

SUL



Fact Sheet

Cardiff Metropolitan University 2024



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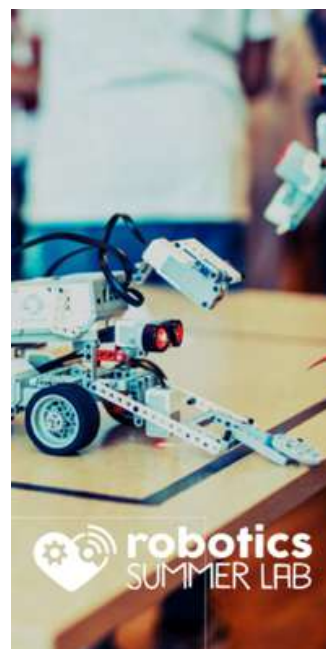


The Amazing Experience at Cyncoed Campus of The Cardiff Metropolitan University is a choice for international junior students age 8+ seeking the authentic Welsh experience. It combines on-campus English lessons with daily action-packed out-of-class activities.

Cyncoed is home to the Cardiff School of Education & Social Policy and the Cardiff School of Sport & Health Sciences (Cyncoed).

It is a busy campus that offers on-site accommodation and a new purpose-built Campus Centre. The campus offers excellent sporting facilities, on-site shop, coffee bars and refectory. The campus also acts as the head office for the Students' and Athletics Union.

PROGRAMMES AT THE CARDIFF MET





Facilities at the Cardiff Metropolitan University:

On-site facilities	 DATES	03 July - 17 July 2024 [Wednesday arrivals/departures] 18 July - 01 August 2024 [Thursday arrivals/departures]
	 CAPACITY	150 students
	 AGES	8-12 and 13-17 years old
	 LESSONS	20 lessons of English tuition + 10 specialty lessons per week
	 CLASS	Max 15 students per class
	 TEACHERS	Fully qualified, experienced English language, Robotics, I.T., Movie, and Movie making teachers
	 ACTIVITIES	3 full-day excursions per week (if no departure) 4 half-day on-campus per week 7 evening on-campus activities per week
Accommodation	 TRAVEL	Bristol (1 h.), London Heathrow (2-2½ h.)
	 ESSENTIALS	SUL League





HOMESTAY ACCOMMODATION

For groups requiring homestay accommodation, we have caring and welcoming hosts, carefully selected and vetted by SUL.

Benefits include:

- ✓ Careful matching of students with host families
- ✓ Everyday English communication in an English speaking home
- ✓ Experience of British culture & lifestyle first-hand
- ✓ SUL Local Organiser Support



RESIDENTIAL ACCOMMODATION

Enjoy the space and flexibility of a residential centre, the experience of living in a British boarding school, or the convenience of a hostel for short visits.

Benefits include:

- ✓ Secure accommodation
- ✓ Outdoor space for activities
- ✓ On-site sport* and classroom facilities
- ✓ On-site evening activities to promote communication
- ✓ On-site SUL Course Director Support

*Hostels may not include on-site sport facilities

ON-SITE FACILITIES

(Residential centres)

LOCAL FACILITIES

(Home stay centres)



All-weather pitch



Sports hall / centre



Lecture theatre



Hall with stage



Student café / coffee shop



Playing fields



Wi-fi access



Lots of outdoor space



Laundry service (on request)



Games room



Library



TV lounge



Classrooms



Swimming pool (on request)



Tennis courts



Art studio



Cricket pitch



Theatre



Music centre



Football pitches



Classrooms in nearby schools, colleges or conference centres

ACCOMMODATION



Full Board



Half Board



Number of students in the room



En-suite



Shared bathrooms



Separate accommodation for boys & girls





SUL's Experience is Great Britain programme is a perfect choice for international junior students who are aged 8+ seeking a truly British experience. It combines on-campus English lessons with action-packed daily activities and excursions outside the classroom. These provide a wealth of history, culture and exciting places to enjoy.

Great Britain Experience programmes run in Taunton School, Bedstone College, University of Worcester, and Cardiff Metropolitan University. These beautiful schools offer us a high standard of accommodation and an excellent range of facilities.





1 TAKE MOVIE

“They did that in one take” is always an impressive statement to make about any film! Getting a scene down in a single take means everyone experiences a moment of perfection, or is it just pure luck?

SUL will run this exciting One Take Movie programme in 2024. We are proud to provide young filmmakers aged 12 to 17 with a unique experience in the art of cinema.

Incorporating both theory and practice, our courses will teach students how to operate equipment and work on a set while providing a clear understanding of the fundamentals of how the art of cinema works.

At the end of our course, students will have written, filmed and edited a high-quality One Take Movie, which we will premiere on SUL's YouTube channel.

Previous movies:





From our regular daily life to cutting-edge technology, Robotics Summer Lab offers an astonishing quest to explore the wonders of robotics through this Amazing Experience.

In cooperation with the Robotics Academy, we have designed this combined English and Robotics summer programme to help younger students learn English while developing the core concepts of problem-solving and programming.

This course is ideally suited for children who love to be creative and find their own solutions to problems.

Every day, our students will be able to build their own LEGO robots and use them to solve everyday problems and answer questions. Students will use their creativity to improve on a robot's basic design, all the while learning advanced concepts.

Every week will be packed with fun excursions and exciting challenges designed to test the limits of students' robots. The robots will be navigating their way through mazes, overcoming obstacles and battling against each other.

In cooperation with:





WEEKLY PROGRAMME | WEEKS 1-2

Day		Morning			Afternoon				Evening			
		07:45-08:00	08:00-08:30	08:40-12:00	12:15-13:00	13:00-13:45	14:00-16:00	16:00-18:00	18:00-18:45	18:45-19:30	19:30-21:30	
03-Jul	Wed	Arrivals			Lunch	Arrivals				Dinner	Orientation / Welcome Party	
04-Jul	Thu	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	SUL League Houses Sorting Ceremony + Murder Mystery	
05-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Free Time	Quiz Night	
06-Jul	Sat	Morning Exercise	Breakfast	Full-Day Excursion: Cardiff and Cardiff castle				Dinner	Free Time	80s Movie Night + Discussion		
07-Jul	Sun	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	Catch The Flag	
08-Jul	Mon	Morning Exercise	Breakfast	Full-Day Excursion: Bristol - Blackbeard to Banksy				Dinner	Free Time	Disco - UK TOP40		
09-Jul	Tue	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt	Dinner	Free Time	Britain's Got Talent + Music All Ways + SUL League Awards	
10-Jul	Wed	Morning Exercise	Breakfast	Full-Day Excursion: Bath and Roman Baths / Arrivals / Departures				Dinner	Tuesday night off / Sports			

Day		Morning			Afternoon				Evening		
		07:45-08:00	08:00-08:30	08:40-12:00	12:15-13:00	13:00-13:45	14:00-16:00	16:00-18:00	18:00-18:45	18:45-19:30	19:30-21:30
11-Jul	Thu	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	SUL League Houses Sorting Ceremony + Murder Mystery
12-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Free Time	Quiz Night
13-Jul	Sat	Morning Exercise	Breakfast	Full-Day Excursion: Worcester and Worcester Cathedral				Dinner	Free Time	90s Movie Night + Discussion	
14-Jul	Sun	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	Catch The Flag
15-Jul	Mon	Morning Exercise	Breakfast	Full-Day Excursion: Oxford and one of Oxford Colleges				Dinner	Free Time	Disco - Bling Bling	
16-Jul	Tue	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Hide and Seek Game	Dinner	Free Time	Britain's Got Talent + Music All Ways + SUL League Awards
17-Jul	Wed	Morning Exercise	Breakfast	Full-Day Excursion: Swansea + Oystermouth Castle + Three Cliffs Bay / Departures				Dinner	Tuesday night off / Sports		

* Specialty Lessons:

- Robotics Summer Lab
- One Take Movie
- Debate Club, or British Sports, or Arts and Crafts, instead of Specialty Lessons, for students enrolled on a programme 'Experience is Great Britain'

SUL Education reserves the right to make changes in the above programme.

WEEKLY PROGRAMME | WEEKS 3-4

Day		Morning			Afternoon				Evening			
		07:45-08:00	08:00-08:30	08:40-12:00	12:15-13:00	13:00-13:45	14:00-16:00	16:00-18:00	18:00-18:45	18:45-19:30	19:30-21:30	
18-Jul	Thu	Arrivals			Lunch	Arrivals				Dinner	Orientation / Welcome Party	
19-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	SUL League Houses Sorting Ceremony + Murder Mystery	
20-Jul	Sat	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Free Time	Quiz Night	
21-Jul	Sun	Morning Exercise	Breakfast	Full-Day Excursion: Cardiff and Cardiff castle					Dinner	Free Time	British Movie Night + Discussion	
22-Jul	Mon	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	Catch The Flag	
23-Jul	Tue	Morning Exercise	Breakfast	Full-Day Excursion: Bristol - Blackbeard to Banksy					Dinner	Free Time	Disco - Friday's Night Fever	
24-Jul	Wed	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt	Dinner	Free Time	Britain's Got Talent + Music AI Ways + SUL League Awards	
25-Jul	Thu	Morning Exercise	Breakfast	Full-Day Excursion: Bath and Roman Baths / Arrivals / Departures					Dinner	Tuesday night off / Sports		

Day		Morning			Afternoon				Evening		
		07:45-08:00	08:00-08:30	08:40-12:00	12:15-13:00	13:00-13:45	14:00-16:00	16:00-18:00	18:00-18:45	18:45-19:30	19:30-21:30
26-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	SUL League Houses Sorting Ceremony + Murder Mystery
27-Jul	Sat	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Free Time	Quiz Night
28-Jul	Sun	Morning Exercise	Breakfast	Full-Day Excursion: Worcester and Worcester Cathedral					Dinner	Free Time	80s Movie Night + Discussion
29-Jul	Mon	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Free Time	Catch The Flag
30-Jul	Tue	Morning Exercise	Breakfast	Full-Day Excursion: Oxford and one of Oxford Colleges					Dinner	Free Time	Disco - UK TOP40
31-Jul	Wed	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Hide and Seek Game	Dinner	Free Time	Britain's Got Talent + Music AI Ways + SUL League Awards
01-Aug	Thu	Morning Exercise	Breakfast	Departures							

* Specialty Lessons:

- Robotics Summer Lab
- One Take Movie
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WHICH TEAM WILL BE YOURS?



SUL LEAGUE CATEGORIES

Academic achievement

Got the brains to be the best? Win points by answering questions, achieving goals and producing outstanding work.

Participation

Get involved to score! Show your energetic side and get involved in games, songs and activities to score points for your team.

Language

Gain points for showing an excellent grasp of new language learnt. Lose points for failing to use English in the class.

Environmental awareness

At SUL we look after our environment, and we want you to do the same. Look after your possessions, your classroom and the school grounds to gain points. Fail to do these things, and you will lose points.

Social awareness

Respect towards your teachers and classmates is important, and good manners cost nothing. Show these traits to gain points. Show disrespect, or behave poorly towards the people around you, and you will lose points.



SUL League is a system which helps to enhance the academic and social programmes at SUL, as well as increase the level of students' integration into an academic process and plays an essential part in educating the ones who are passionate about learning.

The SUL League is an exciting and inclusive opportunity for our students to get involved in a Global Project where students from all over the world compete to become SUL League Champions! Four teams and five categories to score points in. Which team will be yours?

SUL

GET READY TO MAKE YOUR SUMMER UNFORGETTABLE!

Accredited by:



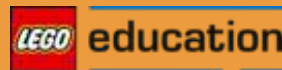
Caring for Climate



In partnership with:



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