

St Crispin's Chamber Choir and Chamber Orchestra Trip to Prague July 2015

Welcome to the information pack for parents and students about the trip. Please read this several times to make sure you have everything you need for the trip.

Essential

Passport

Check your passport is in date

The Czech Republic has the following requirements:

UK and EU passport holders must have a valid passport for the length of their stay.

For all other Nationals their passport must be valid for 90 days after the departure date.

Non UK and EU nationals will travel under their own passport and the "List of Travellers" arrangement.

Healthcare

Check you have an EHIC – European Health insurance card – if not apply online immediately for one to take with you. There is an expiry date so check the one you took last time.

Website below- it does not cost any money if you use the Government site below.

www.dh.gov.uk/travellers

Order any medication you need to take with you in good time.

Money

The currency in Prague is the Czech Koruna, currency code is CZK. The currency symbol is Kč. Please check online the exchange rate to budget for the trip.

Some of the restaurants, hotels and high end shops accept Euros but the majority will only accept the Czech Koruna. Most local shops and restaurants will only accept cash in payment for goods. Only high end Tourist shops and restaurants will accept payment by card.

Remember to bring Czech Koruna with you and buy them in plenty of time.

Travelling money

We will be stopping on our journey in the UK and in countries that take the Euro, both on the way there and back so it would be handy to have some Euros as well.

.....

Music

You will be given your tour music in a bound book. For some students there may be additional loose sheet music. Please don't forget it!

Travel information

(All times given are local time which is one hour ahead of UK time)

Outbound			Inbound		
17/07/2015			22/07/2015		
	Depart School	12:50		Depart Hotel	16:30
	Arrive Folkestone	15:50	23/07/2015		
	Depart Folkestone	16:50		Arrive Calais	08:30
	Arrive Calais	18:25		Depart Calais	09:36
18/07/2015				Arrive Folkestone	09:11
	Arrive Hotel	10:25		Arrive School	12:00

The following St. Crispin's staff will be going on the trip:

Mr J Hudson

Mrs V Bunting Palmer

Mrs A Bauwens

Mrs L Holt

Mrs M Sampson

Mrs S Tinsley

.....

Money

You will have breakfast and an evening meal provided each day but will need to bring money for food for lunch. Whilst budgeting for food very much depends on your taste, it is suggested that around £10.00 a day in local currency will be needed for food during the visit.

If you want money to spend on gifts or souvenirs then you should add this on top of your food money.

Leaving money and passports for safekeeping

Make sure you have your money in a secure place not loose in your bag. It may be a good idea to divide the money into amounts for each day so you don't spend too much in one go. Mr Hudson will arrange for passports and money to be looked after in the hotel safe. If you wish to keep your money in the safe and take some out each day then please make sure your money is in a named plastic bag or envelope so it is easy to identify each day. If you want to use a daily budget system please ensure the money is divided before it is handed in. You may wish to look at the daily schedule and budget for each day accordingly.

.....

Food

We will have an evening meal every day in the hotel. During the day students will be able to buy food while sight-seeing. Sometimes we will eat as a whole group and sometimes students will be able to find somewhere to eat themselves. Whichever option is appropriate on the day students will be asked to go round in at least a group of three and will have staff contact details should they need them. Younger students will be accompanied by a member of staff to eat. We recommend a budget of around £10.00 a day for food.

The cost of food in local shops and restaurants is a little less than in the UK.

.....

Sight-seeing

During the trip students will be visiting some of the famous landmarks in the area. Students will have free time to a part of the city, again in groups of at least three. A member of staff remains at an identified landmark so students know where they can go if they need information or support. Maps of the area and clear guidelines are given. Younger students will always be accompanied by a member of staff. There are two school mobile numbers for this trip: 07710 394523 and 07742 967894.

.....

Budget ideas

If students bring a water bottle it could be filled up each day before they leave the accommodation. A few extra snack bars would be good to take but perhaps not chocolate as they will melt in the heat. Perhaps some small bottles of drinking water.

.....

Clothing for the concerts

All black. Black trousers and top for the boys. Girls can either wear trousers or a skirt which comes below the knee this is important as we are singing in churches. Tops must have short or long sleeves. Sleeveless tops with low necklines are not acceptable. We have three concerts so consider whether you could bring more than one black top. Remember your trousers or skirt must be kept in such a way they don't crease and are ready to wear for each performance. Black shoes and socks. Clean your black shoes before you leave Wokingham and pack them in plastic carrier bags so they don't dirty your clothes.

.....

Concerts

Everyone will need to take a rucksack into which they can fit their music, clothes for the concert, shoes, water bottle and money. Perhaps some bubble-wrap the length of the trousers or skirt so that they can be folded or rolled up, put in the bag and come out concert ready. This may need a bit of practice before leaving. There may be other ideas that you could try. Please bring a small wallet or purse that you can hand in for safe keeping while we are singing in the concert. Make sure the coins can't drop out of it. We usually change in a room that is allocated to us but we prefer not to leave any valuables behind in the room during the concert.

.....

Clothing for the rest of the time

The weather in Prague is more unpredictable than the UK. In July it can be very hot (30c) and also chilly. It can rain heavily so something waterproof will be needed. Mostly it will be hot so wear cool and casual

clothes but bring a warm top or fleece to take out. The Czech Republic has a more relaxed dress code in public places and restaurant. On Tour strappy tops and plunging necklines are not appropriate when sight-seeing although could be worn in the evening to eat. Perhaps bring one good outfit for our evening meals which we will eat together. Make sure you have trainers or sandals that you can walk in when we do some sight-seeing. Bring a hat to keep the sun off your face and something cool to sleep in. It can be cool in churches during the summer so a light long sleeved top to wear while we rehearse may be useful. It may rain so a lightweight coat or small umbrella.

Remember enough socks, underwear and tops for a daily change.

Toiletries

Nothing worse than leaking bottles of shampoo, so buy some re-sealable sandwich bags and put all bottles in sealed bags just to make sure. You will need soap, shampoo, deodorant, toothpaste and toothbrush as a minimum. Add anything else you will need, again make sure bottles are in sealed bags. If you bring any electrical equipment you will also need to bring an adaptor as in Prague you will need two pin sockets. You can buy these in John Lewis, Boots Travel section and other supermarkets. Sun tan lotion is essential and should be applied every day.

Travelling to Prague

We will be travelling by coach to Prague overnight. You can pack your clothes in a suitable case or bag which will be put in the hold and not available during the journey. Bring the items you need on the journey in a rucksack or small bag. It will be a long journey so music, travel games, cards, books etc will be needed and food to last for twenty four hours. Perhaps, if you are someone who eats a lot, bring at least three packed lunches for the journey and lots of bottled drinks. This will be cheaper than buying food on the way when we stop. You could also bring wet wipes and anything else you think of that will make the journey more comfortable. As we are travelling overnight a small travel pillow or cushion might be useful. Tight jeans, or tops are not the best thing to travel a long way in so think about what would be suitable. It is vital to bring a warm top with you in the coach as it is chilly on the coach overnight. The most important thing you will need to pack and look after is your passport and money so make sure they are easy to access but secure and won't fall out of your bag. Don't put them in the hold. Make sure you keep any medication with you on the bus.

Phoning England from the Czech Republic

It is very expensive so if you expect to phone home each day or text friends you will quickly run out of money on your phone. It is a good idea to use the phone to give parents essential information. If you receive a phone call from the UK it will also cost you money. It is the way it works unfortunately so you can run out of money on your phone receiving calls. If your parents want to stay in contact regularly you will need to put about £50.00 on your mobile to make sure you have enough to use. If you bring a mobile phone charger you will also need to bring a European adapter.

If you have a mobile phone that picks up the internet and has data roaming then you could end up with a huge bill for accessing the data roaming service while we are abroad. Make sure you know how to switch this off before you get on the coach. You will need to switch this off once we are on the Ferry going to Calais. Staff will remind you just before we get off the coach.

Keeping safe

Prague is a very safe place to visit. Some simple precautions will help to make sure everyone enjoys the experience. Cities all over the world have pick pockets so some simple advice to students is to carry money in a safe place that is not easily accessible. A good tip is to keep money and phones inside a rucksack not in their pockets or the front compartments of their rucksack. Discuss the merits of keeping the zip fastened to one side of the bag at all times so it isn't easily opened.

General

Remember a hat, sun tan lotion, a water bottle you can fill up every day, something warm for daily wear should it be needed, waterproof, **your music, instruments - spare strings** and anything else you need to make sure you can take part in each concert , money, passport and medicines, your EHIC and if you have one, a Czech-English dictionary.

You are going to have a great time and a great experience and remembering to read this list several times before you leave will ensure you come with everything you need.

.....