

Eastbourne

Centre Guide



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Eastbourne

Eastbourne is one of the sunniest places in the UK. Located at the foot of the South Downs National Park, this friendly seaside resort has been welcoming visitors since Victorian times, and is a great place to learn English, with plenty to do, whatever the weather.

Some of what Eastbourne has to offer:

- Beautiful beaches, a seafront promenade, and pier
- A modern indoor shopping centre and boutique independent shops
- First class sports and leisure facilities, including cinemas, leisure centre, bowling, theatres, and a roller disco
- An extensive leisure marina with its own waterside walks, shops and restaurants
- The South Downs National Park and the famous Beachy Head cliffs
- Half-hourly direct train service to central London (90 minutes)
- The historic town of Brighton (40 minutes away)
- Nearby places of historic interest



Eastbourne College

Our courses take place at Eastbourne College, a traditional English boarding school, with the original Victorian red brick building. Over the years the school has invested in modern classrooms, a new dining hall, swimming pool and sports facilities.

Location

The College campus is situated in a peaceful location, just two minutes' walk from the beach and less than ten minutes' walk from the shopping centre and railway station.

Facilities

SPORTS

Playing Field
Tennis Courts
Sports Hall
Indoor Swimming Pool

EDUCATIONAL FACILITIES

Modern Classrooms
Drama Studio
Assembly Hall

OTHER

Modern Dining Hall



Residential Accommodation

Accommodation is in ten houses located throughout the campus. All are close together and none are more than a few minutes' walk from all facilities.

Each boarding house has its own design, but the facilities remain the same. There are single, twin, triple and some multi-occupancy (3+) bedrooms. Bed linen is changed weekly. Some rooms have disabled access. Bathroom facilities are shared.



School Map



Homestay Accommodation

Elac hosts are selected by our Homestay Manager, who visits hosts every two years to inspect the accommodation provided.

Our hosts provide a warm welcoming atmosphere for our students where they can really feel at home. Homestay providers also have to comply with British Council standards, and have a current DBS Certificate (Disclosure and Barring Service).

Students can expect a comfortable bedroom with somewhere to study and shared bathroom facilities. They will often be sharing with other students and will travel by bus to the College. Laundry is done by the hosts once a week and any cleaning of the bedroom, including emptying bins etc. is done regularly. Towels and bedding are provided and are changed weekly.

Most importantly, students are encouraged to speak English at every opportunity within the family setting.



Meals



Homestay students

Most meals are taken with your host. From Monday - Friday students enjoy a hot lunch on campus. The host also provides a packed lunch for the weekend educational excursions.

Residential students

Meals are buffet style and comprise breakfast, lunch and an evening meal. There is a choice of food to cater for vegetarians, religious diets, etc. The dining hall at Eastbourne College is modern, clean and comfortable. For educational excursions, a packed lunch is provided.

Here is an example 3 day menu at Eastbourne:

	Day 1	Day 2	Day 3
Breakfast	Orange & Apple Juice		
	Boiled Eggs, Sliced Cucumber, Sliced Tomato, Sliced Ham, Sliced Cheese Croissant	Grilled Sausages, Halal Sausage, Quorn Sausages, Baked Beans, Boiled Eggs, Hash Browns, Grilled Tomatoes, Toast No pastries	Boiled Eggs, Sliced Cucumber, Sliced Tomato, Sliced Ham, Sliced Cheese Croissant
	Porridge Station, Cereal Bar, Yoghurt Station, Toast & Preserves, Whole fruits		
Lunch	Orange & Brown Sugar Glazed Turkey	Baked Sausages / Vegan sausages with Fried Onions	Classic Cheeseburger in a soft bap with Burger Sauce
	Maple, Chilli Glazed Roast Tofu topped with Chickpea & Red Pepper Hummus	Jacket Potato with Baked Beans	Griddled Tofu Steak Marinated in Orange & Ginger in a Soft Bap
	Roast Potatoes & Veg	Mashed Potatoes & Veg	Beans/Peas
Dinner	Jacket Potato & baked beans	Chocolate & Banana Bread & Butter Pudding with White Chocolate Sauce	Jacket Potato with Baked Beans
	Sweet Potato Brownie		Banana Fritters with Toffee Sauce
	Fruit		
Dinner	Hoi Sin, Chilli & Spring Onion Fried Pork / Hoi Sin Jackfruit with Spring Onions	Beef Bolognaise Pasta Bake	Traybake Chicken with Dates, Olives & Oregano
	Soya Glazed Egg Noodles	Roasted Vegetable & Goats Cheese Tart with Red Onion Chutney	Honey Roasted Cumin Carrot, Feta & Apple Filo Tart
	Steamed Broccoli	Steamed Peas	Harissa Half Baked Jackets
Dinner	Stir fried Vegetables	Savoy Cabbage	Watermelon & Mint Salad
	Prawn Crackers	Garlic Focaccia	Herbed Cous Cous
	Orange Polenta Cake	Brownie	Upsideown Pineapple Cake
	selection of freshly cut & whole fruits		

menu subject to change

Medical Care & Wellbeing



There is a walk-in centre nearby the College.

Eastbourne and District General Hospital with its Accident & Emergency department is 10 minutes' drive away.

There are local pharmacies nearby if students require medication. Students must hand all medication to their group leader or the Elac Welfare Officer who will then administer it when required.

A First Aid box is kept in the Elac office and basic kits are taken on all excursions. There are First Aiders on site and Elac also has Mental Health First Aiders in Head Office if needed.

Safety & Security



There is a security team on site at Eastbourne College 24/7 with CCTV monitoring. The Elac Office has a safe available for Group Leaders and students. Each house has its own security code on the front door lock. These codes will be issued on arrival. Bedroom keys are issued to group leaders only. Students must lock all windows on leaving their accommodation and follow security procedures explained on arrival.

When out and about, we will explain to students how they can keep themselves and their belongings safe.

What to bring



Documents

- **Passport** and copy of it
- Visa document and copy of it (if required)
- Insurance document (including GHIC card if from EU)
- A copy of any medication prescriptions or certificates
- UK currency



Clothing Essentials

- Casual clothing
- Trainers
- Sports clothes
- Swimwear
- Towel (for swimming)
- Costume for disco/talent show
- Bag for dirty laundry
- Towel (if in residential accommodation)



For Excursions

- Small backpack/handbag
- Comfortable clothes
- Shoes for walking
- Umbrella
- Waterproof jacket
- Sunglasses & sunscreen



Toiletries & Medicines

- Toiletries, eg shampoo, soap, toothpaste
- Medicines, eg asthma inhaler, contact lens solution
- Please **DON'T** bring "disposable" toilet wipes



Gadgets & Electronics

- Electronic devices (camera, mobile phone, ipad)
- Travel adaptor (UK 3 pin, 13A, 220V - 240V)
- Hair Dryer



Other required items

- Pencil case
- Pen & Pencil
- Notepad
- Water bottle
- Hand sanitizer
- Any props, costumes or items needed for the Cultural Exchange (Voyagers and Trailblazers)

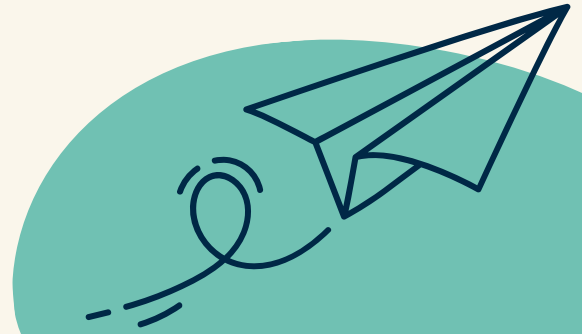
Please label all items, in case they get lost

General Information



Student ages

- Residential: 11 - 17 years
- Homestay: 13 - 17 years
- Individuals: 14 - 17 years



Airport Arrivals

Groups and individuals will be met by an Elac representative at the airport.

Travel to the centre will be by private coach or taxi.

Approximate Transfer times: Gatwick (LGW) 1 hour, Heathrow (LHR) 1 hours 45 minutes, Stansted (STN) 2 hours

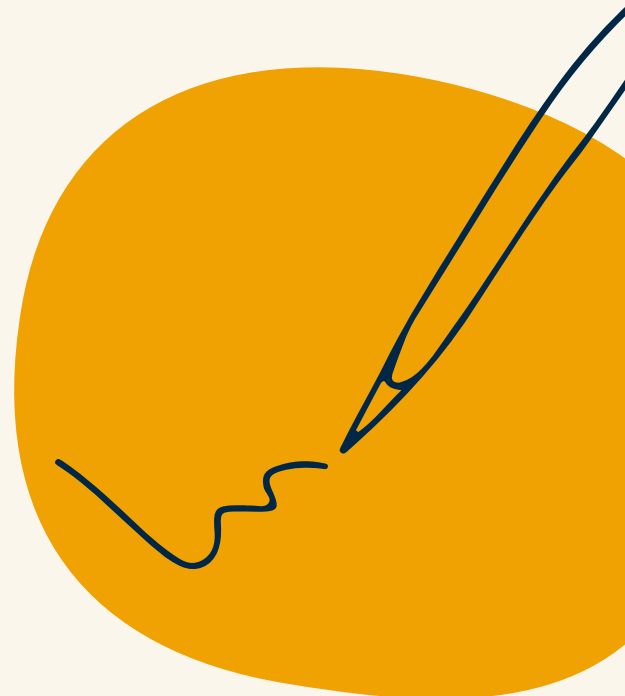
*Individuals who have booked a shared transfer, may have to wait at the airport for up to 2 hours before being taken to the centre.

Day #1 Welcome & Testing

On the first full day of the programme students will:

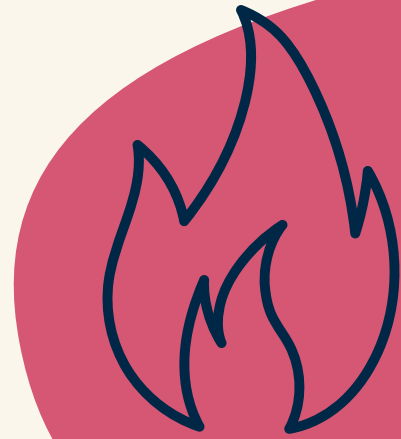
- have a welcome meeting with the Centre Manager,
- an orientation of the centre
- do an English language test (written and spoken)
- have a tour of the local town and some free time.

Students will receive an Elac lanyard with Emergency Contact Card



Fire Safety

- Fire safety procedures on first day
- Practice fire drill for students.
- Fire signage throughout building
- Group leaders explain safety procedures to students in their own language.



Mobile Phones

- All mobile phones must be put on silent and placed in the box provided at the front of the classroom at the start of every lesson.
- Mobile phones must not be used during activities unless required as part of the session.
- Staff may confiscate phones if rules are not followed.

Noise

- Students must keep noise to a minimum when returning to their accommodation
- Curfew is 10pm.



Damages & Replacements

- Fire alarm set off between 9.00 am and 5.30 pm: £75.00
- Fire alarm set off between 5.30 pm and 9.00 am: £100
- Replacing/refilling fire extinguishers: £100
- Replacement of lost fob/key: £100

The college imposes the above call-out charges for deliberate acts of misuse. Costs for other damages will be handled on a case-by-case basis.

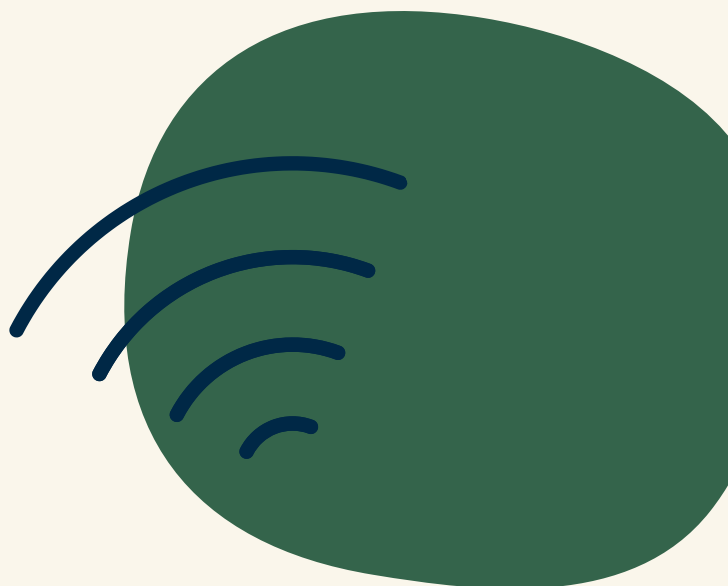


Smoking, Drugs, Alcohol & Vaping

- It is illegal to smoke in any indoor public places - this includes vaping.
- There is no smoking allowed on the Eastbourne campus.
- No alcohol or drugs are permitted in any of our junior vacation courses regardless of age.

Computer and WiFi Access

- Wifi available throughout the site
- Student access to computer room during activities.



Shop

Shop on-site that sells:

- Cold drinks
- Chocolate
- Snacks
- Sweets

There is a small supermarket nearby .



Laundry, Cleaning & Bedding (residential accommodation)

- A laundry service is provided at a price of £2.50 per bag payable at the Elac office
- Bedrooms and bathrooms are cleaned daily (not weekends)
- Bed linen is provided and is washed once a week

Bank & Post Office

- Selection of banks nearby (Eastbourne town centre)
- Post Office in Eastbourne.
- Alternatively, currency exchange can be done whilst on excursions.



Hospital & Medical Care

Eastbourne District General Hospital -
Kings Drive, Eastbourne East Sussex,
BN21 2UD Tel: 0300 131 4500



Local Transport

- Eastbourne train station is a 5 minute walk from campus. It has excellent links to all major cities including London. (1 hour 30 minutes)

Quiet/Multi Faith Room

- All students and Group Leaders can have access to a quiet room for religious observance.
- Please speak to the Elac management team for more information.



Places of Worship

- All Saints Church (Christian) Grange Road, Eastbourne
- Christ The King Church (Catholic) 3 Princes Road, Eastbourne
- Eastbourne Islamic Mosque (Muslim) Ashford Square, Eastbourne
- Eastbourne Hebrew Congregation (Jewish) 22 Susans Road Eastbourne

Useful information

Contact Numbers

- Elac Eastbourne Office: 07579831422
- Elac Homestay number: 07579831423
- Police, Fire, Ambulance: 999 (emergencies only)
- Police – non emergencies: 101
- Elac Head Office (Bath): +44 1225 443261

School Address

Elac Study Vacations, Eastbourne College, Old Wish Road,
Eastbourne, East Sussex,
BN21 4JY

If sending post, please ensure the letter/package is clearly
labelled with the student's name and group.

Head Office

22 Milsom Street,
Bath
BA1 1DE, UK

If you have any queries about this course, please get in touch with our head office.
Further information and photos can be found on our website (www.elac.co.uk).
We hope you enjoy your course in Eastbourne.



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