



The Ultimate School Trip



MILLFIELD

DISCOVER BRILLIANCE



Welcome



Mrs Alexandra Haydon
(Host for Australia and Iceland)



Mr Gavin Horgan
(Host for Japan)



Dr Adam Gutteridge
(Host for Italy)

With the world the way it is, travel banned and UK schools operating remotely it is unlikely we will be able to run school trips, certainly trips abroad, for some time. School trips are great. They are an opportunity to see something new, experience something new, meet new people, ask questions and spend time with your friends. We can't provide the authentic school trip experience at the moment but we can take you somewhere away from home and show you something that is a little bit different.

Each trip will be leaving on Friday 5 March and you need to read the brochure carefully to see which trips you would like to join. We have included a play list to get you in the mood, some books to try and a film you might like to watch afterwards, a short history of the country and some phrases to practise. On the day you just need to click the YouTube link at the right time to join. Take note of the email address on the page too - that is where you need to send your questions and we will try and get our experts to answer as many as possible. Please do send any photos of you joining in to that email address too – it would be lovely to publish some after the event.

To finish the day, at 7.15pm we will be streaming 'The One Planet Concert' – music from around the world performed by Millfield students around the world. Click [here](#) to join the concert.

Enjoy!



Tour departure times and links

The tour will go live on YouTube at the departure times listed below – you just need to click on the link to join.

TOUR	DEPARTURE TIME	LINK
AUSTRALIA	8.45AM	Australia
JAPAN	9.30AM	Japan
ITALY	12.30PM	Italy
ICELAND	2.00PM	Iceland

Each tour will last approximately 1.5 to 2 hours so you will need to pick one country in the morning and one in the afternoon where you can join the full tour. You can also drop into the beginning or end of the other country visits.

The tours will remain online after the event so you can go back and watch the bits you missed.

Please read the guide carefully so you can pick your tours and have the email address to hand to ask questions.



Australia

KIT LIST & MATERIALS

- Swimming kit
- T shirts
- Shorts
- Thongs (flip flops)
- Sun cream
- Exercise mat or towel

FURTHER DOWNLOADS FROM SALLY FITZGIBBONS

[Sally's World](#)
[Go Sally!](#) (iPhone/iPad)
[Go Sally!](#) (Android)
[Sally's 30 minute lockdown workout](#)

EMAIL YOUR QUESTIONS

Australia@millfieldschool.com



<https://www.youtube.com/watch?v=oplhDb6Wfhw>

WHY GO?

Thirty-two times the size of the UK and one and a half times the size of Europe, it is not surprising that Australia is a country of contrasts. From the snowy Australian Alps to the deserts of Southern Australia, from the cosmopolitan cities such as Sydney and Melbourne to the remote farms of New South Wales, from the rainforest to the Great Barrier Reef, Australia is a land of extraordinary beauty and diversity.

During the Ultimate School Trip's visit to Australia you will:

- Visit the Snowy Mountains to meet indigenous river guide Richard Swain
- Travel into farming country to find out about living a rural Australian life with Camilla Hoddle and her family
- Imagine yourself stepping into the ocean with Pro Surfer Sally Fitzgibbons
- Explore the Great Barrier Reef with wildlife film maker James Brickell

FACTS AND FIGURES

Surface area (km2)	7 692 060
Population (millions)	25 695 333
Population per square km	3.3
Who is in charge?	Prime Minister Scott Morrison
Currency	Australian Dollar
GDP per capita (USD)	58 392.7
Capital city	Canberra
Population of capital city	452 500
Languages spoken	English + indigenous Australian languages
Forecast temperature in capital city at midday on Friday 5 March (°C)	25

TRIP INFORMATION

The vast island of Australia has been inhabited continuously for the last 60,000 years. Migrating peoples journeyed southwards from Indonesia and habitation spread southwards, eventually reaching Tasmania some 20,000 years later. Although much Australia's central regions are harshly arid, there are many other areas of rainforest and pasture; these Indigenous groups had to adapt to a range of challenging climactic and geographical conditions in order to survive. A rich cultural tradition of art and performed narrative emerged, featuring numerous origin stories that tied together cosmology, spirituality, geology and the natural living world. Around 2,500 years ago a second wave of settlement occurred in the northern region of the island, as Torres Straits Islanders landed and settled on the northern reaches of what

is now called Queensland. Just over 400 years ago Europeans made their first landings on the island, what had been visits ultimately became colonial settlements, and Australia was initially used by the British as a penal colony as it sought to transport (and resettle) those convicted of crimes in Britain. The European settlement of Australia in the nineteenth and twentieth century led to much death and suffering in Aboriginal society. Australia was initially part of the British Empire, ruled by Britain, but gradually in stages from the 1850s onwards it gained autonomy and the right to self-govern. In recent years Australia has done much to reckon with its national past, and recently changed one line in its national anthem, 'Advance Australia Fair' from "For we are young and free" to "For we are one and free."

LEARN THE LINGO

Before 1788, there were more than 70 Aboriginal languages that were spoken across New South Wales. Today, many of those languages are extinct (no living speakers) or critically endangered with only a handful of speakers alive. Ngunnawal or Gundungurra is the traditional language of the Ngunnawal and Gandangara peoples from the area around Canberra that we are visiting.

Man	Murrin
Woman	Bullan
Girl	Bubal
Boy	Mullanan
Koala	Guruban
Birds	Budyen
Waterfall	Wolway
Sun	Winyu
Moon	Kubbadan

Keeping the pathway to our ancestors alive Murra bidgee mullangari

SOMETHING TO READ

- 'Wake in Fright' by Kenneth Cook
- 'Oscar and Lucinda' by Peter Carey
- 'The Spare Room' by Helen Garner

SOMETHING TO WATCH

Ten Canoes (2006)

SOMETHING TO LISTEN TO

With an established tradition of Western Classical Music alongside a rich bounty of indigenous musical styles, this small glimpse into Australian music has something for all. It features Kalkadunga, an incredible fusion between didgeridoo and orchestra, alongside Earth Cry, a defining composition that portrays the vast and lonely Australian landscape. To complement these more classical styles we finish with a soulful performance from world-renowned Geoffrey Yunupingu, explaining the importance of the orange-footed scrubfowl to the Gumatj nation and a powerful pop song by Yothu Yindi, a band made of both Aboriginal and non-Aboriginal members.

Kalkadunga – William Barton
 Earth Cry – Peter Sculthorpe
 Wiyathul – Geoffrey Gurrumul Tunupingu
 Treaty - Yothu Yindi



Japan

KIT LIST & MATERIALS

- Kimono (not required!)
- Tea making equipment
- Paper
- Brushes
- Paint

EMAIL YOUR QUESTIONS

Japan@millfieldschool.com



<https://www.youtube.com/watch?v=1GHk7NTrAlQ>



WHY GO?

With the most modern of modern cities and some of the most pristine natural scenery in the world, Japan is a country that has it all. Stunning waterfalls, beautiful temples, zen gardens, the most delicious food, and in Spring, the most extraordinary display of cherry blossom. Japan is a truly fascinating and beautiful country to visit.

During the Ultimate School Trip's visit to Japan you will:

- Have a tour of the coolest sites from a local art student

- Chat to the Deputy Chef de Mission of Team GB's Olympic Team, Olympian and medallist, Georgie Harland
- Prepare the finest Japanese food and learn about Japanese hospitality
- Understand the ancient culture of the kimono and calligraphy, through doing it yourself

FACTS AND FIGURES

Surface area (km ²)	377 915
Population (millions)	126 476 461
Population per square km	346.9
Who is in charge?	Prime Minister Yoshihide Suga
Currency	Yen
GDP per capita (USD)	39 082.1
Capital city	Tokyo
Population of capital city	37 393 000
Languages spoken	Japanese
Forecast temperature in capital city at midday on Friday 5 March (°C)	15

HISTORY

Human habitation of the Japanese islands seems to have begun some 30,000 years ago. For many centuries the early prehistoric cultures of Japan were predominantly mobile and survived by hunter-gathering, but some 2,500 years ago, new waves of settlement from the Asian mainland saw the widespread adoption of farming practices and the switch to permanent habitations. Much of Japan was unified under a single king in the first centuries of the first millennium AD. In the centuries after AD1000 art and literature flowered extensively throughout Japan, at the same time as political power centralised and a feudal social system was established. This consolidation of power and a growth in national identity ultimately meant that Japan was able to repel invasions from the mainland, which led to centuries of increased prosperity and cultural

growth. Civil conflicts were not uncommon, however, and from the mid-1500s Japan also had to reckon with the arrival of European traders and missionaries who were periodically to destabilise traditional patterns of power, culture, and religion. The late nineteenth and twentieth century saw rapid industrialisation, increasing urbanisation, and involvement in a series of global conflicts, ultimately leading to defeat in the Second World War.

LEARN THE LINGO

Hello	Kon'nichiwa
Goodbye	Sayōnara
Yes / No	Hai / iie
Thank you	Arigatōgo zaimashita
I do not understand	Rikai dekimasen
Sorry	Gomen'nasai
Excuse me	Sumimasen
My name is	Watoshinonanaeha
Do you speak English?	Eigo o hanasemasu ka?
How much is this?	Kore wa ikuradesu ka
Where is the train station?	Eki wa dokodesu ka?
I only speak a little Japanese	Watashi wa nihongo ga sukoshi shika hanasemasen

SOMETHING TO READ

- 'Norwegian Wood' by Haruki Murakami
- 'Silence' by Shusaku Endo
- 'Convenience Store Woman' by Sayaka Murata

SOMETHING TO WATCH

Spirited Away (2001)

SOMETHING TO LISTEN TO

On your Japanese musical voyage you will encounter Kagen and Gagaku music, from the Japanese Imperial Court, a lullaby in the classical Japanese style, featuring traditional instruments including the Shamisen and Shakuhachi, before a grand finale featuring a massed ensemble of Taiko drummers.

Edo Lullaby: Ensemble Nipponia

Kishunraku Gagaku

Kagen (komagaku): Kitoku

Eitetsu Hayashi: Fertility of the Sea or Utage (Taiko)



Italy



KIT LIST & MATERIALS

- Reasonable footwear for walking the streets of Rome and Pompeii
- Sun cream
- To cook you will need:
 - 1 small chopping board
 - 1 small knife (ideally serrated)
 - 1 small pasta bowl
 - 1 standard plate
 - 2 Mozzarella balls
 - 1 pkt Cherry tomatoes (preferably on the vine)
 - 1 pkt Salad tomatoes (preferably on the vine)
 - 1 tbs Balsamic vinegar
 - 2 tbs Extra virgin olive oil
 - 1 pot of fresh basil
 - Salt & black pepper
 - A baguette or a ciabatta

EMAIL YOUR QUESTIONS

Italy@millfieldschool.com



<https://www.youtube.com/watch?v=TLsQxTYKmsU>

WHY GO?

Due to its central location in Southern Europe and the Mediterranean, Italy has been home to an extraordinary myriad of peoples and cultures over the centuries. With stunning natural scenery from the Alps in the north to the volcanoes and beaches of the south, Italy is famed for its beautiful food, wine, spectacular cities, wonderful art galleries, ancient ruins and charming people. Not to be missed.

During the Ultimate School Trip's visit to Italy you will:

- Have a tour of classical and medieval Rome with archaeologist Dr Adam Gutteridge
- Experience Venice's traditional theatre scene Commedia Dell'Arte
- Journey back to 79AD and the eruption of Vesuvius with volcano's expert John Davidson and Dr Adam Gutteridge
- Have a cooking lesson with an Italian chef (see the kit list for the ingredients you will need if you want to follow the demonstration)

FACTS AND FIGURES

Surface area (km ²)	301 338
Population (millions)	60 461 826
Population per square km	205.45
Who is in charge?	President Sergio Mattarella
Currency	Euro
GDP per capita (USD)	34 388.5
Capital city	Rome
Population of capital city	4 257 000
Languages spoken	Italian
Forecast temperature in capital city at midday on Friday 5 March (°C)	15

HISTORY

Habitation of the Italian peninsular by modern humans dates back to the Upper Palaeolithic. Subsequent waves of migration into Italy brought social change that saw the adoption of metallurgy and agriculture. The first major social group to exert cultural dominance beyond their immediate locale were the Etruscans, their art, religion, and language spreading out from their base in the centre of the peninsular some 2,700 years ago. At the same time, Greek traders began to create towns and trading ports along the southern shores of the peninsular, bringing to Italy culture from the East. From the 500BC a single city-state in the centre of Italy, Rome, began remorseless expansion that would ultimately lead to the creation of first a republic, and then an empire, which grew to cover territory from Scotland to Syria. Italy itself saw

several centuries of sustained prosperity as the centre-point of this wealthy slave-economy, a peace that was ultimately ended by a series of invasions from the east by first Ostrogoths and later Lombards. Throughout the middle ages Italy was the target of raids and invasions by Byzantines, Arabs, and the kingdoms of Western Europe; it existed as a series of warring city-states in a continual cycle of violence, yet it managed to host the grand cultural rebirth of civilisation through a rediscovery of its classical past. Political pressure, led by Garibaldi and his allies, finally united the Italian peninsular as a single country via a long series of political and military struggles in the mid-1800s.

LEARN THE LINGO

Yes	Si
No	No
Excuse me	Mi scusi
I'm sorry	Mi dispiace/ Scusa
Hello	Ciao
Some information, please	Un informazione, per favore
I don't understand	Non capisco
What is your name?	Come si chiama?
My name is ___	Mi chiamo ___
How's it going?	Come va?
How are you?	Come sta?
Where is the bathroom?	Dov'è la toilette?
Can you help me?	Mi può aiutare?

SOMETHING TO READ

'The Leopard'
by Giovanni Tomasi di Lampedusa

'The Days of Abandonment'
by Elena Ferrante

'To Each His Own'
by Leonardo Sciascia

SOMETHING TO WATCH

Suburra (2015)

SOMETHING TO LISTEN TO

Capturing the musical heritage of a country that has been at the forefront of Western Classical Music for hundreds of years is quite the challenge so on this brief tour you will visit one of its most dominant Art forms, Opera, listening to two of its most famous arias alongside a delightfully-humorous duet with chorus, before stepping into St. Peter's Basilica, Rome, to listen to some haunting sacred music. We finish with some Italian Folk Music, a well-known tarantella, obscurely associated with the bite of a tarantula that would result in frenzied dancing, before a brief glimpse into Italian classical instrumental music.

Nessun Dorma, from Turandot, and O Mio Babbino Caro, from Gianni Schicchi – Giacomo Puccini

Brindisi, from La Traviata – Giuseppe Verdi

Crucifixus - Antonio Lotti

Tarantella Napoletana

Adagio for Strings and Organ (Berlin Philharmonic) – Albinoni



Iceland

KIT LIST & MATERIALS

- Stout hiking boots
- A decent sized rucksack and tent
- Weatherproof outer layers
- Sun cream
- Crampons

WHY GO?

Iceland, land of fire and ice! With stunning waterfalls, immense glaciers, magnificent nighttime displays of the northern lights, active volcanoes and geothermal springs where you can swim outdoors all year round. It is easy to see why Iceland has become a top tourist (and school trip) destination.

During the Ultimate School Trip's visit to Iceland you will:

- Visit Reykjavik, the golden triangle and some of Iceland's other hot spots (in every

sense) with Iceland expert Karen Corfield

- Experience the extraordinary Solheimajokull glacier, with expert Simon Ross
- Find out about expedition medicine with Dr Tariq Qureshi
- Adventure across Iceland on foot and pack raft with adventurer Alastair Humphreys and get ready for your own adventures this summer

FACTS AND FIGURES

Surface area (km ²)	103 000
Population (millions)	364 134
Population per square km	3.4
Who is in charge?	President Guðni Th. Jóhannesson
Currency	Iceland Krona
GDP per capita (USD)	76 867.3
Capital city	Reykjavik
Population of capital city	131 136
Languages spoken	Icelandic
Forecast temperature in capital city at midday on Friday 5 March (°C)	3

EMAIL YOUR QUESTIONS

Iceland@millfieldschool.com



<https://www.youtube.com/watch?v=ACwEB1cNwAM>

HISTORY

Iceland may have been occasionally visited by adventurers and voyagers in the first half of the first millennium, but it wasn't until the Viking age that any of those cast upon its shores by the wind and waves decided to stay there. Tradition holds that a Norwegian chieftain, Ingólfr Arnarson, sailed westwards from Scandinavia with his family and set up a permanent settlement close to what became the capital, Reykjavik. Over the next few centuries other chieftains joined him, coming from Scotland, Ireland, Norway and Sweden to expand the growing settlements on the island and to build a community. Many of these families fell to fighting with each other, and conflict was common even after the communities had begun to convert away from their Norse pagan traditions and towards Christianity, a process that

took place through the 1100s. Iceland then fell under first Norwegian political control, and then eventually became a Danish dependency. By the mid-1800s a strong movement grew for independence. This was a slow and gradual process, beginning in the 1870s and ultimately lasting until 1944 when Iceland was able to declare itself an autonomous Republic.

SOMETHING TO READ

'The Atom Station' by Halldór Laxness
 'The Blue Fox' by Sjón
 'Hotel Silence' by Auður Ava Ólafsdóttir

SOMETHING TO WATCH

Jar City (2006)

SOMETHING TO LISTEN TO

Featuring a rich heritage of folk music dating back to Viking times, relax and enjoy some traditional Icelandic folk songs before listening to one of Iceland's most prolific classical composers, Jon Leifs, as he depicts the eruption of the volcano Heklo. To finish, enjoy the ambient tones of Icelandic multi-instrumentalist, Olafur Arnalds.

Haustio na'lgast – Steindor Andersen

Olafur Lilijuros, trad.

Hekla – Jón Leifs:

20:17 *or* Saman – Olafur Arnalds

LEARN THE LINGO

Thank you	Takk
Thank you very much	Takk fyrir
You're welcome	þú ert velkominn/Gerðu svo vel
Please	Vinsamlegast/Takk
Excuse me	Fyrirgefðu
Hello	Halló/Góðan daginn
Goodbye	Bless
What is your name?	Hvað heitir þú?
Nice to meet you	Gaman að kynnst þér
How are you?	vernig hefur þú það?
Where is ...?	Hvor er ...?
One ticket to ..., please	Einn miða til ..., (takk fyr).
Where are you going?	Hvert ertu að fara?



Competition

During one planet: The Ultimate School Trip we wanted you to think, to think about other countries, other cultures and also to think about what we, as humans, are doing to our planet.

This competition is very broad – we have a number of themes and a number of different ways in which you could approach them. Your response should link to one of the countries visited on the ultimate school trip.

THEMES

1. Addressing or processing difficult events from national history eg. whaling – Japan & Iceland; Aboriginal rights/treatment – Australia; war and colonialism – Italy, Japan & Australia
2. Identity – past, present and future. What is/was/will it be like to grow up here?
3. Living sustainably with nature
4. What is culture?
5. One planet

POSSIBLE APPROACHES

- A podcast
- An animation/stop motion file
- A twitter thread manifesto for change (280 characters per Tweet)
- A piece of artwork
- A short piece of creative writing (max 1000 words) or poem

PRIZES

The two best entries will win a private online cookery masterclass for them and their family.

Final date for entries: 6pm on Monday 15 March 2021

HOW TO ENTER

Please email your entries to feedbackust@millfieldschool.com giving your name, your school, your year group, the theme you are addressing and a short description of your piece. Remember if the file size is too large, you might need to send us a link instead.

Millfield School will remove all data sent to this email address once judging is complete and winning entries notified.

The top entries will be displayed on our website (first name and school only) and in a small publication to be sent to participating schools.

Thank you

To all our contributors who gave freely of their time for the Ultimate School Trip

Dr Andrew Griffin, Camilla Hoddle, [Richard and Alison Swain](#), [Sally Fitzgibbons](#) and James Brickell, John Bishop, [Vanni and Alberta Carpenedo](#), John Davidson, [Karen Corfield](#), Simon Ross and [Alastair Humphreys](#), Mami Sugiyama, Georgie Harland, Dr Tariq Qureshi and [Luca Nervi](#).



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