

WHAT TO BRING

Your clothes are likely to suffer wear and tear, and get dirty and wet. Please bring several changes of old clothes for activities – not jeans. All tops worn during activities must cover your shoulders to protect you in the sun.

KIT LIST

General

- Suitable nightwear
- Underwear
- Long and short-sleeved T-shirts
- 1 pair trainers / shoes suitable for walking
- 1 or 2 sets of clothes for evenings

For activities

- 1 pair old trainers / canvas or plastic shoes (may get very wet / muddy)
- Old clothes – long sleeved T-shirts, leggings, sports clothing
- Fleece / sweatshirts
- Swimming costume / trunks
- Rash vest
- Shorts - knee length, no hot pants or denim
- Sun hat / Baseball hat
- Waterproof jacket / cagoule
- Glasses retainer, suitable for watersports (if required)

SAFETY AND SECURITY

Our excellent reputation for health and safety is based on over 55 years of successful operation and we comply fully with the recommendations of the UK Government and the Scottish Executive advice on taking school trips.

All PGL centres have been approved and awarded the Learning Outside the Classroom Quality Badge, following inspection by the Adventure Activities Industry Advisory Committee.



INSURANCE DETAILS

From the time we receive your deposit you are covered by PGL's extensive insurance policy, underwritten by travel insurance specialists, Fogg Travel.

PGL INSURANCE COVER INCLUDES:

Organiser Liability; Medical Expenses; Personal Accident; Cancellation (e.g. illness or redundancy); Curtailment of Activity; Baggage; Personal Money; Personal Liability.

Excess: Please note there is an excess for some sections of cover.

OTHER ITEMS

- Sleeping bag, pillow and bed sheet
- Torch
- Wash bag
- Towel for showering
- Old towel for wet activities
- High factor sun cream - min. SPF 30
- Insect repellent & bite cream
- Labelled plastic bags for wet/dirty/spare clothes
- Small rucksack for days out
- Drink bottle

You will also need

- A passport (or collective passport for your group)
- European Health Insurance Card (EHIC)
This is available free of charge. Apply online or pick up a form from the post office.
- Food and a drink for your journey
- Pocket money

PLEASE DON'T BRING

Mobile phones; electronic/computer games; jewellery/valuables etc.

LOST PROPERTY

Please label everything your child brings – indelible felt tip pens are useful for this. Children are responsible for their own belongings – it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a small charge for returning items.

PGL LA FOSCA

INFORMATION ABOUT YOUR PGL TRIP



A full copy of the insurance policy can be obtained from the person leading your trip.

ADDRESS OF YOUR CENTRE

We would prefer that you do not contact your child during their stay other than in the case of an emergency. We are unable to pass on emails, but if you do need to write, please remember to include the name of your son/daughter as well as the name of their school or group.

PGL ADVENTURE CENTRE CAMPING KINGS, Camping Kings, Platja de la Fosca, Carretera de Sant Esteve, 17230 Palamos, Girona, Spain

You can find out more at www.pgl.co.uk/fosca

WHAT IS A TRIP WITH PGL LIKE?

As a parent or child you can be confident that your teacher or Party Leader has chosen to book your adventure trip with the very best. Established in 1957, PGL now leads the market with 23 centres across the UK, France and Spain.

We are trusted by 7,000 schools and groups each year because we offer the best in accommodation, staff, adventure activities and, above all, a truly outstanding experience. The information contained in this leaflet is designed to reassure you and provide you with answers to any questions you may have. For more information, please visit our website at www.pgl.co.uk

A LEARNING EXPERIENCE WITH A DIFFERENCE!

Don't miss this one! Going on PGL's 'Mediterranean Watersports course' is so much more than just another school trip. You'll have the chance to learn all sorts of new skills in an exciting programme of exhilarating watersports on the Costa Brava. You'll come back feeling more confident and with memories to last a lifetime! A stimulating and caring environment allows you to learn in a whole new way, building your self-esteem, raising your aspirations, improving your motivation and achievement.

A PACKED PROGRAMME!

The sample day itinerary shown here gives an example of some of the things you may expect to be doing during your stay at PGL La Fosca. However, your group's programme will be designed around your specific interests and needs and will have been organised with your Party Leader. During the evenings there will be a full programme of entertainment to take part in, organised and led by the friendly and enthusiastic PGL staff.

"It is great to come to a centre where we know we have a great time and are in very safe hands."
Archbishop Tenison's School

SAMPLE DAY AT PGL

Wake Up 07.00

Wake up and get showered and dressed ready for your day.

Breakfast 08.15

Continental style with plenty of choice to prepare you for the day. Time to fill up your water bottle and put on your sun cream.

Sailing 09.00 -12.00

PGL's enthusiastic and experienced instructors will help you to develop the basic skills you need to feel confident trying your hand at sailing in different types of dinghies, Students can also undertake the RYA Level 1 Start Sailing Awards during their week.

Lunch 12.00 - 13.00

Taken off site, a packed or buffet-style lunch will be provided at the watersports beach.

Catamaran Sailing & Windsurfing 13.00 - 17.00

Spend the afternoon learning how to windsurf - using your skill to sail your board across the water - and try your hand at catamaran sailing.

Dinner 17.30 - 19.30

A two-course meal with plenty of fresh fruit and bread always available as you'll be hungry and thirsty after a full day on the water.

Evening Ents 19.30 - 21.00

Led by your "groupie", there's a wide range of options including a disco, team games and challenges - but they will always be lots of fun.

N.B. This is a sample itinerary and sessions will vary.



WHAT IS LA FOSCA LIKE?

You will stay at the La Fosca site which has excellent facilities and is close to the rocky coves and sandy beaches in the beautiful bay of La Fosca. PGL has four tented villages and en suite cabins in a shady and well established section of this international campsite. The impressive facilities include a large swimming pool and a bar and disco on-site. There is also the opportunity to explore the surrounding area with trips to Palamos, Barcelona, Gerona, Figueras and Port Aventura (Europe's second largest theme park), and a choice of water parks. www.pgl.co.uk/fosca

ACCOMMODATION

You are accommodated in 4-berth tents or en suite cabins. Tents are equipped with frame beds, thick foam mattresses and storage containers for your belongings. Cabins are en suite with two bedrooms and sleep up to five people.

PEOPLE WITH DISABILITIES/ADDITIONAL NEEDS

Many of our activities are accessible for people with disabilities. For details of rooming and to discuss a suitable programme, please ask your Party Leader to talk to us directly about your particular requirements.

FOOD & DRINK

Tasty and healthy, we take our food very seriously! Meals at PGL are freshly prepared and designed to provide all the nutrition you need, including plenty of fresh fruit, vegetables and salads to encourage you to develop a healthy lifestyle - and plenty of carbohydrate for energy! Water and hot drinks are available at all meal times, squash is available at breakfast.

There is always a vegetarian option at every meal - but please let your teacher or Party Leader know in advance. We are familiar with most dietary requirements, so if you suffer from any allergies or have a special diet for any reason, just make sure the person organising your trip knows about this and we will provide for you accordingly.

Find sample menus at www.pgl.co.uk/menus
In addition there is a small retail shop on site.



"...learning outside the classroom contributes significantly to raising standards and improving pupils' personal and social development."

Ofsted Report