

Lancaster University Students' Union is acting as an agent for and on behalf of Lancaster University.

lusu.co.uk

LANCASTER UNIVERSITY STUDENTS' UNION

INVITATION

I write to invite you to take part in our International Summer School 2017, being hosted 8th July to 29th July and 24th July to 11th August. The Summer School will complement your formal degree studies by focusing the development of your international mindset, transferable skills and employability.

I have asked LUSU, our Students' Union, to deliver a range of interconnected activities and exposures which include;

- An academic component that includes input from a variety of disciplines to set into context issues of global significance such as poverty, climate change and corporate social responsibility. You will also have the opportunity to connect with senior professors from Lancaster University's Bailrigg Campus
- Networking opportunities that connect you with business leaders, government bodies and some of Lancaster's 100,000 alumni network
- Community volunteering, including working with young people from disadvantaged areas and environmental change initiatives in the UK, that will see you develop a greater appreciation as to how you can make a positive contribution to both global and local challenges
- Cultural awareness through interaction with students and communities that are different from your own.

The Summer School forms one important part that the international Lancaster Experience has to offer. By positively engaging with the Summer School and through your own reflection you will maximise the benefits this programme has to offer.

I'm very much looking forward to welcoming you to Lancaster!

Yours sincerely,



Prof. Steve Bradley
Pro-Vice Chancellor International

OPPORTUNITY

The International Summer School is an extremely exciting opportunity for us all and I am proud that LUSU delivers this programme on behalf of Lancaster University.

Exchanges between students from the UK, China, Ghana, India, Malaysia, Pakistan and across the globe provide opportunities for you to make new friends and create an international network for life. Having lived in Lancaster for four years, it has become my second home and I have enjoyed every minute of it. Lancaster is a beautiful and historic place, and the campus is accessible and open. I know you will all feel safe and welcome wherever you visit in the area.

Your 3 weeks in the UK will allow you to visit and explore our wonderful campus here in Lancaster. You'll learn more about our University and college system as well as participate in a series of workshops and activities focussed on helping you to learn new skills, experience our culture and increase your employability.

Here at Lancaster, we are committed to connecting with our members at partner campuses worldwide with the aim of us all sharing our experiences and developing new perspectives.

The Summer School presents a great opportunity for us all to come together and I look forward to meeting you!

Rhiannon Llystyn Jones

Lancaster University Students' Union President - Rhiannon Llystyn Jones



LANCASTER



THE TOWN CENTRE

The cobbled streets of Lancaster wind up and down hills, past shops, cafés and churches. There are plenty of places to eat, shop and explore throughout town. Visit the Saturday Market or head to the Maritime Museum to learn about local history.

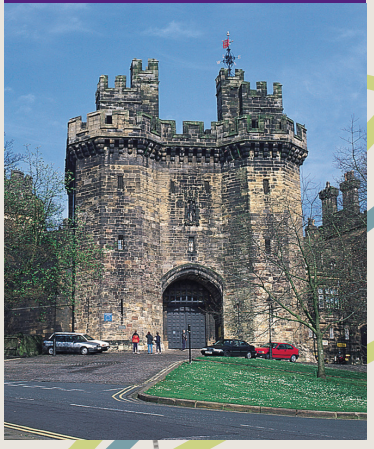


DUKES THEATRE AND VUE CINEMA

If you're looking for evening entertainment, Dukes Theatre or Vue Cinema have films showing every day of the week. www.myvue.com

LANCASTER CASTLE

Lancaster is rich in history, and at the centre of that history is Lancaster Castle, which has stood here since the middle ages. 400 years ago it was the site of the infamous Pendle witch trials, and until very recently the castle was used as a prison. Guided tours of the castle are available for those interested in Lancaster's fascinating past.





WILLIAMSON PARK

Williamson Park consists of 54 acres of park and woodland, as well as the butterfly house, gift shop and other attractions. It is home to the Ashton Memorial (Sometimes described as 'The Taj Mahal of the North'!), a beautiful Edwardian building which can be seen on the skyline for miles around.

WANT TO DO MORE?

For more ideas on what to do in Lancaster, visit: www.lancaster.gov.uk/parks-and-open-spaces

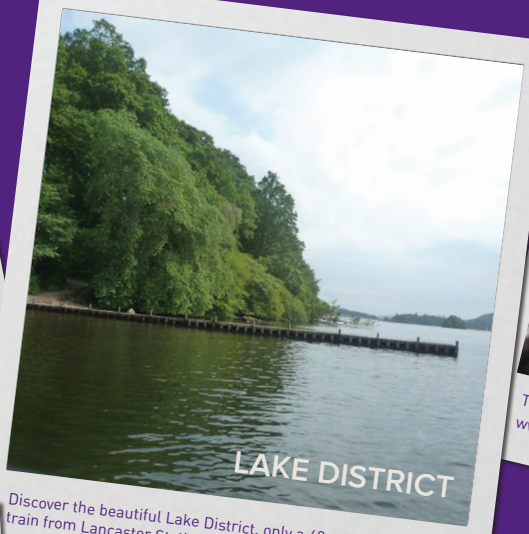
EXPLORE

LONDON



Explore the country's capital. London is a two and a half hour journey by train from Lancaster Station.
www.visitlondon.com

LAKE DISTRICT



Discover the beautiful Lake District, only a 40 minute journey by train from Lancaster Station.
www.lakedistrict.gov.uk

EDINBURGH



The historic city of Edinburgh has much to offer.
www.visitscotland.com

OUTDOOR PURSUITS



There are many outdoor activities that are open throughout the year. If you are not scared of heights why not try Go Ape!
www.goape.co.uk/days-out/grizedale

Lancaster



Lancaster is only a one to two hour journey from many UK cities. With great rail links these are easily accessible.
www.thetrainline.co.uk

MORECAMBE & ARNSIDE



The seaside town of Morecambe is only a 15 minute journey by train from Lancaster Station.
www.visitlancashire.com/explore/morecambe/things-to-do

BRITISH FOOD



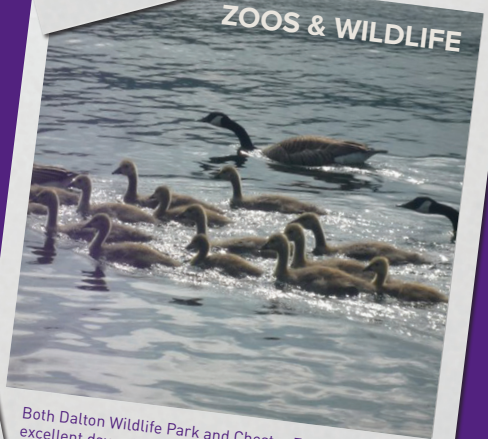
For the classic British food experience, it has to be fish and chips at the seaside, cream tea and a classic Sunday roast!

FOOTBALL



For all you football fans there are many football clubs only a short train journey from Lancaster Station.
www.thetrainline.co.uk

ZOOS & WILDLIFE



Both Dalton Wildlife Park and Chester Zoo are an excellent day out.
www.chesterzoo.org
www.southlakessafarizoo.com

CAMPUS



As one of the few collegiate universities in the UK we welcome each student to one of our nine colleges on campus. In addition to our eight undergraduate colleges, we have one dedicated to our postgraduate students. The Lancaster campus is situated near the Lake District with beautiful green surroundings.

FACILITIES

- Modern Sports Centre with facilities including a climbing wall, gym and swimming pool
- Other facilities include: new redesigned Library, Learning Zone, Travel Agents, Banks, Hairdresser, Restaurants, Shops, Students' Union, Doctor's Surgery, Dentist, Pharmacy, Post Office, Chaplaincy Centre and Prayer Rooms

ACCOMMODATION

- All students will have their own en-suite room, with male and female students being separated
- There is internet access in your room, wi-fi can also be accessed across campus
- Launderette, washing and drying facilities are situated across campus within each college
- Sim cards can be bought in the town centre
- Lancaster train station is easily accessible and has good travel links across the country
- Local bus links mean transport is always available between the Lancaster University campus and city centre

FOOD ON CAMPUS

- Halal food is provided by university catering and also by the Sultan food outlet on campus
- Lancaster campus has plenty of restaurants and takeaway vendors; from the Sultan to Wong's Kitchen to Wibbly Wobbly Burger Bar.

COLLEGES

Lancaster is one of the few Universities in the United Kingdom to have a collegiate system. Every student studying at Lancaster is a member of college and through their college take part in countless social activities and sporting events.

When you arrive in Lancaster you will be assigned to one of the eight undergraduate colleges. You will learn more about your college's history and traditions while making new friends from around the world. As a college, you will compete for the College Cup!



















ACADEMIC

Academic studies form the basis of Lancaster partnerships around the world, but being an affiliated Lancaster student is not just about your studies. We feel that to stand out from the crowd you should become a connected and internationalised graduate. We will give you a selection of academic areas on which you will attend lectures including environmental and social change, culture and history, as well as the opportunity to interact with your department.

ENVIRONMENTAL AND SOCIAL CHANGE

With an ever changing world it is essential that the range of knowledge you possess is vast. Leading lecturers will further your learning in relation to hot topics at the time of your visit as well as giving you the chance to share your knowledge and understanding.

CULTURE & HISTORY

Learning more about the culture and history of the UK is something that many students want to do. We will ensure that your time spent in Lancaster will give you both in-classroom learning but also hands on experiences that will provide you with a cultural insight into the UK.

DEPARTMENTAL SESSIONS

We realise that you want to meet leading academics from your subject areas and so we will endeavour to give you the opportunity to meet professors, lecturers and students from your chosen subjects.



COMMUNITY



This is a fantastic opportunity to understand the culture of the UK through grass root organisations. LUSU works with children and young people, schools and community organisations across the North West to make a positive change. Our key ethos is that the activities add value and have a positive impact on the student volunteers and the community alike.

ENVIRONMENT

Green Lancaster, LUSU's environmental hub, gives students the platform to make Lancaster a more environmentally friendly place. You will have the choice of working on projects that UK students volunteer on during the year; from campus conservation to maintenance of the organic garden; developing the orchard to looking after our campus chickens! You will also have the chance to face other challenges that will see you taking part in consultation sessions at local environmental sites, debating 'hot' topics and creating innovative business solutions to local environmental issues.

COMMUNITY

Interaction with local community organisations will allow you to use your creativity and business acumen to find useful solutions to local problems. Undoubtedly this will improve your team work, problem solving and presentation skills. Local organisations will allow you to get involved in their established community projects. At the end of the day, you will leave with a sense of accomplishment earned by making a difference.

CHILDREN & YOUNG PEOPLE

Children love hearing stories from around the world so this could be your opportunity to share a piece of your country with the local community. You will spend time working with children and young people from the local community at the local libraries. You will also be able to choose what activities you want to deliver to very young children, this could be through art, craft, drama or music.

BUSINESS & GOVERNMENT

Students studying with Lancaster University have the potential to become the leaders of the future. You will learn leadership and business skills through interaction with leaders and entrepreneurs to give you the opportunity to network with people that influence your everyday lifestyle which can be applied to your future career decisions.

ALUMNI

Lancaster University has an alumni network of over 100,000 alumni in 148 countries worldwide. We are able to utilise the passion and enthusiasm of the alumni network to support you in making worldwide connections.

IDEAS GENERATION

You will experience, develop and aquire the higher level thinking of dynamic entrepreneurs, enabling you to add value to your own lives, your community, your organisations and networks whilst increasing your employability prospects. You will become a much more valuable and dynamic individual to employers.

LONDON

We will take you down to London where you can experience the Capital City and all its history, as well as check out Buckingham Palace or go on one of our buddy-ran tours.

LEADERS

Government is an aspect of the programme that can be applied to any degree programme or personal interests you may have. A decision made by a political leader in the UK could not only affect the world but your own community. The global leaders have an influence over daily decisions; therefore it is important to understand how it should be applied to your daily life. This is your chance to make your thoughts known by meeting influential leaders. By talking to leaders of political campaigns you can also learn about how government links with business and communities around the world.

You will also be given the opportunity to act as a leader and make important decisions that could create peace and unity amongst the different nations of the world during our Politics in Action Day.

PERSONAL DEVELOPMENT

Improving your skills is essential if you are to become a connected and internationalised graduate of Lancaster University.

CULTURAL AWARENESS

This day will be packed full of interactive activities to help you gain an insight into British culture. By the end of the day you should have an understanding of the University campus, Lancaster area and get a grasp of the transportation system. The day will focus around colloquial English, etiquette, food and British stereotypes.

SPORTS ACTIVITY DAY

Here at Lancaster, we have over 180 different student groups; everything from cricket to ballroom dancing, parachuting to football, parkour to karate. You will be competing for the College Cup, taking on teams from across the globe. Who will be victorious? Let the tournament commence!

SHOWCASE IN A DAY

Have you got a talent that you want to share with you peers? Then this is your chance to show everyone what you can do! It could be singing, playing instruments, acting and dancing. You can even get involved in other areas of the showcase, whether it be decorating the event, being a technician, controlling the event media or even helping live stream it to the whole world. You'll work throughout the day and represent your different cultures to create the biggest event during your three weeks in Lancaster!

CELEBRATION EVENT

This is the opportunity for you to share your experiences and celebrate your achievements. This event will be a fun way to end the programme before we have to say farewell!



SCHEDULE

We have put together an exciting schedule filled with activities to give you an insight into the aspects of community, academia, government and business that are available to students studying at Lancaster University's Bailrigg campus. Through a range of events taking place both on campus and in the surrounding area, we will give you a taste of life here in North West England.

You will be welcomed with an Opening Ceremony, introducing you to senior members of Lancaster University staff and allowing you to meet the other students that you will be spending your three weeks with. When your time with us comes to an end, we will throw you a farewell celebration that you will
always remember!









WEEK1

	Monday 24 July	Tuesday 25 July	Wednesday 26 July	Thursday 27 July	Friday 28 July	Saturday 29 July	Sunday 30 July
Morning	**Orientation and cultural sharing** Opening Ceremony	**Farming Day** Visit local farms and learn about this traditional British Industry	**Community Day** Take part in either environmental and community development or interact with local children	**Enterprise Day** Come up with a bold new enterprise project and develop it into something worth investing in.	**College Cup Day** Compete in your college in Great British Sport	**Optional Weekend Activities:** ***Day Trip to the Lake District** Visit Windermere's beautiful lakes and islands, try canoeing, cycling or explore Beatrix Potter World. ***Day trip to Manchester City** Enjoys the city's shopping and cafes or tour the Old Trafford football stadium home to Manchester United.	
Afternoon	**Welcome to your college**				**College Cup Day** Compete in your college in University Challenge.		
Evenings	**Take part in optional activities put on by our student buddies.** Options will include Baking Night, British Film night and various sports.						

WEEK2

	Monday 31 July	Tuesday 1 August	Wednesday 2 August	Thursday 3 August	Friday 4 August	Saturday 5 August	Sunday 6 August
Morning	**Academia Day** Learn more about the life of a typical student at Lancaster and visit relevant departments to meet leading academics	**Industry Day** Gain insight into employers in Lancashire	**Community Day** Take part in either environmental and community development or interact with local children	**Showcase Day** Prepare for tonight's talent show. Work with our events crew to get involved in the setup and marketing of a large scale event	**Debating Workshops** Work with our debating society to brush up your skills	**Optional Weekend Activities:** ***Day Trip to the Lake District** Visit Windermere's beautiful lakes and islands, try canoeing, cycling or explore Beatrix Potter World. ***Day Trip to the City of York** 2Explore the city's ancient history, quaint cobbled high streets and other iconic landmarks. ***Day Trip to Wales: Travel to Conwy and Llandudno** Take a look around the town that inspired Alice in Wonderland, walk down the north coast's stunning sandy beaches.	
Afternoon					**Politics in Action Day** Meet Lancaster's local Member of Parliament and then engage in our Model United Nations where you will develop your debating skills while representing a country from around the world.		
Evenings	**Take part in optional activities put on by our student buddies.** Options will include Baking Night, British Film night and various sports.			**Talent Show night** A chance to show off your talents in the name of fun!	Optional student-led activities.		

WEEK3

	Monday 7 August	Tuesday 8 August	Wednesday 9 August	Thursday 10 August	Friday 11 August	Saturday 12 August	Sunday 13 August
Morning	Travel to London	**Free Time or Buddy Trips** Discover more of London by yourself or take another tour with our buddies, exploring Buckingham Palace, the London Tower Bridge, the many locations in Harry Potter and even more.	Free time in London	Reflection on your time in Lancaster	Closing Ceremony and Certificate Presentation	Depart from Lancaster and travel back home.	
Afternoon	**Free Time or Buddy Trips** Travel on your own or take a tour with our buddies to some of London's major attractions, such as the Olympic Park, Tate Modern, the Houses of Parliament and Big Ben.		Depart from London and travel back to Lancaster	**Employability Session** Learn how to express your new skills on your CV or in job interviews	Free time for packing or one last tour of Lancaster		
Evenings			**Free time** Relax after your trip to London.	Optional Student Led activities	**Celebration Party** Enjoy a spectacular evening with this after party filled with food, fun and games		

* This schedule is subject to change





LEISURE

WEEKENDS

Your weekends are your own free time, but we know from previous trips that you are interested in visiting certain places within the UK.

SCOTLAND, EDINBURGH*

Explore Edinburgh Castle and dungeons, enjoy some of the world's best artwork in the Scottish National Gallery and visit The Elephant House where J.K Rowling famously wrote Harry Potter over a delicious coffee.

DAY TRIP TO THE CITY OF YORK*

Explore the city's ancient history, quaint cobbled streets and iconic landmarks while fitting in some time for shopping and a traditional English Afternoon Tea.

THE LAKE DISTRICT, WINDERMERE*

Visit one of the largest natural lakes in England and enjoy the picturesque surroundings of the mountain peaks and nearby villages.

WALES, CONWY AND SNOWDONIA*

Take a look around the town that inspired Alice in Wonderland, walk down the north coast's stunning sandy beaches, visit Conwy's historic harbour and conquer Wales' highest mountain Snowdon by steam train.

GREATER MANCHESTER, MANCHESTER*

An hour away from Lancaster the city of Manchester has a huge number of shops to keep you busy all day, but for all you football fans the Manchester United Football Ground is located near to the city centre should you want to have a tour.

EVENINGS

In the UK businesses and shops predominately shut at 5pm, which we know is quite early.

With this in mind we can offer a range of evening activities that you can participate in including:

- The Great British Bake Off, learn to bake delicious British cakes from Scones to Welsh cakes
- Creative Writing workshop with North West Poets. Learn poetry and short story writing skills which can be used during your stay to document the week in a fun way
- A range of sporting activities such as football, cricket, netball or even rounders (which is a bit like baseball!)
- Quiz, compete with friends and be tested on what you have learnt about British Culture for a top prize
- Trip to the Trafford Centre, our second largest shopping centre in the country! Shops are open until 10pm and there's even an arcade and the opportunity to go bowling!
- Watch an outdoor play at Williamson Park, one of Lancaster's most beautiful spots (subject to availability)*
- Brit Pop Karaoke with old favourites including the Spice Girls and Take That

*Students who wish to attend these activities will need to pay for the associated direct costs, e.g. Travel or entry fee

GUIDANCE

LUSU staff are able to support you during your time in Lancaster. You should also ensure that you are taking responsibility for your own safety. Here are some top tips and information points for you:

ORIENTATION

- On arrival in the UK a group pick-up will be arranged for students from your institution. You'll be picked up by LUSU (Lancaster University Students' Union) from the airport and transported to the Lancaster University campus.
- You will receive a welcome pack upon arrival that will detail the scheduled activities, maps of the local area, bus timetables and all other essential information
- Should you fall ill there is a pharmacy on campus which you will be able to visit
- Ensure that you keep your luggage tags when you check-in, if any of your luggage is delayed then this will mean we can help you to track it more easily. It would be a good idea to keep a fresh set of clothes in your hand luggage in case this happens.

SAFETY

- Make sure that you have your mobile phone on you at all times and the emergency contact number for staff in the UK
- Do not bring any valuables with you that would not be covered by your insurers
- Online personal safety guide for international students visiting the UK. www.britishcouncil.org/sites/default/files/safety-first.pdf

TRAVEL

- Should you choose to make the most of your free time and travel around the UK please ensure that you have done your research in advance of the trip. It is important to know where you are going and how you are getting there
- When carrying valuables make sure that they are safely stowed away in your bag.

COMMUNICATION

- It is good practice to keep in regular contact with family and friends at home during your time in Lancaster; make sure that you have email addresses and contact numbers stored safely
- Should your family need to contact you whilst you are in the UK, and cannot get in touch with you on your mobile phone, they can email or call the LUSU involve office at the number on the next page.

GET INVOLVED



WHAT IS INCLUDED?

- Accommodation
- Food (3 meals a day for the duration of the programme)
- Group airport tranfers to/from Manchester
- All planned activity costs
- All planned trips
- All transport for scheduled activities
- Visa invitation letters from Lancaster University
- Certificate to authenticate your summer exchange experience

HOW TO GET INVOLVED?

1. When you receive your payment requests make the fee payment to Lancaster University Students' Union (LUSU)
2. Apply for your Visa
3. Pack your bags - we will see you in the summer!

Contact: **Lancaster University Students' Union, Bowland College, Bailrigg, Lancaster, LA1 4YT**
Telephone: **(+44) 1524 592714** Email: **lusu.overseas@lancaster.ac.uk** Web: **lusu.co.uk**