

SUL



Fact Sheet Cardiff Metropolitan University 2025



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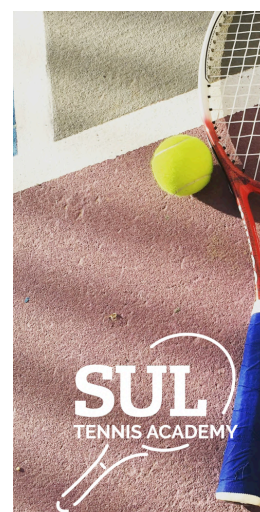
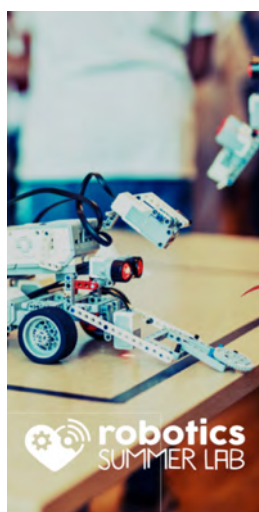
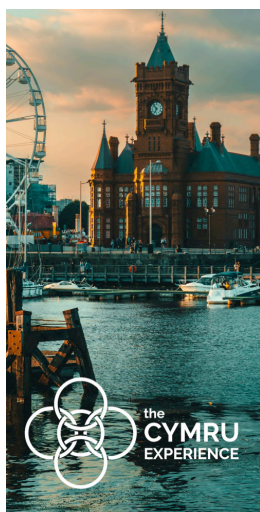


Discover The Ultimate Welsh Adventure at Cyncoed Campus, Cardiff Metropolitan University—an unforgettable choice for international junior students aged 8+. Immerse yourself in the true spirit of Wales with a perfect blend of on-campus English lessons and action-packed daily activities that bring learning to life.

Set in the vibrant Cyncoed Campus, home to the renowned Cardiff School of Education & Social Policy and the Cardiff School of Sport & Health Sciences, students will enjoy the dynamic energy of a bustling campus. With modern, purpose-built facilities, including on-site accommodation, top-tier sports facilities, and a brand-new Campus Centre, Cyncoed provides everything needed for an enriching and exciting experience. Plus, the campus is a hub of student life, hosting the Students' and Athletics Union, as well as offering convenient amenities like shops, coffee bars, and a refectory—all right at your doorstep.

At Cyncoed, every day is an adventure where learning meets fun in the heart of Wales.

PROGRAMMES AT THE CARDIFF MET





Facilities at the Cardiff Metropolitan University:

	DATES	02 July - 16 July 2025 [Wednesday arrivals/departures] 17 July - 31 July 202 [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 16 students per class
	TEACHERS	Fully qualified, experienced teachers of English language, Robotics, I.T., and Movie Making, as well as Basketball and Tennis coaches.
	ACTIVITIES	3 full-day excursions per week (if no departure) 4 half-day on-campus per week 7 evening on-campus activities per week
	TRAVEL	Bristol (1 h.), London Heathrow (2-2½ h.)
	ESSENTIALS	SUL League

On-site facilities

Accommodation







SUL's Cymru Experience invites students aged 8 to 17 to explore the rich culture and history of Wales. Cymru is the Welsh name for Wales, symbolising the nation's deep-rooted heritage and strong sense of community. This programme is more than just an educational trip—a journey of personal growth and discovery. It allows students to improve their English while immersing themselves in authentic Welsh traditions and landscapes.

Students can choose from three exciting pathways: Welsh Legends, where they'll dive into the captivating myths and stories that have shaped the nation's history; Welsh Sports, offering a hands-on experience with national favourites like rugby and football; or Arts and Crafts, where creativity meets the vibrant world of Welsh art and folklore.

Beyond the classroom, students will embark on thrilling excursions to some of Wales' most iconic locations, including Cardiff, the capital known for its majestic Cardiff Castle and dynamic cultural landmarks. There's even more to explore as students immerse themselves in Wales' natural wonders and bustling towns, making this a truly comprehensive experience of Cymru.

Additionally, students will travel beyond Wales to visit historical and cultural destinations such as Oxford, Bristol, and Bath, further enriching their experience of the UK.

Students will enjoy state-of-the-art facilities hosted at Cardiff Metropolitan University's Cyncoed Campus, including top-notch sports amenities and modern accommodations. Each day presents new opportunities to delve into Welsh heritage, form lasting friendships, and create cherished memories in the heart of Cymru.



TAKE MOVIE

There's something magical about the phrase, 'They did that in one take.' It conjures images of flawless execution, where every actor, every angle, and every second of the film falls into place with cinematic perfection—or perhaps it's just sheer luck. Either way, it's a moment that captivates audiences!

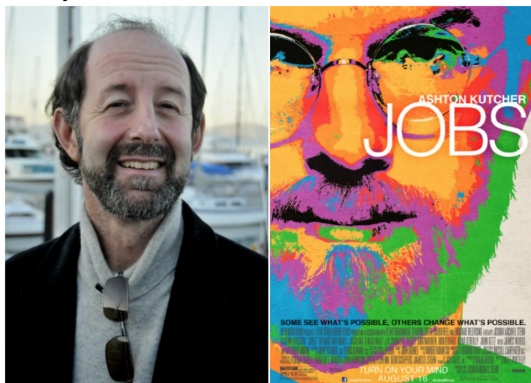
In 2025, SUL will bring that magic to life with our exhilarating 'One Take Movie' program. Designed for aspiring filmmakers aged 12 to 17, this immersive experience offers young creators a rare opportunity to dive headfirst into the world of cinema.

Blending both hands-on practice and essential film theory, students will learn how to work behind the camera, master equipment, and navigate the buzz of a live set, all while gaining a deep understanding of the craft of filmmaking. But the real thrill? By the end of the course, each student will have written, shot, and edited their very own 'One Take Movie', ready for its grand debut on SUL's YouTube channel.

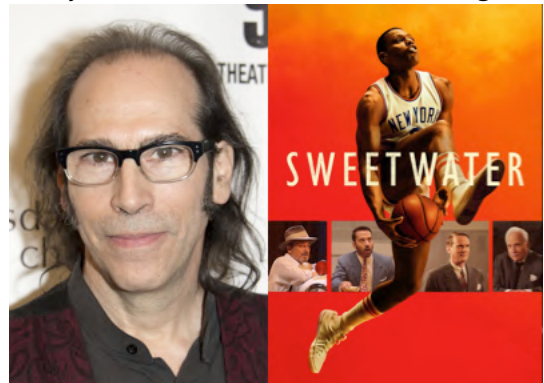
It's more than a course—it's a cinematic adventure where passion meets precision, and the result is a masterpiece captured in just one take!

Programme's ambassadors:

Hollywood Producer - David C. Traub



Hollywood Director - Martin Guigui





Step into the future with our Robotics Summer Lab, where everyday life meets cutting-edge technology in a thrilling adventure of discovery. This extraordinary programme invites young innovators to dive deep into the world of robotics through the lens of our The Amazing Experience Programme.

Collaborating with the renowned Robotics Academy, we've crafted a unique summer experience that blends English learning with hands-on robotics. Perfect for curious minds, this programme empowers students to sharpen their problem-solving skills and explore the fundamentals of programming—all while honing their English language abilities.

Each day, students will have the chance to bring their imagination to life by building their own LEGO robots. These robots won't just sit still—they'll be solving real-world challenges, evolving beyond basic designs as students incorporate advanced concepts and their own creative twists. The possibilities are endless, whether navigating a maze or conquering everyday tasks.

But the excitement doesn't stop there. Each week is packed with action—from exhilarating excursions to thrilling robot challenges. Students will pit their creations against one another in epic battles, tackle obstacle courses, and push their robots to the limit. It's a summer of exploration, creativity, and invention where every child can unleash their inner roboticist.

In cooperation with:







BASKETBALL EXPERIENCE

There's something genuinely electrifying about the words: NBA-level performance. It sparks images of dynamic dunks, precision passes, and the heart-pounding excitement of basketball at its highest level. Whether it's sheer talent or hours of hard work, it's a spectacle that leaves audiences in awe.

In 2025, SUL will bring that energy courtside with our ground-breaking NBA Basketball Experience* at Cardiff Met University Cyncoed facilities, home to some of the best sports facilities in the UK. Designed for basketball enthusiasts aged 8 to 17 and open to every skill level, this one-of-a-kind camp offers everyone the chance to step into the world of professional basketball alongside the NBA.

Combining elite training sessions with exclusive insights into the world of NBA athletes, campers will sharpen their skills on the court while gaining a deeper understanding of the game, strategy, and sportsmanship. Our program is designed to elevate your abilities regardless of your skill level. And the absolute highlight? Every participant can showcase their growth in an exciting final match, displaying talents honed by NBA-level coaching.

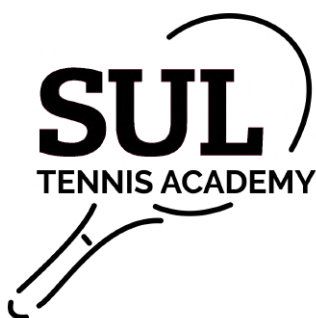
This is more than just a camp—it's the ultimate basketball experience where passion meets potential, and the results are extraordinary!

In partnership with:



**Cardiff
Metropolitan
University**

**Prifysgol
Metropolitan
Caerdydd**



There's something timeless about the game of tennis - the perfect balance of strategy, agility, and power. It's a sport that demands focus, precision, and dedication, whether delivering a potent serve or outmanoeuvring your opponent with a well-placed volley. Tennis isn't just a game; it's a test of skill and perseverance that captivates players and spectators.

In 2025, SUL will bring that excitement to the tennis courts with our new programme, SUL Tennis Academy. Hosted at premier facilities, this camp is designed for tennis enthusiasts aged 8 to 17. It is open to every ability level, providing a pathway for all players to develop and refine their game.

Combining professional coaching with expert insights, campers will work on perfecting their strokes, enhancing their court awareness, and building the mental fortitude required to succeed in tennis. Our program is designed to elevate your skills no matter where you start. And the genuine excitement? By the end of the camp, each player will compete in a final tournament, showcasing their progress in an exhilarating match.

This isn't just a tennis camp - an unforgettable academy experience where talent meets training, and the results are nothing short of championship-level!

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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	18:00-19:00	19:00-21:00	21:00-22:00	
02-Jul	Wed	Arrivals			Lunch	Arrivals				Dinner	Orientation / Welcome Party	
03-Jul	Thu	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	Visiting Cardiff Bay		Dinner	SUL League Houses Sorting Ceremony / Murder Mystery	Free Time
04-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics		Dinner	Quiz Night + Just Dance	Free Time
05-Jul	Sat	Morning Exercise	Breakfast	Full-Day Excursion: Bath and Roman Baths					Dinner	80s Movie Night + Quiz	Free Time	
06-Jul	Sun	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)		Dinner	Catch The Flag	Free Time
07-Jul	Mon	Morning Exercise	Breakfast	Full-Day Excursion: Cardiff and Cardiff castle					Dinner	Disco - UK TOP40	Free Time	
08-Jul	Tue	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt		Dinner	Britain's Got Talent + Music AI Ways + SUL League Awards	Free Time
09-Jul	Wed	Morning Exercise	Breakfast	Full-Day Excursion: Bristol - Blackbeard to Banksy					Dinner	Karaoke / Board Game Night	Free Time	

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	18:00-19:00	19:00-21:00	21:00-22:00	
10-Jul	Thu	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	Visiting Cardiff		Dinner	SUL League Houses Sorting Ceremony + Murder Mystery	Free Time
11-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics		Dinner	Quiz Night + Just Dance	Free Time
12-Jul	Sat	Morning Exercise	Breakfast	Full-Day Excursion: Caerleon Roman Amphitheatre, Tintern Abbey and Caerphilly Castle					Dinner	90s Movie Night + Discussion	Free Time	
13-Jul	Sun	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)		Dinner	Catch The Flag	Free Time
14-Jul	Mon	Morning Exercise	Breakfast	Full-Day Excursion: Oxford and one of Oxford Colleges					Dinner	Bandeoke Night	Free Time	
15-Jul	Tue	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt		Dinner	Britain's Got Talent + Music AI Ways + SUL League Awards	Free Time
16-Jul	Wed	Morning Exercise	Breakfast	Departures					Dinner	Karaoke/ Board Game Night	Free Time	

* Specialty Lessons:

- NBA Basketball Experience
- SUL Tennis Academy
- Robotics Summer Lab
- One Take Movie
- Welsh Legends, or Welsh Sports, or Arts and Crafts, instead of Specialty Lessons, for students enrolled on a programme 'The Cymru Experience'.

SUL Education reserves the right to make changes to 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	18:00-19:00	19:00-21:00	21:00-22:00	
17-Jul	Thu	Arrivals			Lunch	Arrivals				Dinner	Orientation / Welcome Party	
18-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	Visiting Cardiff Bay	Dinner	SUL League Houses Sorting Ceremony / Murder Mystery	Free Time	
19-Jul	Sat	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Quiz Night + Just Dance	Free Time	
20-Jul	Sun	Morning Exercise	Breakfast	Full-Day Excursion: Bath and Roman Baths				Dinner	80s Movie Night + Quiz	Free Time		
21-Jul	Mon	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Catch The Flag	Free Time	
22-Jul	Tue	Morning Exercise	Breakfast	Full-Day Excursion: Cardiff and Cardiff castle				Dinner	Disco - UK TOP40	Free Time		
23-Jul	Wed	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt	Dinner	Britain's Got Talent + Music All Ways + SUL League Awards	Free Time	
24-Jul	Thu	Morning Exercise	Breakfast	Full-Day Excursion: Bristol - Blackbeard to Banksy				Dinner	Karaoke / Board Game Night	Free Time		

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	18:00-19:00	19:00-21:00	21:00-22:00
25-Jul	Fri	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	Visiting Cardiff	Dinner	SUL League Houses Sorting Ceremony + Murder Mystery	Free Time
26-Jul	Sat	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Crazy Olympics	Dinner	Quiz Night + Just Dance	Free Time
27-Jul	Sun	Morning Exercise	Breakfast	Full-Day Excursion: Caerleon Roman Amphitheatre, Tintern Abbey and Caerphilly Castle				Dinner	90s Movie Night + Discussion	Free Time	
28-Jul	Mon	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Arts & Crafts / Sports (Football, Basketball, Tennis)	Dinner	Catch The Flag	Free Time
29-Jul	Tue	Morning Exercise	Breakfast	Full-Day Excursion: Oxford and one of Oxford Colleges				Dinner	Bandeoke Night	Free Time	
30-Jul	Wed	Morning Exercise	Breakfast	English Lessons	Lunch	English Lessons	Specialty Lesson*	On-campus activities. Scavenger Hunt	Dinner	Britain's Got Talent + Music All Ways + SUL League Awards	Free Time
31-Jul	Thu	Morning Exercise	Breakfast	Departures				Dinner	Karaoke/ Board Game Night	Free Time	

* Specialty Lessons:

- NBA Basketball Experience
- SUL Tennis Academy
- Robotics Summer Lab
- One Take Movie
- Welsh Legends, or Welsh Sports, or Arts and Crafts, instead of Specialty Lessons, for students enrolled on a programme 'The Cymru Experience'.

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



WELCOME TO THE SUL LEAGUE!

Welcome to the SUL League, a weekly fun competition where earning badges isn't just an accomplishment—it's an Amazing Experience!

These badges are more than just awards; they're a testament to students' dedication, skills, and spirit of teamwork within our vibrant community.

Here's how it works:

The Mission – Join a House, Make History. By completing tasks and challenges, students will score points for their team, pushing them closer to victory in the fierce competition to become the SUL League Champions! As they rack up points, they can also earn SUL badges and prizes! Each SUL badge comes with its unique challenges, but first...

WHICH HOUSE WILL BE YOURS?





Once students are sorted into their House, they will embark on thrilling challenges and activities designed to unlock their potential and allow them to win SUL badges and rewards!

SUL BADGES

SUL Badges are awards students can earn as members of a SUL House. They're not just for show; they represent the hard work and achievements of students as they progress through SUL's Amazing Experience! Each badge is earned by completing a set of requirements, so students should read the rules carefully to make the most of it:
Score Big, Win Big!

TEAM POINTS

As students work towards their SUL badges, every point they score contributes to their team's overall success. It's a thrilling race to see which team can amass the most points, driving everyone to push their limits and excel.
During SUL's Awards Ceremony, held at the end of the week, the team that accumulates the most points will be declared the SUL League Champion, receiving the Goblet of the Sun and an eternal place in SUL's Hall of Champions!
After SUL's Awards Ceremony, all teams' points reset to zero, and a new SUL League begins.

PERSONAL ACHIEVEMENTS

However, the excitement continues beyond team glory. Every point students earn counts towards their personal achievements. This means they're not just star players on their teams; they're also building a stellar reputation for themselves. Each badge they collect brings them one step closer to individual awards and prizes.

During SUL's Awards Ceremony, if a student earns the necessary points, they will be awarded the respective SUL badge(s), and the points relative to that specific badge will reset. Each student can only receive one badge for each category. Points earned after receiving a badge will still count towards the team's weekly results.

If a student comes close to earning a badge, there's no need to worry. Their individual points will only reset to zero every two weeks. However, only the points earned each week will count toward the team's total.

SUL



Winner of ST Star Awards 2024:



Category: ST Star Junior Course Provider for under 18yr olds

Accredited by:



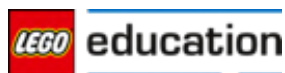
Caring for Climate



In partnership with:



Cardiff Metropolitan University | Prifysgol Metropolitan Caerdydd



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