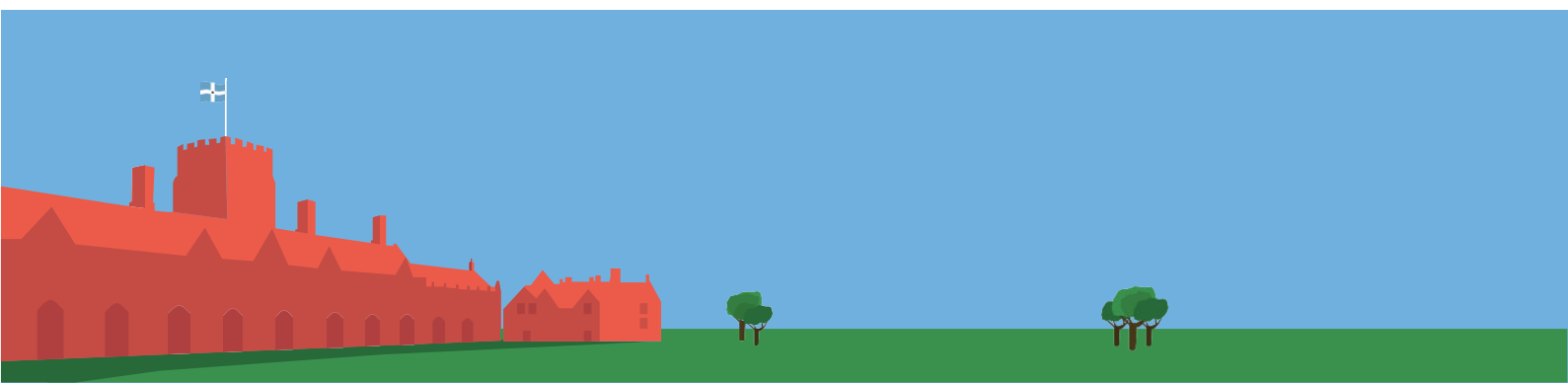




GUIDANCE FOR INTERNATIONAL PUPILS
2023 - 2024



WELCOME TO EASTBOURNE COLLEGE



You will soon be embarking on an exciting adventure when you join us, and we thought you and your family might like to know a bit more about what to expect when you arrive in the new term. Hopefully this booklet will give you more information about life here, as we want you to settle in well and feel part of the school as quickly as possible.

Arrival

We would ordinarily recommend arriving in Eastbourne a day or two before the start of term to acclimatise, recover from any jet lag, and become familiar with being in the UK. In light of the ongoing coronavirus issues and associated travel restrictions, and possible self-isolation requirements, we strongly suggest you keep informed on all updates with regards to restrictions in your own country and that of the UK.

First impressions

Don't feel intimidated by the rather grand surroundings, the smart uniform and suits, and by the UK pupils who form about 80 - 85% of the school; Eastbourne College is very much a happy, relaxed and welcoming school.

Participation

Your days and weeks will be packed with new activities and experiences.

Don't be afraid to try new things and ask someone about them if you're not sure what to expect; it doesn't matter if you're not very good at something. For example, team sports are an important part of life at a British boarding school; please try to enter into the spirit of things and give new sports a try, such as rugby, hockey, netball and cricket.

You are here to work hard in your studies, but also to get involved in College life, to socialise, and to enjoy all the new experiences on offer.

Participation is one of the most valued qualities in British education. Your studies and exam results are naturally very important, but no more so than your personal and social development.

Honing your English skills

During the summer it would be helpful to keep developing your English skills. Having English radio on in the background is one way of doing this, particularly if it is a programme with people talking, rather than just music. You can also keep a journal in which you write your thoughts in English every day for 10-15 minutes. Likewise you can read texts linked to your subjects or English novels to help with your vocabulary. Finally, some pupils arrange 1-to-1 sessions with an English tutor during the summer if this is feasible.

Teaching style

Not only is participation in general school life extremely important, but so is participation in lessons. In your own country it may well be normal for the teachers to do all the talking and for pupils to work silently at all times. Here in the UK it is quite different, and teachers will fully expect and invite you to participate in lessons by raising your hand to ask/answer questions, to give your personal opinion, and to let them know if you do not understand something. You may often be asked to work in pairs or small groups, or to participate in whole-class discussions. This interaction is important and will be reflected in your eRC (electronic Report Card, produced every three weeks or so) as well as in your end of term reports. As a result, there is a more personal relationship between teachers and pupils here in the UK; this can be a bit scary at first, but it's quite normal and it should help to bring out the best in you and your work. So, although we appreciate that it may not come naturally to you, take a deep breath in lessons and please try to contribute.

Study skills

Particularly if you are joining Lower Sixth, you will be expected to study and revise on your own for some of the time here (either in your boarding house or in the LRC - the library). This self-directed study could be quite a new experience for many of you and one which you will need to get used to. If you are finding it difficult to adjust to this kind of approach, please tell your tutor or your hsm (the abbreviation we use for housemaster/housemistress); your EAL (English as an additional language) teacher is also a good person to speak to about this.

Ahead of the game...

You may well find yourself ahead in a certain subject (eg maths) compared to others in your class. No doubt your teacher will soon pick up on this and will try to do something about it (eg extra work, change of set). Why not wait a few weeks to see if this happens? If it does not, talk to your tutor or hsm or ask your teacher about how you are doing and what the best way forward may be. Finding yourself ahead in some areas may not be a bad thing, as you will have to work very hard in other subjects that are new to you or that you are finding challenging.

"Could you repeat that, please?"

Don't worry if you find it hard to understand everything you hear in English; remember that most of the time teachers and UK pupils will be speaking at what is normal speed for them (ie much faster than what you are used to!). They will also be using familiar and 'slang' expressions, which you will gradually understand. Please don't suffer in silence if you have difficulties in adapting to independent study.



Food

The food at the College is typically British and it will take you some time to get used to your new diet. You will unfortunately not find all of your favourite dishes from home served in the dining hall; however this is something you can look forward to during holidays back in your own country, and there are international restaurants in Eastbourne where you should be able to get a taste of home during town leave (times when you are allowed into town). Part of your whole experience in the UK will be to sample all that is British, including the food and the mealtimes, giving you a great opportunity to interact with other pupils. Please note that you are expected to go to the dining hall for all meals every day (including breakfast). There are galleys (small kitchens) in all houses where you can prepare snacks and hot drinks, but you may not use kettles or other cooking equipment in your own rooms.

Boarding life

Living together with the other boarders in your house and in the whole College will be a very new and different experience for most of you. For example, you may well be asked to carry out certain duties or small jobs in the house that you have never had to do at home. There are so many routines and habits to get used to, but there are lots of people to help you and show you what to do; don't be afraid to ask and remember that there are always others who must be asking themselves the same questions. You will soon become quite independent and familiar with boarding life, and you will also pick up important life skills.

Formalities

We hope you will find Eastbourne College to be a warm and friendly place that is not too formal but certainly not casual or laid back. Like in your own countries, good manners

and consideration of others are expected at all times, whether in lessons, on the sports field or in more relaxed situations. The easiest and most appropriate way to call your teachers is 'Sir' or 'Miss' (very easy to remember) or use their surname (eg Mr Davies / Mrs Williams).

Missing the 'big city'?

Eastbourne only has a population of about 100,000 people, and so for those of you from big, cosmopolitan cities that are full of life 24/7, it will seem a little small and quiet. Still, there are a good number of shops, cinemas, cafes and restaurants within a few minutes' walk of the College, not to mention the sea and the beautiful South Downs (scenic green hills and coastline that form a National Park). We consider the College's excellent location to be a great asset, so do look on the positive side and explore all that Eastbourne and the area have to offer.

Rules

Yes, there are rules here for just about everything. This is quite normal for a school like this, and the rules are not meant to make life difficult for you. In fact quite the opposite; they are there to help you to get along well with others and to know what is expected of you, making life easier for everyone.

The more you try to understand the rules and the reasons behind them, and the harder you try to stick to them, the happier you will be here. Please ask if you would like to know why certain rules exist, and make sure you chat to your hsm about where to find the most relevant and up-to-date rules and Code of Conduct.

Most of your day and week is very structured and regimented here (eg lots of 'Roll Calls' when your attendance is checked), which again is quite normal for such a busy school with high expectations of you. As with the College rules, try to understand the reasons for this structure and to be positive about it. You will soon find that there are short but regular periods for rest and relaxation during the day, and longer ones at weekends.



Town Leave

You are only allowed into town at certain times during the week and on the weekend; make sure you know when these are, exactly where you are allowed to go and what you may and may not do. There is a generously-sized area of town that is in-bounds (the permitted area), and you may not travel anywhere outside Eastbourne without permission.



Chapel

Eastbourne College is a Church of England (Protestant Christian) registered school, where attending Chapel services forms an important part of our routine and our community life. We are not the kind of place that feels noticeably spiritual or where anyone will try to force their beliefs onto you, but you will have to attend a short Chapel service once a week. There are occasional Sunday services which boarders are encouraged to attend. Regardless of your own religious beliefs, you are expected to be respectful in Chapel and to follow the services to the best of your ability. None of our pupils (no matter their nationality or background) seem to find this a problem, and you will soon see that Chapel can be a very uplifting experience and / or a peaceful time in what is a very hectic week. Don't be surprised by the hymns (religious songs); we enjoy singing here and almost everyone sings loudly and happily.

At the beginning of every term and at the end of every term the whole school gather for Headmaster's Assembly and Service (held in the nearby All Saints Church). Sometimes overseas pupils miss these important services because they leave school early and arrive back late, depending on the timings of their airline flights. While the College understands the difficulties involved in planning journeys to and from countries overseas, we ask families and guardians wherever possible to arrange travel in such a way that boarders are able to arrive promptly at the start of term and to stay in school until the very end of term. This may well involve guardians accommodating boarders overnight. The events at the beginning and end of each term are important whole-school occasions that really help to create a sense of belonging and of community, and you are expected to attend in normal circumstances.

Money matters

For obvious reasons, it is not advisable to have much money with you at any time. There is a very practical and safe 'House Bank' system whereby your parents can deposit cash or cheques and you can take out small amounts of money as and when you need it. Overseas pupils often arrive at the beginning of term with substantial amounts of pocket money to last them for a while, and they should bank this money with their hsm as soon as possible. Please also hand over other important documents to your hsm for safe-keeping, (eg airline e-tickets, passports, UKVI biometric visa cards).

Weekends

The College operates a flexible approach on weekends throughout the year. Each term there are also exeat weekends.

Flexible weekends - in addition to exeat weekends, boarding pupils may elect to spend nights away from the College, with the permission of their hsm and parents, after all school commitments have been met on a weekend.

Exeat weekends - there are usually two exeats, one either side of each half-term holiday, unless the half is four weeks or less. All pupils are expected to leave school on these weekends. Overseas pupils usually stay with a host family or guardian for exeats. The College does not make arrangements for boarding or accommodation during the holidays, half-terms or exeats.

Sometimes your parents may arrange to be in England and you can join them wherever they are staying (eg in a hotel in Eastbourne / Brighton / London), but normally you will be expected to stay with your actual guardian or with a local host family organised by your guardian agency. It is important that you make

satisfactory and clear arrangements with your family and guardian well in advance of any leave weekend, exeat or holiday; your hsm will ask for confirmation of your plans at least a week beforehand.

If you are on a Child Student Visa, your parents or guardian must update any holiday or leave weekend plans on the Holiday Arrangements form.

Airport transfer

Please do not expect anyone from the College to meet you at the airport. Either your guardian should be there or your guardianship agency will arrange a driver to meet you. Upon request, the College can provide an Assisted Check-in / Arrival service whereby a driver from a trusted local taxi firm can accompany you to or from the airport right through to Check-in and Passport Control or from the Arrivals Lounge. Alternatively, if you are at least 16 years old your parents may be happy for you to travel from the airport to Eastbourne on your own right from the start. Please let your hsm know if this is what you and your parents are planning and we would be pleased to advise you.

Gatwick Airport is by far the most convenient for Eastbourne, and there are frequent and direct trains to Eastbourne. The College is only a 10-minute walk away or there is a taxi rank outside the station.

If you arrive at Heathrow with your parents, they may have arranged a rental car to drive to Eastbourne. If you are travelling alone on public transport, we would recommend you catch a National Express shuttle coach to Gatwick airport, and then by train to Eastbourne; this is usually easier than travelling via central London.



Alternatively you may wish to contact our preferred taxi service, Club Class Chauffeurs.

Guardians

All our overseas pupils must have a UK guardian and your parents should have organised this for you before your arrival in Eastbourne. Guardians and guardianship agencies are crucial in ensuring that you have someone outside the College who can care for you during Exeat, leave weekends, half-terms and at short notice in case of emergencies, etc. The more you try to get to know your guardian and to develop your links with him / her, the more you will benefit from the relationship. Once you are in Eastbourne, if you have any concerns regarding your guardian / guardian agency, or with your travel / accommodation arrangements, please speak to your hsm. For advice on finding a suitable UK guardian, please see www.aegisuk.net.

Contacting Home

If it is an urgent matter you can always ask your hsm to use their office telephone to make an important call home. However, these days most pupils use their own mobile phones and email to keep in regular touch with home. There is wifi in all the boarding houses and you are allowed to Skype / Facetime to keep in touch with your family and friends at home.

Mobile phones

Mobile phones are permitted as long as hsms are given the number. They must be fully covered by insurance, and bills incurred are the responsibility of the parent. During Year 9 and for the first term of Year 10, phones and portable devices of day pupils must be handed to the hsm at the start of the day and collected when the pupil goes home.

The same age group for boarders will have their phones given to them for a period of time when appropriate (Asia Pacific residents - after breakfast). As a general rule for other years, phones and electronic devices must be kept in house and may not be used after lights out by boarders, in school periods, in Chapel or the dining hall, in public around the campus or when they might inconvenience others. Pupils who break mobile phone guidelines may have the phone confiscated for a period of time.

'Let's stick together'...

While it's very easy (and often quite a relief) to speak your native language with other pupils from your home country, try to speak as much English as possible. Not only is this good for your own progress in the language, but it will help you to integrate more with others in the College. As well as the EAL (English as an Additional Language) lessons that you have to attend, you have a personal responsibility to improve your own English-speaking ability and this will have a direct impact on your overall success and happiness at Eastbourne College.

So please, please make every effort to talk with, sit with, and socialise with many other pupils at Eastbourne College, whether they are overseas nationals like you or British. Of course, it is natural to bond with pupils from your own country, but if you do not make an effort to explore outside these circles then you will miss out on so much that the College has to offer. Please try not to spend too much time just with your fellow nationals and try your hardest to form a wide and mixed friendship group.

Some very practical suggestions are to vary who you sit next to in class, and to spend time in the Common Rooms in your house chatting with lots of others rather than staying in your own room.

Mealtimes are of course a very important opportunity to get to know more people, so be brave in the dining hall by joining a table with other pupils from your year group or from your house.

The College has approximately 15% overseas nationals, and you are all highly valued in particular for the cultural diversity and richness that you bring to our community. You belong here as much as anyone else and you have the same opportunities available to you as any other pupil. We hope that you are always made to feel very welcome by everyone, and we would like to know if this is not always the case.



Need someone to talk to?

No matter if you are quite used to travelling around the world or if this is your first real period away from home, there comes a time sooner or later when all boarders feel homesick, either a little or a lot. This is of course quite natural and something that you can expect to happen, so please try to be aware when it comes along and also be on the look-out for homesickness amongst your friends (British or not). Bear in mind that initial excitement and enthusiasm often mean that the first term is not a problem; it's often the second term starting in January that is the most difficult (when the novelty has worn off and the Christmas period is over).

There are lots of people you can talk to about this or any other problems or worries that you may have. These include (in no particular order):

- friends in your year-group
- other pupils in your house (eg your buddy

- an older pupil you have been paired with for support - any senior boarders or the head of house)

- the house matron
- your housemaster / housemistress
- your tutor / or any tutor in House
- the school counsellor (an independent listener)
- anyone in the Medical Centre
- the chaplain
- your EAL teacher
- class teachers / ANY member of staff

Important: it is best to discuss any worries or problems with some of these people before calling your guardian or your parents. This is because most issues are often easily resolved with some help or reassurance, avoiding worrying your parents unnecessarily. Your housemaster / housemistress is usually the best person to start with, so please speak to him or her first and foremost.

Fitting in and making the most of your time at Eastbourne College

Lianna Yuen started at Eastbourne College in Year 10 and has recently finished her A-levels, achieving A*AAA and is now studying Law at University of Warwick. Lianna is from Hong Kong and has put together some useful facts and advice about her time at the College.

Be open-minded

I remember the cultural shock I experienced when I first came to Eastbourne College. For example, slamming a door in someone's face is the height of rudeness, and not saying 'bless you' when someone sneezes is almost a 'crime'. I also find it interesting how British people enjoy chatting about the weather. Everything takes time to adapt. Try to maintain a positive attitude when encountering the differences.

Explore the British culture by trying to appreciate the differences you find and see the good in things. Only when you learn to appreciate others, people will eventually look up to you. I found it enjoyable to get to know people with different backgrounds and to share with them the cultural differences we have.

Do not speak your own language

Before I came over to England, I set myself a rule that I will not speak in my own language unless I am only with people from my country. This not only makes myself approachable to people, it also helped to improve my English. Just try to think in other people's shoes and consider about how



others may feel when you are speaking your own language. It may seem easier to make friends with people from the same country. However, bear in mind that the purpose of coming over to England is to widen your horizons by interacting with people from different countries. Speaking your own language will only create an unfriendly impression of yourself.

Strike a balance

It is always tempting to solely develop in one area, such as academics. But to make the most out of your time in Eastbourne College, aim to develop yourself as a well-rounded person. Be aware, a developed, outgoing candidate will be more attractive to an employer than the one with academic merit only.

Take opportunities

Eastbourne College has provided me with invaluable opportunities to develop my interests and be a better version of myself (such as supporting me with an academic and music scholarship). There are many opportunities waiting for you to discover, but first, you have to be enthusiastic and engage in the most fundamental part of school. Do your best in academics and don't attempt to skip sports and activities. Meanwhile, don't be afraid to let teachers know about your goals and aspirations because they will support you by providing advice and help. The source of support ranges from different academic societies to music activities, sports teams and training.

Stepping out of your comfort zone

Throughout my years in Eastbourne College, I have gained a lot of unforgettable experiences that I would never have been able to try if I had stayed in Hong Kong. For example, CCF was one of the most remarkable experiences, especially when I went on the Royal Navy's HMS Bristol for a leadership training course in Year 11. Doing shooting as an activity in Year 10 and going to CCF range day were also very memorable to me. Being involved in the charity walk from Eastbourne Pier to Brighton with School House was also absolutely unforgettable. You will always be amazed by what you can actually gain from stepping out of your comfort zone, just try something new!

Tackling homesickness

It took me a whole year to overcome my homesickness at the start. It is not an easy thing to deal with, however, I realised that by occupying myself with a busy but fulfilling timetable, I was able to reduce homesickness as it usually arises from emptiness. Call your parents every so often, build new friendships and chat with teachers to help to tackle homesickness. If you are one of those people who miss the familiar food of home, eat out during the town-leave at weekends, Eastbourne has developed a great deal and now a range of different cuisines can be easily found in this safe little town.

Useful shops and websites

You do not need to bring everything from home, there are plenty of shops in Eastbourne, and many online retailers who will deliver items directly to the College. For example, bedding and other bulky items can be ordered online and sent to the College any time after Thursday 26 August. Please state your name and house in the delivery instructions, c/o Eastbourne College, Old Wish Road, Eastbourne, East Sussex BN21 4JY.

A list of uniform requirements and other items which you will need as a boarder can be found in the New Pupil Information Booklet.

For those of you not familiar with UK retailers here are some examples of local shops and online suppliers which you can use to get the essentials. Don't forget that Eastbourne town centre is less than a 10-minute walk away, and most shops are open 7 days a week:

Goods	Retailer	Shop Address	Website
Toiletries	Boots	The Beacon, Eastbourne	boots.com
	Superdrug	116 Terminus Road, Eastbourne	superdrug.com
	Savers	64 Terminus Road, Eastbourne	savers.co.uk
Bedding and Homeware	John Lewis		johnlewis.com
	Dunelm		dunelm.com
	Next	The Beacon, Eastbourne	next.co.uk
Electrical	Amazon		amazon.co.uk
	Curry's		currys.co.uk
Clothing	H&M	The Beacon, Eastbourne	hm.com
	ASOS		asos.com
	Marks and Spencer	The Beacon, Eastbourne	marksandspencer.com
Shoes	Clarks	The Beacon, Eastbourne	clarks.co.uk
	Deichmann	The Beacon, Eastbourne	deichmann.com
	Schuh	The Beacon, Eastbourne	schuh.co.uk

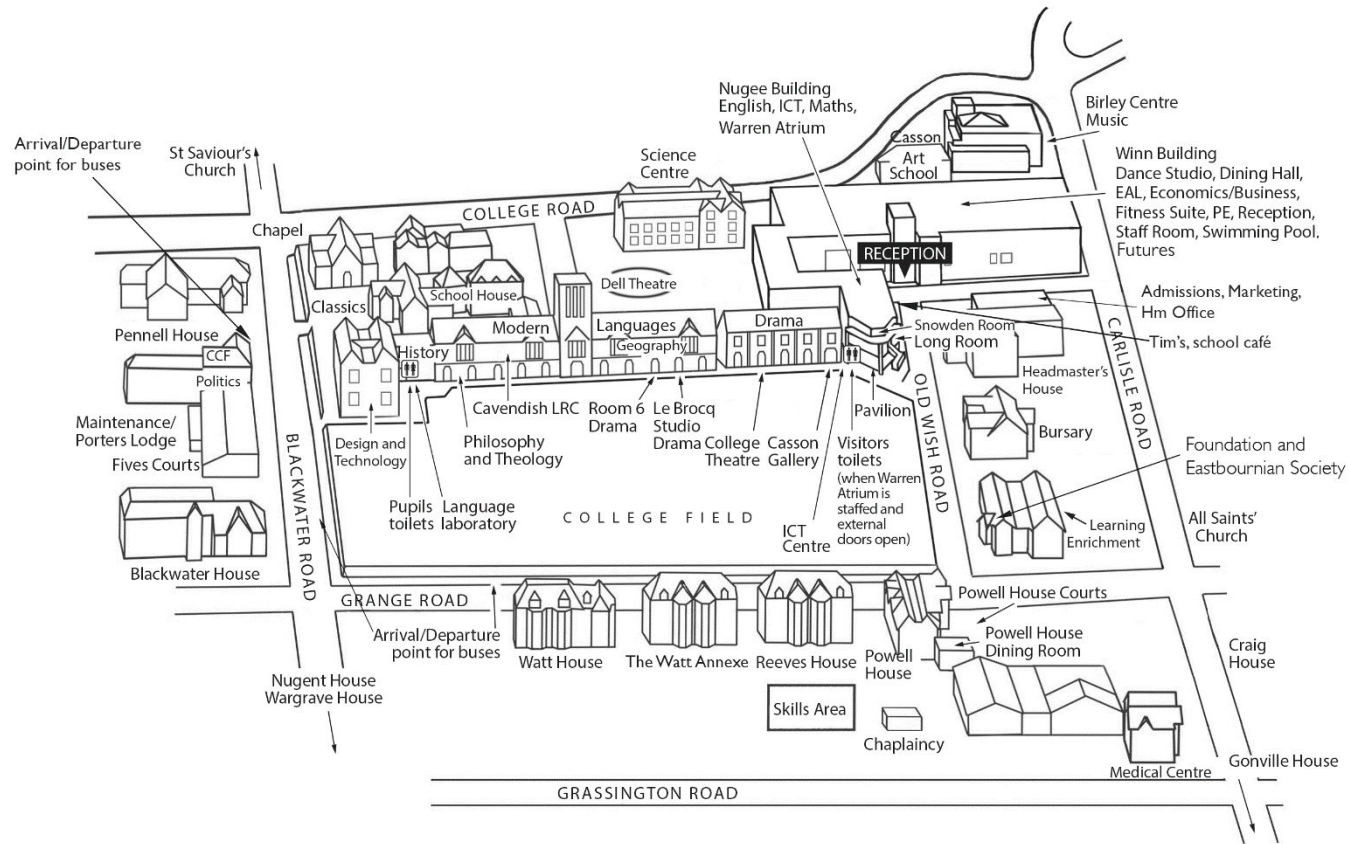
Useful Vocabulary/Expressions

A-Levels	Exams taken at the end of the sixth form (Year 13)
Assembly	Whole-school gathering for notices, etc
Astro	All-weather playing surface (astro-turf) – the College has two astro-turf pitches
Big School	College Theatre
Birley Centre	The Performing Arts Centre and Music Department
Blazer	School formal jacket (Years 9–11)
Blue Book	List of all College pupils and other information
Bounds	Area where you are allowed to go (in Eastbourne)
Buddy	Older pupil in your House responsible for assisting you
Carol Service	Church service of religious songs and readings at Christmas
CCF	Combined Cadet Force
Chaplain	The Christian minister for the school
Choir Stalls	Wooden seats at the very front of Chapel
Cloisters	The area behind the arches below the Memorial Tower
College Field	The grassy area in front of the Memorial Tower
Common Room	An area in your boarding house to relax in
Communion	A Christian service of taking bread and wine
Confiscate	To take something away for a time
Congo	Congregational singing in chapel
Counsellor	Independent listener
D of E	The Duke of Edinburgh award for camping and activities
D&T	Design and Technology
Detention	A time when you have to do extra work as a punishment for poor behaviour/work
Downs	The grassy hills at the end of Eastbourne
EAL	The short name for 'English as an Additional Language'
Education Guardian	The person appointed to take care of you over holidays (exeat and half term)
eRC	The short name for 'electronic report cards'
Evensong	Evening Prayer

Exeat	A short holiday (over a weekend)
Exhibitioner	A pupil who has been awarded an exhibition (scholarship)
Expulsion	Permanent removal from the College
Fives	A game like tennis or squash
Galley	A small kitchen in your boarding house
Games	The name for general sports activities
Gated	Restricted to College area
GCSE	The short name for the exams at the end of Year 11
H.E.	Higher Education
Half Term	A short holiday (usually a week) during the term
Heads of House	The prefect in charge of a house who communicates between the house and the housemaster / mistress
Heads of School	The head prefects who communicate matters between the school and the headmaster / deputy headmaster
Host Family	A family that accommodates overseas pupils over holiday periods
Housed	Restricted to house (except for College commitments) with a housing card to be signed hourly by a designated person
hsm	The short name for house master / mistress
ICT	The short name for information technology (computers)
IELTS	The exam for overseas pupils in Year 12
Leave	Permission to leave your boarding house during the school day
Leave-Out	Same as Exeat
Lent Term	The term after the Christmas holiday
Long Leave	Same as Half Term
Long Room	The room above the sports pavilion on the first floor
LRC	The short name for the Learning Resources Centre (library)
Matron	A person who works in your boarding house and who is responsible for your health and well-being
Meal Card	If you fail to attend meals in the dining hall you may be put on a meal card
Memorial Block	The main part of our school which has the following departments: geography, LRC, MFL and history
MFL	Modern Foreign Languages (French, German, Spanish, etc.)
Michaelmas Term	The name of the first term (September – December)

Nugee	Phase 1 of the Project 150 build, opened 2017, which includes the following departments: ICT, Maths and English
OE	The short name for Old Eastboumians (pupils who went to Eastbourne College)
Pier	The long structure leading from the shore out into the sea
Prefect	A senior pupil who has responsibilities and duties (a pupil representative)
Prep	Work to do in your own time
Prep School	The school you go to before secondary school
Pudding	Same as dessert
Registration	When pupils are registered in their houses at certain times of the day
Roll-Call	The process of calling out a list of names to establish who is present
Rule Centre	The building where maths lessons take place
Satis Card	Card taken to each lesson for a comment and signature from the teacher
Sets	Similar ability classes
Speech Day	The last day of the academic year
St Andrew's	The name of a prep school in Eastbourne
Study Leave	A time when you can revise for exams and not come to lessons
Summer Term	The term after the Lent term
Supper	Same as dinner
Suspended	A pupil is suspended by the deputy headmaster or headmaster by being sent home for a specified period of time
Tea	Tea (snacks) available in house during the afternoon
Town Leave	A specific period of time on when you are allowed to go into town without having to ask for permission. You do need to sign out
Tuck	Snacks that you are allowed to keep in your room in a tuck box
Tutor	A teacher who is individually assigned to a pupil in their house to provide one-to-one guidance
Week A/B	Different weeks of the school timetable
White Book	A small book which has the school calendar and other bits of information
Winn Building	Phase 2 of the Project 150 build, opened April 2018, which includes: dining room, sports centre, EAL, Economics and Business

Finding your way around the College



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