

# INTERNATIONAL LANGUAGE HOLIDAYS



## STUDENT INFORMATION: CLACTON

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Email: [ilh@cesc.co.uk](mailto:ilh@cesc.co.uk) [www.cesc.co.uk](http://www.cesc.co.uk)

- **SHALL I CONTACT MY HOST FAMILY BEFORE I COME ?**



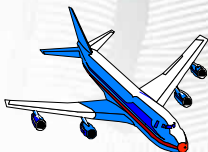
If you have the time to write to your host family before you leave home and tell them about yourself and your own family, they will like this very much!

- **WHEN WILL I ARRIVE IN CLACTON ?**

If you are travelling with a group, or if we are arranging your transport to, we will tell your host family when you expect to arrive.

- **HOW CAN I GET TO CLACTON ?**

If you are travelling by plane as a member of a group, your agent or group leader will give us information about your flight and we will meet you at the airport. A private coach will be waiting to take you directly to Clacton.



- **TRAVELLING BY PRIVATE TAXI**

If you are not travelling as a part of a group, you can either ask us to send a private taxi to the airport to meet you or you can travel to Clacton by train or bus.



The cost of a taxi transfer from London is expensive. If you travel with one or more friend, you can share the cost between you. Do not give the taxi driver any money. We will pay for the taxi and add this to your bill

If you want us to arrange a taxi for you, you must send us this information:

- ✓ flight number [BA 342]
- ✓ the airport of arrival [LHR, LGW ]
- ✓ the date [04 July ]
- ✓ time [15.00] of arrival

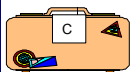
***at least 2 weeks before you arrive***



● You will be **met on arrival** at the airport by one of our taxi drivers. They wait in the area immediately outside the customs in arrivals. They will hold up large International Language Holidays signs with Clacton Summer Centre.



- Use the **special luggage labels**
- Our staff can then easily see you when you arrive at the airport
- One should be worn so the taxi driver can see it.
- One should be  **tied to your suitcase**



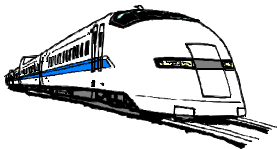
● You will be taken by private taxi directly to your host family address in Clacton.



● **Flight delays**: our staff will wait for all flights. We **check** the times of **all** delayed flights. **We will always wait for you!** Telephone your host family or Accommodation Officer if you have any problems. Go to **Information** at the airport. **\*\*NEVER LEAVE THE AIRPORT\*\***

## ■ TRAVELLING BY TRAIN OR BUS

All trains to Clacton leave from London's Liverpool Street Station. You can get there using the underground train service in London. When you arrive at Clacton station, you can take a taxi to your host family. Clacton is not a large town and the taxi journey will only take a few minutes. If you decide to travel by train, please write to or telephone your host family or International Language Holidays to let them know what time you expect to arrive. You can check train timetables here: <http://www.railtrack.com>. If you want to travel by bus from London to Clacton, check here <http://www.gobycoach.com>



## ■ WHAT CLOTHES SHOULD I BRING ?



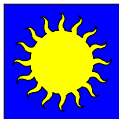
Dress at Clacton Summer Centre is always very relaxed so bring only clothes like jeans, T-shirts and sports clothes and any sports equipment you need. Your family will wash your clothes for you. Bring several changes of clothes and enough underclothes.

Your host family will provide towels.

## ■ WHERE WILL I STAY IN CLACTON ?

You will receive information about your host family before you come to England. You will have the address and the telephone number of the family. We will try to tell you something about the family as well. Your host family will provide you with a single or twin bedroom and all of your meals except weekday lunches. You can choose to order a lunch from International Language Holidays or buy your own.

## ■ WHAT WILL THE WEATHER BE LIKE?



The weather in England can be very changeable. Maximum temperatures can reach 28 - 30° C but 20 - 24° C is more normal. On a cool day, temperatures can drop to 15° C or below, even in summer ! It can always rain in England in the summer [but we hope not !]

## ■ WHAT FOOD WILL I EAT?



Your family will make you a good breakfast every day - cereal or fruit, egg, cheese or ham, toast and a hot dinner every evening. At the weekend, your host family will give you all your meals. On Saturday you will have a packed lunch. Please eat the food that your family eats. Let your host family know if you have special needs or favourite meals. If you are going on an excursion, tell your hostess before you go and she will make you a packed lunch.

## ■ WHEN WILL I EAT MY MEALS ?

Breakfast 07.00 - 08.00, Lunch 12.00 -13.00, Dinner 17.30 - 18.30. If you are not in your family at these times, they may not be able to provide you with your meal. **Please tell them in good time if you are going to be late.**

## ■ DRINKS

Your family will offer you a drink with your meals - tea, coffee, water or a soft drink. They will not offer you an alcoholic drink or drinks between meals. You are not allowed to buy alcoholic drinks under the age of 18.

## ■ CAN I SMOKE IN MY FAMILY?



Not many people smoke in England. Please do not smoke in your family, if they do not want you to.

## ■ SNACKS

Your family will **not** normally offer you snacks or fruit between meals

## ■ CAN I USE THE TELEPHONE IN MY FAMILY ?



Always ask your host family first if you want to telephone. Please pay for all calls immediately. Please ask your friends and family not to phone you late in the evening and no later than 21.00 British time. Check that they understand the time differences between your country and England.

### ■ AM I A GUEST OR MEMBER OF THE FAMILY ?

You are both. Your family want you to take part in their family life. Sometimes however, they will want to spend times with their friends without you. Please talk to your family about your own country, your family and friends.

### ■ CAN I CHANGE ACCOMMODATION ?

If you have a problem with your accommodation, always discuss this with the school or your group leader. **If you need to change accommodation, you must give at least one week's notice. If you do not give one week's notice you will have to pay for the week.**

### ■ CAN I SEE A DOCTOR ?



Please tell your family or the Clacton Summer Centre office if you feel unwell. They will make an appointment for you at 09.00 before your classes. You can visit the doctor before 10.30 or after 16.30. Usually treatment is free.

### ■ CAN I VISIT A DENTIST ?

The school office will make an appointment for you. Treatment is not free.

### ■ VISITORS

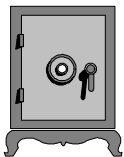
Ask your hostess about having friends to visit you. They should usually leave the house before the family has gone to bed. Your family may ask you not to have visitors of the opposite sex in your room.

### ■ HOW LATE CAN I STAY OUT IN THE EVENING ?

Ask your family, but please note that if you are under 16, your family will expect you to be home before 21.30 and no later. Always tell your family where you are. **Never come later than 23.00. If you are very late, your family will call the police.** Listen to the advice of your teachers and host families. Never go to places which your host family have told you are bad. Always stay with a friend. Never accept invitations from strangers to go with them to restaurants or discotheques or pubs.

■ **WHEN CAN I GO HOME ON A SCHOOL DAY?**

Please do not go home before 16.00 in the afternoon.



■ **WHERE CAN I CHANGE MONEY?**

Ask your Clacton family where you can change your money. Please be careful with your pocket money. Ask your family where you can keep it safe. **Bring a suitcase with you to England so that you can lock and keep your valuables and money safe.**

■ **CAN I VISIT PUBS AND BARS ?**

If you want to drink alcohol in England you must be 18 years old.

■ **WHEN CAN I GO SHOPPING?**

Shops are usually open from 9.00 to 17.30 each day. Supermarkets are open longer and are usually open on Sundays. Some shops may be open later on Thursdays. Many shops have policemen and cameras to watch what people are doing in the shop.

■ **WHAT SHOULD I DO IN AN EMERGENCY ?**

We hope you do not have any problems in Clacton. If, however, you have any serious problems you can telephone.

- Your host family  
Name:  
Address:  
Telephone Number:
- Mrs Glenda Gilbert, Accommodation Officer ~ 01255 470440
- International Language Holidays ~ 01206 544422
- Police ~ 999

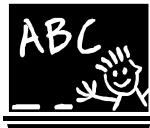
**24 hour emergency number**

**0779 6680 520**

■ **WHAT WILL I DO ON MY FIRST MONDAY?**

Arrive at the Summer Centre by 0830. Your host family will usually bring you to school. Your host family will also tell you how to get home after school. Look at the map and remember the way home. Write down the numbers of buses. Write down your address and your telephone number.

#### ■ WHAT WILL MY TIMETABLE BE LIKE?



Your Course Director and teachers will tell you about your timetable. You will have 20 X 45 minute lessons a week. Some of these classes may take place in the afternoon. You will have other activities during the day. The main programme is free. Sometimes there will be activities that you can choose to follow and when you have to pay some money. Be sure you understand when you have to pay money for some activities. There will be one whole day and one half day excursion a week.

#### ■ HOW CAN I IMPROVE MY ENGLISH?

- Attend all your classes and never be late.
- Make a friend with a student from another country and make them your Study Buddy. Talk English to them.
- Speak only English in all your classes and at school
- Talk to your host family about your life. Ask them questions.
- Write new words down in your vocabulary file and learn them.
- Watch television with your host family.
- Do your homework and check your lessons every day
- Practise, practise, practise.....



## ■ SCHOOL RULES

- Never drink alcohol or smoke on International Language Holidays activities or in the school buildings or in your families.
- Show respect to all other students, your host families and your teachers. Be polite and friendly at all times.
- Listen carefully to your teachers and follow their instructions.
- Look after your money and personal possessions at all times.
- Stay with your friends on excursions. Do not walk on your own.
- Do not get into trouble with the police. Students who have problems with the police because of bad behaviour or stealing will be sent home at their own expense.
- Never be aggressive or violent towards anyone. Students who break this rule will be sent home.
- Do not stay out late. Always tell your host family where you are.
- Do not accept invitations from people you do not know.
- Don't go out on your own. Friends can always help you.
- Turn off your mobile phone in class.
- Do not speak your own language in front of anyone who does not understand it.