1.30 Exploring the Cumbrae Coast 5.00 Finish 5.30 Logbook 6.00 Evening meal (Shop 6.30 – 7.15)	7.30 Beach Art using natural materials 9.00 Finish 9.30 Everyone to go to their rooms 10.00 Lights out
Wednesday	07.30 Early call 08.30 Breakfast 09.30 Journey (Land or water) 12.30 Lunch	1.30 Journey continued 5.00 Finish 5.30 Logbook 6.00 Evening meal (Shop 6.30 – 7.15)	7.30 Star gazing / hillwalk 9.00 Finish 9.30 Everyone to go to their rooms 10.00 Lights out
Thursday	07.30 Early call 08.30 Breakfast 09.30 Cumbrae challenge planning Packed lunch	1.30 Cumbrae challenge (continued) 5.00 Finish 5.30 Logbook 6.00 Evening meal (Shop 6.30 – 7.15)	7.30 Bonfire (sharing highlights of the week) 9.00 Finish 9.30 Everyone to go to their rooms 10.00 Lights out
Friday	07.30 Early call 08.30 Breakfast & vacate rooms 09.30 Final visit to the wild place by bicycle 11.00 Sharing and presentations	12.30 Lunch 13.30 Depart	

Activities in bold relate to specific JMA outcomes

See Programme Details for more information about each session

Programme Details

Heart, Head, Hand

The Cumbrae programme uses the 'Heart, Head and Hand' model as a supportive approach to the John Muir Award. The programme is all about experience and all activities that are used encourage pupils to Care (Heart), promote Understanding (Head) and give opportunities for practical Doing (Hands).

Heart Developing strong feelings about nature, or about a particular place. Pupils should know about it, want to know more, and want to do something to protect it.

Head Understand and develop knowledge about nature and wilderness, the interdependence of living systems, and the threats to wild places. This will encourage a sense of responsibility and stronger feelings.

Hand Get actively involved and take practical action for a place. A sense of 'putting something back' helps pupils enjoy and value the experience more.

Discovering and exploring a wild place

The John Muir Award is focused on the discovery and exploration of wild places. Pupils are encouraged to explore and connect to a special place. Pupils are allowed time to create their own individual connection with an area on the west coast of Cumbrae and to then give something back by completing several practical conservation tasks throughout the week.

The Cumbrae Log

The log, as historically used on sea going vessels, gives each pupil the opportunity to record their experiences from the week including the four John Muir Award challenges. The log is unique to each pupil and can incorporate drawings, paintings and poetry etc. The Cumbrae log supports and enhances further John Muir Award involvement.

Team games

A series of short fun activities that bring small teams together to problem solve through good communication including listening, sharing ideas, respecting others and being creative.

Watersports (Training for a journey)

Pupils will learn from an instructor how to sail a small dinghy or paddle a canoe or kayak. The aim of this session is to provide the basic skills required to eventually go on a journey by sea to the wild place

Exploring the wild place

Returning to the wild place which was discovered earlier in the week, this session is all about exploring and getting to know the site. Several challenges are set for pupils including the use of environmental games including scavenger hunts and using Cumbrae's sensory trail. Plants, birds and other wildlife can hopefully be identified. Art materials can also be collected ready for the evening activity.

Art using natural materials

Pupils are invited to tap into their artistic side and create some beach art from natural materials. Some wonderful creations can be produced from driftwood for example which can be taken home or back to school as a memento.

Watersports journey

An actual journey using the skills introduced earlier in the week. Naturally arriving at the wild place would be a great achievement!

Star gazing / hillwalk

An evening activity to ascend Cumbrae's highest point requiring good teamwork and navigation skills. With little light pollution, identifying night time stars is a great learning opportunity.

Cumbrae challenge

The Cumbrae challenge involves a journey on powerboats that may go beyond Cumbrae to another island or coast. The journey involves some navigation planning, safety at sea awareness and an opportunity to spot seals and other marine wildlife – whilst respecting their natural habitat.

Bonfire (Sharing)

An evening to gather round an open fire to share songs and yarns about the week experience!

Sharing and presentations

A final opportunity to share memories and for pupils to make a presentation about their week at Cumbrae. This presentation can also re-presented back at school to keep memories alive and allow plans for progression to the John Muir Explorer level to begin.

For further information please feel free to call or email our office: 01475 530757 / cumbraecentre@sportscotland.org.uk