



NOTES PAGE.

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TRAVEL INTINERARY.

TRAVEL DETAILS

OUTWARD JOURNEY

Monday 16th July 2018	
Students to attend periods 1-2	08.30–10.30
Meet in school gym	10.45
Load on to coaches	11.00
Ferry departure time	14.50
Own lunch on ferry	
Tuesday 17th July 2018	
Arrive PGL La Fosca	09.30

Each coach will have a selection of fruit and water for student refreshment.



RETURN JOURNEY

Monday 23rd July 2018	
Depart PGL La Fosca	1800
Tuesday 24th July 2015	
Ferry departure time	10.50
Ferry arrival time	10.25
Approx' arrive school	13.30

All timings are approximate



They will be sleeping on the coach in clothes so the students own choice of comfortable loose fitting clothing should be worn for the journey.

Bottles are fine but **there will be no drink cans, no caffeine and energy drinks and no chewing gum on the coaches.**

RESORT INFORMATION.

ADDRESS:

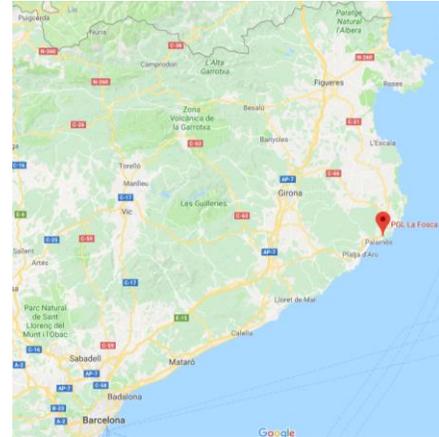
Personal de PGL, Camping Kings, Carretera de Sant Esteve, Platja de la Fosca, 17230 Palamós, Girona, Spain

WEBSITE:

<http://www.pgl.co.uk/en-gb/school-trips/secondary-schools/centres/la-fosca>

LOCATION:

La Fosca is situated on the outskirts of Palamos on the Spanish northern Mediterranean coast between Barcelona and the French border



ACCOMMODATION:

We will have a private section of the Kings campsite and will be staying in large tents, student tents will sleep 4. Rooming lists haven't been finalized at time of going to press.

There are separate shower and toilet facilities for students and staff.

MEAL ARRANGEMENTS:

Students will be provided with three meals per day whilst on centre. These consist of continental breakfast, buffet or packed lunch and cooked evening meal. Mealtimes can vary greatly depending the activities that we are doing on the day. Meals are freshly prepared and nutritious, with lots of fresh fruit, vegetables and salads to encourage a healthy lifestyle and plenty of carbohydrate for energy after a long day's activity.



Students will need to purchase lunch on board the ferry and dinner in a service station on the way out and breakfast on the ferry on the way back.

Please see section on pocket money below.

FACILITIES:

PGL La Fosca is based in Kings Camping in Palamos. It is a large public campsite with great facilities such as: tuck shop and drinks bar, souvenir and gift shop, communal recreation areas large swimming pool, 24 hour security and within striking distances of the beaches.



As with all PGL tented accommodation, there is no air conditioning and no source of electricity.

Merchandise

Each students will be receiving a commemorative festival style fabric Adventure Spain wristband and an Adventure Spain branded T-shirt for free.

The T-shirts come in a choice of colours: Jade Green, Royal Blue and Cherry Red. The design of the t-shirt includes the Heathside logo on the front and the custom designed Adventure Spain 2018 logo on the back.

The t-shirt will be available to order in sizes Large Childs (Blue on;y) (32-34”), Unisex S (34-36”), M (38”), L (40-42”) XL (44-46”) and XXL (48-50”). Please be aware these sizes are ‘to fit chest’. In addition, these sizes are all men’s/unisex, so please consider this when ordering female students’ t-shirts as they may come up quite large.

Please Either fill in the order form you have been given or advise Mr Cousins of your choice in colour and size.

ncousins@heathside.surrey.sch.uk

The deadline for all orders is midnight on Tuesday 29th May 2018.



KIT LIST.

ALL KIT AND CLOTHES NEED TO BE NAMED.

A sleeping bag or hoody along with a travel pillow are very useful for the coach so should be packed with the rucksack/overnight bag.

Old clothes are necessary for activities, knee length board shorts/cropped leggings should be worn when on the beach or sailing to protect the upper thighs from sunburn. T-shirts will be worn at all times. Water shoes or old trainers are **MANDATORY** when in the sea. The £8.50 “Hot Tuna Aqua Shoes” available from sports direct or amazon may not last the entire trip.

Sun cream is **MANDATORY**, a high factor e.g. SPF 30+ UVB and 5* UVA is recommended. We suggest one that is water-resistant. It is not suitable to rely on all day sunscreens.

<i>Kit List</i>	✓
Adventure France T-shirt	
Sleeping bag and pillow	
Towel x2	
Wash bag & toiletries	
Water bottle	
Sun glasses	
Hat/cap	
Sun cream SPF 30+UVA 5*UVB	
waterproof jacket	
Jumper/ fleece	
Nightwear	
Swimming costume	
T-shirts for sea wear	
Long shorts for sailing	
Small rucksack/coach bag	
Small torch	

Eye mask for sleeping on coach	
General clothing	
Underwear	
Aqua shoes or old trainers	
Casual evening clothes	
Trainers	
Disco night outfit	
Insect repellent & bite cream	
Books & magazines	
Torch	
Two black bin bags	
Personal first aid kit	
Coach DVD's (U, PG or 12)	

VALUABLES

We cannot stress enough how important it is NOT to take valuable items such as expensive jewelry, designer sunglasses, high quality cameras or mobile devices as they will be very difficult to keep safe at all times. Not only is it very distressing to lose such items, but finding them is a very time consuming and lengthy process for staff which could be directed in better ways. We will take no responsibility for personal equipment.

Apart from the long coach journeys, students will not be allowed to use phones or other mobile devices whether it be for music, gaming or social networking.

Students may use the pay phone on site to contact parents so you do not need to have and international call plan or data. Calls home should not be at pre-arranged times as it may not be possible to call at the designated time.

Should parents need to contact their son or daughter they should not ring the center directly but contact the duty officer (Mr J Brierley) who will contact myself and then I will ring you back. Please be aware this is for use in an emergency only.



SPENDING MONEY.

Currency = Euros.

£ pounds on the ferry out and back

Pocket money should be split in to daily envelopes (so small denominations please) with your child's name on them, the envelope number (1-8), the coach group and the activity group staff member (to be given at a later date). These will be collected in and handed out each day.

Envelope #	Activity	Reason	Amount
	Travel	Packed lunch	
	Travel	Service station dinner	€ 10
1	On site	Tuck shop	€ 5
2	On site	Tuck shop	€ 5
3	Excursion day - town	Food, presents	€ 20
4	On site	Tuck shop	€ 5
5	Excursion day - waterpark	Food/Tuck shop	€15/€ 5
6	On site	Tuck shop	€ 5
8	On site & evening departure	Tuck shop	€ 5
	Travel	Breakfast on ferry	£ 10

Please do not pack the envelopes in your main luggage, your child should hand them to a member of staff when we are on the coach.

Your son/daughter will need to pack a lunch to eat on the ferry on the 16th and will also need to purchase dinner at a service station. You may wish to provide your son/daughter with additional refreshments for the coach journey, this will be perfectly fine too. They will also be required to purchase breakfast on the return ferry.

The main expense will be snacks and drinks in the on-site tuck shop and maybe a souvenir on the excursion day.

The ferry usually offers a poor exchange rate on Euro's so I would make better financial sense to pay in £sterling

MEDICAL INFORMATION.

You will all have received a medical and swim ability form. Please return them to me as soon as possible. If you have misplaced your form you can pick one up at the back of the room.

Any students who are on prescribed medication must bring two sets of medication with them. Staff will look after this medication and students will need to see a member of staff when medication is due to be taken.

Medication must be clearly labelled with the student's name, coach number, proprietary name of the medicine and dosage. A member of staff will collect the medicines once the journey is underway

Students who are asthma sufferers must have their inhalers on them at all times. Epi pens will stay with the member of staff in charge of your child at all times.

Passports and EHIC Cards

We will need to collect passports and EHIC cards by Friday 29th June.

Non British passport holders – Mr Cousins with the help of Mrs Nash in the finance office has started collecting the information on our non British passport holders so we can arrange for your child to be included on the Visa Waiver Form. If you have not been contacted by Mr Cousins, please send your child to see him in the Learning Zone (Y10) after school.

Please take your passports to Mr Cousins in the Learning Zone/Y10

EHIC Cards are free. See www.nhs.uk/ehic. Some companies make a service and charge.

No passport or no EHIC = no trip.

COMMUNICATION LINK.

Once we have arrived safely at La Fosca we will send out an email/text message to all parents stating our safe arrival.

We will also post a message on the main page of the school website.

On our return we will send out a text message once we have reached Dover around 10.30 am, giving you our estimated time of arrival back at school which should be approximately 13.30.

Please make sure that the number you have provided us with on the medical form is correct and if you change your number between now and when we leave then you notify us so we can make the adjustments to our system.

It is also important for you to be available and near to your phone or email system on these days so you can receive the updates.

EMERGENCY CONTACTS.

In case of an emergency, initial contact should be made via the UK based contact Mr J Brierley (Assistant Principal). Details of the number will be given out just prior to departure.

Please do not telephone the site, school mobile or UK emergency phone number unless it is a real emergency. There will be opportunities for students to contact home via a payphone.

The emergency contact details will be issued nearer the departure date.

Insurance.

Is included in the price and organised through travel Insurance specialists

FOGG Travel Insurance Services Limited who are regulated by the (FSA) Financial Services Authority

Fogg Travel Insurance Services Ltd
Crow Hill Drive
Mansfield
Nottinghamshire
NG19 7AE
UK
01623 631331
Master Policy Number: SJYPG40097 A & B

BEHAVIOUR

We have very high expectations of all Heathside students on school trips.

All students will attend all meals, unless they are given special permission by a member of staff to do otherwise.

Students are not allowed to smoke, drink alcohol or take drugs. All occupants of a room will be assumed guilty if any of these substances are found.

Unfortunately fireworks, flick knives and BB guns are easy and cheap to buy on the continent. We rely on the responsibility of our students **NOT** to buy these items. Remember it is a **SERIOUS OFFENCE** to bring these items into this country and any offender will be treated appropriately on return by SLT.

Student's attitude and behavior towards both school and PGL staff as well as other members of public should be exemplary at ALL times. If there are any incidents during activities or other times whilst on the trip, then students may be removed from their friendship group, removed from daytime or evening activities, have personal time restricted or have parents called at home. Phone calls home will be logged and reported back to SLT upon our return with possible further consequences.

During free time, no student is allowed to leave the PGL site. Free time will be spent in communal areas, not in rooms.

We are in an environment and undertaking activities where there is an element of risk. Whilst the school and PGL has undertaken the necessary precautions it is expected that students bear this in mind at all times and behave accordingly.

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