

## What to bring

Clothes are likely to suffer wear and tear and also get dirty and wet, therefore you should bring several changes of old clothes for doing activities. Jeans are not suitable for activities as they get heavy and cold when wet and don't dry out quickly. Please ensure that all items are named. Please note, bedding is provided for all guests at PGL centres in Northern France.

### Kit list

- Suitable nightwear
- Underwear
- Long and short-sleeved T-shirts
- 1 pair trainers / shoes suitable for walking
- Swimming costume / trunks if planning to swim
- Shorts (summer groups)
- Sun hat / Baseball cap (summer groups)
- Hat and gloves (winter groups)
- Waterproof jacket / cagoule
- 1 or 2 sets of clothes for evenings

### For activities

- 1 pair old trainers (may get very wet / muddy)
- Old clothes – long sleeved T-shirts, leggings, sports clothing
- Fleeces / sweatshirts
- Waterproof jacket (and trousers if you have them)

### Please don't bring

Electronic computer games, jewellery / valuables etc. We realise students will want to bring their mobile phones. This is at your discretion, but please be aware that mobile phones are not covered by our insurance.

### Lost property

Please label everything your child brings – indelible felt tip pens are useful for this. Children are responsible for their own belongings – it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a small charge for returning items.

### Other items

- Washbag (including soap)
- Towel for showering
- Old towel for wet activities
- Sun cream (min. SPF 30), insect repellent & bite cream
- Watch / alarm clock
- Labelled plastic bags for wet / dirty / spare clothes
- Small rucksack for days out
- Drink bottle
- Pen and pencil
- Torch

### You will also need

- A passport (or collective passport for your group)
- European Health Insurance Card (EHIC). This is available free of charge. Apply online or pick up a form from the post office
- Food and drink for your journey
- Pocket money
- Any personal medication

## Safety and security

Our excellent reputation for health and safety is based on over 55 years of successful operation and we comply fully with the recommendations of the UK Government and the Scottish Executive advice on taking school trips.



All PGL centres have been approved and awarded the Learning Outside the Classroom

Quality Badge, following inspection by the Adventure Activities Industry Advisory Committee.

## Insurance details

From the time we receive your deposit you are covered by PGL's extensive insurance policy, underwritten by travel insurance specialists, Fogg Travel.

### PGL insurance cover includes:

Organiser Liability; Medical Expenses; Personal Accident; Cancellation (e.g. illness or redundancy); Curtailment of Activity; Baggage; Personal Money; Personal Liability.

Excess: Please note there is an excess for some sections of cover. A full copy of the insurance policy can be obtained from the person leading your trip.

 **Find out more**  
[www.pgl.co.uk/insurance](http://www.pgl.co.uk/insurance)

## Contacting your child

Except in an emergency we would prefer that you do not contact your child during their stay as we are not able to pass on phone messages or emails. If in an emergency you do need to contact your child, please do so via their school or the teacher / Party Leader travelling with the group.



# Bienvenue au Château du Tertre

Information about your child's PGL trip to France.

For more details please visit our website [www.pgl.co.uk/cdt](http://www.pgl.co.uk/cdt)





## What is a trip with PGL like?

A trip with PGL provides opportunities to experience learning in an exciting new environment.

Our centres in France are ideal bases from which to discover and learn about the country, and making the most of the cultural and linguistic experience is top of the agenda.

There are lots of opportunities to practise speaking French, and all our courses help develop self-esteem, peer support, confidence and positive attitudes which all contribute to raising aspirations, motivation and achievement.

Find out more  
[www.pgl.co.uk/cdt](http://www.pgl.co.uk/cdt)

*"The centre is a great place ...We always feel safe and secure"*

First Tower Primary

## A learning experience with a difference!

A PGL experience is often the start of an amazing new journey for many children.

Established in 1957 we are trusted by over 7000 schools and groups each year because we deliver unforgettable experiences with the best activities, great food, comfortable accommodation and above all, outstanding staff.

## A packed programme!

The sample day itinerary shown here gives an example of some of the things you may expect your child to be doing during their trip. In order to experience the culture, history and people of France, children will go out on day or half-day excursions, with a PGL Tour Leader, to local and national places of interest.

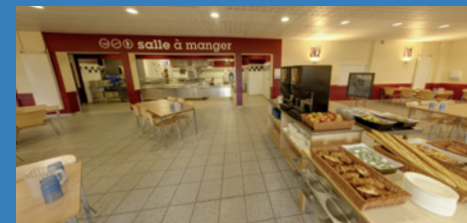
Their trip may include some language study relating to their excursions and they may also spend some time doing adventure activities at the centre. During the evenings there will be a full programme of entertainment to take part in, organised and led by the friendly PGL Animateurs.

## What is Château du Tertre like?

The Château stands in 36 acres of beautiful grounds with fields and woodland, close to the picturesque, traditional village of Ambrières les Vallées.

Optional on-site activities at the centre include climbing, abseiling, zip wire, canoeing, raft building and much more. There is also a huge range of facilities, including games machines, pool tables and space to play volleyball and football.

Explore the centre with our virtual tour  
[www.pgl.co.uk/tertre360](http://www.pgl.co.uk/tertre360)



## Accommodation

There are 4 separate accommodation blocks at Château du Tertre with rooms which range from 4 to 8 bedded. Shower and toilet facilities are either en suite or nearby; all rooms have sinks.

The Party Leader and accompanying adults will be roomed close to the children.

## Guests with disabilities / additional needs

Many of our activities and local excursions are accessible for people with additional needs.

For details of rooming and to discuss a suitable programme, please ask the Party Leader to talk to us directly about your child's particular requirements.

Find out more  
[www.pgl.co.uk/additionalneeds](http://www.pgl.co.uk/additionalneeds)

## Food & drink

Tasty and healthy, we take our food very seriously! Meals at Château du Tertre are freshly prepared and designed to provide all the nutrition your child needs, including plenty of fresh fruit, vegetables and salads as well as plenty of carbohydrate for energy! We source fresh, regional produce wherever we can and there is always a cultural flavour to our menus. We like to provide a balance between foods which are familiar and opportunities to try dishes with a distinctly French flavour too.

There is always a vegetarian option available but please let the Party Leader know in advance if this is required. We are familiar with most dietary requirements, so if your child has any allergies or a special diet for any reason, just make sure the person organising the trip knows about this. There are also vending machines and a small retail shop on site.

Find sample menus at  
[www.pgl.co.uk/menus](http://www.pgl.co.uk/menus)

## A day at PGL

N.B. This is a sample itinerary and sessions will vary.

### Wake Up 07.00

Wake up and get showered and dressed ready for the day.



### Breakfast 07.30

Continental breakfast including croissants, cereals, fruit and yogurt.



### Morning 9.00 - 12.45

#### An Excursion to Fougères

A visit to the historic market town of Fougères, a French town of art and history where you can visit the ancient castle with views over the surrounding area before discovering the sights on PGL's 'Town Trail'.



### Lunch Break

12.45 - 13.30  
 Enjoy a packed lunch in the public gardens before heading back to Château du Tertre.

### Afternoon

14.00 - 17.15

#### Adventure Activities at the centre

##### Activity Session 1

Zip wire. An exhilarating high-speed flight suspended by an overhead cable.

##### Activity Session 2

Climbing: Learn basic techniques with our expert instructors to climb our imposing tower - with plenty of encouragement from friends!



### Dinner 17.45 - 19.30

2 course dinner with a choice of options.

Some free time to relax and the chance to visit our on-site shop.



### Evening Ents

20.00 - 21.30

#### Crêpe Evening

Out again to visit a local French café. It's a great opportunity to try out some French by ordering a crêpe (a pancake) and a drink.

Find out more on our website

- ✓ Centre virtual tours
- ✓ Guest videos
- ✓ Photo galleries
- ✓ Accommodation
- ✓ Excursions
- ✓ Activities

[www.pgl.co.uk/cdt](http://www.pgl.co.uk/cdt)

*"The French excursions were all fantastic"* Midhurst C of E Primary School