

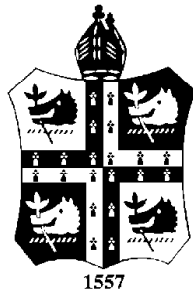


YEAR 9 WATERSPORTS

MIMOSA, FRANCE

22 - 28 JULY 2019

INFORMATION BOOKLET



- TRAVEL DETAILS

OUTBOUND

Monday 22 July 2019

09.40hrs Meet in the Bus Park at Tadcaster Grammar School
10.00hrs Depart Tadcaster Grammar School
11.45hrs Arrive at Manchester Airport
12.00hrs Check in for Ryanair Flight to Carcassonne
14.00hrs Depart on Ryanair Flight to Carcassonne
17.05hrs Arrive at Carcassonne Airport
18.00hrs Depart Carcassonne Airport
19.30hrs Arrive in resort

INBOUND

Sunday 28 July 2019

07.15hrs Depart resort
11.15hrs Arrive at Barcelona Airport
11.25hrs Check in for Ryanair Flight to East Midlands
13.25hrs Depart on Ryanair Flight to East Midlands
14.50hrs Arrive at East Midland Airport
16.00hrs Depart East Midlands Airport
17.45hrs Arrive back at Tadcaster Grammar School

Please remember that France is 1 hour ahead of UK time. All times given are in local time.

- CONTACT DETAILS

Accommodation

PGL Mimosa
Chemin des Montilles
Grau des Vendres
Languedoc-Rousillon
France
34350

Please do not telephone the centre except in the case of an emergency. To pass on important information please contact Ms Mulhern who will contact Mr Solk at the centre.

PGL

Alton Court
Penyard Lane
Ross-on-Wye
HR9 5GL

Tel: 0333 321 2100

Prior to Departure

Mr Solk at Tadcaster Grammar School 01937 833466
Mr Solk (Home) 0781 301 0073

During the visit

Ms Mulhern 0773 420 3148

- KIT LIST

Please refer to the separate booklet provided.

- LUGGAGE

Each person has an allowance of 1 bag up to 20kgs each.

- AIRPORT SECURITY

Please be aware of the latest security restrictions at UK Airports. It is quite specific as to what you are and are not allowed on as hand luggage.

- ITINERARY

The following is an example itinerary which will be confirmed or amended where necessary when in resort.

Monday 22 July 2019

09.40hrs Meet in the Bus Park at Tadcaster Grammar School
10.00hrs Depart Tadcaster Grammar School
11.45hrs Arrive at Manchester Airport
12.00hrs Check in for Ryanair Flight to Carcassonne
14.00hrs Depart on Ryanair Flight to Carcassonne
17.05hrs Arrive at Carcassonne Airport
18.00hrs Depart Carcassonne Airport
19.30hrs Arrive in resort

Tuesday 23 July 2019

Breakfast
Watersports session 1 (e.g. Sailing)
Watersports session 2 (e.g. Raft building)
Lunch
Watersports session 3 (e.g. Kayaking)
Watersports session 4 (e.g. Bodyboarding)
Return from beach
Dinner
Evening activity (e.g. Beach Olympics)

Wednesday 24 July 2019

Breakfast
Water Park excursion
Return from excursion

Dinner
Evening activity (e.g. Quiz)

Thursday 25 July 2019

Breakfast
Watersports session 1 (e.g. Sailing)
Watersports session 2 (e.g. SUP)
Lunch
Watersports session 3 (e.g. Kayaking)
Watersports session 4 (e.g. Banana Boat)
Dinner
Evening activity (e.g. Archery)

Friday 26 July 2019

Breakfast
Snorkelling excursion
Return from snorkelling
Dinner
Evening activity (e.g. Archery)

Saturday 27 July 2019

Breakfast
Watersports session 1
Watersports session 2
Lunch
Watersports session 3
Watersports session 4
Dinner
Evening activity

Sunday 28 July 2019

07.15hrs Depart resort
11.15hrs Arrive at Barcelona Airport
11.25hrs Check in for Ryanair Flight to East Midlands
13.25hrs Depart on Ryanair Flight to East Midlands
14.50hrs Arrive at East Midland Airport
16.00hrs Depart East Midlands Airport
17.45hrs Arrive back at Tadcaster Grammar School

• CURRENCY

It is recommended that a small amount of sterling is taken should any student wish to buy some refreshments at the UK Airport or on the flight. The currency in France is the Euro. It is recommended that students take approximately £25 in sterling and 100 Euros. This is only a guideline as students may wish to buy presents/souvenirs.

- CODE OF CONDUCT

The watersports visit should be a positive, enjoyable and rewarding experience. The following code of conduct is expected throughout the visit.

- The coach to and from the Airports and whilst in France must be kept clean at all times.
- No noisy and disruptive behaviour at the accommodation. There will be other groups at the centre.
- Tents to be kept clean and tidy.
- Be punctual at all times.
- Follow the instructions at all times.
- Respect the PGL staff.
- No student is allowed to drink alcohol, smoke or take illegal substances.

In circumstances when the code of conduct is broken, students may be withdrawn from the itinerary.

In circumstances when a serious breach of the code of conduct has occurred and a student(s) cannot be trusted and puts the group in danger, parents will be informed and the student(s) will be put on the first available flight back to the UK and will need to be met at the UK airport by a parent. Parents are liable for any costs incurred.

- FOOD

The school visit is on a full board basis whilst in resort. When we are away from the centre for an excursion, a pack-up will be provided.

- MEDICATION

If you take any medication, this must be handed to Miss Holmes in resort. Please label it clearly with the name, purpose and how often and when it is to be taken. If you suffer from travel sickness please take your medication in sufficient time for it to be effective during the journey. This also applies to the return journey. During the visit, in exceptional circumstances, staff will provide paracetamol to students for pain relief. **If you do not wish the staff to give your son/daughter paracetamol please let me know in writing before departure.**

- BANK

All students must hand their money in for safe keeping. On arrival at the accommodation in France please hand your money to your 'head count' teacher. The bank will be open at specific times throughout the visit. Your money will be kept in the safe at the centre. Any money not handed in is not covered under the insurance policy.

- CULTURE

Visiting a different country is an exciting and rewarding experience. Students are expected to respect and appreciate the country and the people they meet.

- MOBILE PHONES & VALUABLES

If you have to bring anything of value (e.g. mobile phone) please take extreme care of it. Students should not use mobile phones as instructed by the airport authorities/cabin crew. The cost of making and receiving calls on the continent can be a lot more expensive than in the UK. It is not advisable to take mobile phones to the beach or on excursions as they may get damaged or lost.

- ID CARDS

Students will be provided with an identification card. This will provide details of the accommodation's address as well as the emergency contact number for the visit. **Students must carry this at all times in case of an emergency.**

- PASSPORTS

Students will travel on their own passport. **Do not forget your passport.** Please hand your passport to Mrs Clarke in the Bus Park at Tadcaster Grammar School before departure. During the visit, these must be handed in to your 'head count' teacher at specified times so that the staff can keep them safe.

- EHIC

Do not forget your EHIC. Please hand this to Mrs Clarke in the Bus Park at Tadcaster Grammar School before departure.

- HEALTH & SAFETY

It is essential that students listen carefully to instructions. Information and instructions are given for the safety of everyone and must be adhered to at all times. Students are expected to be polite, courteous, attentive and well behaved under the supervision of the PGL staff.

Students must apply a high factor sunscreen on a regular basis, drink plenty of water and wear a cap. Students will not have a good time if they suffer sunburn or sunstroke!

There is a qualified first aider on the activity sessions.

Watersports are a high risk activity. PGL has a first-class reputation for excellent supervision, quality of instruction and size of groups. Students must be aware of the hazards and behave and perform the activities in a sensible and safe manner. Any student who fails to adhere to this may be removed from the activities for their and others' safety.

- INSURANCE

The students are covered under PGL's insurance policy. Details are available on request.

- CONTACT WHILST ON THE VISIT

Students will be reminded to contact parents upon our arrival and they will get chances during the stay to contact home. Students will telephone once we arrive back at Leeds-Bradford Airport to give a more accurate time of our arrival back at school.

ACCOMMODATION RULES

- Students are only allowed in their own tents. There is a social area for the students.
- Students must clear the tables after each meal.
- Students must wear something on their feet and be appropriately dressed for meal times.
- Students must be in their tents and 'lights out' at the time indicated by the PGL/Tadcaster Grammar School staff.
- You must take part in all activity sessions except where Mr Solk has given permission not to, due to exceptional circumstances.
- No student is allowed on the beach without PGL or Tadcaster Grammar School staff's permission and supervision.

- No student is allowed to leave the centre without Tadcaster Grammar School staff's permission and supervision.
- No student is allowed off the beach to return to their tents without Tadcaster Grammar School staff's permission.

OTHER INFORMATION

- Students are encouraged to bring carrier bags for dirty and wet clothing.
- Students are encouraged to bring a beach mat for daily use.
- The tents are comfortable but with very little space for your clothing etc. Please keep them in a tidy condition so you are not spending a long time looking for certain items.

ADDITIONAL NOTES

Please use this space to note any questions during the presentation or any other useful information given.