

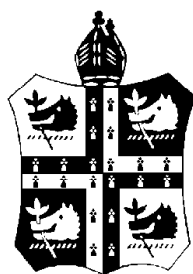


**YEAR 9 WATERSPORTS**

**MIMOSA, FRANCE**

**23 - 29 JULY 2018**

**INFORMATION BOOKLET**



1557

- TRAVEL DETAILS

## OUTBOUND

### Monday 23 July 2018

08.40hrs Meet in the Bus Park at Tadcaster Grammar School  
09.00hrs Depart Tadcaster Grammar School  
10.30hrs Arrive at Manchester Airport  
10.45hrs Check in for Ryanair Flight to Carcassonne  
12.45hrs Depart on Ryanair Flight to Carcassonne  
15.50hrs Arrive at Carcassonne Airport  
16.30hrs Depart Carcassonne Airport  
18.00hrs Arrive in resort

## INBOUND

### Sunday 29 July 2018

14.00hrs Depart resort  
18.00hrs Arrive at Barcelona Airport  
18.20hrs Check in for Jet2 Flight to Leeds-Bradford  
20.20hrs Depart on Jet2 Flight to Leeds-Bradford  
22.05hrs Arrive at Leeds-Bradford Airport  
22.45hrs Depart Leeds-Bradford Airport  
23.15hrs 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 Mr Solk who will contact Mr Power at the centre.

#### PGL

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

Tel: 0333 321 2100

Prior to Departure or during the visit

Mr Solk at Tadcaster Grammar School  
Mr Solk (Home)

01937 833466  
0781 301 0073

- 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 23 July 2018***

08.40hrs Meet in the Bus Park at Tadcaster Grammar School  
09.00hrs Depart Tadcaster Grammar School  
10.30hrs Arrive at Manchester Airport  
10.45hrs Check in for Ryanair Flight to Carcassonne  
12.45hrs Depart on Ryanair Flight to Carcassonne  
15.50hrs Arrive at Carcassonne Airport  
16.30hrs Depart Carcassonne Airport  
18.00hrs Arrive in resort

***Tuesday 24 July 2018***

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 25 July 2018***

Breakfast  
Water Park excursion  
Return from excursion  
Dinner  
Evening activity (e.g. Quiz)

**Thursday 26 July 2018**

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 27 July 2018**

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

**Saturday 28 July 2018**

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

**Sunday 29 July 2018**

Breakfast  
Beach games  
Lunch  
14.00hrs Depart resort  
18.00hrs Arrive at Barcelona Airport  
18.20hrs Check in for Jet2 Flight to Leeds-Bradford  
20.20hrs Depart on Jet2 Flight to Leeds-Bradford  
22.05hrs Arrive at Leeds-Bradford Airport  
22.45hrs Depart Leeds-Bradford Airport  
23.15hrs 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 Mr Middleton 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 Mr Middleton 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 Power 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.*