

Nottingham

Centre Guide



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Nottingham

Nottingham is a city steeped in history. Known as the “Queen of the Midlands” because of its broad streets and picturesque parks, it is particularly famous as the home of Robin Hood, the legendary medieval outlaw. The city has a great shopping centre, cinemas, contemporary art galleries, theatres, restaurants, an ice rink and bowling arcade. Its cultural quarter is the Lace Market, fusing old-world architecture with cool bars and cafes. Nearby is the beautiful Sherwood Forest where you can follow in the footsteps of Robin Hood and his Merry Men.

Some of what Nottingham and the area have to offer:

- A hilltop castle housing Nottingham Castle Museum and Art Gallery
- Beautiful surrounding countryside including the famous Sherwood Forest
- Nearby Wollaton Hall, an ornate Elizabethan mansions with gardens and deer park
- Underground caves and the oldest Inn in England, Ye Olde Trip to Jerusalem



Nottingham University

Our course takes place on the 65 acre Jubilee Campus of the University of Nottingham, Opened in 1999, the campus has many fascinating buildings, a series of lakes and open spaces, and an emphasis on being environmentally friendly.

Location

The campus is a 20 minute bus ride from the city centre. Shuttle buses run frequently.

Facilities

SPORTS

Playing Field
Tennis Courts
Sports Hall
Swimming Pool (on main campus)

EDUCATIONAL FACILITIES

Spacious Classrooms with interactive whiteboards
Auditorium
Lecture Hall

OTHER

Glass Atrium Dining Area
Cafe
Picnic areas by the lakes



LASTROLABIO
Where family

elac
study vacations

Residential Accommodation

Student accommodation is in Southwell or Newark Hall. All rooms are single with their own en-suite bathroom. Each room has excellent study facilities with desks and reading lamps. There are also communal kitchens and common rooms with televisions and games. The accommodation is all within walking distance of the main classrooms and catering facilities.



School Map



Meals



Meals are taken in the dining hall and are buffet style. They comprise breakfast, lunch and an evening meal. There is a choice of food to cater for vegetarians, religious diets, etc. For educational excursions, a packed lunch is provided.

Here is a sample menu at Nottingham:

	Day 1	Day 2	Day 3
Breakfast	Orange & Apple Juice		
	Smoked bacon, Boiled eggs, Baked beans, Grilled tomatoes	Butchers' sausages, scrambled eggs, Sauté potatoes, Spaghetti hoops	Fried eggs, Grilled tomato, baked beans, hash browns
	Porridge Station, Cereal Bar, Yoghurt Station, Toast & Preserves, Whole fruits		
Lunch	Slow cooked beef & bean chilli	Spanish chicken	Spaghetti bolognese
	Pulled jackfruit enchiladas	Red pepper Spanish tortilla	Mushroom risotto
	Pasta & Sauce	Pasta & Sauce	Pasta & Sauce
Dinner	Crunchy corn, peas, Vegetable rice, Salsa, Soured cream, guacamole	Patatas bravas, Spanish rice, Garlic mushrooms	Homemade rosemary focaccia Roasted broccoli with tomatoes & red onions
	Apple Crumble	Raspberry crumble slice	Rocket & parmesan salad
	Fruit		
Dinner	Pulled ham carbonara	Jerk chicken legs	Chunky pork cassoulet
	Vegetable lasagne	Sweet potato Stew	Posh beans on sourdough toast
	Roasted Mediterranean vegetables	Rice & peas	Mashed potato
Dinner	Garlic doughballs	Fried plantain	Savoy cabbage
	Warm panzanella salad	Vegetable rundown	Garden peas
	Pasta & Sauce	Pasta & Sauce	Pasta & sauce
Dinner	Chocolate chip cookies	Fruit jellies	Eton mess
	selection of freshly cut & whole fruits		

menu subject to change

Medical Care & Wellbeing



Nottingham has a hospital, a 10 minute drive away, as well as a walk in centre.

There is a local pharmacy nearby if students require medication or advice. 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 some Mental Health First Aiders in Head Office if needed.

Safety & Security



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 - cash and on a pre-paid card



Clothing Essentials

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



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)

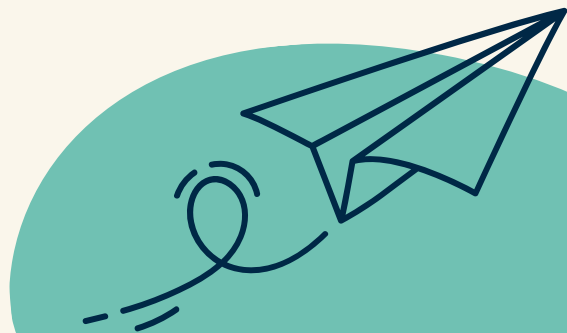
Please label all items, in case they get lost

General Information



Student ages

- Residential: 11 - 17 years



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:

Heathrow (LHR) 2.5 hours,

Birmingham (BHS) 1 hours,

East Midlands (EMA) 30 minutes.

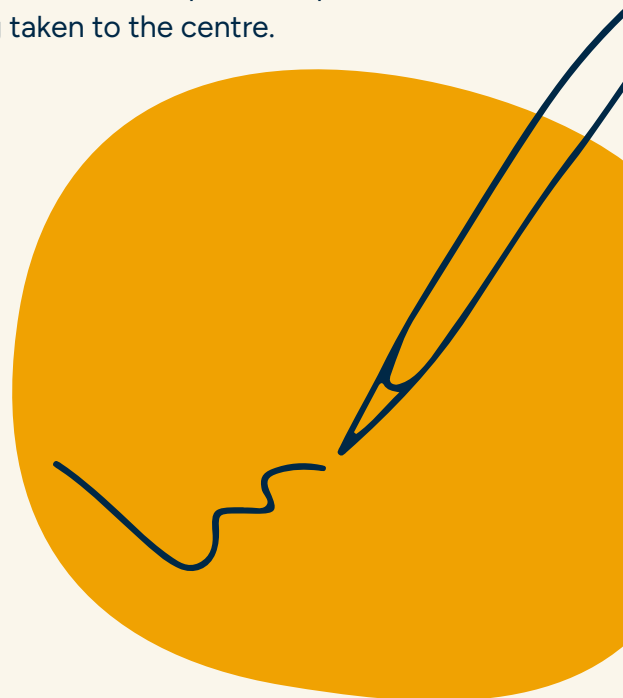
*Individuals who have booked a shared transfer, may have to wait at the airport for up to 2 hours before being taken to the centre.

Day #1 Welcome & Testing

On the first full day of the programme students will:

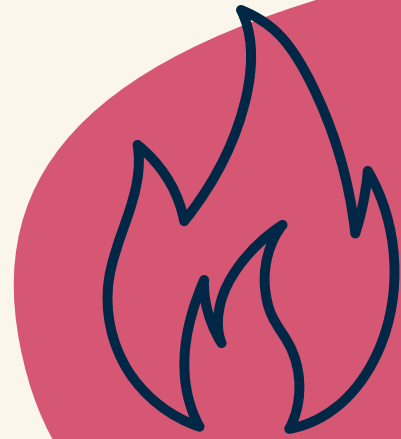
- have a welcome meeting with the Centre Manager,
- an orientation of the centre
- do an English language test (written and spoken)
- have a tour of the local town and some free time.

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: £150
- Replacement of lost fob/key: £100

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

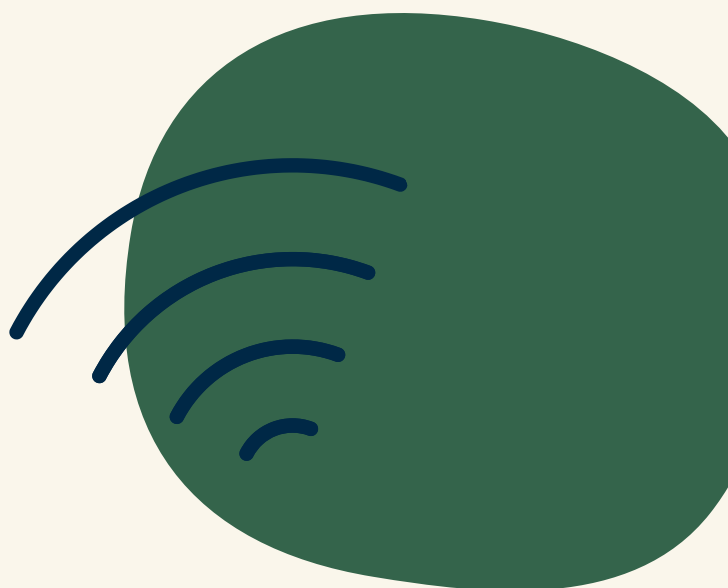


Smoking, Drugs, Alcohol & Vaping

- It is illegal to smoke in any indoor public places - this includes vaping.
- There is no smoking allowed on the 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:

- Hot and cold drinks
- Chocolate
- Snacks
- Sweets
- Ice cream

As well as a range of other useful supplies.



Laundry, Cleaning & Bedding

- A self-service laundry on site, operated by a pre-paid card available from reception
- Bedrooms and bathrooms are cleaned daily (not weekends)
- Bed linen and towels are provided and are washed once a week

Bank & Post Office

- Cashpoint on campus
- Selection of banks nearby
- Stamps available at campus shop and post box on site
- Post Office 15 minutes away
- Currency exchange can be done whilst on excursions



Hospital & Medical Care

Queens Medical Centre, Derby Road,
Lenton, Nottingham, NG7 2UH



Local Transport

- Direct bus to city centre from campus
- Taxis can be organized through Elac management team

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
- St. Barnabas Catholic Church
- Islamic Centre Nottingham
- Nottingham Liberal Synagogue

Useful information

Contact Numbers

- Elac Nottingham Office: 07579831428
- Police, Fire, Ambulance: 999 (emergencies only)
- Police – non emergencies: 101
- Elac Head Office (Bath): +44 1225 443261

School Address

Elac Study Vacations, c/o Jubilee Campus, University of Nottingham, University Park, Nottingham, NG7 2RD

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 Nottingham.



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