

Cardiff Metropolitan University – Factsheet

Our courses take place at the University of Wales, campus at Cyncoed, a specialist sports college on an attractive campus just to the north of the city centre, and within easy reach of the centre by bus. Cardiff, the capital of Wales, is comprised of modern architecture and historic buildings, reflecting the city's changing status from an important trading centre in Victorian times, to its current status as a world famous and popular city. It has a wide range of shops, in the city centre or by the waterside, as well as a wealth of theatres, galleries, cinemas and museums.

course dates

Wed 5th July – Wed 2nd August

student ages

12-17 years old

student nationalities

Italian • Spanish • French • Russian • Japanese

airports & transfer times

- London Gatwick (LGW) 3.5 hours
- London Heathrow (LHR) 2.5 hours

catering & meal times

- **Breakfast 7:00-8:45** Continental with tea, coffee, hot chocolate & fruit juice. A Full English breakfast is served once a week.
- **Lunch 12:15-13:45** Hot lunch with two choices/vegetarian option, salad and dessert.
- **Dinner 18:00-19:30** Hot dinner with two choices/vegetarian option, salad and dessert.

excursions

- Bath - full-day
- Swansea – full-day
- St Fagans Museum of Welsh Life, Cardiff Bay and the city - full-day (3 week students)
- Big Pit Coal Mine – half-day (+ entry into the Big Pit Coal Mine)
- Cardiff Castle – half-day

student welfare

We have a **dedicated Welfare Officer** on the management team at Cardiff, whose job is to ensure the safety and wellbeing of all our students and staff. The WO is **available to assist with any health, safety and welfare concerns**. There are also **qualified Elac first-aiders on-site**.

english lessons

- **15 hours of English lessons with qualified English teachers per week**
- **AM lessons: 9:00-10:00, 10:00-11:00 & 11:30-12:50**
- **PM lessons: 14:00-15:00, 15:00-16:00 & 16:30-17:50**
- There is a **strong emphasis on improving students' communication skills** on our courses.

accommodation

- Cardiff is a **residential centre**. All students are housed in **good quality single-rooms** in university flats (6-10 students per flat). Some rooms are en-suite, while others have private basins and shared shower/toilet facilities.

sports & activities

Cardiff has a huge amount of indoor and outdoor recreational and social space.

Examples of day/evening activities and sports:

Football • Tennis • Volleyball • Softball • Art & Crafts • Cinema • Swimming • Murder Mystery night • Disco • Casino Night • Team Games • Drama • Karaoke • Talent Show • Photo Hunt • Pub Quiz • Music • Computer room

religious centres

- **St Marks Church** (Christian) 206 North Road, Cardiff, tel. 029 2061 9211
- **Cardiff Metropolitan Cathedral** (Catholic) Charles Street, Cardiff, tel. 029 2023 1407
- **Shah Jalal Mosque & Cultural Centre** (Muslim) Crwys Road, Cathays, Cardiff, tel. 029 2048 2017
- **Cardiff Reform Synagogue** (Jewish) Moira Terrace, Cardiff, tel. 029 2049 1689

laundry

- **Laundry rooms** with coin-operated washers and dryers are available for our Group Leaders to use.
- **Bed linen is changed once a week.**

computer access

- **Wifi is available throughout the campus** for all students and Group Leaders.

security

- Use of a **safe** is available for ELAC Group Leaders and independent students to deposit money and passports.
- **All of the accommodation buildings have security code entry** to ensure that only our students/staff have access.
- Students have their own **individual room keys**.

local transport

- **Regular direct buses to Cardiff City Centre** (15 minutes) go from outside the university reception.
- **Taxis** can be organized through the Elac Management team. Speak to the Centre Manager for taxi contact numbers and prices.

hospital & medical centre

- **University of Wales Hospital**, Heath Park, Cardiff CF14 4XW tel. 0 29 2074 7747

shop

There is a **small shop on-site** that sells drinks, snacks, sweets, ice cream etc.

centre address

c/o Elac Study Vacations
Cyncoed Campus,
Cardiff Metropolitan University
Cyncoed Road
Cardiff
CF23 6XD

Elac Office (Cardiff): 029 2020 5927

Elac 24hr (Cardiff): 07711 241 658

