

**1 WEEK COURSE FOR EUROPEAN TEACHERS OF ENGLISH AT SECONDARY LEVEL  
FOCUS ON WALES**

**CARDIFF: SATURDAY 21 JULY – SUNDAY 29 JULY 2012**

**DRAFT PROGRAMME**

DAY & DATE	MORNING	AFTERNOON	EVENING
SATURDAY 21 JULY			Arrive Cardiff
SUNDAY 22 JULY	0900 Welcome Free for individual research or Optional visit to Caerphilly (Castle), Blaenavon Big Pit and the Brecon Beacons National Park		
MONDAY 23 JULY	0900- Introduction 1030  1100- Lecture: 'The Education System 1300 Recent Developments and Current Issues'	1345- Guided Walking Tour of Cardiff 1730 Bay and the Welsh Assembly	
TUESDAY 24 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language	1330- Workshop on Teaching English 1630 as a Foreign Language	
WEDNESDAY 25 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language	1330- Workshop on Teaching English 1630 as a Foreign Language	
THURSDAY 26 JULY	0900- Workshop on Teaching English 1230 as a Foreign Language	1330- Workshop on Teaching English 1630 as a Foreign Language	
FRIDAY 27 JULY	0900- Workshop: Wales as portrayed in 1230 Modern Literature	1400- Workshop: on Dylan Thomas's 1700 Poetry  1700- Evaluation Session 1800	
SATURDAY 28 JULY	1000- Educational visit to St Fagans National History Museum (Open-Air Museum of 1700 Welsh Life and St Fagans Castle)		
SUNDAY 29 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 SECONDARY LEVEL (Ages 10-19)

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

### CREATIVE ACTIVITIES & MOTIVATING MATERIALS FOR THE SECONDARY CLASSROOM

#### COURSE OBJECTIVES:

These courses are designed for European 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.

#### 1 WEEK COURSES

SOUTHAMPTON:	Saturday 28 January- Sunday 05 February	Fee: €798	Accommodation: €432	Total: €1230
CARDIFF:	Saturday 11 February- Sunday 19 February	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 25 February- Sunday 04 March	Fee: €837	Accommodation: €432	Total: €1269
MAIDSTONE:	Saturday 10 March- Sunday 18 March	Fee: €837	Accommodation: €432	Total: €1269
DUNFERMLINE:	Saturday 17 March- Sunday 25 March	Fee: €837	Accommodation: €432	Total: €1269
BELFAST:	Saturday 31 March- Sunday 08 April	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 07 April- Sunday 15 April	Fee: €837	Accommodation: €432	Total: €1269
EXETER:	Saturday 21 April- Sunday 29 April	Fee: €798	Accommodation: €432	Total: €1230
SOUTHAMPTON:	Saturday 05 May- Sunday 13 May	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 19 May- Sunday 27 May	Fee: €837	Accommodation: €432	Total: €1269
SHREWSBURY:	Saturday 02 June- Sunday 10 June	Fee: €798	Accommodation: €432	Total: €1230
DUNFERMLINE:	Saturday 16 June- Sunday 24 June	Fee: €837	Accommodation: €432	Total: €1269
IPSWICH:	Saturday 30 June- Sunday 08 July	Fee: €837	Accommodation: €432	Total: €1269
GLOUCESTER:	Saturday 14 July- Sunday 22 July	Fee: €837	Accommodation: €432	Total: €1269
CARDIFF:	Saturday 21 July- Sunday 29 July	Fee: €837	Accommodation: €432	Total: €1269
GLOUCESTER:	Saturday 28 July- Sunday 05 August	Fee: €837	Accommodation: €432	Total: €1269
CARDIFF:	Saturday 04 August- Sunday 12 August	Fee: €837	Accommodation: €432	Total: €1269
SOUTHAMPTON:	Saturday 11 August- Sunday 19 August •	Fee: €837	Accommodation: €432	Total: €1269
PORTSMOUTH:	Saturday 25 August- Sunday 02 September	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 01 September-Sunday 09 September	Fee: €837	Accommodation: €432	Total: €1269
COLCHESTER:	Saturday 01 September-Sunday 09 September	Fee: €837	Accommodation: €432	Total: €1269
EXETER:	Saturday 29 September-Sunday 07 October	Fee: €837	Accommodation: €432	Total: €1269
BELFAST:	Saturday 06 October-Sunday 14 October	Fee: €837	Accommodation: €432	Total: €1269
CHELTENHAM:	Saturday 6 October- Sunday 14 October	Fee: €837	Accommodation: €432	Total: €1269
DUNFERMLINE:	Saturday 13 October-Sunday 21 October	Fee: €837	Accommodation: €432	Total: €1269
CARDIFF:	Saturday 27 October-Sunday 04 November	Fee: €837	Accommodation: €432	Total: €1269
SOUTHAMPTON:	Saturday 10 November-Sunday 18 November	Fee: €798	Accommodation: €432	Total: €1230

## 2 WEEK COURSES

SOUTHAMPTON:	Tuesday 24 January- Sunday 05 February	Fee: €998	Accommodation: €569	Total: €1567
SOUTHAMPTON:	Sunday 29 January- Friday 10 February	Fee: €998	Accommodation: €569	Total: €1567
CARDIFF:	Tuesday 07 February- Sunday 19 February	Fee: €1029	Accommodation: €569	Total: €1598
CARDIFF:	Sunday 12 February- Friday 24 February	Fee: €1029	Accommodation: €569	Total: €1598
CHELTENHAM:	Tuesday 21 February- Sunday 04 March	Fee: €1029	Accommodation: €569	Total: €1598
CHELTENHAM:	Sunday 26 February- Friday 09 March	Fee: €1029	Accommodation: €569	Total: €1598
MAIDSTONE:	Tuesday 06 March- Sunday 18 March	Fee: €1029	Accommodation: €569	Total: €1598
MAIDSTONE:	Sunday 11 March- Friday 23 March	Fee: €1029	Accommodation: €569	Total: €1598
DUNFERMLINE:	Sunday 18 March- Friday 30 March	Fee: €1029	Accommodation: €569	Total: €1598
BELFAST:	Sunday 25 March- Friday 06 April	Fee: €1029	Accommodation: €569	Total: €1598
CHELTENHAM:	Tuesday 03 April- Sunday 15 April	Fee: €1029	Accommodation: €569	Total: €1598
CHELTENHAM:	Sunday 08 April- Friday 20 April	Fee: €1029	Accommodation: €569	Total: €1598
EXETER:	Tuesday 17 April- Sunday 29 April	Fee: €998	Accommodation: €569	Total: €1567
EXETER:	Sunday 22 April- Friday 04 May	Fee: €998	Accommodation: €569	Total: €1567
SOUTHAMPTON:	Tuesday 01 May- Sunday 13 May	Fee: €1029	Accommodation: €569	Total: €1598
SOUTHAMPTON:	Sunday 06 May- Friday 18 May	Fee: €1029	Accommodation: €569	Total: €1598
PORTSMOUTH:	Tuesday 15 May- Sunday 27 May	Fee: €998	Accommodation: €569	Total: €1567
PORTSMOUTH:	Sunday 20 May- Friday 01 June	Fee: €998	Accommodation: €569	Total: €1567
SHREWSBURY:	Tuesday 29 May- Sunday 10 June	Fee: €998	Accommodation: €569	Total: €1567
SHREWSBURY:	Sunday 3 June- Friday 15 June	Fee: €998	Accommodation: €569	Total: €1567
DUNFERMLINE:	Tuesday 12 June- Sunday 24 June	Fee: €1029	Accommodation: €569	Total: €1598
DUNFERMLINE:	Sunday 17 June- Friday 29 June	Fee: €1029	Accommodation: €569	Total: €1598
IPSWICH:	Tuesday 26 June- Sunday 08 July	Fee: €1029	Accommodation: €569	Total: €1598
IPSWICH:	Sunday 01 July- Friday 13 July	Fee: €1029	Accommodation: €569	Total: €1598
BELFAST:	Sunday 01 July- Friday 13 July	Fee: €1029	Accommodation: €569	Total: €1598
GLOUCESTER:	Tuesday 10 July- Sunday 22 July	Fee: €1029	Accommodation: €569	Total: €1598
GLOUCESTER:	Sunday 15 July- Friday 27 July	Fee: €1029	Accommodation: €569	Total: €1598
CARDIFF:	Sunday 22 July- Friday 03 August	Fee: €1029	Accommodation: €569	Total: €1598
DUNFERMLINE:	Sunday 22 July- Friday 03 August	Fee: €1029	Accommodation: €569	Total: €1598
GLOUCESTER:	Sunday 29 July- Friday 10 August ▲	Fee: €1029	Accommodation: €569	Total: €1598
BELFAST:	Sunday 29 July- Friday 10 August	Fee: €1029	Accommodation: €569	Total: €1598
CARDIFF:	Sunday 05 August- Friday 17 August	Fee: €998	Accommodation: €569	Total: €1567
DUNFERMLINE:	Sunday 05 August- Friday 17 August	Fee: €1029	Accommodation: €569	Total: €1598
BELFAST:	Sunday 12 August- Friday 24 August	Fee: €1029	Accommodation: €569	Total: €1598
SOUTHAMPTON:	Sunday 12 August- Friday 24 August ●	Fee: €1029	Accommodation: €569	Total: €1598
DUNFERMLINE:	Sunday 19 August- Friday 31 August	Fee: €1029	Accommodation: €569	Total: €1598
PORTSMOUTH:	Tuesday 21 August- Sunday 02 September ▲	Fee: €1029	Accommodation: €569	Total: €1598
PORTSMOUTH:	Sunday 26 August- Friday 07 September ▲	Fee: €1029	Accommodation: €569	Total: €1598
CHELTENHAM:	Sunday 02 September – Friday 14 September	Fee: €1029	Accommodation: €569	Total: €1598
COLCHESTER:	Sunday 02 September – Friday 14 September	Fee: €1029	Accommodation: €569	Total: €1598
EXETER:	Tuesday 25 September-Sunday 07 October	Fee: €1029	Accommodation: €569	Total: €1598
EXETER:	Sunday 30 September-Friday 12 October	Fee: €1029	Accommodation: €569	Total: €1598
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CHELTENHAM:	Sunday 07 October-Friday 19 October	Fee: €998	Accommodation: €569	Total: €1567
DUNFERMLINE:	Sunday 14 October-Friday 26 October	Fee: €1029	Accommodation: €569	Total: €1598
CARDIFF:	Tuesday 23 October-Sunday 04 November	Fee: €1029	Accommodation: €569	Total: €1598
CARDIFF:	Sunday 28 October-Friday 09 November	Fee: €1029	Accommodation: €569	Total: €1598
SOUTHAMPTON:	Tuesday 06 November-Sunday 18 November	Fee: €998	Accommodation: €569	Total: €1567
SOUTHAMPTON:	Sunday 11 November- Friday 23 November	Fee: €998	Accommodation: €569	Total: €1567

## COMENIUS GRANTS:

These courses are listed in the Comenius/Grundtvig 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)

## 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 'Cambridge English for Schools' and 'Cambridge English Worldwide').

## COURSE CONTENT:

### 1. Practical Methodology Workshops on Teaching English as a Foreign Language (3, 4 or 5 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.

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 and stories (based on the European Lingua Project: "Staging Foreign Language Learning")
- learner styles and learner training - different strategies for differentiation
- increasing motivation and inclusivity in the classroom
- motivating mixed ability classes
- creative activities for large classes
- cross-curricular language teaching
- developing learner autonomy
- language analysis for teaching
- all 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
- recent developments in English
- relevance of World Englishes and ELF 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 workshop will include **ADVANCED LANGUAGE PRACTICE**, giving teachers the opportunity to polish their own language skills.

- ▲ The Gloucester 29 July – 10 August and Portsmouth 21 August – 2 September & 26 August – 7 September courses focus on improving teachers' own language skills (with 24 hours of **language tuition** as well as methodology workshops).
- The Southampton 12 -24 August and 11-19 August courses focus on **USING NEW TECHNOLOGY IN LANGUAGE LEARNING** and **MOTIVATION FOR LEARNING + LEARNING-TO-LEARN SKILLS**

### 2. The Education System:

- **Lecture on the Education System** – recent developments and current issues.
- **Day visit to two (or one) State 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 certain one week programmes – see course programmes). Visit to an Independent School (on certain courses only)
- **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 on Welsh Literature** (Cardiff courses only)

or **Lectures on Scottish History, Politics & Literature** (Dunfermline courses only)

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

### 4. Shakespeare's Theatre:

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

or <b>Educational visit</b>	to	Winchester	from Southampton & Portsmouth
	or	London	from Maidstone
	or	Dartmoor National Park & Dartmouth	from Exeter
	or	Norwich	from Ipswich
	or	The Constable Country	from Colchester
	or	Chester	from Shrewsbury
	or	Welsh Open Air Museum & St Fagans Castle	from Cardiff
	or	Dublin	from Belfast
	or	Edinburgh	from Dunfermline

The Dunfermline 5-17 August & 19-31 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.)

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

## **TOTAL PRICE** comprises:

### (a) **COURSE FEE** (as detailed on Pages 1 & 2) 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** (as detailed on Page 1 & 2) to include:

Full board accommodation with a local family (inclusive of registration fee): 8 or 12 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** (March courses) - same price as host family accommodation

<b>Cardiff</b> 22 July – 3 August (12 nights)	Course fee: €1029	Self-catering accommodation: € 659	Total: € 1688
<b>Cardiff</b> 05 – 17 August (12 nights)	Course fee: € 998	Self-catering accommodation: € 659	Total: € 1657
<b>Cardiff</b> 21 – 29 July & 4 – 12 August (8 nights)	Course fee: € 837	Self-catering accommodation: € 479	Total: € 1316

## **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 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:

**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.