



ETHICAL
SCHOOL
ADVENTURES
SINCE 2006



Rhyl High School Morocco



Introductions



📍 **Itinerary**

📍 **Role & Responsibilities**

📍 **Safety & Risk Management**

📍 **Health & Hygiene**

📍 **Communications**

📍 **Kit & Packing**

Marrakech





Imlil



Cooking class





Imlil to Tizi Mzik





Agafay







Marrakech







Back to sunny
Wales!



Accommodation



📍 Marrakech – Hotel
Majorelle

📍 Imlil – Dar Assarou

📍 Agafay – Nkhila Camp









Group roles & responsibilities

Who does what?



Trip roles & Responsibilities

STC Leader

- ① In charge of overall safety
- ① Technical safety

Your teachers

- ① Advise STC leader on:
- ① Pastoral/ personal issues/ medical issues
- ① Decisions relating to school rules

You

- ① Duty of care to each other
- ① Everyone has a responsibility to act sensibly
- ① Remember where you are
- ① In charge of personal actions/ hygiene/kit

Trip roles & Responsibilities

Development opportunities

To help your leader, think about taking on your own responsibilities within the group. Roles such as:

- 🚫 **Leader – student liaison**
- 🚫 **Finance/ Tips Officer**
- 🚫 **Health & Hygiene Guru**
- 🚫 **Chief of Morale / Fun**





Safety awareness



Essentials & Expectations



- Ⓢ An active, adventurous trip
- Ⓢ To get the most out of it, get stuck in
- Ⓢ **Flexibility & adaptability required**
- Ⓢ This will challenge
- Ⓢ Have fun – it will be a great adventure

Students' code of conduct

Fun Police...

- ⊘ No alcohol
- ⊘ Respect each other
- ⊘ Local customs
- ⊘ Listen
- ⊘ Don't 'cross the red line'

You are all signed up to our code of conduct.

Hazards



Culture Shock

- ⊘ Tiredness
- ⊘ Heat & Humidity
- ⊘ Different food
- ⊘ Time difference
- ⊘ Read and research

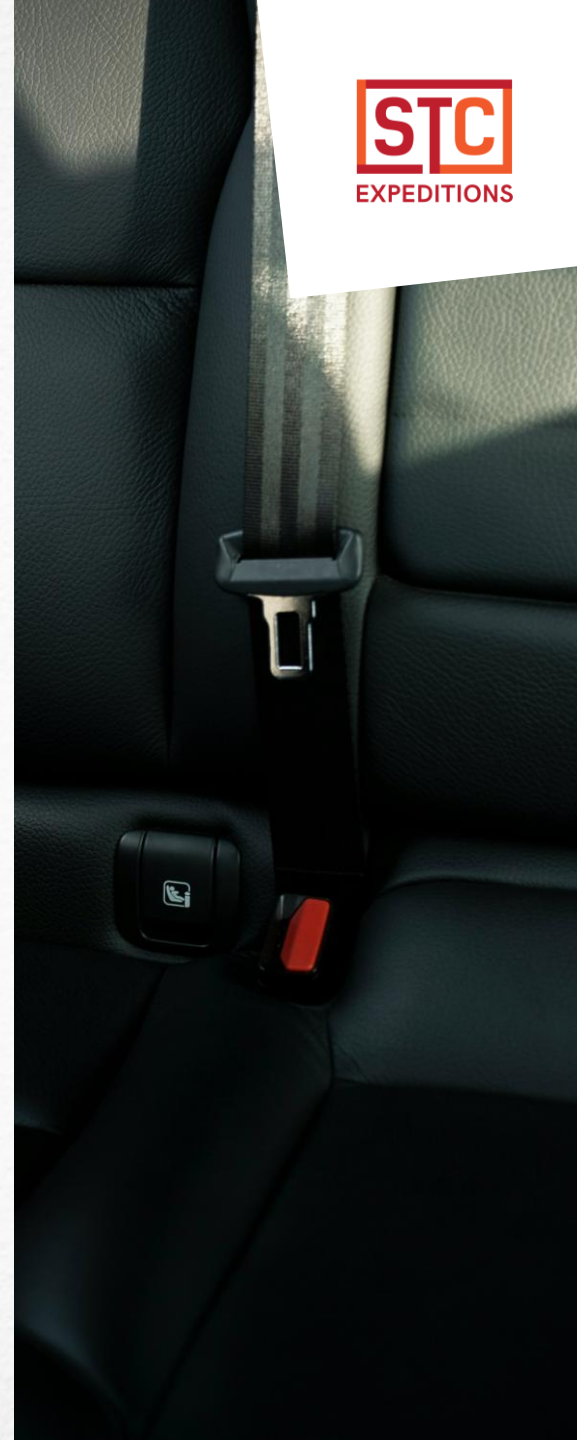
Water & Swimming

- ⊘ Swimming is not allowed on this trip

Hazards

Traffic/ Transport

- ⊘ Read the PDI/Travel Survival Guide
- ⊘ **Wear your seat belts**
- ⊘ Move predictably and smoothly
- ⊘ Take local advice



Hazards

You

- ⊘ Be sensible
- ⊘ **Listen**
- ⊘ Remember where you are
- ⊘ Dress appropriately to respect local culture
- ⊘ Look out for each other— group responsibility
- ⊘ Be open about problems

Sun/Heat

- ⊘ Drink little & often
- ⊘ Easier to keep hydrated than re-hydrate
- ⊘ Rehydration sachets
- ⊘ Sun hats & sun cream

Cultural considerations

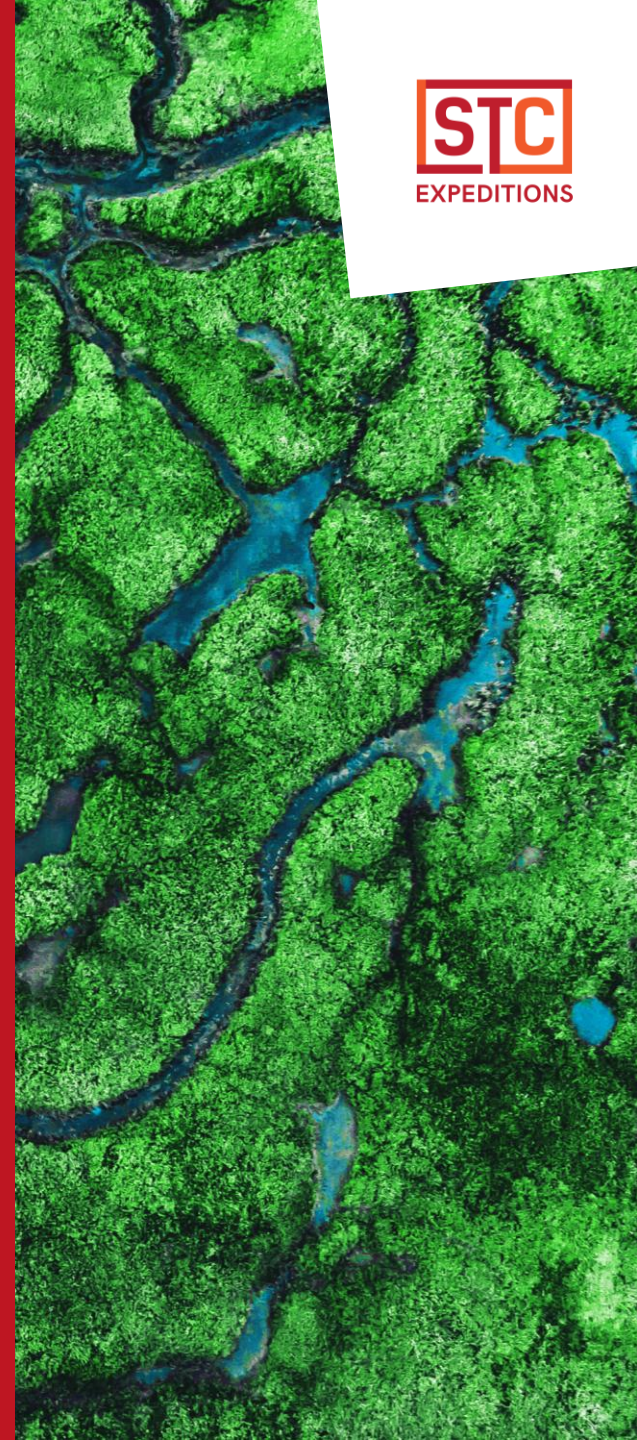


Dress codes

- ⊘ Listen to your leader
- ⊘ Covered to ankles
- ⊘ Shoulders covered



**Staying
healthy**



Fitness

**The fitter you are
the more you'll
enjoy it!**



- 🚫 On your feet a lot
- 🚫 Stairs make for great training – up and down
- 🚫 Trip physical grade: 2

Health and hygiene



Washing

Hands: Hot soapy water is most effective. Alcohol gel is a good alternative

- ⊘ After toilet stops
- ⊘ Before eating
- ⊘ Money is dirty

Bodies/clothes:

Good general hygiene is important

Health and hygiene

How to handwash clothes when travelling



Choose convenient cleaning product



Add product to sink or bucket of water



Scrub then soak for 20-30 minutes



Rinse or soak with clean water



Ring out as much water as possible



Lay garment on towel



Roll towel, squeeze out excess water



Hang to dry near air or heating

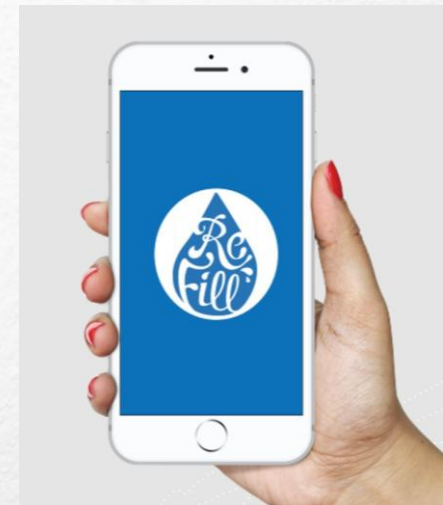
Safe water

Safe/Unsafe Water

- ⊘ STC do not include bottled water!
- ⊘ You will need purification/filters
- ⊘ **The biggest cause** of stomach/D&V problems:
 - Ice cubes
 - Salads
 - Swimming
 - Brushing teeth

The Refill app

- ⊘ Many airports have free water refill stations at various locations in its departure lounges
- ⊘ Download the Refill app (www.refill.org.uk) to find them
- ⊘ Take your empty reusable water bottles through security and fill up before boarding your flight
- ⊘ You'll be saving plastic and money!



A man in a red long-sleeved shirt, blue jeans, and a grey cap is loading large, clear ice blocks onto the back of a blue truck. He is barefoot and wearing flip-flops. The truck bed is filled with several large ice blocks and some plastic bags. The truck is parked on a street with buildings in the background.

**Where does your
ice come from?**

Water purification



Hydration

- Hydration is key
- Remind each other to hydrate
- Hydration sachets
- Drinking buddies
- Drinking breaks

Hydrated

These colourations 1 – 3, show that you are fully hydrated. However if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

1

2

3

De-hydrated

Level 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

4

5

6

7

8

Advice for female travellers



Cultural considerations



Food

- ⊘ Tagine, cous cous, lentils, spices, mint tea
- ⊘ Dietary requirements – let us know!
- ⊘ Fussy eaters – being polite
- ⊘ Try a Moroccan restaurant in before you go?
- ⊘ Exciting, new and tasty!

Pesky bugs

Mosquitoes

...and other pesky bugs

- ⊘ Cover up at dawn and dusk when mosquitoes are more active
- ⊘ Use insect repellent





Money, Passports & Vaccines



Money, security, scams



- ⊘ Spending money
- ⊘ Carry it safely
- ⊘ Moroccan Dirham is the local currency (closed currency which can be bought in country)
- ⊘ Tips: £15 each

Passports & visas



- ❗ British passport holders must have 6 months remaining on their passport!
- ❗ Double check your passport for renewal
- ❗ No visa will be required for a British passport

Vaccinations

- ⊘ Visit GP or travel clinic
- ⊘ Please see the STC portal for vaccination advice



Foreign &
Commonwealth
Office

fitfortravel

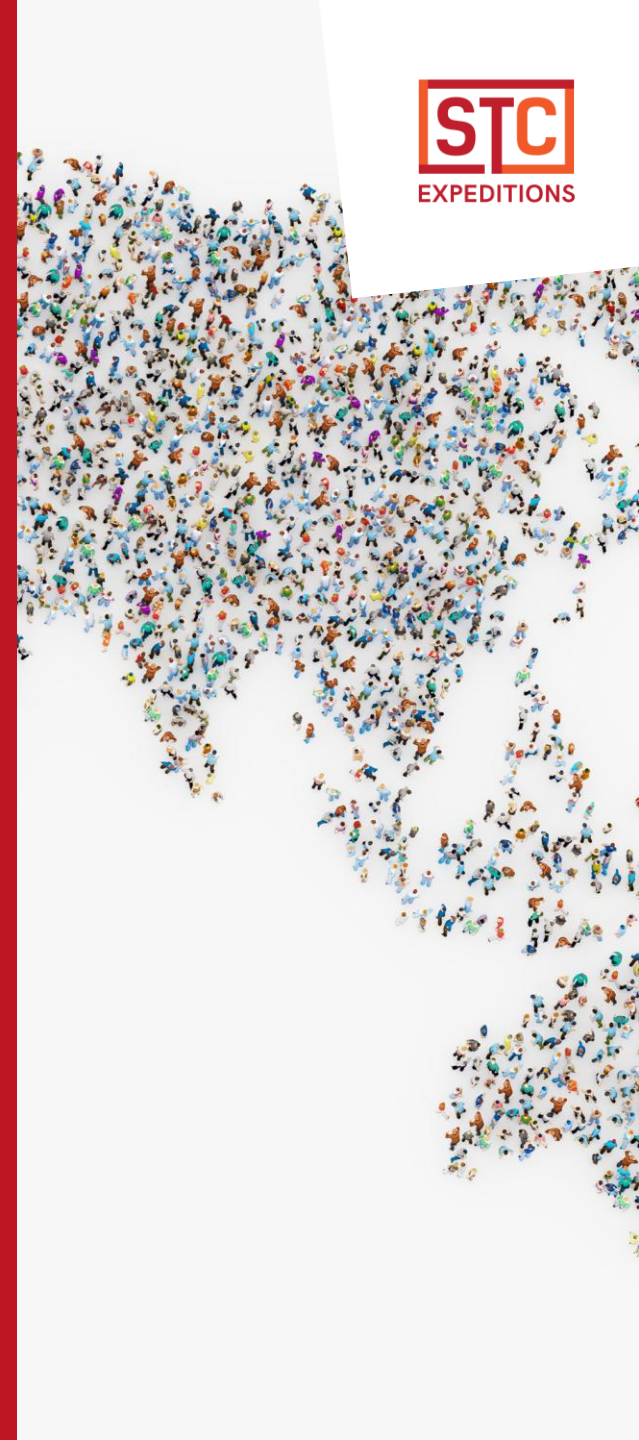


Travel health information for people travelling abroad from the UK

TRAVEL
HEALTH
CONSULTANCY



Communications



Communications

Lines of communication are open

Group → Operator → School → Parents

- ⊘ No news is good news!
- ⊘ Parents to contact school or us if there is an emergency at home

-
- ⊘ **Students/parents:**
ill thought texts/
Facebook updates can
cause BIG problems



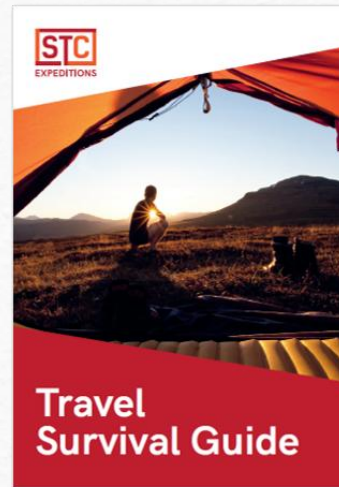
Mobile policy

STC Policy:

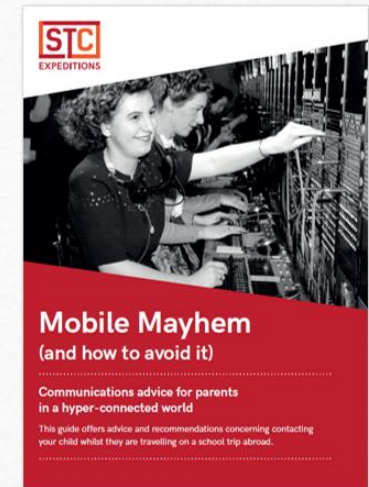
- 🚫 No mobiles at meal times



Communication guides



Students



Parents

Incident management



- ⊘ 24 hour crisis management
- ⊘ Local team (field & office staff)
- ⊘ School management team
- ⊘ First aid & proximity to medical facilities
- ⊘ Evacuation options



Kit & Packing



Kit & packing

Kit

- ① Comprehensive kit list provided
- ① Pack light

Packing

- ① Rucksack to be used as day sack & hand luggage (10kg 56x45x25cm)
- ① On the flight take the essentials e.g. jacket/meds
- ① Dust proof bag for camera
- ① Good book, cards, games



Avery Weigh-Tronix

gross

7.6 kg

PRINT OP1 OP2 OP3



0120

EMERGENCY STOP

TESTED FOR ELECTRICAL SAFETY
1A 2-17

Keep it tidy!



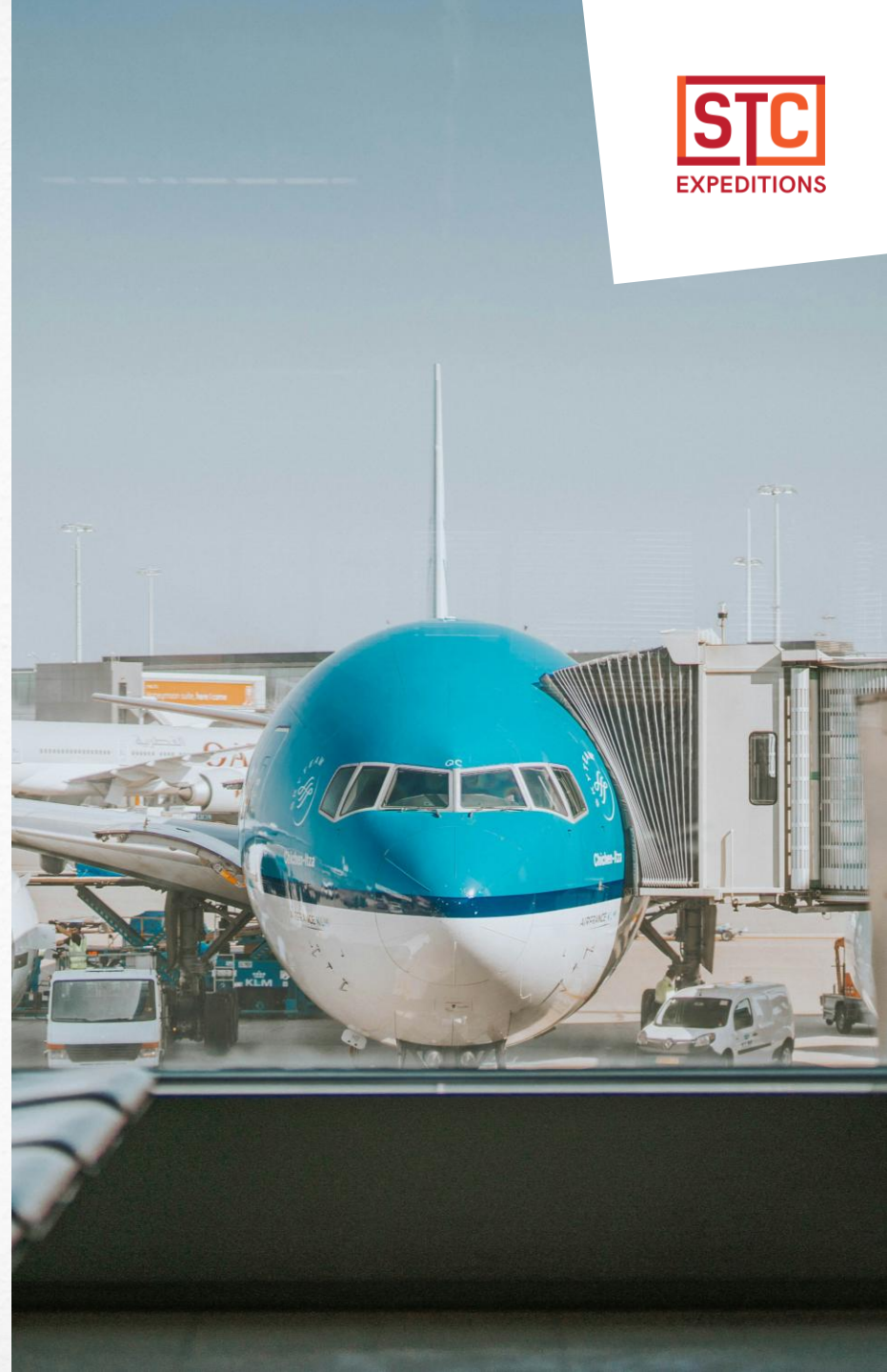


Next steps

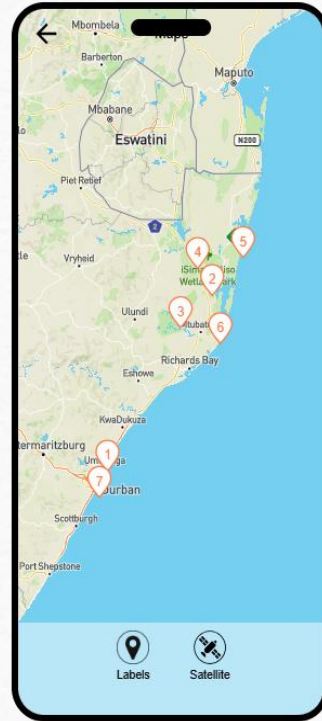
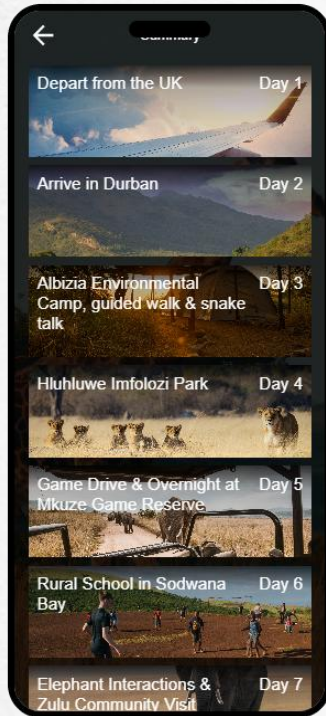


Flights

- ✈ Manchester to Marrakech 15:35
19th October
- ✈ Marrakech to Manchester 20:00
23rd October (+1)
- ✈ These are subject to change



Travel app



All the information you need to know:

- ✈ Itinerary
- ✈ Flight Details
- ✈ Kit Lists & Discounts
- ✈ Fundraising help & advice
- ✈ Visa Information
- ✈ Health & Vaccinations
- ✈ Training plans

Username: stcexped

Password: 2026.10RhylMorocco!**



App store



Play store

Next steps



- 🚫 Check passport
- 🚫 Vaccinations
- 🚫 Get a little bit fitter
- 🚫 Update us with any medical information changes
- 🚫 **Get excited!**

Contact us:

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