

## 2 WEEK COURSE FOR EUROPEAN TEACHERS OF ENGLISH AT PRIMARY LEVEL

### Language and Practical Methodology: Creativity in the Classroom

**CARDIFF: SUNDAY 08 JULY - SATURDAY 21 JULY 2012**

#### DRAFT PROGRAMME

DAY & DATE	MORNING	AFTERNOON	EVENING
SUNDAY 08 JULY			Arrive Cardiff
MONDAY 09 JULY	0900- Welcome and Introduction 1030  1100- Lecture and discussion on 1300 Primary Education in England and Wales: a typical school day, the National Curriculum, etc	1345- Guided Walking Tour of Cardiff 1730 Bay and the Welsh Assembly	
TUESDAY 10 JULY	0830- Day visit to a primary school 1530 Observe lessons and opportunity for discussion with teachers		Optional evening in a traditional pub
WEDNESDAY 11 JULY	0830- Day visit to a primary school 1530 Observe lessons and opportunity for discussion with teachers		
THURSDAY 12 JULY	0900- English Language Tuition 1200	1300- Classroom Language: 1600 Vocabulary, Expressions & Role Play for the Primary Classroom & Language for Storytelling	
FRIDAY 13 JULY	0900- Talk & discussion with a primary 1200 school teacher on 'Aspects of Children's Lives in Wales: family life, food, celebrations, customs, hobbies, literature etc. Feedback discussion on school visits	1300- Introductory Tour of National 1400 Museum & Gallery, Cardiff  1400- Visit National Museum & 1700 Gallery, Cardiff	
SATURDAY 14 JULY	Free for individual research or Optional visit to the Gower Peninsula or Bath or The Wye Valley		
SUNDAY 15 JULY	Free for individual research or Optional visit to Caerphilly (Castle), Blaenavon Big Pit and the Brecon Beacons National Park		
MONDAY 16 JULY	0900- English Language Tuition 1200	1300- English Language Tuition 1600	
TUESDAY 17 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language at Primary Level	1330- Workshop on Teaching English 1630 as a Foreign Language at Primary Level	
WEDNESDAY 18 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language at Primary Level	1330- Workshop on Teaching English 1630 as a Foreign Language at Primary Level	
THURSDAY 19 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language at Primary Level	1330- Workshop on Teaching English 1630 as a Foreign Language at Primary Level  1630- Evaluation Session 1730	Optional concert or theatre visit
FRIDAY 20 JULY	1000- Educational visit to St Fagans National History Museum (Open-Air Museum 1700 of Welsh Life and St Fagans Castle)		
SATURDAY 21 JULY	Depart Cardiff		

## 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](mailto:Discover@International-Study-Programmes.org.uk)  
[www.International-Study-Programmes.org.uk](http://www.International-Study-Programmes.org.uk)

### 1 & 2 WEEK COURSES FOR EUROPEAN TEACHERS OF ENGLISH AT PRIMARY LEVEL (Ages 3-11)

in England, Scotland, Wales & Northern Ireland: Spring, Summer & Autumn 2012

#### LANGUAGE AND PRACTICAL METHODOLOGY: CREATIVITY IN THE CLASSROOM

#### 2 WEEK COURSES

EXETER:	Monday 23 January-Sunday 5 February (CLIL)	Fee: €1096	Accommodation: €596	Total: €1692
EXETER:	Sunday 29 January- Friday 10 February (CLIL)	Fee: €998	Accommodation: €569	Total: €1567
PORTSMOUTH:	Monday 06 February- Sunday 19 February	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Sunday 12 February- Friday 24 February	Fee: €998	Accommodation: €569	Total: €1567
IPSWICH:	Monday 20 February- Sunday 04 March	Fee: €1096	Accommodation: €596	Total: €1692
IPSWICH:	Sunday 26 February- Friday 09 March	Fee: €998	Accommodation: €569	Total: €1567
CHELTENHAM:	Monday 12 March- Sunday 25 March	Fee: €1096	Accommodation: €596	Total: €1692
CHELTENHAM:	Sunday 18 March- Friday 30 March	Fee: €998	Accommodation: €569	Total: €1567
COLCHESTER:	Sunday 25 March- Saturday 07 April	Fee: €1096	Accommodation: €596	Total: €1692
CARDIFF:	Sunday 01 April- Saturday 14 April	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Monday 09 April- Sunday 22 April	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Sunday 15 April- Friday 27 April	Fee: €998	Accommodation: €569	Total: €1567
DUNFERMLINE:	Sunday 22 April- Saturday 05 May	Fee: €1096	Accommodation: €596	Total: €1692
CHELTENHAM:	1-12 May	Fee: €1096	Accommodation: €596	Total: €1692
CHELTENHAM	Sunday 06 May- Friday 18 May	Fee: €998	Accommodation: €569	Total: €1567
MAIDSTONE:	Monday 14 May- Sunday 27 May	Fee: €1096	Accommodation: €596	Total: €1692
MAIDSTONE:	Sunday 20 May- Saturday 02 June	Fee: €1096	Accommodation: €596	Total: €1692
SOUTHAMPTON:	Monday 28 May- Sunday 10 June	Fee: €1096	Accommodation: €596	Total: €1692
SOUTHAMPTON:	Sunday 03 June- Saturday 16 June	Fee: €1096	Accommodation: €596	Total: €1692
BELFAST:	Saturday 09 June- Friday 22 June	Fee: €1096	Accommodation: €596	Total: €1692
CARDIFF:	Monday 18 June- Sunday 01 July	Fee: €1096	Accommodation: €596	Total: €1692
CARDIFF:	Sunday 24 June- Saturday 07 July	Fee: €1096	Accommodation: €596	Total: €1692
DUNFERMLINE:	Sunday 24 June- Saturday 07 July	Fee: €1096	Accommodation: €596	Total: €1692
EXETER:	Sunday 01 July- Saturday 14 July	Fee: €1096	Accommodation: €596	Total: €1692
MAIDSTONE:	Sunday 01 July- Saturday 14 July	Fee: €1096	Accommodation: €596	Total: €1692
SOUTHAMPTON:	Sunday 01 July- Saturday 14 July	Fee: €1096	Accommodation: €596	Total: €1692
DUNFERMLINE:	Sunday 08 July- Saturday 21 July	Fee: €1096	Accommodation: €596	Total: €1692
CARDIFF:	Sunday 08 July- Saturday 21 July	Fee: €1096	Accommodation: €596	Total: €1692
SHREWSBURY:	Sunday 08 July- Friday 20 July (CLIL)	Fee: €998	Accommodation: €569	Total: €1567
IPSWICH:	Monday 09 July- Sunday 22 July	Fee: €1096	Accommodation: €596	Total: €1692
BELFAST:	Sunday 15 July- Friday 27 July	Fee: €998	Accommodation: €569	Total: €1567
MAIDSTONE:	Tuesday 17 July- Sunday 29 July	Fee: €998	Accommodation: €569	Total: €1567
MAIDSTONE:	Sunday 22 July- Friday 03 August	Fee: €998	Accommodation: €569	Total: €1567
SHREWSBURY:	Sunday 29 July- Saturday 11 August	Fee: €1096	Accommodation: €596	Total: €1692
EXETER:	Tuesday 14 August- Sunday 26 August	Fee: €998	Accommodation: €569	Total: €1567
EXETER:	Sunday 19 August- Friday 31 August	Fee: €998	Accommodation: €569	Total: €1567
DUNFERMLINE:	Sunday 02 September- Saturday 15 September	Fee: €1096	Accommodation: €596	Total: €1692
IPSWICH:	Sunday 02 September - Friday 14 September	Fee: €998	Accommodation: €569	Total: €1567
CHELTENHAM:	Sunday 23 September- Friday 05 October	Fee: €998	Accommodation: €569	Total: €1567
PORTSMOUTH:	Monday 01 October-Sunday 14 October	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Sunday 07 October- Friday 19 October	Fee: €998	Accommodation: €569	Total: €1567
GLOUCESTER:	Monday 15 October-Sunday 28 October	Fee: €1096	Accommodation: €596	Total: €1692
MAIDSTONE:	Monday 22 October-Sunday 04 November	Fee: €1096	Accommodation: €596	Total: €1692
MAIDSTONE:	Sunday 28 October- Saturday 10 November	Fee: €1096	Accommodation: €596	Total: €1692
SHREWSBURY:	Sunday 28 October- Friday 09 November (CLIL)	Fee: €998	Accommodation: €569	Total: €1567
EXETER:	Sunday 28 October-Saturday 10 November	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Monday 05 November-Sunday 18 November	Fee: €1096	Accommodation: €596	Total: €1692
PORTSMOUTH:	Sunday 11 November- Friday 23 November	Fee: €998	Accommodation: €569	Total: €1567

## 1 WEEK COURSES

EXETER:	Saturday 28 January-Sunday 05 February (CLIL)	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 11 February-Sunday 19 February	Fee: €837	Accommodation: €432	Total: €1269
IPSWICH:	Saturday 25 February-Sunday 04 March	Fee: €798	Accommodation: €432	Total: €1230
CHELTENHAM:	Saturday 17 March-Sunday 25 March	Fee: €798	Accommodation: €432	Total: €1230
COLCHESTER:	Saturday 31 March- Sunday 08 April	Fee: €837	Accommodation: €432	Total: €1269
CARDIFF:	Saturday 07 April- Sunday 15 April	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 21 April- Sunday 29 April	Fee: €837	Accommodation: €432	Total: €1269
DUNFERMLINE:	Saturday 28 April- Sunday 06 May	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 05 May- Sunday 13 May	Fee: €837	Accommodation: €432	Total: €1269
MAIDSTONE:	Saturday 19 May- Sunday 27 May	Fee: €837	Accommodation: €432	Total: €1269
SOUTHAMPTON:	Saturday 02 June- Sunday 10 June	Fee: €798	Accommodation: €432	Total: €1230
BELFAST:	Saturday 09 June- Sunday 17 June	Fee: €837	Accommodation: €432	Total: €1269
CARDIFF:	Saturday 23 June- Sunday 01 July	Fee: €837	Accommodation: €432	Total: €1269
IPSWICH	Saturday 14 July- Sunday 22 July	Fee: €837	Accommodation: €432	Total: €1269
MAIDSTONE:	Saturday 21 July-Sunday 29 July	Fee: €837	Accommodation: €432	Total: €1269
SHREWSBURY:	Saturday 28 July- Sunday 05 August	Fee: €837	Accommodation: €432	Total: €1269
EXETER:	Saturday 18 August-Sunday 26 August	Fee: €837	Accommodation: €432	Total: €1269
DUNFERMLINE:	Saturday 01 September-Sunday 09 September	Fee: €837	Accommodation: €432	Total: €1269
IPSWICH:	Saturday 01 September-Sunday 09 September	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 22 September-Sunday 30 September	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 06 October-Sunday 14 October	Fee: €837	Accommodation: €432	Total: €1269
GLOUCESTER:	Saturday 20 October-Sunday 28 October	Fee: €837	Accommodation: €432	Total: €1269
SHREWSBURY:	Saturday 27 October-Sunday 04 November (CLIL)	Fee: €837	Accommodation: €432	Total: €1269
MAIDSTONE:	Saturday 27 October-Sunday 04 November	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 10 November-Sunday 18 November	Fee: €837	Accommodation: €432	Total: €1269

See also separate information sheets on CLIL Courses

### 2 WEEK C.L.I.L. COURSES FOR PRIMARY TEACHERS:

PORTSMOUTH: 1-14 July and 15-28 July      SHREWSBURY 29 July - 11 August 2012  
GLOUCESTER: 12-24 August 2012 (CLIL Materials Development)

### 2 WEEK COURSES FOR PRE-PRIMARY TEACHERS:

SOUTHAMPTON : 8-20 July 2012 (CLIL)      PORTSMOUTH 15-28 July 2012

## INTERNATIONAL STUDY PROGRAMMES:

International Study Programmes has 30 years experience in organising courses for Teachers of English on behalf of European Ministries of Education and In-service Teacher Training Institutes. International Study Programmes' team of teacher trainers includes highly respected trainers such as Graham Workman, Lucy Norris and Dr Diana Hicks - author of 'Primary Colours' (Cambridge) and 'Pingu's English' (Linguaphone).

## COMENIUS GRANTS:

These courses are listed in the Comenius Database and have Comenius reference numbers.

Eligible applicants may apply to the European Union for Comenius funding for all courses.

Grant applications should be made to participants' National Agency for the Lifelong Learning Programme.

Deadlines:	16 September 2011	for courses starting 01 January – 30 April 2012	(please check with your National Agency)
	13 January 2012	for courses starting 01 May – 31 August 2012	(please check with your National Agency)
	30 April 2012	for courses starting 01 September – 31 December 2012	(please check with your National Agency)

## COURSE OBJECTIVES:

These courses aim to provide non-native teachers of English at primary level with:

- a range of new ideas, practical classroom skills and materials for teaching English to young learners
- an opportunity to improve their own language skills and to acquire language for the primary classroom
- an insight into Primary Education in The United Kingdom
- an opportunity to exchange ideas and develop links with teachers from primary schools in other European countries
- cultural background to Life in Britain (to enable participants to draw comparisons between children's lives in different European countries and convey to their pupils a realistic and up-to-date picture of everyday life in Britain and children's lives at home and at school)

## COURSE CONTENT:

1. **Practical Methodology Workshops on Teaching English as a Foreign Language at Primary Level** (3 or 4 days) conducted by expert teacher trainers with many years of experience in training European teachers of English and a wealth of exciting ideas to impart.

Emphasis will be on motivating pupils through a variety of child-centred activities which engage their imaginations and creativity.

Different approaches to Primary Language Teaching will be discussed.

Plenty of practical ideas will be demonstrated and considered and teachers will be encouraged to participate. Many aspects will be covered including:

Developing listening & speaking skills;	CLIL (Content and Language Integrated Learning);
Songs, rhymes & chants; poems;	Increasing motivation;
Drama and role play;	Learner autonomy;
Storytelling activities;	Co-operative learning;
TPR (Total Physical Response) Activities;	Using authentic materials;
Games;	Correction and feedback strategies;
Drawing and craft activities; using pictures	Textbooks for young learners, CD Roms and the Internet;
Teaching vocabulary;	The European 'Lingua' Project: 'Staging Early Foreign Language Learning'

**A wide range of ready-made teaching materials will be provided.**

The Workshop will include **Aspects of children's lives in Britain:** family life, homes, food, celebrations, customs, school life, games, music, television, literature, fashion, hobbies, pets.

- \* **CLIL** The Exeter 23 Jan-5 Feb, 28 Jan-5 Feb & 29 Jan-10 Feb courses and Shrewsbury 8-20 July, 27 Oct-4 Nov & 28 Oct-9 Nov courses will include a special focus on **Content and Language Integrated Learning** exploring topics such as:
- **Teeth & Hygiene** : Presentation of a range of storytelling materials, craft activities & songs to introduce young learners aged 5-7 to C.L.I.L.
  - **Food** : An example of a unit of work for ages 7-9, covering 8 weeks of lessons on food, food miles, menus, shopping, healthy eating, with songs, games and stories.
  - **The Solar System** : An example of a unit of work using craft activities and short stories to introduce pupils aged 9-11 to the science of the Solar System.
2. **English Language Tuition** including Listening and Speaking Skills, Pronunciation and Intonation, Grammar Review, Vocabulary (1, 2 or 3 days – see course programmes)
  3. **Classroom Language:** Vocabulary, Expressions and Role Play for the Primary Classroom and Language for Storytelling (1 day) (except Belfast)
  4. **The Education System:**
    - a lecture and discussion on Primary Education in the United Kingdom
    - **day visits to two (or one) primary schools** with an opportunity to observe lessons (except in school holidays)
  5. **Educational visit** to:

Bath	from Cheltenham & Gloucester	(England)
or Constable Country	from Colchester	(England)
or Norwich	from Ipswich	(England)
or Tunbridge Wells and Rye on the South Coast or London	from Maidstone	(England)
or Chester	from Shrewsbury	(England)
or Winchester	from Portsmouth & Southampton	(England)
or Dartmoor National park & Dartmouth	from Exeter	(England)
or Welsh Open-Air Museum & St Fagans Castle	from Cardiff	(Wales)
or Edinburgh (& Glasgow)	from Dunfermline	(Scotland)
or Dublin	from Belfast	(N. Ireland)

## **TOTAL PRICE** comprises:

- (a) **Course Fee** (as detailed on Pages 1 & 2) to include:  
Full programme of study sessions and visits as itemised above.

NB. Participants are responsible for paying their own daily transport costs, including visits to primary schools. Any optional visits are not included in the price and the cost depends on the number of participants.

- (b) **Host Family Accommodation** (as detailed on Pages 1 & 2) 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 Britain 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).

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) - available (subject to confirmation) in:

**Maidstone** (all courses) - same price as host family accommodation  
**Cardiff** 08-21 July (13 nights) Course Fee: €1096 Accommodation: €694 Total: €1790

## **PAYMENT:**

Full payment will be due 2 months before the course begins, or for teachers awaiting Comenius funding – as soon as the Comenius 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. Cancellation insurance can be arranged through Endsleigh 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 they teach and any special requirements. 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 to young learners
- Updated their knowledge of the English Language, life in the United Kingdom 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:

**CHELTENHAM, 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 National Express coach to Colchester) or other London airports (rail/coach via Central London 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 Cotswolds 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 National Express coach to Ipswich) or other London airports (rail/coach via Central London to Ipswich)

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

Maidstone is situated in the beautiful county of Kent within easy reach of London and the coast. It is a pleasant town with various historic buildings including a medieval archbishop's palace. 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 seafront 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 (rail or bus to city centre), Heathrow (direct National Express coach to Cardiff) or Bristol (airport bus then rail to Cardiff)

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

Dunfermline, the ancient capital of Scotland, boasts a famous ancient abbey 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 Inverkeithing, which adjoins Dunfermline)

**BELFAST, Northern Ireland:** Population: 277,000. Belfast, the capital of Northern Ireland, is a lively city with excellent shopping and leisure facilities. The seaside resort of Bangor and the Ulster (Open-Air) Folk and Transport Museum are nearby. 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)

These towns (unlike popular south coast resorts and tourist centres such as Oxford and Cambridge) are not overcrowded with overseas students and offer a typically British environment in which to study.

## 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](http://www.nationalexpress.com) +44 8717 818 178 (purchase of ticket in advance necessary)  
Rail: [www.thetrainline.com](http://www.thetrainline.com) +44 191 227 5959

There is also a useful website [www.transportdirect.info](http://www.transportdirect.info) which will assist in planning a journey within the UK using every form of transport.