

INTERNATIONAL STUDY PROGRAMMES

The Manor, Hazleton, Cheltenham, GL54 4EB, UK
Tel: 00 44 1451 860379 Fax: 00 44 1451 860482
email: Discover@International-Study-Programmes.org.uk
www.International-Study-Programmes.org.uk

1 & 2 WEEK COURSES FOR TEACHERS OF ENGLISH AT SECONDARY LEVEL (Ages 10-19) in England, Scotland, Wales & Northern Ireland: 2018

CREATIVE ACTIVITIES & MOTIVATING MATERIALS FOR THE SECONDARY CLASSROOM

COURSE OBJECTIVES:

These courses are designed for teachers of English at Secondary level (ages 10 – 19).

Participants will have the opportunity:

- to gain a huge variety of new teaching ideas & motivating materials ready to use in the classroom.
- to keep abreast of changes in British Life and Society and the Education System and of new developments in the English Language
- to improve/perfect their language skills
- to exchange ideas and develop links with teachers from secondary schools in different European countries.

INTERNATIONAL STUDY PROGRAMMES:

INTERNATIONAL STUDY PROGRAMMES has over 30 years' experience in designing teacher development courses for European Ministries of Education, teacher-training institutes and schools and has a well-founded reputation for providing quality courses.

ISP is an experienced provider of European Union funded programmes in the UK. As a course provider with many courses in the former Comenius Database and now in cooperation with many Erasmus+ funded schools, ISP has successfully arranged a wide variety of courses for thousands of European teachers funded by the European Union.

ISP offers an unusually wide variety of teacher development courses, not only for teachers of English and CLIL but also for teachers of other subjects including science, music, art and drama as well as for headteachers and inspectors, in a wide variety of locations in England, Wales, Scotland and Northern Ireland. Each course is designed to meet the training needs of specific types of teachers.

International Study Programmes' team of teacher trainers includes highly respected trainers such as Graham Workman, Lucy Norris and Dr Diana Hicks (author of 'Cambridge English for Schools' and 'Cambridge English Worldwide').

ERASMUS+ GRANTS:

Schools may apply for Erasmus+: Key Action 1 funding for their teachers to attend courses in the UK.

(Individual teachers may no longer apply for grants.)

Teachers with Erasmus+ funding and those paying with their own or other funds are welcome to apply for listed ISP courses.

ISP is also pleased to design tailor-made courses to meet the needs of closed groups of teachers from one school.

The annual Erasmus+ deadline is 2 February 2017 for courses starting 1 June 2017 – 31 December 2018, and in February 2018 for courses starting 1 June 2018 – 31 December 2019.

Schools should first register on-line to obtain a Personal Identification Code (PIC) number for the school.

Applications for funding should then be made on-line to applicants' National Agency for Erasmus+.

International Study Programmes will be happy to help with information and advice for your school's Erasmus+ application.

2 WEEK COURSES FOR SECONDARY TEACHERS OF ENGLISH

SOUTHAMPTON:	Monday 22 January- Sunday 4 February	Total fee including course + accommodation:	€1998
SOUTHAMPTON:	Sunday 28 January- Friday 9 February	Total fee including course + accommodation:	€1896
COLCHESTER:	Monday 5 February- Saturday 17 February ●	Total fee including course + accommodation:	€1896
COLCHESTER:	Sunday 11 February- Saturday 24 February ●	Total fee including course + accommodation:	€1998
CARDIFF:	Sunday 18 February- Friday 2 March ■	Total fee including course + accommodation:	€1896
CHELMSFORD:	Monday 26 February- Sunday 11 March	Total fee including course + accommodation:	€1998
CHELMSFORD:	Sunday 4 March- Friday 16 March	Total fee including course + accommodation:	€1896
IPSWICH:	Sunday 11 March- Saturday 24 March	Total fee including course + accommodation:	€1998
CHELMSFORD:	Monday 18 March- Sunday 1 April #	Total fee including course + accommodation:	€1998
BELFAST:	Sunday 25 March- Saturday 7 April	Total fee including course + accommodation:	€1998
PORTSMOUTH:	Sunday 8 April- Friday 20 April	Total fee including course + accommodation:	€1896
CARDIFF:	Sunday 16 April- Friday 28 April ■	Total fee including course + accommodation:	€1896
MAIDSTONE:	Monday 23 April- Sunday 6 May	Total fee including course + accommodation:	€1998
MAIDSTONE:	Sunday 29 April- Friday 11 May	Total fee including course + accommodation:	€1896
COLCHESTER:	Sunday 6 May- Saturday 19 May	Total fee including course + accommodation:	€1998
DUNFERMLINE:	Monday 14 May- Sunday 27 May	Total fee including course + accommodation:	€1998
DUNFERMLINE:	Sunday 20 May- Saturday 2 June	Total fee including course + accommodation:	€1998
CHELTENHAM:	Monday 4 June- Sunday 17 June	Total fee including course + accommodation:	€1998
CHELTENHAM:	Sunday 10 June- Friday 22 June	Total fee including course + accommodation:	€1896
CARDIFF:	Monday 18 June- Saturday 30 June	Total fee including course + accommodation:	€1896
CARDIFF:	Sunday 24 June- Friday 6 July	Total fee including course + accommodation:	€1896
SOUTHAMPTON:	Sunday 1 July- Friday 13 July	Total fee including course + accommodation:	€1896
CARDIFF:	Sunday 8 July- Friday 20 July ■	Total fee including course + accommodation:	€1896
IPSWICH:	Sunday 8 July- Friday 20 July	Total fee including course + accommodation:	€1896
SOUTHAMPTON:	Sunday 15 July- Friday 27 July	Total fee including course + accommodation:	€1896
MAIDSTONE:	Sunday 22 July- Saturday 4 August ▲	Total fee including course + accommodation:	€1998
BELFAST:	Sunday 22 July- Saturday 4 August	Total fee including course + accommodation:	€1998
GLOUCESTER:	Sunday 29 July- Friday 10 August	Total fee including course + accommodation:	€1896
CARDIFF:	Sunday 5 August- Saturday 18 August	Total fee including course + accommodation:	€1998
SOUTHAMPTON:	Sunday 5 August- Friday 17 August ■	Total fee including course + accommodation:	€1896
DUNFERMLINE:	Sunday 12 August- Saturday 25 August	Total fee including course + accommodation:	€1998
CAMBRIDGE:	Sunday 12 August- Sunday 26 August	Total fee including course + accommodation:	€2194
COLCHESTER:	Sunday 19 August- Saturday 1 September ●	Total fee including course + accommodation:	€1998
BELFAST:	Sunday 26 August- Saturday 8 September	Total fee including course + accommodation:	€1998
CHELMSFORD:	Sunday 2 September- Friday 14 September	Total fee including course + accommodation:	€1896
BELFAST:	Sunday 23 September- Saturday 6 October	Total fee including course + accommodation:	€1998
CARDIFF:	Sunday 30 September- Friday 12 October ■	Total fee including course + accommodation:	€1896
CHELTENHAM:	Sunday 7 October- Friday 19 October	Total fee including course + accommodation:	€1896
EXETER:	Sunday 14 October- Saturday 27 October	Total fee including course + accommodation:	€1998
EXETER:	Sunday 21 October- Saturday 3 November	Total fee including course + accommodation:	€1998
CHELMSFORD:	Sunday 28 October- Friday 9 November #	Total fee including course + accommodation:	€1896
SOUTHAMPTON:	Monday 5 November- Sunday 18 November	Total fee including course + accommodation:	€1998
SOUTHAMPTON:	Sunday 11 November- Friday 23 November	Total fee including course + accommodation:	€1896
SOUTHAMPTON:	Sunday 11 November- Friday 23 November ♦	Total fee including course + accommodation:	€1896

1 WEEK COURSES FOR SECONDARY TEACHERS OF ENGLISH

SOUTHAMPTON:	Saturday 27 January- Sunday 4 February	Total fee including course + accommodation:	€1436
COLCHESTER:	Saturday 10 February- Sunday 18 February ●	Total fee including course + accommodation:	€1436
CARDIFF:	Saturday 17 February- Sunday 25 February ■	Total fee including course + accommodation:	€1436
CHELMSFORD:	Saturday 3 March- Sunday 11 March	Total fee including course + accommodation:	€1436
IPSWICH:	Saturday 10 March- Sunday 18 March	Total fee including course + accommodation:	€1436
CHELMSFORD:	Saturday 24 March- Sunday 1 April #	Total fee including course + accommodation:	€1436
BELFAST:	Saturday 31 March- Sunday 9 April	Total fee including course + accommodation:	€1436
PORTSMOUTH:	Saturday 7 April- Sunday 15 April	Total fee including course + accommodation:	€1436
CARDIFF:	Saturday 15 April - Sunday 22 April ■	Total fee including course + accommodation:	€1436
MAIDSTONE:	Saturday 28 April- Sunday 6 May	Total fee including course + accommodation:	€1436
COLCHESTER:	Saturday 5 May- Sunday 13 May	Total fee including course + accommodation:	€1436
DUNFERMLINE:	Saturday 19 May- Sunday 27 May	Total fee including course + accommodation:	€1436
CHELTENHAM:	Sunday 10 June- Sunday 17 June	Total fee including course + accommodation:	€1436
CARDIFF:	Saturday 23 June- Sunday 1 July	Total fee including course + accommodation:	€1436
CARDIFF:	Saturday 7 July - Sunday 15 July ■	Total fee including course + accommodation:	€1436
IPSWICH:	Saturday 7 July - Sunday 15 July	Total fee including course + accommodation:	€1436
SHREWSBURY:	Saturday 7 July- Sunday 15 July ♦	Total fee including course + accommodation:	€1436
SOUTHAMPTON:	Saturday 14 July- Sunday 22 July	Total fee including course + accommodation:	€1436
BELFAST:	Saturday 21 July- Sunday 29 July	Total fee including course + accommodation:	€1436
GLOUCESTER:	Saturday 28 July- Sunday 5 August	Total fee including course + accommodation:	€1436
SOUTHAMPTON:	Saturday 4 August- Sunday 12 August ■	Total fee including course + accommodation:	€1436
DUNFERMLINE:	Saturday 11 August- Sunday 19 August	Total fee including course + accommodation:	€1436
CAMBRIDGE:	Sunday 12 August- Sunday 19 August	Total fee including course + accommodation:	€1436
COLCHESTER:	Saturday 18 August- Sunday 26 August ●	Total fee including course + accommodation:	€1436
BELFAST:	Saturday 25 August- Sunday 2 September	Total fee including course + accommodation:	€1436
CHELMSFORD:	Saturday 1 September- Sunday 9 September	Total fee including course + accommodation:	€1436
BELFAST:	Saturday 22 September- Sunday 30 September	Total fee including course + accommodation:	€1436
CARDIFF:	Saturday 29 September- Sunday 7 October ■	Total fee including course + accommodation:	€1436
CHELTENHAM:	Saturday 6 October- Sunday 14 October	Total fee including course + accommodation:	€1436
EXETER:	Saturday 20 October- Sunday 28 October	Total fee including course + accommodation:	€1436
CHELMSFORD:	Saturday 27 October- Sunday 4 November #	Total fee including course + accommodation:	€1436
SOUTHAMPTON:	Saturday 10 November- Sunday 18 November	Total fee including course + accommodation:	€1436
SOUTHAMPTON:	Saturday 10 November- Sunday 18 November ♦	Total fee including course + accommodation:	€1436

COURSE CONTENT:

1. **Practical Methodology Workshops on Teaching English as a Foreign Language** (3 or 4 days)
Creative Activities & Motivating Materials for the Secondary Classroom conducted by expert teacher trainers with many years of experience in training European teachers of English and a wealth of exciting ideas to impart.

The workshops will explore a wide range of teaching ideas and activities designed to motivate students and make language lessons more enjoyable and worthwhile. Some or all of the following will be included:

- a variety of motivating activities which engage students' imaginations and creativity - innovative role play and drama activities, use of the media, poetry, stories and songs
- motivating mixed ability classes
- creative activities for large classes
- learner styles; differentiation strategies
- increasing motivation and inclusivity in the classroom
- language analysis for teaching
- developing the four skills – particularly integrated tasks
- stimulating ideas for exploiting textbooks
- creative writing activities
- correction and feedback strategies
- evaluation and assessment
- using authentic materials
- grammar activities
- teaching vocabulary
- the Lexical Approach
- task based learning
- cross-curricular language teaching
- using new technologies
- recent developments in English
- relevance of World Englishes and ELF (English as a Lingua Franca) to the language classroom

Teachers will be encouraged to share their own ideas and experiences and to participate in practical activities suitable for secondary students.

A wide range of ready-made teaching materials will be provided, including materials suitable for all ages from 10 to 19 years.

The workshops will include **ADVANCED LANGUAGE PRACTICE**, giving teachers the opportunity to polish their own language skills.

- ▲ The **Maidstone** 22 July- 4 August course focuses on improving teachers' own language skills (with intensive **language tuition** as well as methodology workshops: Creative Activities & Motivating Materials for the Secondary Classroom).
- # The **Chelmsford** 19 March - 1 April & 24 March - 1 April and 28 October - 9 November & 27 October - 4 November courses focus on **BRITAIN TODAY: Teaching Activities and Stimulating Materials on British Life & Culture for Secondary English Classes**. (See separate information.)
- The **Cardiff** 18 February - 2 March & 17-25 February and 16-28 April & 15-22 April and 8-20 July & 7-15 July and 30 September - 12 October & 29 September- 7 October courses and **Southampton** 5-17 August & 4-12 August courses focus on **USING TECHNOLOGY FOR TEACHING ENGLISH**. (See separate information.)
- The **Colchester** 5-17 February & 10-18 February & 11-24 February and 19 August - 1 September & 18-26 August courses feature practical methodology workshops focusing on **TEACHING ENGLISH WITH MINIMAL RESOURCES**. (See separate information.)
- ◆ The **Shrewsbury** 7-15 July and **Southampton** 10-18 November and 11-23 November courses focus on **ENGLISH LANGUAGE TEACHING IN AN INCLUSIVE CLASSROOM**. (See separate information.)

2. **The Education System:**

- **Lecture on the Education System** – recent developments and current issues.
- **Day visit to one, two or three schools:** with an opportunity to observe lessons: each teacher may choose 1 or 2 types of state schools he/she wishes to visit: eg: primary school, secondary school, sixth form college, vocational/further education college (except in school holidays and on one week programmes – see course programmes).
On certain courses a visit to an independent school is included.
- **Discussion session** drawing comparisons between secondary schooling in the different European countries represented and lecture and discussion on Modern Language Teaching (on certain courses).

3. **Workshops on Life in Britain:**

- **Introducing Aspects of Life in Modern Britain through Literary Texts** - ½ day (on certain courses only)
- **Multicultural Britain** - ½ day (on certain courses only)

or Lectures/ Workshops on **Scottish History, Traditions & Literature** (Dunfermline courses only)

or Lectures/ Workshops on **Irish History, Politics & Literature** (Belfast courses only)

or Workshops on **Wales as portrayed in Modern Literature** and Dylan Thomas's Poetry (certain Cardiff courses only)

4. Workshop on Shakespeare's Theatre

followed by a visit to Stratford-upon-Avon with an option to see a play at the Royal Shakespeare Theatre (Cheltenham & Gloucester courses), or an option to see a play at Shakespeare's Globe Theatre in London (Summer courses in Southampton)

or Educational visit to	London	from Maidstone
or	London or Cambridge	from Chelmsford & Colchester
or	Dartmoor National Park & Dartmouth	from Exeter
or	Norwich	from Ipswich
or	Chester	from Shrewsbury
or	Winchester	from Southampton & Portsmouth
or	Ely	from Cambridge
or	Welsh Open Air Museum & St Fagans Castle	from Cardiff
or	Derry or The Giant's Causeway	from Belfast
or	Edinburgh (& Glasgow)	from Dunfermline

The Cheltenham 7-19 October and 6-14 October courses will take place during the **Cheltenham Festival of Literature**.

The Dunfermline 12-25 August & 11-19 August courses will take place during the **Edinburgh International Festival and Festival Fringe**, which offer a huge choice of literary and cultural events, and the Edinburgh Tattoo. (Edinburgh is a short rail journey from Dunfermline.)

TOTAL PRICE (as detailed on Page 2) comprises:

(a) COURSE FEE to include:

Full programme of study sessions and visits as itemized above.

NB. Participants are responsible for paying their own daily transport costs, including transport to secondary schools/colleges. Optional excursions and theatre visits are not included in the price. (Theatre tickets cost about 25-40 Euro)

(b) HOST FAMILY ACCOMMODATION* to include:

Full board Accommodation with a local family (inclusive of registration fee): 8, 12 or 13 nights
(Teachers may request to be the only guest of their mother tongue or to stay in the same family as a colleague).

Host families are carefully selected and offer a friendly welcome and opportunities to chat and learn more about life in the UK today. Participants often find that the experience of staying with a host family is one of the most memorable aspects of the course. Accommodation is in single rooms (unless participants request to share). Breakfast, packed lunch and evening meal are provided by the host family. (Food allergies, likes and dislikes are taken into account.)

Please note that many of the suitable residential areas are not within walking distance of the town centre, and most host families are an easy bus ride from the town centre/tuition centre. Local transport from host families to the town centre and local schools is at the participants' own expense and is likely to cost 15-30 Euro per week.

Additional nights with host families can be arranged, giving participants extra time for individual research and visits. Accommodation can be provided for family members (but not unaccompanied children) subject to availability. (Rates on request).

* Except Cambridge where the accommodation provided is central university-style, self-catering (single bedroom en-suite).

On the courses listed below there is a choice of host family accommodation or **Self-catering accommodation in a university residence or similar** in a central location - single bedroom with en-suite shower/ wc; no meals provided (inclusive of registration fee):

Belfast 22 July- 4 August (13 nights)	Total fee including course + Self-catering accommodation:	€ 2054
Belfast 21-29 July (8 nights)	Total fee including course + Self-catering accommodation:	€ 1457
Cardiff 8-20 July (12 nights)	Total fee including course + Self-catering accommodation:	€ 1948
Cardiff 7-15 July (8 nights)	Total fee including course + Self-catering accommodation:	€ 1457
Cardiff 5- 18 August (13 nights):	Total fee including course + Self-catering accommodation:	€ 2054

On other courses participants wishing to arrange their own (hotel or self-catering) accommodation may pay a fee for the course only.

PAYMENT:

Full payment will be due 2 months before the course begins, or for teachers awaiting funding – as soon as the grant is received.

Cancellation charges apply for cancellations 4 weeks or less before the course commences. 3-4 weeks before arrival: cancellation fee: 380 Euros.

No refund for cancellations within 3 weeks of arrival. Applicants are strongly advised to take out cancellation insurance.

PREPARATION:

Participants complete a detailed questionnaire before the course starts to ascertain their level of experience and training, as well as the age groups and types of learners they teach. Suggestions for pre-course reading are given.

OUTCOMES:

By the end of the course participants will have:

- Gained a wide variety of new ideas, skills and materials for teaching English at Secondary level
- Updated their knowledge of the English Language, the UK and the Education System
- Established links with other teachers from different European Countries

EVALUATION:

At the end of the course teachers participate in a detailed evaluation of the course.

FOLLOW UP:

At the end of the course teachers are asked to consider which aspects of the course will be the most relevant to their own teaching situations. On their return they are invited to keep a record of how they have been able to utilise ideas gained on the course in their own classrooms. They are encouraged to share their experiences with their fellow participants by email. Teachers will also have email access to the teacher trainers for discussion and advice after the course.

LOCATIONS:

CAMBRIDGE, England: Population: 124,000; 63 miles (100 kilometres) north of London (1 hour by rail).

Cambridge is a beautiful historic city, world famous for its prestigious university with its magnificent ancient colleges and lovely riverside. It has picturesque shopping streets, fascinating museums and attractive parks.

The most convenient airports for Cambridge are Stansted & Luton, which have direct bus links to Cambridge. If arriving at other airports, travel is via central London.

CHELMSFORD, England: Population: 156,000; 37 miles (60 kilometres) north-east of London (½ hour by rail).

The county town of Essex, Chelmsford is a pleasant town in an attractive rural area with many pretty villages. It has good shopping and sports facilities and is very conveniently situated for visits to London as well as Cambridge.

The most convenient airport for Chelmsford is Stansted, as there is a direct bus link to Chelmsford. If arriving at other airports, travel to Chelmsford is via central London.

CHELTHENHAM, England: Population: 108,000; 98 miles (157 kilometres) west of London (2¼ hours by rail)

Cheltenham is an elegant spa town, situated on the edge of the Cotswold Hills, which are famous for their picturesque stone villages. Cheltenham is known for its Regency architecture, colourful parks and gardens and it has many attractive residential areas.

The most convenient airports: Heathrow (direct National Express Coach to Cheltenham), Birmingham (rail to Cheltenham) or Bristol (airport bus then rail to Cheltenham)

COLCHESTER, England: Population 150,000; 54 miles (86 kilometres) north-east of London (1 hour by rail).

Colchester is England's oldest recorded town and first Roman city. It is an attractive town rich in historic buildings, including a fine castle. The Essex coast and many picturesque villages are within easy reach.

The most convenient airport: Stansted (direct coach to Colchester) or other London airports (rail/coach via Central London) or direct coach from Heathrow to Colchester

EXETER, England: Population: 105,000; 190 miles (305 kilometres) south-west of London (2½ hours by rail).

Exeter is an historic city with a magnificent Gothic cathedral, many lovely old buildings and a variety of interesting museums. It is the county town of Devon, situated in beautiful hilly countryside, close to the South Devon coast and Dartmoor National Park.

The most convenient airports: Exeter (bus to city centre), Bristol (airport bus then rail or coach to Exeter) or Heathrow (direct National Express Coach to Exeter)

GLOUCESTER, England: Population: 105,000; 105 miles (170 kilometres) west of London (2 hours by rail).

Gloucester is an ancient city with a magnificent medieval cathedral and cloister, as well as being a lively modern town. The historic docks have been impressively restored to include various museums, shops and cafes. The city is close to the spectacular countryside of the Cotswold Hills, the Wye Valley and the Forest of Dean.

The most convenient airports: Heathrow (direct National Express Coach to Gloucester) or Birmingham (rail to Gloucester) or Bristol (airport bus then rail to Gloucester)

IPSWICH, England: Population: 120,000; 90 miles (144 kilometres) north-east of London (1¼ hours by rail).

Ipswich, the county town of Suffolk, is situated close to the unspoilt Suffolk coast and to many picturesque villages. It has an attractive waterfront and some noteworthy historic buildings, including a fine Tudor mansion.

The most convenient airport: Stansted (direct coach to Colchester) or other London airports (rail/coach via Central London) or direct coach from Heathrow to Ipswich

MAIDSTONE, England: Population: 140,000; 37 miles (55 kilometres) south-east of London (1 hour by rail).

Maidstone is a pleasant riverside town with various historic buildings including a medieval archbishop's palace. It is situated in the beautiful county of Kent within easy reach of London and the coast. One of its chief attractions is the wealth of charming villages in the surrounding countryside.

The most convenient airports: All London Airports (Gatwick, Heathrow, Luton, Stansted, City) – travel to Maidstone via central London

PORTSMOUTH, England: Population: 190,000; 75 miles (120 kilometres) south-west of London (1½ hours by rail).

Portsmouth, situated on the south coast, is an important port, famous for its historic ships - most notably Nelson's "Victory". Old Portsmouth overlooks the busy historic maritime harbour, while the attractive seaside resort area of Southsea, with its parks and gardens and two piers, has four miles of seafont with views across to the Isle of Wight.

The most convenient airports: Southampton (rail to Portsmouth), Heathrow (direct National Express coach to Portsmouth) or Gatwick (direct coach or rail to Portsmouth)

SHREWSBURY, England: Population: 96,000; 153 miles (245 kilometres) north-west of London (2½ hours by rail).

Shrewsbury, the county town of Shropshire, is a delightful old town, picturesquely situated in a bend of the River Severn. It has a wealth of historic buildings, including a castle and many half-timbered and Georgian houses, as well as several interesting museums. Shrewsbury is surrounded by lovely countryside and is only a short distance from the Welsh border.

The most convenient airports: Birmingham (rail to Shrewsbury) or Manchester (rail to Shrewsbury) or Liverpool (airport bus then rail to Shrewsbury)

SOUTHAMPTON, England: Population: 220,000; 80 miles (128 kilometres) south-west of London (1¼ hours by rail).

Southampton is a pleasant university town and an important port situated on the south coast, within easy reach of the New Forest, Winchester, Salisbury, Portsmouth, Bournemouth and the Isle of Wight. There is an historic old town, interesting museums, a new waterside development and an excellent shopping centre.

The most convenient airports: Southampton (rail to city centre), Heathrow (direct National Express coach to Southampton) or Gatwick (direct coach or rail to Southampton)

CARDIFF, Wales: Population: 330,000; 150 miles (240 kilometres) from London (2¼ hours by rail).

Cardiff, the capital city of Wales, situated on the south coast of Wales, is a lively cultural centre. Its attractions include: Cardiff Bay, Cardiff Castle, National Museum and Gallery and Llandaff Cathedral. Nearby are the Open-Air Museum of Welsh Life, Caerphilly Castle, the Brecon Beacons National Park and beautiful coastal scenery and beaches.

The most convenient airports: Cardiff Airport (rail or bus to city centre), Heathrow or Bristol Airports (direct National Express coach from both to Cardiff)

DUNFERMLINE, Scotland: Population: 56,000; 16 miles (25 kilometres) north of Edinburgh.

Dunfermline, the ancient capital of Scotland, boasts a famous medieval abbey, palace ruins, interesting museums and a lovely park. It lies on the northern side of the Firth of Forth, at the southern gateway to the Scottish Highlands, and is ideally placed for visits to Edinburgh and to some of the most beautiful scenery of Scotland.

The most convenient airport: Edinburgh (direct Stagecoach 747 bus to Halbeath Park and Ride, Dunfermline)

BELFAST, Northern Ireland: Population: 277,000.

Belfast, the capital of Northern Ireland, is a lively city. It offers a wide range of attractions and cultural visits including the Northern Ireland Assembly at Stormont, black taxi tour of the political murals and Peace Wall, the Ulster Museum, Botanic Gardens, the Titanic Experience, W5 Science & Discovery Centre, theatres, historic pubs, traditional Irish Music, modern shopping centres and historic St George's Indoor Market. The beautiful Antrim coast and world famous Giant's Causeway and Dublin are within easy reach.

Belfast has two airports: Belfast City (bus to city centre – 20 minutes) or Belfast International (bus to city centre – 40 minutes)

TRAVEL:

Transport at the beginning and end of the course is not provided and International Study Programmes regrets that it is unable to assist with travel arrangements. Please check the most convenient airports above. If arriving at other airports, travel to the course location is generally via central London by coach or rail.

For enquiries and timetables:

National Express Coach:

www.nationalexpress.com

0044-871 781 81 81

Rail:

www.thetrainline.com

0044-871 244 15 45

There is also a useful website www.traveline.info which will assist in planning a journey within the UK using every form of transport.