

# Contents

Worcester	3
University of Worcester	4
Accommodation	5
Meals	6
Medical & Safety Information	7
What to Bring	8
General Information	9
Useful Information/Contact	10-14







# Worcester

Worcester (pronounced Wooster) is a beautiful Cathedral and University City with a fascinating history, located in the heart of the West Midlands on the banks of the River Severn. With its Tudor streets, famous Cathedral, unique shops and home of the famous Worcestershire Sauce, it is an attractive destination to explore.

Some of what Worcester and the area have to offer:

- Historic streets to explore, including the stunning Worcester Cathedral
- Beautiful surrounding countryside including the Malvern Hills
- Central sports complex
- Tudor House Museum, Art Galleries and Guildhall
- Peaceful parks and gardens and riverside to explore



# University of Worcester

Our course takes place at The University of Worcester (City Campus), originally the home of the Bristol Medical Association, founded in 1832. The campus has been sensitively developed, providing on site accommodation and green spaces to relax in.

#### Location

City Campus is in the heart of Worcester, just a few minutes walk from the centre, the River Severn, the bus station and train station.

## **Facilities**

#### **SPORTS**

Sports Hall (close to campus)
Large Rooms for Indoor Activities
Nearby Playing Fields

#### **EDUCATIONAL FACILITIES**

Spacious Classrooms Flexible Learning Spaces

#### **OTHER**

Modern Dining Area Starbucks Cafe

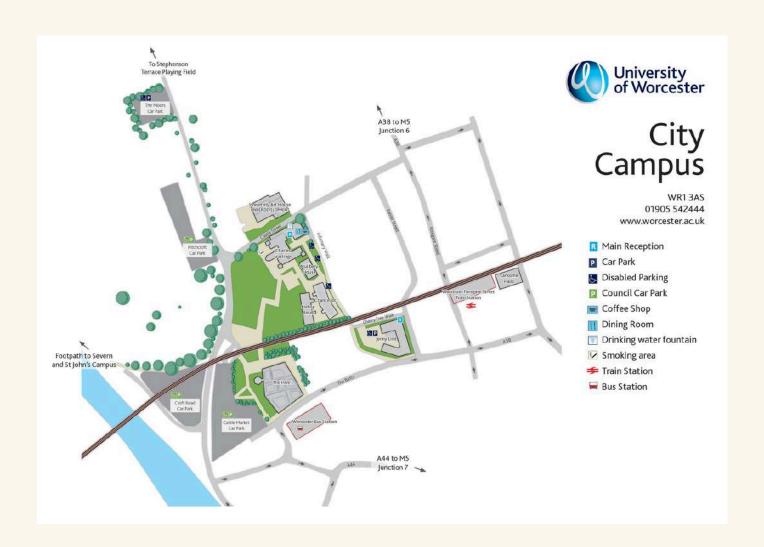




# Residential Accommodation

Accommodation is in two halls of residence on site: Bishop Bosel Hall, and Chancellor Hall. Both are modern with bright, airy single en-suite rooms in blocks of 6, 7 and 8. There is a communal kitchen and lounge with TV. Some of the rooms have views over the River Severn.





# Meals



Meals are provided at the Charles Hastings Building. There is a choice of food to cater for vegetarians, religious diets, etc. The dining hall is modern and the menu is buffet style.

Here is an example menu at Worcester.

	Day 1	Day 2	Day 3
	Tea	a, Coffee, Hot Milk, Fruit Juice, Chilled	Water, Fresh Fruit
Breakfast	Cereals	Cereals	Cerealss
	Pastries	Pastries	Pastries
	Yoghurt/Toast	Yoghurt/Toast	Yoghurt/Toast
	Fruit Compote	Fruit Compote	Fruit Compote
	Dried Fruit/Granola	Dried Fruit/Granola	Dried Fruit/Granola
	Honey and Nutella	Honey and Nutella	Honey and Nutella
	A Cooked Breakfast is available on Saturday		
Lunch	Chicken Wrap with Salsa	Beef Burger	Hot Dogs
	Quorn Paella	Veggie Burger	Vegetarian Frittata
	Corn on the Cob	Fries	Potato Wedges
	Potato Wedges	Garden Peas	Sweetcorn
	Daily Salad Bar, Individual Yoghurt and Fresh Fruit		
Dinner			
	Beef Pie	Lemon and Herb Chicken Skewer	
	Vegetable and Chickpea Tagine	Vegan Fillet and Tomato Salsa	BBQ Pulled Pork
		Steamed Rice	Herb and Garlic Mushrooms
	Herby Diced Potato	Summer Greens	Casanal Vagatables
	Steamed Broccoli	Summer Greens	Seasonal Vegetables
	Steamed Broccoll	Toffee Cake	Carrot Cake
	Chocolate Cake	Torree Cake	Callot Cake
	Chocolate Cake		
	Pasta Bar with Sauces, Salad Bar		

# Medical Care & Wellbeing



Worcester has a Hospital, a 15 minute drive away, which includes Accident and Emergency.

There is a local pharmacy (Superdrug) 7 minutes' walk away, if students require medication or advice. Students must hand all medication to their group leader or the Elac Welfare Officer who will then administer it when required.

A First Aid box is kept in the Elac office and basic kits are taken on all excursions. There are First Aiders on site and Elac also has Mental Health First Aiders in Head Office if needed.

# Safety & Security



- There is on site security 24/7.
- Halls are accessed via an access card (which gives access to the building and flat) and a physical key which gives access to individual bedrooms.
- Each member of staff will be given their own access card and key.
- There is currently a £5 charge for a lost card and £35 for a lost key.

Students must lock all windows on leaving their accommodation and follow security procedures explained on arrival.

When out and about, we will explain to students how they can keep themselves and their belongings safe.

# What to bring



#### **Documents**

- Passport and copy of it
- Visa document and copy of it (if required)
- Insurance document (including GHIC card if from EU)
- A copy of any medication prescriptions or certificates
- UK currency cash and on a pre-paid card



#### **Clothing Essentials**

- Casual clothing
- Trainers
- Sports clothes
- Swimwear
- Swim towel
- Costume for disco/talent show
- Bag for dirty laundry



#### For Excursions

- Small backpack/handbag
- · Comfortable clothes
- · Shoes for walking
- Umbrella
- Waterproof jacket
- Sunglasses & sunscreen





## Gadgets & Electronics

 Toiletries, eg shampoo, soap, toothpaste

**Toiletries & Medicines** 

- Medicines, eg asthma inhaler, contact lens solution
- Please DON'T bring "disposable" toilet wipes
- Towel (if in residential accommodation)
- Electronic devices (camera, mobile phone, ipad)
- Travel adaptor (UK 3 pin, 13A, 220V - 240V
- Hairdryer



#### Other required items

- Pencil case
- Pen & Pencil
- Notepad
- Water bottle
- Hand sanitizer
- Any props, costumes or items needed for the Cultural Exchange (Voyagers and Trailblazers)

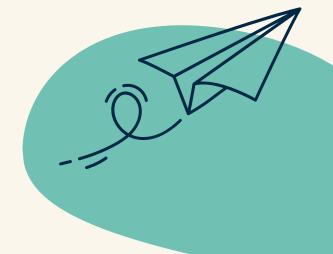
Please label all items, in case they get lost

## **General Information**



### Student ages

• Groups: 11 - 17 years



#### **Airport Arrivals**

Groups and individuals will be met by an Elac representative at the airport.

Travel to the centre will be by private coach or taxi.

Approximate Transfer times: Birmingham (BHX) 1 hour Heathrow (LHR) 2.5 hours Manchester (MAN) 2.5 hours

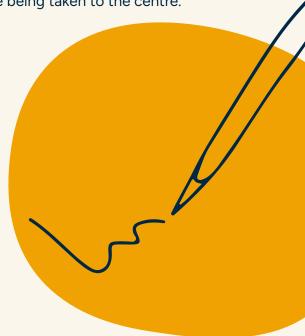
\*Individuals who have booked a shared transfer, may have to wait at the airport for up to 2.5 hours before being taken to the centre.

## Day #1 Welcome & Testing

On the first full day of the programme students will:

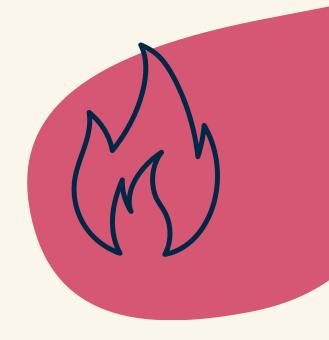
- have a welcome meeting with the Centre Manager,
- · an orientation of the centre
- do an English language test (written and spoken)
- have a tour of the local town and some free time.

Students will receive an Elac lanyard with Emergency Contact Card



## Fire Safety

- Fire safety procedures on first day
- Practice fire drill for students.
- Fire signage throughout building
- Group leaders explain safety procedures to students in their own language.





#### **Mobile Phones**

- All mobile phones must be put on silent and placed in the box provided at the front of the classroom at the start of every lesson.
- Mobile phones must not be used during activities unless required as part of the session.
- Staff may confiscate phones if rules are not followed.

#### Noise

- Students must keep noise to a minimum when returning to their accommodation
- Curfew is 10pm.



#### **Damages & Replacements**

- Fire alarm set off between 9.00 am and 5.30 pm: £75.00
- Fire alarm set off between 5.30 pm and 9.00 am: £100
- Replacing/refilling fire extinguishers: £100
- Replacement of lost fob/key: £100

The school imposes the above call-out charges for deliberate acts of misuse. Costs for other damages will be handled on a case-by-case basis.



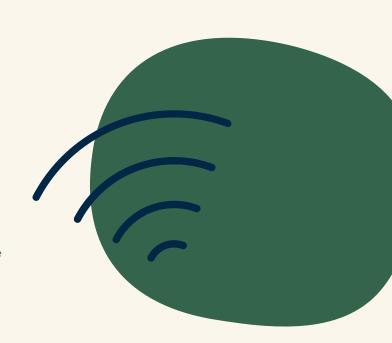


#### Smoking, Drugs, Alcohol & Vaping

- It is illegal to smoke in any indoor public places this includes vaping.
- There is no smoking allowed on the campus.
- No alcohol or drugs are permitted in any of our junior vacation courses regardless of age.

#### **Computer and WiFi Access**

- Wifi available for over 18s only
- GLs can create an account and then choose to share details with students, if appropriate
- Student access to computer room during activities.



#### Shop

Vending Maching on site that sells:

- Hot and cold drinks
- Chocolate
- Snacks
- Sweets

Hastings Cafe is open from 9.00 am to 3.00 pm and serves Starbucks beverages, hot and cold snacks, and confectionery



## Laundry

- A self-service laundry is site, costing £4 per wash/dry, accessed by Group Leaders after 4 pm.
- Bed linen is washed once a week. One large and one small towel is provided.



- Selection of banks nearby (Worcester city centre)
- Post Office in Worcester
- Alternatively, currency exchange can be done whilst on excursions.





## Hospital & Medical Care

Worcester Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD, tel. 01905 763333.



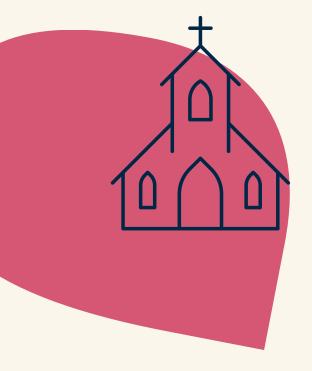
## **Local Transport**

- Cathedral Cars, tel. 01905 767400
- Worcester Cabs, tel. 01905 700750

#### Quiet/Multi Faith Room

- All students and Group Leaders can have access to a quiet room for religious observance.
- Please speak to the Elac management team for more information.





## Places of Worship

• St Clement's: Church of England

• Our Lady Queen of Peace: Catholic

• Al Madian Jami Masjid: Muslim

# Useful information

#### **Contact numbers**

- Elac Worcester Office: TBC
- Elac 24 hour duty mobile: TBC
- Police, Fire, Ambulance: 999 (emergencies only)
- Police non emergencies: 101
- Elac Head Office (Bath): +44 1225 443261

#### School Address

Elac Study Vacations, c/o University of Worcester, City Campus, Castle Street, Worcester, WR1 3AS

If sending post, please ensure the letter/package is clearly labelled with the student's name and group.

#### Head office

22 Milsom Street, Bath BA1 1DE, UK Tel. 01225 443261

If you have any queries about this course, please get in touch with our head office. Further information and photos can be found on our website (www.elac.co.uk).

We hope you enjoy your course in Worcester.

## elac.co.uk

+44 1225 443261 info@elac.co.uk







