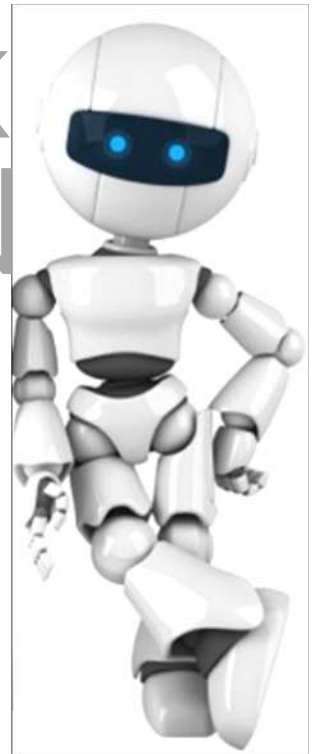




WELCOME PACK INFORMATION CARDIFF MET UNIVERSITY



WELCOME PACK

INFORMATION CARDIFF MET UNIVERSITY

Welcome to **SUL Education** at The Cardiff Metropolitan University, UK

The **EXPERIENCE** of studying in the **UK** can be both exciting and very different to what **you** might be used to at home.

If after a few days, you find it strange or begin to miss home, **don't worry**, you won't be alone!



Other students will be feeling the same and you will soon get accustomed to life once you start your learning experience, making

NEW FRIENDS and enjoying new interests.

Coming to study in the UK will be one of the most exciting **ADVENTURES** of your **LIFE**, so it's always good to be prepared! There are things you can do before you leave that will ensure your trip runs smoothly.

ARRIVING IN THE

BEFORE ARRIVAL **CARDIFF** MET UNIVERSITY



Before arriving in the UK, please make sure you have your valid passport, with your visa if you need it. Also, take a photocopy of your passport. If you lose your passport contact the police and Embassy immediately.

Before arriving in the UK, please make sure you have your travel tickets.



Carry cash or your credit cards – preferably in a very secure inner pocket. Divide up your cash and even credit cards into multiple safe spots.

Before arriving in the UK, please make sure you have your health documents, if required.



Before arriving in the UK, please make sure you have your letter of acceptance from your institution if needed.

DEPOSIT FEE. £50 due in cash per person on arrival on day 1; the deposit payment is fully refundable (assuming no damages were caused) before departure



Label your luggage clearly. If your luggage gets lost, contact the airline helpdesk and file a missing luggage report.

24/7 EMERGENCY NUMBER

Before arriving in the UK, please make sure you have the telephone number of SUL, in case there is a change in your travel plans. **+44 3305 330315**



ARRIVING IN THE

BEFORE ARRIVAL **CARDIFF** MET UNIVERSITY



Depending on the prior arrangements you have made by SUL, you will either be met on arrival by a SUL representative (look out for the SUL logo) who will accompany you to your destination, or you will have organised your own independent transport to your destination. If this is the case you should receive the details of a meeting place and time for drop off / collection arranged with SUL.

HOW MUCH POCKET MONEY SHOULD I BRING?

Students don't need to pay for accommodation or meals (unless otherwise stated) but you will need some money for souvenirs, shopping and other items. We recommend juniors bringing £50-£75 per week to cover this. For adults it will be left to your discretion. This is just a recommendation, and you can bring more/less depending on your budget. It's not a good idea for students to be carrying a large amount of money. The currency in the UK is the Pound Sterling. Euros are not accepted.

DEPOSIT FEE

£50 due in cash per person on arrival on day 1; the deposit payment is fully refundable (assuming no damages were caused) before departure.

ARRIVING IN THE

WHAT SHOULD I PACK?

The weather in the UK can be unpredictable. Even in the summer you may need a warm jumper, waterproof jacket, or bring an umbrella! You will also need comfortable shoes for excursions.



IMPORTANT: don't forget to bring any **MEDICATION** you might need. It is vital that you inform us and your group leader of any medical conditions or allergies when enrolling on a course. This will enable our staff to be well prepared in case of an emergency.



A small **BACKPACK** is a good idea for carrying packed lunches and other things you might need during the day. Toiletries are not expensive in the UK but you should bring your own anyway.



If you are bringing electrical items, make sure that you also bring the right adapter. **THE PLUGS IN THE UK ARE 3 PINS** which may not be the same in your country.



And **DON'T FORGET** your **SWIMWEAR, TOILETRIES, a TOWEL** and **SUN LOTION**.

ARRIVING IN THE

CHECK LIST



T-Shirt



Waterproof Jacket



Trainers



Long Sleeve



Fleece or Hoodie



Underwear



Socks



Brimmed Hat



Swim Wear



Shorts



Trousers



Pyjamas



Cardiff
Metropolitan
University

The Amazing Experience at Cyncoed Campus of The Cardiff Metropolitan University is a choice for international junior students age 8+ seeking the authentic Welsh experience.

It combines on-campus English lessons with daily action-packed out-of-class activities.

Cyncoed is home to the Cardiff School of Education & Social Policy and the Cardiff School of Sport & Health Sciences (Cyncoed).

It is a busy campus that offers on-site accommodation and a new purpose-built Campus Centre. The campus offers excellent sporting facilities, on-site shop, coffee bars and refectory. The campus also acts as the head office for the Students' and Athletics Union.



CARDIFF METROPOLITAN UNIVERSITY PHOTOS



AT THE CAMPUS



WHAT TO EXPECT?

CARDIFF
MET UNIVERSITY



Residential rooms at the Cardiff Metropolitan University will be cleaned and beds made on arrival.

Communal spaces within Residential accommodation are to be spot cleaned regularly. It remains the responsibility of occupants to ensure communal spaces and bedrooms remain in good order.



Towels will not be provided. Students should be advised to bring their own towels, as on-site laundry is available.

WiFi coverage cannot be guaranteed in every location on City Campus, including in every bedroom.



DEPOSIT FEE. £50 due in cash per person on arrival on day 1; the deposit payment is fully refundable (assuming no damages were caused) before departure.

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SUL's Experience is Great Britain programme is a perfect choice for international junior students who are aged 8+ seeking a truly British experience. It combines on-campus English lessons with action-packed daily activities and excursions outside the classroom. These provide a wealth of history, culture, and exciting places to enjoy.



Every student will become a part of **SUL League**, which will help to enhance the academic and social programmes at SUL, as well as increase the level of students' integration into an academic process and will play an important part in educating the ones who are passionate for learning.

The SUL League is an exciting and inclusive opportunity for our students to get involved in a Global Project, where students from all over the world compete to become SUL League Champions! **FOUR TEAMS**, five categories to score points in. **Which team will be yours?**



INFORMATION SHEET

From our regular daily life to cutting-edge technology, **ROBOTICS SUMMER LAB** offers an astonishing quest to explore the wonders of robotics through this **AMAZING EXPERIENCE**.

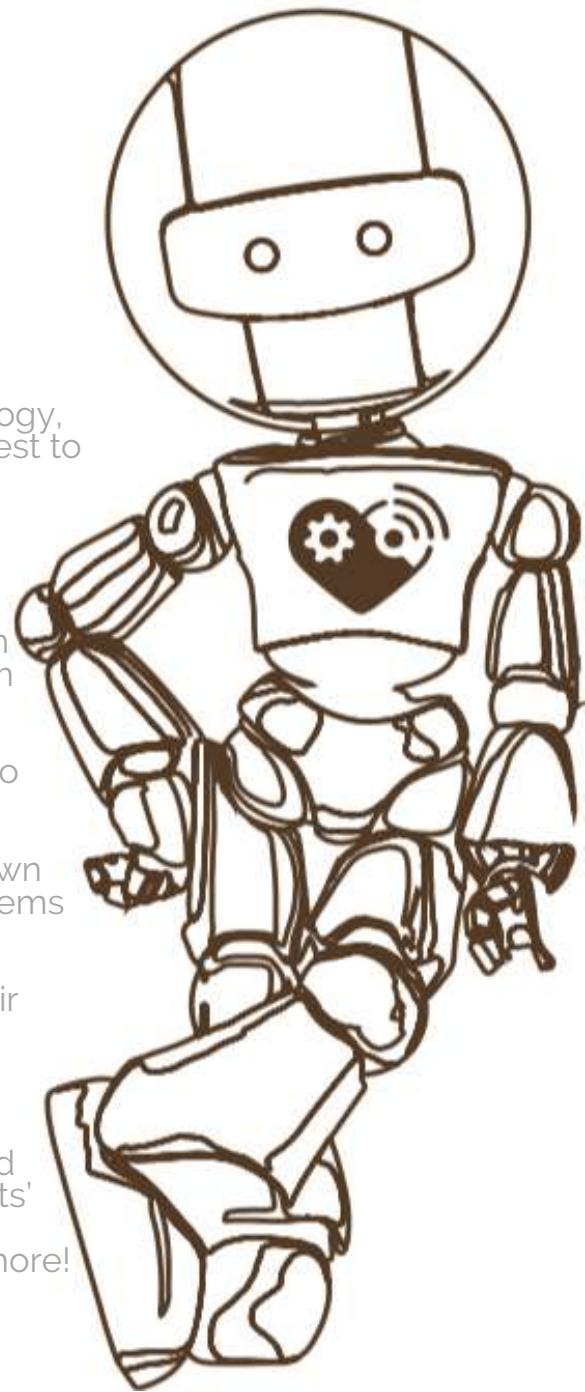
In cooperation with the **ROBOTICS ACADEMY**, we have designed this English + Robotics summer programme to help younger students learn English while developing the core concepts of the problem solving and programming.

This course is ideally suited for children who love to be creative and find their solutions to problems.

Every day our students will be able to build their own **LEGO** robots and use them to solve daily life problems and questions.

Students will be given the opportunity of using their creativity to improve upon a robot's basic design to tackle these issues, all the while learning more and more advanced concepts.

Every week will be packed with fun, excursions and exciting challenges, which test the limits of students' robots - such as getting through mazes, navigating obstacles, battling other robots and much, much more!





TAKE MOVIE

INFORMATION SHEET

"They did that in one take" is always an impressive statement to make about any film! Getting a scene down in a single take means everyone experiences a moment of perfection, or is it just pure luck?

SUL will run this exciting One Take Movie programme. We are proud to provide young filmmakers, aged 12 to 17, with a unique experience in the art of cinema.

Incorporating both theory and practice, our courses will teach students how to operate equipment and work on a set while providing a clear understanding of the fundamentals of how the art of cinema works.

At the end of our course, students will have written, filmed and edited a high-quality One Take Movie, which we will premiere on SUL's YouTube channel.

WEEKLY PROGRAMME WEEKS 1-2

DAY	MORNING											AFTERNOON								EVENING							
	7:30 - 7:45	7:45 - 8:15	8:15 - 8:30	8:30 - 9:15	9:15 - 9:20	9:20 - 10:05	10:05 - 10:20	10:20 - 11:05	11:05 - 11:15	11:15 - 12:00	12:00 - 12:50	12:50 - 13:35	13:35 - 13:45	13:45 - 13:50	13:50 - 15:45	15:45 - 15:55	15:55 - 16:00	16:00 - 18:00	18:00 - 18:10	18:15 - 19:00	19:00 - 19:30	19:30 - 19:35	19:35 - 21:30	21:30 - 21:55	22:30		
03-Jul	Wed	Arrivals											Lunch	Arrivals								Dinner	Free Time	Assembly	Induction + Orientation	Free Time	Bed check
04-Jul	Thu	Morning Exercise	Breakfast	Assembly	Testing / EAL Lesson 1	Break	Testing / EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	SUL League House Sorting Ceremony + Murder Mystery	Free Time	Bed check	
05-Jul	Fri	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Crazy Olympics	Break	Dinner	Free Time	Assembly	Scavenger Hunt / See It Snap It	Free Time	Bed check	
06-Jul	Sat		Breakfast	Assembly	Full Day Excursion: Cardiff + Cardiff Castle															Dinner	Free Time	Assembly	Movie Night + Discussion / Board & Card Games	Free Time	Bed check		
07-Jul	Sun	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	Quiz Night	Free Time	Bed check	
08-Jul	Mon		Breakfast	Assembly	Full Day Excursion: Bristol - Blackbeard to Banksy															Dinner	Free Time	Assembly	Disco	Free Time	Bed check		
09-Jul	Tue	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Catch the Flag	Break	Dinner	Free Time	Assembly	SUL's Got Talent + SUL League Awards	Free Time	Bed check	
10-Jul	Wed		Breakfast	Assembly	Full Day Excursion: Bath + Roman Baths & Arrivals/Departures															Dinner	Free Time	Assembly	Karaoke Night / Board & Card Games & Induction + Orientation	Free Time	Bed check		

DAY	MORNING											AFTERNOON								EVENING						
	7:30 - 7:45	7:45 - 8:15	8:15 - 8:30	8:30 - 9:30	9:30 - 9:35	9:35 - 10:20	10:20 - 10:35	10:35 - 11:20	11:20 - 11:25	11:25 - 12:10	12:15 - 12:55	12:55 - 13:25	13:25 - 13:35	13:35 - 13:40	13:50 - 15:45	15:45 - 15:55	15:55 - 16:00	16:00 - 18:00	18:00 - 18:15	18:15 - 19:00	19:00 - 19:30	19:30 - 19:35	19:35 - 21:30	21:30 - 21:55	22:30	
11-Jul	Thu	Morning Exercise	Breakfast	Assembly	Testing / EAL Lesson 1	Break	Testing / EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	SUL League House Sorting Ceremony + Murder Mystery	Free Time	Bed check
12-Jul	Fri	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Quidditch	Break	Dinner	Free Time	Assembly	Whodunnit	Free Time	Bed check
13-Jul	Sat		Breakfast	Assembly	Full Day Excursion: Tour of South Wales - Caerphilly Castle, Tintern Abbey & Newport															Dinner	Free Time	Assembly	Movie Night + Discussion / Board & Card Games	Free Time	Bed check	
14-Jul	Sun	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	Quiz Night	Free Time	Bed check
15-Jul	Mon		Breakfast	Assembly	Full Day Excursion: Oxford and One of Oxford Colleges															Dinner	Free Time	Assembly	Disco	Free Time	Bed check	
16-Jul	Tue	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Catch the Flag	Break	Dinner	Free Time	Assembly	SUL's Got Talent + SUL League Awards	Free Time	Bed check
17-Jul	Wed		Breakfast	Assembly	Full Day Excursion: Swansea + Oystermouth Castle + Three Cliffs Bay & Arrivals/Departures															Dinner	Free Time	Assembly	Karaoke Night / Board & Card Games & Induction + Orientation	Free Time	Bed check	

* Specialty Lessons: - Robotics Summer Lab
 - One Take Movie
 - On-campus activities or Summer Debate Club classes, instead of Specialty Lessons, for students enrolled on a programme 'Experience is Great Britain'

SUL Education reserves the right to make changes to the above programme.

WEEKLY PROGRAMME WEEKS 3-4

DAY	MORNING											AFTERNOON								EVENING							
	7.30 - 7:45	7:45 - 8.15	8.15 - 8:30	8:30 - 9:30	9:30 - 9:35	9:35- 10:20	10:20 - 10:35	10:35 - 11:20	11:20 - 11:25	11:25 - 12:10	12.15 - 12:55	12:55 - 13:25	13:25 - 13:35	13:35 - 13:40	13:50 - 15:45	15:45 - 15:55	15:55 - 16:00	16:00 - 18.00	18:00 - 18:15	18.15 - 19:00	19:00 - 19:30	19:30 - 19:35	19.35 - 21.30	21.30 - 21.55	22:30		
18-Jul	Thu	Arrivals											Lunch	Arrivals								Dinner	Free Time	Assembly	Induction + Orientation	Free Time	Bed check
19-Jul	Fri	Morning Exercise	Breakfast	Assembly	Testing / EAL Lesson 1	Break	Testing / EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	SUL League House Sorting Ceremony + Murder Mystery	Free Time	Bed check	
20-Jul	Sat	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Crazy Olympics	Break	Dinner	Free Time	Assembly	Scavenger Hunt / See It Snap It	Free Time	Bed check	
21-Jul	Sun		Breakfast	Assembly	Full Day Excursion: Cardiff + Cardiff Castle															Dinner	Free Time	Assembly	Movie Night + Discussion / Board &	Free Time	Bed check		
22-Jul	Mon	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	Quiz Night	Free Time	Bed check	
23-Jul	Tue		Breakfast	Assembly	Full Day Excursion: Bristol - Blackbeard to Banksy															Dinner	Free Time	Assembly	Disco	Free Time	Bed check		
24-Jul	Wed	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Catch the Flag	Break	Dinner	Free Time	Assembly	SUL's Got Talent + SUL League Awards	Free Time	Bed check	
25-Jul	Thu		Breakfast	Assembly	Full Day Excursion: Bath + Roman Baths + Arrivals/Departures															Dinner	Free Time	Assembly	Karaoke Night / Board & Card Games &	Free Time	Bed check		

DAY	MORNING											AFTERNOON								EVENING						
	7.30 - 7:45	7:45 - 8.15	8.15 - 8:30	8:30 - 9:30	9:30 - 9:35	9:35- 10:20	10:20 - 10:35	10:35 - 11:20	11:20 - 11:25	11:25 - 12:10	12.15 - 12:55	12:55 - 13:25	13:25 - 13:35	13:35 - 13:40	13:50 - 15:45	15:45 - 15:55	15:55 - 16:00	16:00 - 18.00	18:00 - 18:15	18.15 - 19:00	19:00 - 19:30	19:30 - 19:35	19.35 - 21.30	21.30 - 21.55	22:30	
26-Jul	Fri	Morning Exercise	Breakfast	Assembly	Testing / EAL Lesson 1	Break	Testing / EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	SUL League House Sorting Ceremony + Murder Mystery	Free Time	Bed check
27-Jul	Sat	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Quidditch	Break	Dinner	Free Time	Assembly	Whodunnit	Free Time	Bed check
28-Jul	Sun		Breakfast	Assembly	Full Day Excursion: Tour of South Wales - Caerphilly Castle, Tintern Abbey + Newport															Dinner	Free Time	Assembly	Movie Night + Discussion / Board & Card Games	Free Time	Bed check	
29-Jul	Mon	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Arts & Crafts + Sports	Break	Dinner	Free Time	Assembly	Quiz Night	Free Time	Bed check
30-Jul	Tue		Breakfast	Assembly	Full Day Excursion: Oxford and One of Oxford Colleges															Dinner	Free Time	Assembly	Disco	Free Time	Bed check	
31-Jul	Wed	Morning Exercise	Breakfast	Assembly	EAL Lesson 1	Break	EAL Lesson 2	Break	EAL Lesson 3	Break	EAL Lesson 4	Lunch	EAL Lesson 5	Break	Assembly	Specialty Lessons	Break	Assembly	Catch the Flag	Break	Dinner	Free Time	Assembly	SUL's Got Talent + SUL League Awards	Free Time	Bed check
01-Aug	Thu	Departures																								

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 - One Take Movie
 - On-campus activities or Summer Debate Club classes, instead of Specialty Lessons, for students enrolled on a programme 'Experience is Great Britain'

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THINGS TO REMEMBER

INFORMATION SHEET



In the UK you don't need to carry your passport around with you while you are here. In fact, it is better to leave it in a safe box.



When crossing the road in the UK remember that the cars drive on the left, which may be different in your country. Try to use zebra crossings or pedestrian crossings where possible, especially on busy roads.



People in the UK are famous for being polite and it is always good to say '**PLEASE**' or '**THANK YOU**'. If you need to move past somebody, say 'excuse me'.



EMERGENCY NUMBERS

You can call **112** or **999** from any phone for free in an emergency. You will then need to ask for the police, fire brigade, or ambulance depending on if it's a crime, fire or accident.

24/7 SUL emergency number

+44 330 5330315

To phone someone overseas direct, dial 00, then the country code, followed by the number (usually omitting the 0 at the beginning of the number).



GET READY TO MAKE YOUR SUMMER UNFORGETTABLE!

Accredited by:



Caring for Climate



In partnership with:

