

STUDENT CODE OF CONDUCT

- Speak English at all times
- Be polite and friendly and respect other groups and individuals from other backgrounds and cultures
- Listen to all instructions
- Be on time
- Always ask if you need help
- No alcohol. It is illegal for anyone under 18 to purchase alcohol in the UK
- No smoking. It is illegal for anyone under 18 to purchase cigarettes in the UK
- No chewing gum
- No swearing or foul language
- No vandalism. Any damage to property will be charged for
- No bullying or violence. There is a zero-tolerance policy for this kind of behaviour

If you upload photos to social media don't forget to use the hashtags #roho2018 #rohosummer #oxfordinternational #oijuniorprogrammes #rohotottenham



STUDENT PACKING LIST

Summer weather can be very unpredictable in the UK. The average daily temperature is 15°C but can go as low as 10°C or as high as 35°C. For this reason, we recommend you come prepared for all occasions and check the predicted weather before departure!

DOCUMENTS

- Passport and copy of it
- Visa document and copy of it (if required)
- Insurance documents (including EHIC card if from EU)
- A copy of any medication prescriptions in case of emergencies
- UK Currency (Pound sterling) - please note there are new £10 and £5 notes and therefore old ones will not be accepted in any shops.

TECHNOLOGY

- Phone/iPod/iPad/Tablet + chargers (we recommend you only bring one of these items and take out adequate personal possession insurance)
- Headphones
- Camera and camera charger
- Plug converter/travel adapter (UK 3 pin, 13A, 220V-240V)

EXCURSIONS

- Casual, comfortable clothing
- Umbrella
- Sun protection (cream, spray, lotion)
- Quality rain/wind-proof jacket
- Secure handbag/backpack/travellers wallet
- Sunglasses
- Appropriate footwear for walking

WHAT NOT TO PACK:

We can only guarantee the carriage of one suitcase and one small carry on luggage (not suitcase) for airport transfers. If you anticipate that you will need to bring more suitcases than this, please let us know in advance.

- Bedding (bed sheets, pillows)
- Expensive electronics/valuables
- Travel iron (an iron and ironing board will be available)
- Too many clothes



EVERYDAY ESSENTIALS:

- Medication
- Toiletries, washing and sanitary essentials
- Toothbrush and toothpaste
- Hairbrush/comb/hairdryer
- Sleepwear, socks and underwear
- Glasses/contact lens equipment
- Plastic bags for dirty laundry or wet items

FOOTBALL KIT BAG:

- Football socks and shin pads/guards
- Water bottle
- Football boots suitable for Astro turf (3G pitches)
- Football boots/cleats suitable for soft ground (grass)
- Shorts/tracksuit/jogging pants for training sessions
- Training tops or vests and warm clothing for break times
- Goalkeeping gear/gloves (if a goalkeeper)
- Trainers/indoor training shoes

All students will receive a Tottenham Hotspur kit: top, shorts, socks and a water bottle.



EXCURSIONS

LONDON

During your programme there are two excursions to London. Timings for these excursions:

- 9am -4pm (depart London) for one of the excursions
- 2pm - 8pm (depart London) for the River Boat Disco excursion

During the London excursions, students will receive our Politics and Royalty walking tour followed by a visit to the National Gallery. They will also go on an exciting River Boat Disco on the Thames!

If you would like to visit any other location please let us know, through your agency, emailing us directly or once you arrive on campus.

LUNCHES

At Royal Holloway you will receive:

- Packed lunches during the full day excursions to London, Thorpe Park and Oxford.

OTHER EXCURSIONS

All students will also visit Windsor for half a day and will be given a walking tour by one of our Activity Leaders. They will also visit Windsor Castle, one of the Queen's royal residence.

All students on the football programme will also enjoy a full day to Thorpe Park at the end of the programme. Students will also go on a full day excursion to Oxford and will have the opportunity to visit Christ Church College.

OUR ACTIVITY LEADERS ASK YOU TO...

- Only take photos when advised to do so
- Keep together as a group
- Don't stop for toilet or food breaks (these are planned through the day)
- Stay vigilant of on-coming traffic
- Don't block the pavement
- Walk at a brisk pace
- Don't talk over the guides
- Wear your lanyard at all times
- Ask lots of questions!

ENTRANCES IN LONDON

During the excursions to London, students will visit Wembley Stadium, home to the English national team and Tottenham Hotspur, and they will be given a private tour of the site.

Students will also have the opportunity to visit Stamford Bridge, home to Chelsea FC, during one of their London excursions.



ONSITE ACTIVITIES

CHALLENGES

Challenges are great exercises that encourage students to work in teams. All challenges are stimulating problem-solving tasks designed to help group members develop their capacity to work effectively together. Challenges at your centre will be Egg drop Challenge, Team Challenges, Photo Challenge, etc. Unfortunately, as challenges are a mystery before running the activity, not much information can be revealed in advance!

SPORTS

Sports sessions are designated for all students to have a good time. The structure of most of the sessions will include a warm-up, improving skills and final games. Sometimes, a tournament structure will be followed. Sports will include Running Club, Basketball, Dodgeball, Swimming, etc. It is important that students wear suitable sports clothes and footwear for the sports sessions and remind them to bring their swimsuits and towels if they want to swim.

WHOLE CAMPUS

These activities will involve all students at the centre; it will be a great opportunity for students to get to know each other and learn about other cultures. Discos are usually the most popular night with the students and they will be themed. We will run a British Disco, Neon Disco and the last Disco theme will be decided at the centre; it's up to the students! The Talent Show is the perfect opportunity for students to show off their music, dance and drama skills. This activity is incredibly popular and even staff may prepare an act to display on the night! Don't forget the International Night, where you will be able to share your culture and background with all other students!

WORKSHOPS

Workshops are alternative activities for those students who prefer more creative and relaxing sessions. These workshops are focused on specific skills, so each session will be based on a particular theme. Students will be able to participate in a Group Mural session, a Drama workshop and a Self-Portraits workshop amongst others; these activities will encourage students to be creative and improve their artistic skills as well as learning specific vocabulary.



ENGLISH LESSONS

The students will have a placement test on arrival. This is both a written and oral exam so we can place the student in the most appropriate class. We place the students by English level, ensuring there is a good nationality mix in each class. We split each lesson block into 2x 90 minute sessions.

DAILY MEETINGS

Individual students will have daily meetings with the Football Coordinator and the Activity Manager to plan their day. These are the perfect time to raise any issues you may have. On your first evening at the centre, there will be a meeting where you will receive all the essential information about the first few days and will be introduced to all members of staff.

During this meeting, you will also receive:

Centre specific contact details

Meeting times and points

Programme details

Lunch and dinner rota



FOOTBALL COORDINATOR

At Royal Holloway, there is someone who is employed to look after the football students. Their role is to welcome the students on arrival to the campus; they may even pick up the students from the airport. They look after the welfare of the students; making sure their passports and pocket money are secure, ensuring the student records are up to date, sharing any medical information as well as looking after them in the accommodation. They will meet with the students every day to give announcements so they know what is coming up in the programme.



FOOTBALL COACHING

The Tottenham Hotspur Football Club Academy staff have created the player development syllabus.

It focuses on developing the right environment to help the players improve.

Sessions will include; goal scoring, defending, possession and domination. Each session is themed around a specific element of the game and the FA and UEFA-qualified coaches use inspiration from the current First Team and Academy at THFC to help develop the young players on our programmes.

They will monitor each player individually to ensure they train with players of similar abilities and ages with the aim to progress every player through the ability levels.



FOOTBALL SEMINARS

On two evenings during the programme, the coaches stay on campus and have a classroom session with the students.

They last approx. 90 minutes and during the sessions, the students will learn more about nutrition, tactics and what it is like to live as a professional football player. The sessions are very interactive and include discussions about favourite players and the best players in the world.



SAMPLE PROGRAMME

Please note this is a sample programme.
Please refer to your Welcome Pack for your
personalised itinerary.

	AM	PM	EVE
Day 1	Arrivals	Arrivals	Ice-breakers
Day 2	Testing and Lesson 1	Football Coaching	Welcome Disco
Day 3	Lesson 2	London: Wembley Stadium	London: River Boat Disco
Day 4	Lesson 3	Lesson 4	Onsite Activities
Day 5	London: Politics and Royalty	London: Stamford Bridge	Onsite Activities
Day 6	Lesson 5	Football Coaching	Football Seminar and Disco
Day 7	Football Coaching	Windsor Castle	Onsite Activities
Day 8	Football Coaching	Lesson 6	International Night
Day 9	Football Coaching	Lesson 7	Onsite Activities
Day 10	Football Coaching	Football Coaching	Football Seminar and Karaoke
Day 11	Lesson 8	Lesson 9	Onsite Activities
Day 12	Football Coaching	Lesson 10	Talent Show
Day 13	Excursion to Oxford	Entrance to Christ Church	Disco
Day 14	Excursion to Thorpe Park	Excursion to Thorpe Park	Onsite Activities
Day 15	Departures	Departures	Departures

OPTIONAL EXTRAS

We love our summer programmes and think they are brilliant as they are, but we also know that for some students it is a mammoth journey to travel to the UK. For this reason we have created an Optionals Booklet. This booklet contains information about destinations across the whole of the UK and attractions you can visit there. If you would like to supplement your programme by purchasing one of these entrances/excursions (and haven't organised this prior to arriving in the UK) please speak to your Activity Manager. You should have received the Optional Booklet in your Welcome Pack; if not please also refer to your Activity Manager for more information.