# ONSITE ACTIVITIES

Welcome to the onsite activities bulletin for 2020. This year we have carefully designed our onsite programme so all students can engage with the activities throughout the competition.

On most of the activity sessions, students can choose which activity they'd like to do. At each session students will be able to choose from 3 different categories. The onsite categories for 2020 are: sports, challenges, workshops, whole campus activities and relaxing activities.

Below you will find some exciting news on the activity programme for this Easter!

#### SIGN-UP ACTIVITIES COMMON ROOM

After a highly successful onsite activity programme last year we will be continuing to ask students to sign up for activities in advance this year. This allows us to make sure all students are attending onsite activities and also getting the chance to decide what they do each session.

## THEMED DISCOS

Discos are our favourite nights on campus and we know how much your students will love them. This year the welcome disco will be Harry Potter themed, get your broomsticks and wands ready for a magical night of dancing and meeting new people. The farewell disco will be Neon themed, prepare to light up your campus one last time by bringing any clothing and items that glow!

## WHAT TO BRING

We recommend all students to bring comfortable sports clothes and trainers for onsite activities. If your group wants to participate in swimming sessions, please remind them to bring a swimsuit and towel for this activity. And finally, ask your group to bring LOTS of energy to participate in all the activities!

## **ONSITE CATEGORIES**

#### Challenges

Challenges are great exercises that encourage students to work in teams. All challenges are stimulating problem solving tasks designed to help group members develop their capacity to work effectively together. Some challenges at your centre could include egg drop challenge, team challenges or a photo challenge. Unfortunately, as the challenges are a mystery before running the activity, not much information can be revealed in advance!

#### Workshops

Workshops are alternative activities for those students who prefer to be more creative. These workshops are focused on specific skills, so each session will be based on a particular theme. Students will have the chance participate in a group mural, a drama workshop and a self-portraits workshop among others; these activities will encourage students to be creative and improve their artistic skills as well as learning specific vocabulary.

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#### Sports

Sports sessions are designed for all students to have a good time. The structure of most of the sessions will include a warm-up, improving skills and final games. Otherwise a tournament structure will be followed. Sports will include running club, basketball, dodge ball, etc. It is important that students wear suitable sports clothes and footwear for the sports sessions.

#### Relaxing

After a long day of competitions we understand that students might be ready to just chill! Students will be able to partake in a games night, chill club and film nights giving them time to relax and refresh. Be ready to meet new people, have a chat and have fun in a calm and relaxing environment.

#### Whole Campus

These activities will involve all students at the centre to participate; it will be a great opportunity for students to get to know each other and learn about other cultures. The talent show is the perfect opportunity for students to show off their music, dance and drama skills. This activity is incredibly popular and even the staff love to get involved and may prepare an act to perform on the night!

