

## 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
- Fleece / 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

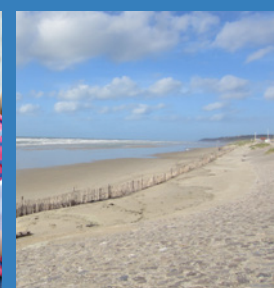
Except in an emergency we would prefer that you do not contact your child during their stay as we are not able to pass on phone messages or emails. If in an emergency you do need to contact your child, please do so via their school or the teacher/Party Leader travelling with the group.



# Bienvenue au Pré Catelan

Information about your child's PGL trip to France.

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





## 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/catelan](http://www.pgl.co.uk/catelan)

*"The centre continues to go from strength to strength. The quality of food and service was excellent and nothing was ever too much trouble for the staff to deal with"*

Woodland Community Primary School

## 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 Le Pré Catelan like?

Le Pré Catelan is a converted 19<sup>th</sup> Century hotel on the Opal Coast, just minutes from the beach and the local town of Hardelot. Easily accessible from the UK, it is an ideal location particularly for groups making their first trip to France. Nearby attractions include a chocolate maker, a snail farm, a cheese farm, bakeries, a Sea Life Centre in Boulogne-sur-Mer, plus local museums and exhibitions relating to both world wars.

Optional on-site activities at the centre include a challenge course and a low level bouldering wall and we make full use of the nearby woodland and beach for evening activities.



Find out more about Le Pré Catelan  
[www.pgl.co.uk/catelan](http://www.pgl.co.uk/catelan)

## Accommodation

PGL Le Pré Catelan is a small and friendly centre. Newly refurbished rooms are multi-bedded and all have wash basins. There is a central shower and toilet block. 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 Le Pré Catelan 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/menu](http://www.pgl.co.uk/menu)

## 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

**Excursion to Local Market**  
 Spend the morning experiencing French culture among the sights, smells, noises and general buzz of the local market. Try out some French to buy a souvenir or some fresh produce.



### Lunch Break 12.45 - 13.30

Enjoy a packed lunch in town before heading back to Le Pré Catelan.

### Afternoon 14.00 - 17.15

#### Adventure Activities

##### Activity Session 1

Survivor: Navigational, meteorological and team building skills are needed to build a shelter in the centre grounds.

##### Activity Session 2

Challenge Course: Teams have to communicate, collaborate and make decisions in order to complete this exciting course.



### Dinner 17.45 - 19.30

2 course dinner with a choice of options.

Some free time to relax and enjoy the centre grounds and facilities.



### Evening Ents 20.00 - 21.30

#### Crêpe Evening

It's a great opportunity to try out some French while enjoying a crêpe (a pancake) and a drink.

Find out more on our website

- ✓ Guest videos
- ✓ Photo galleries
- ✓ Accommodation
- ✓ Excursions
- ✓ Activities

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

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