

FSC Rhyd-y-creuau

The Drapers' Field Centre

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Information for Students

We look forward to your course with us in the near future. It will be different from your usual routine, and it is worth outlining some of our expectations, so the shock isn't too great.

Your day will be long, with activities from 9.15am until 8.00pm, requiring lots of energy, but it will also be good fun and rewarding. Your stay will give you the opportunity to meet new and interesting people as well as to learn about some of the stunning environments Snowdonia has to offer.

You will have some free time each day, usually between 8.00pm and 10.30pm. We have a games room, common room, and football pitch, as well as an area to make drinks.

Meals

Breakfast is at about 8.00am and the evening meal is around 6.00pm. **You will need to bring your own packed lunch on your day of arrival.**

We cater for special dietary requirements. Please include this information on the dietary form sent to your school. Vegetarian options are available for those who eat Halal or Kosher meat. You will be asked to help clear your table after meal times and prepare your own pack lunch each morning. We would advise against you bringing your own food, as there is no space to safely refrigerate it or facilities to heat it. Our chefs work hard to create a choice of delicious dishes for you from local produce. This is a great time to try something new if you spot it on the menu.

FSC Rhyd-y-creuau

We are one of the 18 Centres run by the Field Studies Council, an educational charity established in 1943. Rhyd-y-creuau is an Eco-Centre and attempts to reduce our impact on the environment. We ask all visitors to help us by reducing and recycling their waste and through energy conservation.

Tuck Shop

We have a small shop. It is open from 8.30 to 8.45 in the morning and evening. As well as Fairtrade confectionery, we hold a small stock of Fairtrade and recycled gifts.



Centre Rules

- 1) Do not use or bring alcohol or other recreational drugs into the Centre or grounds.
- 2) Be quiet and in your rooms 11.00 pm. This is to ensure you and other students sleep well and that you get the most out of your visit.

In the rare cases where these rules are breached the offender is sent home.

The Centre

We have accommodation for over 90 people in a mix of rooms for between two and ten people. All have bunk beds, wash basins, central heating and plug sockets. Every bedroom can be locked. The FSC does not insure visitors' property and **cannot accept responsibility for its loss or damage**. Please also note lost property is kept for only four weeks after your visit.

Safety

Activities on field studies courses are not particularly strenuous - the most that will be asked will be for you to walk several miles, over rough and undulating paths. We will be outside irrespective of the weather so please be prepared. **It is important that you let us know if you are in poor health, or unfit for any reason.** You must mention this on the form sent to us by your teacher. **Please make sure you bring any medication you require.**

Mobile phones, iPods, tablets

The Field Centre advises students not to bring such items. If you do, the Centre cannot guarantee their security. We must ask you not to bring any electrical appliances to the Centre unless you are satisfied that these are safe to use.

Internet

The wireless network at the Centre is free to access.

Fees and Payment

If you cancel your place you will lose your booking deposit. If you cancel within 28 days of the start of the course (for whatever reason) the balance of the course fee must be paid in full. Your school has details of the FSC School Journey insurance scheme which provides cover at no extra cost.

So, be ready for lots of hard work and to be open-minded about a different lifestyle where you will need to consider others even more than you normally do. I hope you have a rewarding and enjoyable stay with us in Snowdonia National Park.

Andrew Taylor (Head of Centre)

Equipment Checklist

During your stay at Rhyd-y-creuau you must be prepared to be outdoors for long periods of time. We hope you have good weather, but in Snowdonia the climate can change rapidly. Much of the terrain is rugged, so correct outdoor wear is essential. Our staff will not take you out unless you are properly equipped.

NB WE PROVIDE ALL BED LINEN (PILLOW CASE, DUVET COVER & SHEETS)

Non-feather pillows, duvets and extra blankets are also provided.

- Indoor shoes/trainers
- Towel (*towels are provided for staff*)
- Wash kit (***Please do not bring aerosols as these can set off our fire alarm***)
- Waterproof clothing *
- Wellingtons *
- Walking boots *
- Warm sweaters
- Warm trousers (*jeans become cold when wet*)
- Gloves, hats and scarves *
- Thick socks (*should be long and comfortable. Bring several pairs in case they get wet*)
- Sun hat and sun glasses (*for spring, summer and autumn courses*)
- Sandwich box
- Thermos flask *
- Drinks bottle **
- Torch **
- Lined file paper, graph paper & folder **
- Clipboard *
- Pencils, pens rubbers**
- Calculator
- Field notebook and large plastic bag to cover notes in the field **
- Personal medicines (*eg. paracetamol, asthma inhalers, hay fever tablets etc*)
- Plastic bag(s) for taking home any wet shoes or other gear
- Insect repellent
- Sun cream

* **Items which may be borrowed from the Centre**

** **Items which may be bought from the Centre Shop**

Equipment you can borrow from the Centre on arrival (no need to reserve in advance)

Walking Boots

Sizes 1-15 available

Proper walking boots with good ankle support and a sole grip. Smooth soled boots and training shoes are not suitable.

Wellingtons

Sizes 1-13 available

They should be long, have a good tread and be big enough to wear with thick socks.

Waterproof Jacket

Ours are 100% waterproof. Beware of lightweight ones that claim to be waterproof but are not.

Waterproof trousers

Must be 100% waterproof.

Small Rucksack

Must be large enough to carry waterproofs when not in use as well as lunch, drink and spare clothes.

Hats and gloves

Small but essential items, even in Summer.

Clipboard

If you already have any of these items do bring them, but please check with us on arrival that they will be adequate.

