



WELCOME

So we are all locked and loaded for our 4th OffGrid Sessions and are excited to have you along with us. Our theme for this year is :

Truth & Reality - How much of what we believe to be true is really the case?

For those of you who have been before, you will be familiar with the format, but for newcomers, we recommend reading the following information which explains timings, how to get on and off the island and a bit about what to expect for the 48 hours you are with us.

The event is held on Osea Island which is a tidal island and runs from the morning of Monday 22nd July to the morning of Wednesday 24th July. Talks kick off at 10.30 so we recommend being on the island no later than 10.00. Be warned, after 11.57, due to the tide, you cannot drive onto the island, **so be careful not to miss the tide.**

LOW TIDE TIMES

(when you can drive on & off the island)

MON 22ND : 07.57-11.57 & 20.25-00.25 (23RD)

TUE 23RD : 08.27-12.27 & 20.55-00.55 (24TH)

WED 24TH : 09.03-13.03

ARRIVAL ON OSEA

On Monday 22nd July the causeway is open from 07.57 – 11.57.

For those catching a train to Witham station, we have coaches to meet trains that leave Liverpool Street station at 07.36, 07.46 & 08.00. **Please book a seat on the bus in online registration.**

For those driving, the postcode for the island is CM9 8UH but for sat nav purposes it's best to use CM9 4SA (the nearest point on the mainland) and add an extra 15 mins to cross the causeway. (People have been sent on weird routes when using the actual island postcode in their sat nav). We strongly recommend leaving ample journey time as the causeway waits for no one! The access code for the causeway gate is 115599.

DEPARTURE FROM OSEA

On Wednesday 24th July, the causeway is open from 08.37-12.37.

We have coaches leaving the island from 09.15 arriving at Witham station around 10.00. This means people should be back in central London around 11.00.

If anyone has to be back earlier, you can organise a taxi to pick you up from the island. The Osea taxi contact is Rob on 07854 376 237. A one way trip is £40.



ISLAND LIFE – FAQs

WHAT TO BRING? - We will be on Osea Island for 48 hours. It is set up to cater and accommodate for large groups but a little bit of planning and forethought is always a good thing. We will be planning for good weather and accommodating for bad.

CLOTHING - Think trainers and jeans rather than smoking jackets and heels. We're aiming to be outdoors as much as possible so it's a good idea to bring something warm, a fleece or jumper and a waterproof jacket & footwear.

If you are up for yoga, running, tennis, beach volleyball or swimming (open water or in the Island's swimming pool), having the right gear may help the cause.

FOOD & DRINK are provided. We will eat together with the exception of breakfast. For those in houses, breakfast hampers will be delivered. For the campers, breakfast is served in the Bomb Factory. We have emailed a registration link where you can log dietary requirements. Please contact us if you haven't received a link to register.

LUXURIES - Just about everything is included in the ticket but there are no shops so any smokers or chocoholics – be warned.

TOILETRIES & MEDICINES – There can be island mosquitos, so repellent & afterbite is a good idea. Also bring anything you usually need hayfever tablets, inhalers etc. We have our medic, Ruth on the island for the duration.

CAMPERS - Will be set up with beds, bedding, rugs, electricity for charging, lights etc. Saying that, we find a torch, a bottle opener and some woolly socks can solve most emergencies when under the stars.

TOWELS & BEDDING are provided. If you fancy a sea swim, perhaps bring an extra towel.

NOTES & THOUGHTS - There is something nice about writing and doodling, but likewise it's sometimes cool to just listen and talk. Feel free to bring your favourite notebook or happily abandon it back in town and bring an open mind.

OFFGRID? – Over the last few years, there have been rumours that OffGrid is a phone & WIFI-free land. Reality is that there is signal but it can be pretty sporadic – so perhaps it's not best to schedule that east coast conference call.

Any questions, please don't hesitate to contact myself or Aimi on the contact details below and we look forward to seeing you island side!

CONTACTS

AIMI - 07969 803 450
AIMI@OFFGRIDSESSIONS.COM - ANY TIME

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JEREMY@OFFGRIDSESSIONS.COM - ANY TIME

RACHEL - 07939 551 019
(WHILE ON THE ISLAND)

NICOLA - 07941 823 504
(FOR SPEAKERS DURING THE EVENT)

OSEA TAXIS - 07854 376 237

TWITTER & INSTAGRAM @OFFGRIDSESSIONS