Date	AM	РМ	Evening
Thursday 22 <sup>nd</sup> March	Come to school with bags and not in school uniform. Leave bags for Spain in assigned, locked, downstairs classroom. Early lunch in school.	Leave school at: 13:00 Bus from school to Stansted Bring a packed tea as we won't eat until we arrive at the youth hostel. <i>Remember</i> <i>no drinks allowed through</i> <i>baggage/passport control.</i>	Flight from Stansted: FR8321 (Ryan Air) Depart Stansted: 17:55 Arrive Valencia: 21:25 Coach from Valencia airport to youth hostel at Benicassim Dinner and stay at <b>Benicàssim</b> youth hostel
Friday 23 <sup>rd</sup> March	Bus to Castellón: Visit tower and market Walk to school IES Matilde Salvador to join in their centenary celebrations – to be confirmed	Packed lunch Coach to La Salera shopping centre in Castellón - Cinema visit and free time (there is a large supermarket in the shopping centre in case you wish to stock up on snacks/toiletries here - this will avoid the need to carry in your luggage)	Coach back to Benicàssim Dinner and stay at <b>Benicàssim</b> youth hostel
Saturday 24 <sup>th</sup> March	Games on the beach – volleyball tournament. <u>Pack up your things!</u> APPLY SUNCREAM! 11am – 1pm Día de convivencia – Sports leaders hired by Spanish school to run sports activities and possibly Zumba with Spanish and English students on the beach and in the youth hostel grounds.	Lunch in the youth hostel – approx. 13:30	Visit historic tower – 15:00 To be confirmed Tapas taster menu at local café – 16:00 Bus to Benicarlo youth hostel – 18:00. Quiz at youth hostel <i>Dinner and stay at <b>Benicarló</b> youth hostel</i>
Sunday 25 <sup>th</sup> March	Pack up your things! APPLY SUNCREAM! Bus to Peñiscola. Visit Peñiscola castle and tourist street. Picnic lunch on the beach at Peñiscola.	Coach to Bowling Alley in Centro Comercial Costa Azahar.	Bus back to Benicàssim Finish volleyball tournament? Evening meal + relaxed evening at <b>Benicàssim</b> youth hostel
Monday 26 <sup>th</sup> March	Pack up your things! Attend lessons at IES Matilde Salvador School.	Packed lunch Coach to Valencia – Ciudad de las Ciencias y de los Artes Visit to Aquarium and if time allows, visit to Museo Fallero de Valencia.	<b>Stay in youth hostel in Buñol, near Valencia</b> (home to "La Tomatina" festival in August!) Evening meal and presentations

Т	uesday	Breakfast	FR1757 Ryan Air	Coach to Nottingham Free School – arrive
2	7 <sup>th</sup> March	Pack up your things!	Flight from Valencia: 14:50	approximately 18:00
		Sports activities using hostel pitches	Arrive East Midlands: 16:25	
		Visit waterfall at La Cueva del Turche – next to		We will text once when we leave the airport –
		youth hostel		journey from East Midlands to NFS
		Depart: 11:30 am for airport		approximately 30 minutes

#### Address and telephone number of Albergue Argentina:

Av. Ferrandis Salvador, 40, 12560 Benicassim, Castellón, Spain **Phone:** 00 34 964 55 84 00

#### Address and telephone number of Albergue Sant Cristi de Mar:

Av. de lecla, 29, 12580 Benicarló, Castelló, Spain **Phone:** 00 34 964 33 6 430

### Address and telephone number of Albergue Torre Alborache:

Calle Buñol,13, 46369 Alborache, Valencia, Spain **Phone**: 00 34 961 80 83 40

#### Address and telephone number of IES Matilde Salvador (School)

(Contact – Natalia Escrig) Av. de Casalduch, 120, 12005 Castelló de la Plana, Castelló, Spain **Phone:** 00 34 964 73 89 90

**School mobile** – we will carry with us at all times. The number is not currently available but we will email it to you before we travel.

Estamos en España para un intercambio escolar con: IES Matilde Salvador, Castellón.

Nombre:				
Número de pasaporte:	Nacionalidad: británico			
Fecha de nacimiento:	Edad:			
Estancia en España: del 22 a 27 de marzo 2017				
Alojado en:				
22, 23, 25 de marzo Albergue Argentina, Benicàssim				
24 de marzo Albergue Santo Cristi, Benicarlo				
26 de marzo Albergue Torre Alborache, Buñol				
En caso de urgencia por favor, llama				
tbc				

Your child will be given a personalised ID card to be carried at all times during the trip. This is pictured above. The card will contain: your child's name, passport, nationality, age, date of birth and the group emergency contact number. It will be pre-populated and given out on the bus on the way to Stansted.

# Packing list

- Clothing for temperatures ranging between 7°C and 19°C ie "layers" to deal with a range of temperatures. Last year it reached low-twenties at the hottest part of the day but it also rained and was quite cool on another day.
- A coat
- Comfortable shoes/ trainers for walking and sports
- T-shirts (nothing too revealing please!)
- Trousers / jeans / sports trousers/ leggings
- Jumpers it may well be cool in the Youth Hostels no heating
- Sunscreen
- Camera? Mobile phones permitted check for roaming with your provider
- Charger
- Pen and small notepad in case you need to write anything down
- Packed tea for Thursday 22nd March remember you can't take drinks through security, also no foil on food you are taking through security
- Labels on your suitcase
- Clear, sealable, plastic bag containing hand luggage liquids (see notes on luggage)
- Watch / alarm
- Pocket money suggested amount of no more than 50 euros.
- A few pounds in case you want an extra snack when you get to Stansted.
- Plug adaptor for any electrical items



Check list

- □ Have you put your hand-luggage liquids in the clear sealable plastic bag? (20cm x 20cm and resealable)
- □ Have you read and complied with the packing restrictions set out by the airline?
- □ HAVE YOU GOT YOUR PASSPORT?
- □ Have you got an EHIC number? (to apply go to https://www.gov.uk/european-health-insurance-card)

## Ryan Air Baggage policy

# Ryan air cabin bag policy

Your small bag (e.g. handbag, laptop etc.) must not exceed 35x20x20cm and should easily fit under the seat in front of you.

Your second 10kg bag must be 55x40x20cm in size and must fit into the sizers at the gate before being tagged and put into the hold free of charge.

Failure to comply will result in a charge of £50 per item at the departure gate and may also lead to delays for all passengers on board.

## Liquids in hand baggage

The carriage of liquids, aerosols and gels into the security restricted area of an airport and onboard aircraft is controlled in accordance with current EU Security Requirements.

When passing through airport security screening:

- Liquids carried must be in a container of no more than 100ml (3.4 ounces)
- All liquids should be carried in a single, transparent, re-sealable plastic bag of up to 20cm x 20cm with a total capacity of up to a litre
- You must be able to completely close the bag and be able to fit it in your hand baggage
- The bag of liquids must be taken out of other hand baggage to be screened separately



### Liquid medicines

• You are allowed to carry liquid medicine as required for your flight. The medicine does not need to fit in the transparent bag but you should have it ready for inspection by airport security.

### Checked baggage allowance.

- **€25 / £25** per item up to 20 kilos per one-way flight when purchased in advance.
- **€40 / £40** per item up to 20 kilos per one-way flight if purchased at the airport
- The pooling or sharing of purchased checked baggage allowances is permitted with others included on the same flight reservation when checking in together.
- Checked baggage fees are fees due on purchased checked bags.
- Any passenger exceeding their personal checked baggage allowance will be charged for excess baggage at the rate prevailing on the day of travel. This is currently £11/€11 per kilo (or local currency equivalent).

# PART Q - School Journey

Effective Date: 1st September 2017

Section :	Limit of Indemnity
2. Cancellation and Other Expenses	£1,000
3. Medical and Associated Expenses	£1,000,000
<ul> <li>4. Personal Accident Capital Sum Death of a Person Insured aged under 16 years Weekly Sum (over 18 years old) Weekly Sum (under 18 years old)</li> </ul>	£20,000 £7,500 £20 £Nil
5. Personal Effects and Money All Property Insured	£1,500

Operative Endorsements :

1. Section 6 - Exclusion (e) is added:

(f) The INSURER will not be liable for any actual loss directly or indirectly arising out of, contributed to by, or resulting from actual, threatened, feared or perceived use of biological, chemical, radioactive or nuclear agent, material, device or weapon

# EHIC CARD (European Health Insurance Card)

- The card gives access to reduced-cost or free medical treatment from state healthcare providers.
- It allows you to be treated on the same basis as a resident of the country you are visiting
- You will need to apply for the card at : <u>https://www.gov.uk/european-health-insurance-card</u>
- We will need the number.