



# INSIDE OUT

FUN, FRIENDSHIPS, ADVENTURE & DISCOVERY

**AN IMMERSIVE  
CAMP FOR  
12-14  
YEAR OLDS**





# FIVE reasons to go to an INSIDE OUT CAMP

1

## BUILD FRIENDSHIPS

In the unplugged, tech and stress free, fun camp culture, teens build their face-to-face communication and relationship skills. Campers learn to work together, accept each other's differences, and find ways to cooperate, collaborate and communicate. Aside from providing the opportunity to generate incredible memories and create 'friends for life', these skills will be essential to have for future employers.

2

## RISK TAKING AND CHALLENGES

What teen does not thrive on taking some sort of risk? At Inside Out risk-taking and getting out of your comfort zone are part and parcel of the camp experience in a controlled and safe environment. Taking risks and succeeding is a great motivator for campers to seek further achievements and failing can lead to testing new ideas and new ways of doing things. Campers will learn to overcome fears and build new skills.

3

## BUILD A TOOLBOX OF LIFE SKILLS

Getting away to Camp will help to develop strong characters and build a toolbox of essential skills that will help campers to better navigate the obstacles of life and to be happier and more confident in their own skin. Grit, perseverance, independence, responsibility, decision-making, problem-solving and leadership are all a key focus at the core of Inside Out.

4

## MEET POSITIVE ROLE MODELS

At Inside Out campers will be inspired by positive role models from the pool of leaders, counsellors, and educators who will be working with them throughout their camp experience as well as being influenced and motivated by positive peers within their own teams.

5

## DISCOVER YOUR BEST SELF

Inside Out offers teens the chance to step back from the treadmill of school, study, exams, competitive sports, and an over-scheduled existence to learn and focus on what is important to them. It is an opportunity to discover new hobbies, skills they didn't know they had and with a view to exploring future career paths that they might not have otherwise considered.

# ABOUT INSIDE | OUT

- ✓ Enjoy an immersive week of **physical and mental challenges** that focus on personal development and build confidence from the inside and out.
- ✓ Campers will engage in an **exciting and unique program** that incorporates a variety of indoor and outdoor activities and learn valuable skills from survival and team building to leadership, planning, and communication.
- ✓ All these adventurous activities will take place on the grounds of **Gormanstown Castle and Gardens a 110-acre campus** with extensive indoor and outdoor sporting facilities, beautiful forestry, fields and streams.
- ✓ At Inside Out we believe that **a strong sense of self should be at the core of all learnings**. When a teen has **confidence**, really understands and accepts who they are, they are more likely to want to experience new things, think outside the box, and ultimately go for the things they want in life.
- ✓ Inside Out's key focus is about **helping young people to grow as individuals** by creating a balanced environment that delivers essential life learnings through fun and creative activities.
- ✓ The **'sleepover'** element really is a crucial part of their experience as the time away from home offers them the chance to really immerse themselves in the spirit and learnings of the camp.



# TYPICAL DAY AT CAMP

Every day at camp is **a little different from the day before** starting with breakfast @ 9am and followed by activities from 10am. Team leaders will keep the day flowing with a host of planned activities carefully scheduled to ensure **a balance of physical, mental and creative challenges** are reflected.

Campers will also have allocated periods for chilling out and can choose quiet time on their own or to hang out with their new buddies. **'Inspiration hour'** is when the teams will be brought together to listen to an invited guest or participate in some sort of workshop like a design sprint to stimulate idea generation and teambuilding.

## Sample Schedule and Activity Plan

**Breakfast @ 9am**

**Morning activities kick off @ 10am**

Warm up game of Rounders

**Survival skills in the forest**

Team Collaboration – campers will spend time working on a team project to be completed by the end of the week.

**Lunch @ 1pm**

Afternoon activities from 2pm - Slower pace with a **focus on being creative** through art, crafts or music.

**Chill Time @ 4pm**

**Be Inspired @ 5pm** – different focus each day with visits from a special guest or a **choice of workshop** to try something new.

**Dinner @ 6pm**

**Evening Activities 7-9pm** Eg: Camp fire with **music and s'more making**.

**Bunk time @ 10.30pm**

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# CAMP DETAILS

## Camp Dates

Week 1 - Mon 13th June - Friday 17th (5 days & 4 nights)

Week 2 - Mon 20th June - Friday 24th (5 days & 4 nights)

## Campus Accommodation

Dormitory style fully supervised accommodation provided onsite with separate quarters for the girls and boys. <https://gormanstonpark.ie/accommodation/>

## Catering

Three meals catered per day plus evening snack.

## Pricing

€650 per person per week

**INSIDE OUT**

A group of children are climbing a large, leafy tree. Some are sitting on the branches, while others are standing or climbing. They are all smiling and looking towards the camera. The background shows a clear blue sky and some green foliage.

## KEY CONSIDERATIONS

- ✓ 24hour supervision
- ✓ Garda vetted leaders and educators
- ✓ Comfortable accommodation and full onsite catering
- ✓ In advance of our camper's arrival a call will be made to each parent for a chat so that the camp director can build a profile of their child ensuring they get the best out of their experience
- ✓ On 'drop off' day parents are invited to stay on to meet the team and hear the welcome address over a cup of coffee allowing their child to settle in before they leave
- ✓ Transportation to and from Gormanstown can be arranged if required should enough require it
- ✓ 100% Refund guarantee if any camper does not enjoy their experience

## HOW TO BOOK | CONTACT INFORMATION

To register your interest, [please click here](#) to complete the form.

**ANY QUESTIONS?** Drop us an email: [info@insideoutcamps.ie](mailto:info@insideoutcamps.ie)

or call Tracey at: **087 2766824**

**INSIDE OUT**

# ABOUT US

## TRACEY MORAN RUSSOUW FOUNDER

Tracey is a parent of three with a particular interest in and passion for youth mental health. Inside Out is a personal initiative to introduce a fun camp-style environment that educates teens about who they are, how their minds work and how to make good choices in life. In setting the right foundations early Tracey believes we will create a generation of smart, happy, powerful young individuals.

Tracey is also a experienced hotelier (owner - operator of the Red Cow Moran Hotel, D22 and operator of Wren Urban Nest D2) with a track record for delivering on promises and achieving set goals. Highly experienced in event management and at converting opportunities into success she has led several key community initiatives and raised over €500k for charities like Cancer Research, Pieta House, and St James Hospital.

Deciding on bringing this initiative to fruition would not have been possible without the advice, insights and support from the following key people:

## JOAN FREEMAN MENTAL HEALTH CONSULTANT

Joan Freeman is a Senator, an international Mental Health Consultant, Activist, Motivational and Inspirational speaker. Joan holds a BSc in psychology and an MSc in psychology and is author of the book "Cover up – Understanding Self-Harm" (2010), in addition to peer reviewed scientific research papers. Joan is the founder of Pieta House; Irelands' first Suicide and Self-harm charity which she set up in 2006.

Joan has been an incredible support and sounding board in the setting up of Inside Out and her insights and experience has been invaluable resource.

## SHANE CRADOCK LEADERSHIP & MINDSET COACH

Shane has spent over 20 years working with people internationally to improve their levels of clarity, confidence and results. Having over-come suicidal depression in his mid 20s, Shane has developed an approach that has allowed him to work with business leaders, sports people, artists, students and teachers. At the centre of his very practical and relatable approach is learning how to make our minds work better for us.

Inside Out is all about giving teens the right skills in their life toolbox so Shane's teachings are a significant addition.

## PAUL McDERMOTT PROGRAMME DIRECTOR

The activity programme will be directed by Paul McDermott who runs his own sports and recreational coaching company (Clutch Academy) providing fun training sessions and targeted physical activity programmes for all ages, sporting types and levels of ability.

Paul is also a sports and wellness coach for DLR Sports focusing on youth and special needs groups and is a fully qualified basketball coach for multiple outlets across Ireland. He is qualified to work with children with Autism and additional needs and is Red Cross CPR certified. Paul has received the CIPD Award in coaching and mentoring from the National College of Ireland and a professional diploma in Sports and Exercise Psychology. Paul brings his experience, creative ideas & activities to Inside Out.

A panel of educators working with Paul will comprise of specialists in their field from sports coaches to primary and secondary school teachers. All participating facilitators will be fully garda vetted and the programme will comply with all health and safety protocols.

