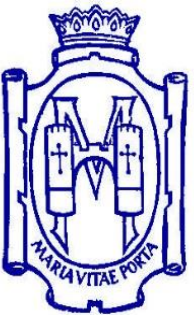


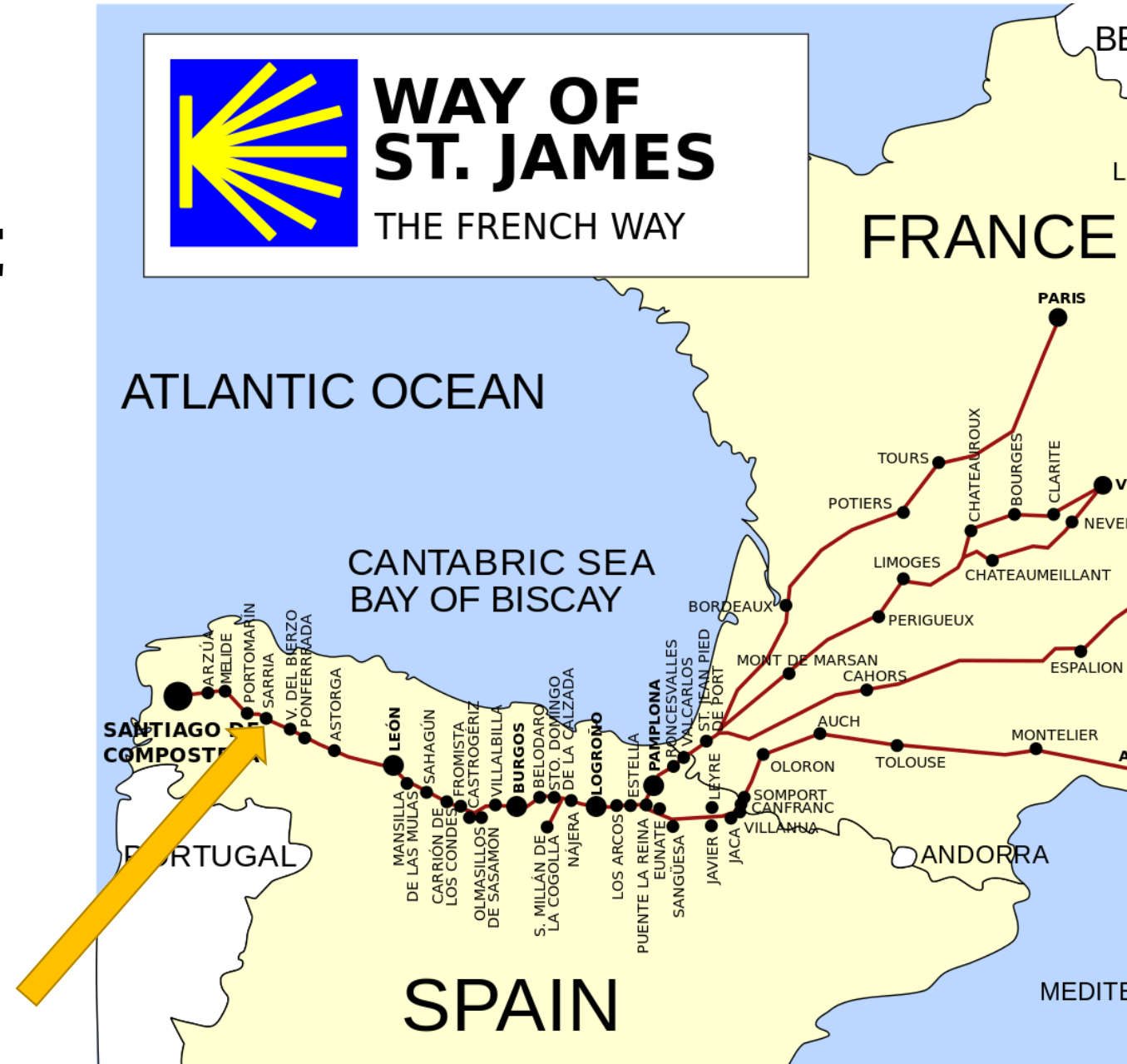


# OLS Camino Trip 2019



✓ SARRIA -> SANTIAGO DE COMPOSTELA

✓ Last 100km of Camino Francés, (780km)



# DEPARTURE

- Aer Lingus EI 742 Dublin – Santiago, 13:05 – 16:20
- **We meet at Terminal 2 at 10:30am**
- Flight time is around 2 hours
- Plan getting to the airport
- In case of emergency: school phone 086-8635086.



# BAGGAGE

- ✓ 10kg bag per person
- ✓ Plus backpack (School bag sized) – don't over pack this!!
- ✓ All liquids <100ml (in clear plastic bag)
- ✓ Sleeping bag - optional



✓ The Camino is an **immense mental and physical challenge!**



✓ Begin walking at 8am every day




✓ A new town every night




✓ You are part of a **group**





**Our Lady's School**  
Founded 1953  
Templeogue Road, Terenure, Dublin 6w  
Telephone: 4902241 Fax: 4922511  
Email: [admin@otahool.ie](mailto:admin@otahool.ie)




Le Chéile  
Catholic Schools' Trust

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### Camino Training Plan

Due to the challenging physical nature of the Camino, we suggest the following training plan:

Week starting	Weekdays	Weekend
Dec 4th	2 x 1 hour walks	2 x 1 hours walks
Dec 11th	3 x 1 hour walks	1 x 2 hour walk
Dec 18th	3 x 1 hour walks	1 x 2 hour walk
Dec 25th	2 x 1 hour walks	2 x 2 hour walks
Jan 1st	2 x 1 hour walks	2 x 2 hour walks
Jan 8th	2 x 1 hour walks	2 x 2 hour walks
Jan 15th	3 x 1 hour walks	1 x 3 hour walk
Jan 22nd	2 x 1 hour walks	2 x 3 hours walks
Jan 29th	2 x 1 hour walks	2 x 3 hours walks
Feb 5th	2 x 1 hour walks	1 x 4-5 hours walk
Feb 12th	3 x 1 hour walks	1 x 4-5 hours walk
Feb 19th	3 x 1 hour walks	1 x 4 -5 hours walk
Feb 26th	2 x 1 hour walks	2 x 2-3 hour walks
Mar 5th	2 x 1 hour walks	2 x 2-3 hour walks
Mar 12th	Rest	

Principal: Pauline Massey, Deputy Principals: Margaret Cooper, Stephen Blayney.

# PAPERWORK BEFORE TRAVELLING...

✓ *Email a photo of your passport to [camino@olschool.ie](mailto:camino@olschool.ie)*

✓ *Medical form*

✓ *Rules*

✓ *Immigration letter*

✓ European Health Insurance card

**Tonight!**





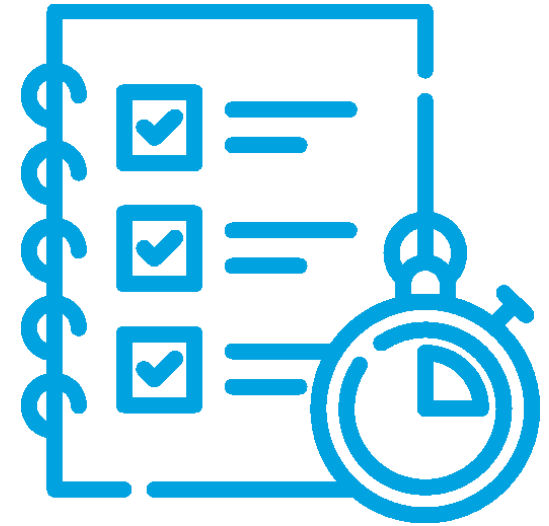
# PACKING



- ✓ Day bag (no bigger than schoolbag size)
- ✓ **Passport**
- ✓ **EHIC**
- ✓ Money for 7 lunches / souvenirs
- ✓ Phone, charger, international adapter
- ✓ Earphones\*
- ✓ Toiletries – share, <100ml
- ✓ Hiking shoes (**well broken!**) AND spare comfortable runners, Flip flops
- ✓ Wet gear (rain poncho, waterproof trousers)
- ✓ Warm clothing – layers
- ✓ Sun protection
- ✓ Dry shampoo 😊
- ✓ Good quality hiking socks
- ✓ Basic first aid: Compeed blister plasters, Sudocrem & Vaseline, painkillers
- ✓ **A good attitude** 😊

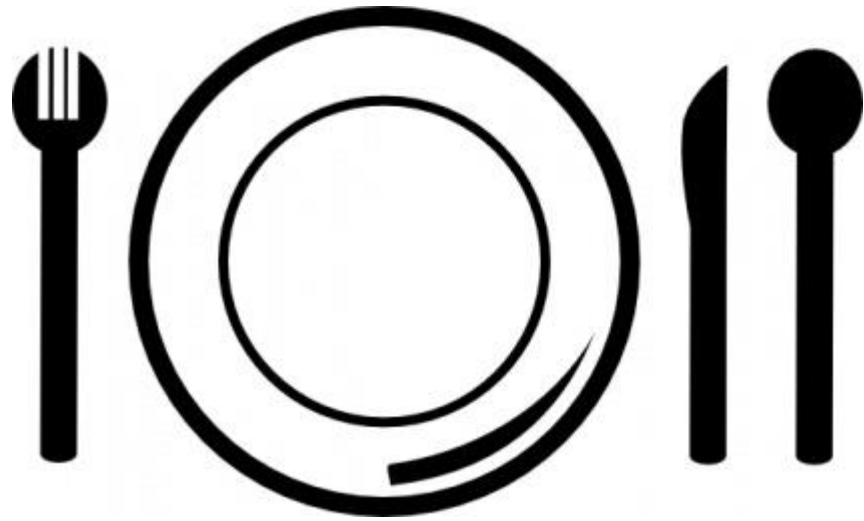
# ITINERARY

- **Saturday 13th:** Dinner in Sarria
- **Sunday 14<sup>th</sup>** Sarria -> Portomarín. 🚶 22km.
- **Monday 15<sup>th</sup>** Portomarín -> Palas De Rei 🚶 24km.
- **Tuesday 16<sup>th</sup>** Palas De Rei -> Ribadiso 🚶 26km
- **Wednesday 17<sup>st</sup>** Ribadiso to -> Pedrouzo 🚶 23km.
- **Thursday 18<sup>nd</sup>** Pedrouzo -> Santiago De Compostela 🚶 20km.
- **Friday 19<sup>rd</sup>** Collect certificates from the Pilgrim Office. 🧑 Tour of Cathedral. Sightseeing / shopping. Dinner.
- **Saturday 20<sup>th</sup>** Pilgrim Mass, sightseeing & shopping. HOME 😞






# MEALS



- Breakfast and dinners are included
- Packed lunches
- Eat well and eat enough!
- Advise teachers **tonight** of any serious dietary requirements

# ROOMING

- Vary from dorms to smaller rooms
- Next week: room allocation (but no guarantees!)
- Be inclusive  and mature



- People have walked the Camino for over 1,000 years. We share the Camino with people of all ages, backgrounds & faiths.
- Everything we do is in the company of others. Your experience should reflect this.
- People have many reasons for walking the Camino. For some, it will be one of the most important things they do in their lifetimes. You are an ambassador for us all!
- Accommodation: lights out & silence after 10
- ***Leave no trace***



# ON TOUR...

- Be responsible
- Be early
- Be co-operative
- Be positive
- Be patient
- Be kind
- Be **tough!**



# ARRIVING HOME

- Aer Lingus flight EI743,  
Santiago to Dublin
- Arriving in **Dublin (T2)** at  
**18:10**




# FORMS TO FILL IN TONIGHT


## 1. Rules

## 2. Immigration form

## 3. Medical Form



**Our Lady's School**  
 Founded 1953  
 Templeogue Road, Terenure, Dublin 6w  
 Telephone 4903241 Fax 4922511  
 Email: admin@olschool.ie



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**RULES DURING SCHOOL TRIP**

Students should note that for the duration of any school trip, they will be subject to **normal school rules** at all times. However, we wish to highlight the following rules in particular:

- No cigarettes, alcohol or any other illegal substances are to be carried, purchased or used. This is in accordance with normal school policy. **There will be no exceptions.**
- For the safety and security of the whole group, students' bags and rooms will be subject to random searches should teachers feel it is necessary.
- Students will be held responsible for the condition of their rooms. Each room will be checked upon entry and students will be liable for any subsequent damage.
- Students must never leave their group without permission and must observe all curfews.
- Any breach of behavior by a student that, in our opinion, jeopardizes the safety of an individual or the group as a whole may result in the immediate sending home of that student.
- It is expected that students' use of mobile phones will be responsible and in line with the school's Acceptable Use Policy. **Posting/sharing photos of others (students or staff members) without their consent is expressly forbidden.**


**We have read the above rules and accept that these are the conditions to participate in a school trip.**

Parent / Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Student: \_\_\_\_\_



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7<sup>th</sup> March 2018

To Whom it May Concern,

I give permission for my daughter, \_\_\_\_\_, to travel to Santiago de Compostela, Spain, from 17<sup>th</sup>-24<sup>th</sup> March 2018 inclusive with Our Lady's School under the care of the group leader, **Síobhán Gavin** (teacher).


Signed: \_\_\_\_\_ (Parent/Guardian)

Contact information (please use **BLOCK CAPITALS**):


Student's name:	
Contact parent/guardian's name:	
Contact parent/guardian's phone number:	

|

Principal: Pauline Meany, Deputy Principals: Marguerite Gobby, Stephen Stobisan.



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**CONFIDENTIAL MEDICAL FORM**

For the duration of the trip teachers are acting in loco parentis. In the event of accident or illness, medical information about your daughter may be required. Please fill in the form below with **as much detail as possible**. Information will be treated in the strictest confidence. ]

1. Student's Name:	Class:
2. Date of Birth:	
3. Contact number(s) for parent(s)/guardian(s):	
Name _____ No. _____	Name _____ No. _____
4. Does your daughter suffer from any medical condition (e.g. asthma, migraine etc.)? Give full details.	
_____	
5. If your daughter is bringing any medication with her, please specify name and purpose.	
_____	
6. Does your daughter have any food allergies/dietary requirements? Please give details.	
_____	
7. Does your daughter have any allergies to medication? Please give details.	
_____	
8. Has your daughter ever had a general anaesthetic? Yes <input type="checkbox"/> No <input type="checkbox"/>	
If so, did she suffer any adverse reaction? Yes <input type="checkbox"/> No <input type="checkbox"/>	

Please be advised that by signing this document you are consenting to:

(a) ~~the~~ transfer of relevant personal information (e.g. passport details, dietary requirements, relevant medical details) to the tour operator for the purposes of making travel arrangements.

(b) ~~your~~ daughter receiving medication and/or medical treatment, in the case of an emergency, as considered necessary by the medical practitioners present.

Signed: \_\_\_\_\_ (Parent/Guardian) Date: \_\_\_\_\_

Principal: Pauline Meany, Deputy Principals: Marguerite Gobby, Stephen Stobisan



# PASSPORT PHOTO

Photo of passport to  
**[camino@olschool.ie](mailto:camino@olschool.ie)**



# Words of wisdom from the veterans



*I learned a lot about myself, and others, and perseverance.*

*It was a great personal challenge. Talk to everyone in the group and don't hold back. Put into it what you want out of it. Take everything in and look after yourself!*

*I was so proud of myself for doing it!!*

*I am so happy that I have made new friends and tried new things*

*I learned how to push myself past any personal boundaries when it came to endurance.*

*Bring lots of Compeed, not plasters, and dry shampoo as you will be wrecked after*