

Curso residencial en Londres



Effingham

About the Centre



Effingham is situated in the south of England, about one hour's drive from London. It is a small village known for its large common sports park and independent boarding schools. The area is very green with a mix of historic buildings and modern houses. It is a lovely village offering all the necessary amenities and a typical British country feel and community atmosphere. It provides good transport links to London and the major airports: Heathrow and Gatwick. Both are easily accessible by road and rail.

Campus



The centre is a secluded campus of approximately 50 acres. It is a boarding school that provides extensive, beautiful grounds with lots of playing fields and grassland. The campus is self contained and all the facilities are within walking distance. It offers excellent outdoor sports pitches and a new complex with horse-riding facilities. This peaceful centre is particularly suited to younger students who benefit from the safety and the location of this closed campus.

Centre Facilities



- Outdoor sport pitches
- Modern tennis courts
- Swimming pool
- Indoor sports hall
- 24-hour security on site
- Horse-riding facilities



Accommodation



Students are accommodated in two-storey boarding houses connected to the main building where they can find the dining area and classrooms. The houses are surrounded by green open spaces and sports grounds. Each house provides students with comfortable communal areas to relax and socialise. The common rooms are furnished with sofas, a TV and a DVD player.

Room types include:

- Single standard rooms
- Twin standard rooms
- Triple, quadruple standard rooms
- Dorms
- All rooms are furnished with a bed, desk, chairs and a wardrobe
- Bedrooms cannot be locked
- 2-minute walk to the classrooms and cafeteria

Points of Interest

- City Centre: Effingham Village
5-minute drive
- Train station: 10-minute drive
- Bus stop: Effingham Village
5-minute drive
- Nearest airport: London
Heathrow or London Gatwick
35 minutes
- Nearest supermarket/store:
5-minute drive
- Nearest medical centre:
Dorking Medical Practice
15-minute drive
- Nearest bank: cash point
in Effingham Village
- Nearest police station:
15-minute drive



Campus Photos



Campus Highlights

- Gated, secure boarding school campus
- Close to London
- All facilities are within walking distance
- Excellent horse-riding facilities
- Academy centre

Living on Campus

Laundry	Towel Linen-Ironing	Wi-Fi	Common Rooms	Fire	Disability
Laundry facilities available twice a week at an additional cost	Towels are not provided so students will need to bring their own. Bed linen is provided	Free	Common rooms available for the students.	Students must read the fire rules displayed in the college very carefully and note the location of emergency exits.	Unavailable

Activity Programme on Campus

DAY TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Breakfast and Full Day Excursion accompanied by our Staff	Breakfast 08.00-08.45 Lesson	Breakfast 08.00-08.45 Lesson	Breakfast 08.00-08.45 Lesson	Breakfast 08.00-08.45 Lesson	Breakfast 08.00-08.45 Lesson	Breakfast and Full Day Excursion accompanied by our Staff
		Lunch 12.30-13.30 Academy Sessions	Lunch 12.30-13.30 Activities	Lunch 12.30-13.30 Academy Sessions	Lunch 12.30-13.30 Activities	Lunch 12.30-13.30 Academy Sessions	
AFTERNOON							
EVENING	Dinner 19.00-20.00 Movie Night	Dinner 19.00-20.00 Disco	Dinner 19.00-20.00 Factor	Dinner 19.00-20.00 Newspaper Fashion Show	Dinner 19.00-20.00 Has Got Talent	Dinner 19.00-20.00 Disco	Dinner 19.00-20.00 Picture Hunt

- Sports**
- Football
 - Rugby
 - Dance Sessions
 - Swimming
 - Tennis

All sports facilities are located on campus at a short walking distance from the accommodation.

- EVENING**
- Welcome Night
 - Themed disco nights: Black & White Disco, Reversed Disco, Hawaiian Disco, Message Disco
 - Movie Night
 - Picture Hunt
 - Newspaper Fashion Show
 - (Karaoke Night)
 - Has Got Talent (Talent show)
 - Quiz Night
 - Speed Dating



Meal Plan



Special dietary requirements are catered for. Below are examples of typical meals served at this centre:

- Breakfast**

Times 08.00 – 08.45
Breakfast is usually continental consisting of cereal, croissant, bread with butter and jam. Served with coffee, tea or juice.
- Lunch**

Times 12.30 – 13.30
At lunch, the cafeteria offers students a choice between 2 hot dishes, a side salad and drinks.
- Dinner**

Times 18.30 – 19.30
For dinner, the cafeteria offers students a choice between 3 hot dishes, a side dish, dessert and drinks.

- Packed Lunch**

A packed lunch is provided on Full Day Excursions.

Transfers



We can arrange private transfers to and from the airports. You will be assisted by our airport representative at arrival.

- If you wish to book a transfer, below are the travel times from the main airports:
- Heathrow: Time: 32 km or 35 min drive
 - Gatwick: Time: 40 km or 40 min drive
 - Stansted: Time: 125 km or 1h40 min drive
 - Luton: Time: 83 km or 1h20 min drive

Excursions



Included
All excursions are provided by private bus and supervised by our staff

- Full Day to **London**
- Full Day to **London**
- Full Day to **Oxford**
- Full Day to **Portsmouth**

- Optional**
- Full Day to **Brighton**
 - Half Day to **Windsor**
 - Half Day to **Hampton Court**

Programmes Available on Campus

In our summer centres, we have developed a wide range of integration courses to choose from. This will give our students a real international experience where they practice English throughout their stay.

- Sports Academy**

Football and Rugby
5 training sessions with professional trainers*
- Dance Academy**

5 Training sessions with choreographers.
- Riding Academy**

Available at an additional cost.

*Students attending football sessions are required to bring and wear shin pads.

Medical Information:

If a student is sick and needs medical attention, the Campus Manager will help with making appointments etc. Please note that it is very unusual for a doctor to visit the centre and any trips made to the doctor, dentist or hospital will have to be paid for by the students.

Nearest medical centre:
Dorking Medical Practice - New House Surgery
142A South St - Dorking RH4 2QR

FOOTBALL ACADEMY

Our highly qualified and experienced football coaches will take the students for the first two hours of the Academy sessions.

There will be a full warm up followed by skills training.

The skills focus will be :

passing, dribbling, shooting, attacking, defending, heading and tackling.

These will be taught using demonstrations followed by activities and drills to practice the specific skills. For the last hour, our activity leaders will organise matches and tournaments for the students to further put the skills they have learnt into practice.

These sessions take place on grass pitches and will consist of 5 a-side, 7 a-side or 11 a-side games. Students will be encouraged to speak English during the Academy sessions and nationalities will be mixed during these sessions.

Students will need:

Sports clothing

T-shirt

Shorts

Sports socks

Tracksuit bottoms.

A water bottle – To stay hydrated.

Sports shoes – Trainers or AstroTurf shoes.

Please note - Football boots and shin pads are not obligatory but can be worn if desired.



RUGBY ACADEMY

Our qualified rugby coaches will take the students for the first two hours of the Academy sessions

They will practice skills such as passing, movement, kicking and line outs as well as learning the rules and passages of play.

These will be taught using demonstrations followed by activities and drills to practice the specific skills.

For the last hour, our leaders will organise touch rugby tournaments and games to practice the skills learnt during the session.

Please note, this is tag rugby and will not include tackling but will take place on grass pitches. Students will be encouraged to speak English during the Academy sessions and nationalities will be mixed during these sessions.

Students will need:

- Sports clothing
- T-shirt, shorts
- Sports socks
- Tracksuit bottoms
- A water bottle – To stay hydrated.
- Sports shoes – Trainers or AstroTurf shoes.

Please note -Rugby boots are not needed and students can not wear them during the Rugby Academy sessions.



DANCE ACADEMY

Our highly qualified and enthusiastic choreographers will teach the students dance for two sessions of 80 minutes with a 20-minute break in the middle.

Students will be encouraged to speak English during the Academy sessions and nationalities will be mixed during these sessions.

Students will learn dances from different genres including;

- Salsa
- Hip-Hop
- Contemporary
- Jazz

Students will need:

- Sports clothing
- T-shirt
- Shorts
- Sports socks
- Tracksuit bottoms
- A water bottle – To stay hydrated\
- Sports shoes – Trainers



TENNIS ACADEMY

Tennis Academy is an optional programme designed to provide professional tennis coaching inside the beautiful setting of the Campus. The players will be tested on their abilities to maximise their full potential in a fun and exciting atmosphere.

Course Duration: Two weeks

N. Lessons: five sessions of two hours each

Price: £170 - Equipment (rackets and balls) are provided - We suggest that the applicant brings his/her own racket

Minimum number of participants in a class per level: 4

One to one class can be arranged on request. Price £60.00 hour

All coaches are fully Lawn Tennis Association (LTA) qualified.

Students will be taught using demonstrations followed by activities and drills to practice the specific skills.

Students will need:

- Sports clothing
- T-shirt, shorts
- Sports socks
- Tracksuit
- Tennis racket
- A water bottle – To stay hydrated.
- Tennis shoes – Type of Tennis pitch is Matec



Tennis Programme

Session 1 - General assessment & Forehand Technique

B - Developing the shape of the forehand.

I - Focus on footwork and weight distribution when playing forehand.

A - Focus on footwork and weight distribution during a rally scenario.

Session 2 – Backhand Technique

B - Developing shape of the backhand.

I - Focus on footwork & weight distribution when playing backhand.

A - Focus on footwork and weight distribution during a rally scenario

Session 3 - Volleys

B - Developing the shape of the forehand volley, backhand volley & smash.

I - Focusing on footwork & weight distribution when playing volleys & smashes.

A - Focus on footwork & weight distribution during a rally scenario.

Session 4 - Serving (including practice drills for throwing the ball up and placement of the serve)

B - Developing the shape and technique of the first serve.

I - Incorporating shape & technique of second serve.

A - Focusing on placement of first & second serves.

Session 5 - Footwork & Agility – End of Course Match

B - Focus on correct footwork when preparing to hit ground strokes. Moving from forehand to backhand.

I - Recovery from different positions with correct footwork skills.

A - Focusing on footwork and agility from baseline to the net.

(Lesson contents are subject to change without notice)

Key:

(B) Beginner - (I) Intermediate - (A) Advanced

HORSE RIDING ACADEMY

Students will join part of a group session where, depending on their riding ability, they will learn and practice different aspects of horse riding.

For example:

- Rein control
- Steering in trot
- Canter
- Dressage
- Show jumping
- Hacking

The stables and horses are within the centre which offers superb infrastructure for keen horse riders with over 14 horses.

Students will need:

A long sleeve top
Leggings
Knee-high socks.

Students will be provided with:

A hat and boots by the stables.

Please DO NOT bring:

A top with a hood – For safety reasons whilst riding hooded tops are not allowed.
Jeans – Leggings are needed as baggy jeans cause safety issues.

Piercings or Jewellery- This will need to be removed for safety reasons.

