



Guidance for International Pupils
2018–19

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 September. 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

Please consider arriving a day or two before term starts and spending that time with your guardian. This will help you to recover from any jet lag and will also help you to have a smoother start.

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.

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!**

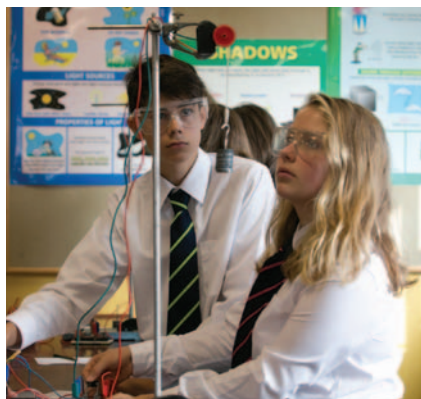
Study skills

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. Please don't suffer in silence if you have difficulties in adapting to independent study.

Ahead of the game...

You may well find yourself ahead in a certain subject (e.g. 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 (e.g. extra work, change of set, etc). 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 (i.e. much faster than what you are used to!). They will also be using familiar and 'slang' expressions, which you will gradually understand.



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 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 meal times, 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 (e.g. *Mr Davies/Mrs Williams*).

Missing the 'big city'?

Eastbourne only has a population of about 100,000, 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.

Probably the most important rules to remember are these two: firstly, if you are ever found in the room of a member of the opposite sex you will

be asked to leave the College. (Boys are only allowed to visit girls' houses, and vice versa, at certain times. During these times, the only area that can be visited is the main games/common room). Secondly, if you ever use drugs at school or in the holidays, or if you bring them into the College, you would be asked to leave.

Most of your day and week is very structured and regimented here (e.g. 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; 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 on one evening after lessons during the week and another longer service on a Sunday. 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, (e.g. airline e-tickets, passports, UKVI biometric visa cards).

Weekends

The College operates a flexible approach for many weekends throughout the year. Each term the weekends are designated as flexible, community, or exeat.

Flexible – boarding pupils have the opportunity to return home overnight once their Saturday lessons and sporting commitments have been fulfilled. They return to the College on Sunday evening.

Community – all boarding pupils are expected to be resident at the College over Saturday night. These weekends often feature house concerts and dinners on Saturday evening.

Exeat – boarding pupils return home on Friday evening for the whole weekend and are not expected to return to the College until Sunday evening.

On flexible and exeat weekends a Sunday evening minibus service runs from Tunbridge Wells and Clapham Junction to facilitate boarding pupils return to College with the minimum of disruption to parents and guardians. For further details about when the different weekends occur, please visit the College's website. Sometimes your parents may arrange to be in England and you can join them wherever

they are staying (e.g. 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 each exeat or flexible weekend; your Hsm will ask for confirmation of your plans at least a week beforehand.



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 have arranged in advance to be collected by taxi.

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 and Flexible 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 contact the Admissions Office or refer to the booklet entitled *Information for New Pupils*.

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**, and communications are better than ever. 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 by the use of the phone 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 about 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.



Missing home and 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 (e.g. 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.

Eloise Cheary, Director of Admissions June 2018

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 of them
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
Blue Paper	When you have to do a missing/poor prep again on blue file paper
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

Guidance for new international pupils joining Eastbourne College

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
Head of House	The prefect in charge of a house who communicates between the house and the housemaster/housemistress
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 mistress/master
ICT	The short name for information technology (computers)
IELTS	The exam for overseas pupils in year 13
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

Guidance for new international pupils joining Eastbourne College

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 Eastbournians (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
Red Paper	Obtained from HsMs in order to do extra work and to be signed
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) is available in the dining hall between 4.00pm and 4:30pm on Monday to Friday
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

Weekly programme

07.03.17	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
7.30am	Breakfast for boarders	Breakfast for boarders	Breakfast for boarders	Breakfast for boarders	Breakfast for boarders	7.30am	Breakfast
8.00am	Day pupils arrive Priority house time Registration	Day pupils arrive Priority house time Registration	Day pupils arrive Priority house time Registration	Day pupils arrive Priority house time Registration	Day pupils arrive Priority house time Registration	8.00am	Day pupils arrive Priority house time Registration
8.40am	Period 1	Period 1	Period 1	Period 1	Period 1	08.40am	Period 1
9.40am	Period 2	Period 2	Period 2	Period 2	Period 2	09.25am	Period 2
10.35am	Break	Break	Break	Break	Break	10.10am	Period 3
11.05am	Period 3	Period 3	Period 3	Period 3	Period 3	10.50am	Break
12.05pm	Period 4	Period 4	Period 4	Period 4	Period 4	11.20am	Period 4
1.00pm	Lunch (Y9 12.55pm)	Lunch (Y9 12.55pm)	Lunch (Y9 12.55pm)	Lunch (Y9 12.55pm)	Lunch (Y9 12.55pm)	12noon	Lunch
2.20pm	CCF / 5@5 / Y9 games	Y9 activities Games	Y10 games Y9 creatives (Period 5 Y9 2.20-3.40pm)	Y10 activities Games Midweek fixtures	Orchestra priority Games	2.00pm	Sports fixtures
4.00pm	Academic time House / prep time Tea 4.00-4.30pm	Academic /hse/prep time Activities/clubs/socks Y5 9 10 activities Y9 drama (Mich term) Tea 4.00-4.30pm	Academic time House / prep time Tea 4.00-4.30pm	Academic /hse/prep time Activities/clubs/socks Y5 9 10 activities Tea 4.00-4.30pm Town leave*	Academic time House/prep time Tea 4.00-4.30pm		
4:40pm	Period 5 Academic priority evening	Town leave* Mus, drama priority evening	Period 5 (Period 6 Y9 4.15-5.35pm) Sport priority evening	Mus, drama priority evening	Period 5	4.30pm	Match teas by arrangement with individual sports
6.00pm	Day pupil home leave may be granted by hsm. 1st buses	Day pupil home leave may be granted by hsm. 1st buses	Day pupil home leave may be granted by hsm. 1st buses	Day pupil home leave may be granted by hsm. 1st buses	Day pupil home leave may be granted by hsm. 1st buses		
6.00pm	Activities / 1st prep Activities end	Activities / 1st prep Activities end	Activities / 1st prep Activities end	Activities / 1st prep Activities end	Activities / 1st prep Activities end		
7.00pm	Supper for activity pupils	Supper for activity pupils	Supper for activity pupils	Supper for activity pupils	Supper for activity pupils		
7.05pm	Y9 leave hses for supper	Y9 leave hses for supper	Y9 leave hses for supper	Y9 leave hses for supper	Y9 leave hses for supper		
7.10pm	Y5 10, 11 leave hses for supper	6 form leave hses for supper	Y5 10, 11 leave hses for supper	6 form leave hses for supper	Y5 10, 11 leave hses for supper	7.15pm	Registration in houses
7.20pm	6 form leave hses for supper	Y5 10, 11 leave hses for supper	6 form leave hses for supper	Y5 10, 11 leave hses for supper	Y9 leave hses for supper	7.30pm	House time/Town leave*
8.00pm	2nd buses Day houses close	2nd buses Day houses close	2nd buses Day houses close	2nd buses Day houses close	2nd buses Day houses close		
9.00pm	2nd prep for boarders Prep ends in boarding houses	2nd prep for boarders Prep ends in boarding houses	2nd prep for boarders Prep ends in boarding houses	2nd prep for boarders Prep ends in boarding houses	2nd prep for boarders Prep ends in boarding houses		
9.30pm	Boarders bedtimes start	Boarders bedtimes start	Boarders bedtimes start	Boarders bedtimes start	Boarders bedtimes start	10.30pm	Bedtimes start

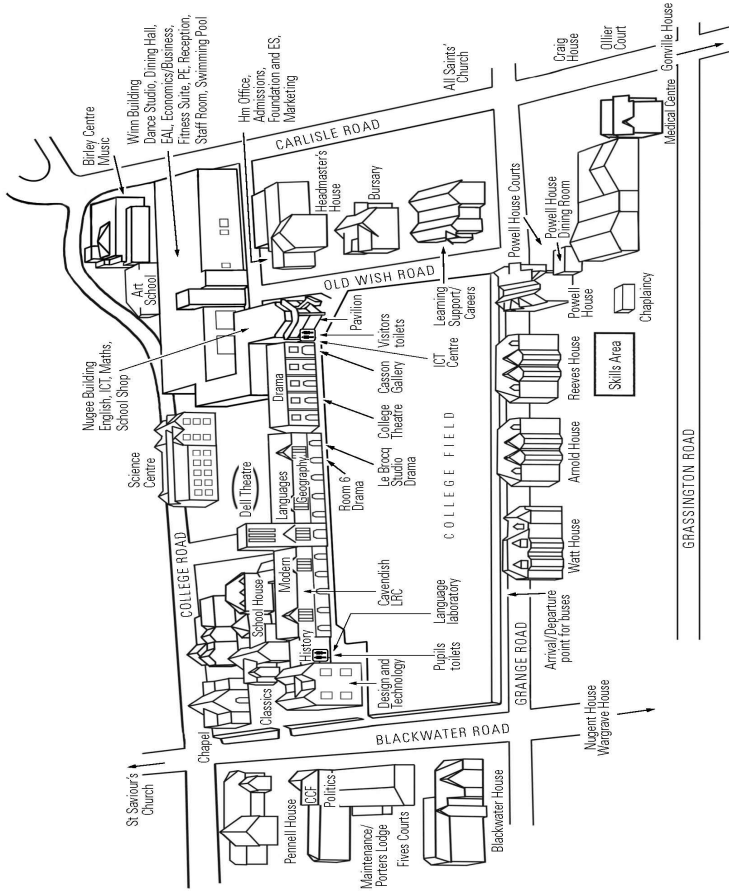
*Town leave for 6 form 4.30-5.30pm will be granted subject to good academic progress, fulfilling all other commitments (school uniform to be worn)

+Town leave for L6 7.00-10.00pm; for U6 7.00-10.30pm; for house prefects 7.00-10.45pm; for school prefects 7.00-11.00pm

Saturdays: town leave 4.00-5.30pm

Sundays: town leave 12.30-5.00pm; quiet times 10.00-11.00am and 7.00-9.00pm; prep 8.00-9.00pm; roll calls 1.40pm- 5.30pm

Finding your way around the College





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