



Accredited by the
**BRITISH
COUNCIL**
for the teaching
of English in the UK

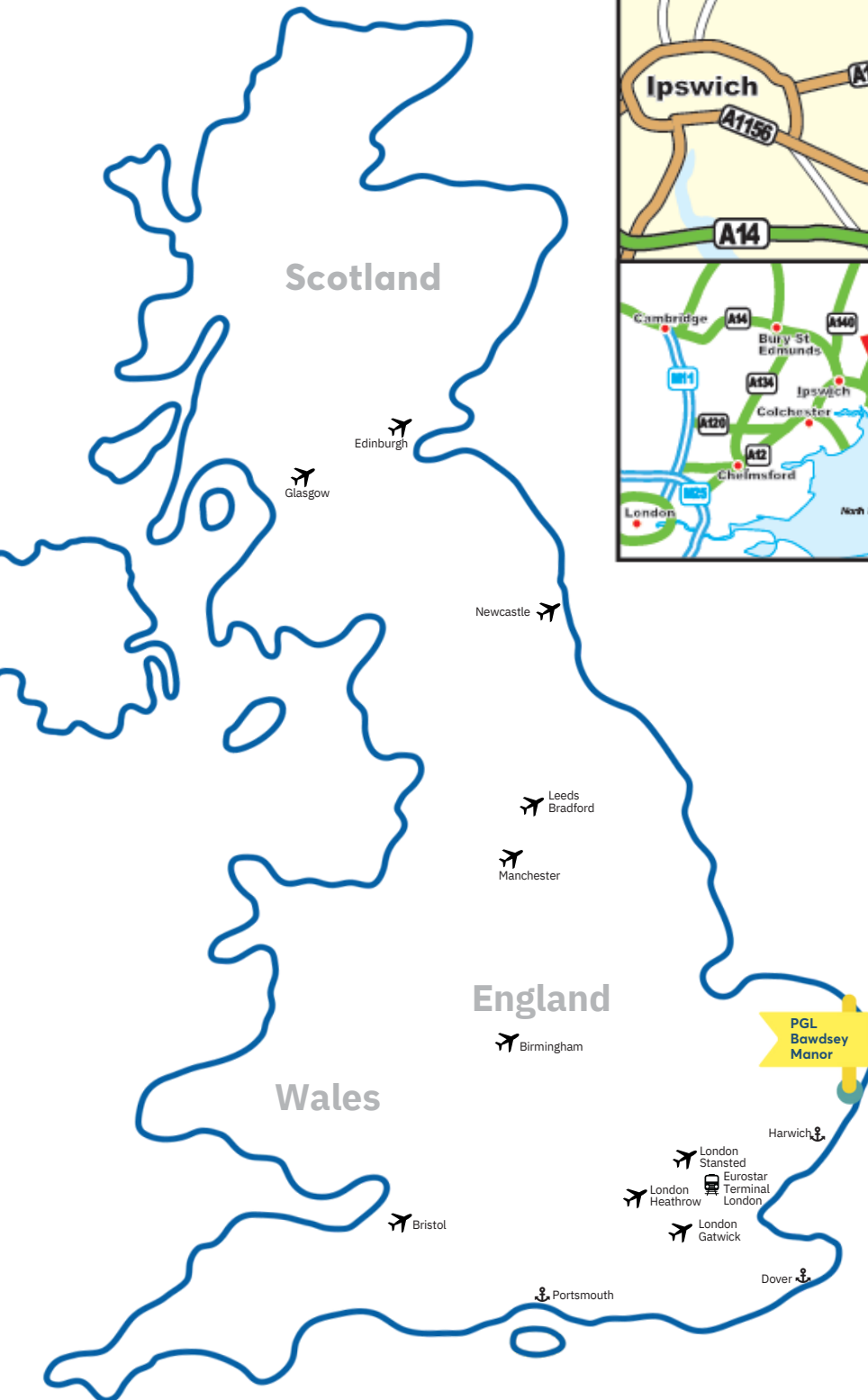


Bawdsey Manor

Suffolk, England



LOCATION MAP



Location

PGL Bawdsey Manor,
Bawdsey,
Woodbridge,
Suffolk
IP12 3AZ

Website

www.pgl.co.uk/intbawdsey

Airport Transfer Times

- ✈ Stansted – 1hr 45mins
- ✈ Luton – 2hrs 40mins
- ✈ Gatwick – 3hrs 30mins
- ✈ Heathrow – 3hrs 30mins

Eurostar Terminal Transfer Times

- 🚆 London – 4hrs

Ferry Terminal Transfer Times

- ⚓ Dover – 3hrs 10mins
- ⚓ Portsmouth – 4hrs 30mins
- ⚓ Harwich – 4hrs



Bawdsey Manor

Suffolk, England

Highlights

- ✓ Within easy reach of London and Cambridge
- ✓ Beautiful Grade II listed coastal manor house
- ✓ 20 fantastic adventure activities to choose from
- ✓ 144 acres of stunning grounds to explore
- ✓ Situated in an area of outstanding natural beauty with views across the North Sea

Centre Capacity

385

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ACCOMMODATION & FACILITIES

Accommodation

ACCOMMODATION BLOCK AND MANOR HOUSE

Students

Dormitory rooms with bunk beds sleeps up to 6

Leaders

Single or twin en suite rooms

TENT VILLAGE

Students

sleeps up to 6

Leaders

Sleep 1-2 per tent

✓ Classroom ✓ Campfire ✓ WiFi ✓ Indoor Activity zone ✓ Playing field ✓ Leaders' lounge ✓ Shop ✓ Beach

Facilities



Activities

- Abseiling
- Aeroball
- Archery
- Archery Tag
- Buggy Build
- Canoeing
- Challenge Course
- Climbing
- Disc Golf
- Fencing
- Gel Master
- Giant Swing
- Jacobs Ladder
- Orienteering
- Problem Solving
- Raft Building
- Rifle Shooting
- Sensory Trail
- Survivor
- Trapeze
- Zip Wire

Evening Activity Programme

✓ Ambush ✓ Archery Tag ✓ Balloon Splash ✓ Campfire ✓ Creation Station ✓ Cluedo ✓ Disc Golf ✓ Disco ✓ Gel Master ✓ Passport to the World ✓ PGL Tournament ✓ Quiz ✓ Silent Disco



IMPORTANT INFORMATION

Lost Property

All personal items should be clearly named. We strongly recommend that all valuables are left at home.

Laundry

A laundry service is provided for all stays longer than 8 nights. Full details will be provided on arrival at the centre. Bed linen is provided for all guests and is changed weekly. Guests will need to bring their own towels. We recommend one towel for showering and another towel for wet/dirty activities.

Cleaning

Bins are emptied every day and rooms are cleaned thoroughly once a week.

Guest Behaviour

Please refer to our online Code of Practice document for our Code of Conduct for visiting groups.
www.pgl.co.uk/cop

First Aid

All our Activity Team Members hold an Emergency First Aid Certificate and a number of Senior Staff hold a First Aid at Work Certificate. This allows the immediate application of any first aid treatment required. Cold storage for any medication can be arranged if required.

Insurance

We are able to arrange insurance cover for visiting groups through our existing provider. Please contact us for details.

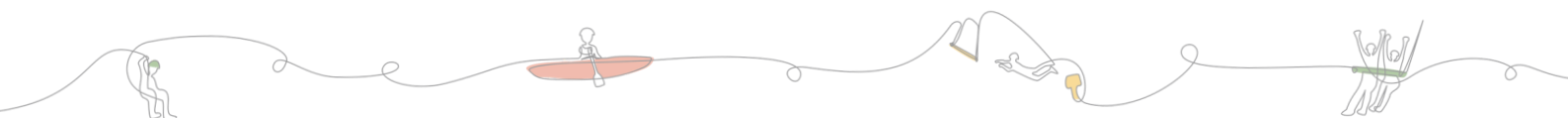
Safety

We are proud of our excellent safety record which is due to the diligence and care of our Team Members. For your peace of mind, a summary of our safety management systems is available in our online Code of Practice document.

All our centres are inspected and accredited by BAPA, the British Activity Providers Association, an industry body which sets the standards for quality and safety. Where required, our activities are inspected and approved by the Adventure Activities Licensing Authority (AALA). Annually updated risk assessments are also available for all our activity centres and we comply with the latest government guidelines on the health and safety of pupils on educational visits.

www.pgl.co.uk/safety

For useful resources to help parents and tour leaders prepare for a PGL trip please see our guides at www.pgl.co.uk/intresources



English as a Foreign Language

Bring learning to life with this unique programme for juniors. Offering a mix of English language classes, excursions and adventure activities.

Accredited by the British Council for the Teaching of English in the UK, and led by CELTA, or equivalent, qualified EFL teachers using specially designed learning materials.

- 15hrs of lessons, 15hrs of activities, 1 full day excursion & 1 half day per week
- Based on 7-night duration but can increase if needed
- Available year-round
- Minimum group size of 15

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Travel	Testing & induction, English Lessons	Aeroball & Giant Swing	Full day excursion to the city of London	Problem Solving & Survivor	English Lessons	Climbing & Trapeze
AFTERNOON	Arrival & settling in	Archery & Sensory Trail	English Lessons		English Lessons	Excursion to the town of Ipswich	English Lessons
EVENING	Passport to the World	PGL Tournament	Quiz	Cluedo	Archery Tag	Campfire	Disco

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MORNING	Travel	Testing & induction, English Lessons	Aeroball & Giant Swing	Full day excursion to the city of London	Problem Solving & Survivor	English Lessons	Buggy Build & Orienteering
AFTERNOON	Arrival & settling in	Archery & Sensory Trail	English Lessons		English Lessons	Excursion to the town of Ipswich	English Lessons
EVENING	Passport to the World	PGL Tournament	Quiz	Ambush	Archery Tag	Campfire	Disco

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MORNING	Abseiling & Jacob's Ladder	English Lessons	Trapeze & Challenge Course	Full day excursion to the city of Cambridge	English Lessons	Excursion to the town of Colchester	English Lessons
AFTERNOON	Canoeing	Coastal Walk	English Lessons		Raft Building	English Lessons	Giant Swing & Zip Wire
EVENING	Disc Golf	Cluedo	Balloon Splash	PGL Tournament	Creation Station	Campfire	Silent Disco

Tailor-Made English Experience

A Tailor-Made English Experience programme for groups of 15 or more young people is an excellent choice that allows the flexibility to craft a trip that precisely aligns with the group's interests, learning objectives, and preferences.

Flexible Duration: Choose the duration of the programme that best suits the group's schedule. Whether it's an add-on to one of our English as a Foreign Language programmes or a more extended cultural stay, the programme can be customised to suit your needs.

Customised Itinerary: Fully Tailored to cater to the specific interests and preferences of the group. Whether it's cultural excursions, adventure activities, or focused Blue Badge guided excursions, the itinerary is designed around the group's needs.

- Fully-tailored Programme
- Start with the base of full board and accommodation
- Customised itinerary
- Available year-round
- Can be multi-centre
- Any duration

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Travel	Half day excursion to the town of Ipswich	Jacob's Ladder & Zip Wire	Full day excursion to the city of London	Fencing & Climbing	Full day excursion to the city of Cambridge	Giant Swing & Sensory Trail
AFTERNOON	Arrival & settling in	Canoeing	Rifle Shooting & Trapeze		Raft Building		Excursion to the town of Colchester
EVENING	Passport to the World	Disc Golf	PGL Tournament	Campfire	Ambush	Archery Tag	Silent Disco

Kids' Adventure Camp Immersion

The perfect opportunity for children from around the world to socialise with English-speaking children and to learn and improve their conversational English.

Our Kids' Adventure Camps provide challenges, excitement and fun - all day, every day. They are the ideal opportunity for students to make friends with English-speaking children in a fun and friendly environment.

- Integration with UK Kids' Camp guests
- Can be booked as an add-on to an EFL programme - opportunity to practice their learning
- Multi-Activity or Specialised Products
- Groups (travelling with tour leaders) or individuals (solo travelers)
- Only available during UK school holidays

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	Arrival & settling in	Archery & Sensory Trail	Rifle Shooting & Survivor	Aeroball & Abseiling	Survivor & Giant Swing	Canoeing	Axe Throwing & Trapeze
AFTERNOON		Buggy Building & Gel Master	Coastal Walk	Raft Building	Jacob's Ladder & Problem Solving	Fencing & Aeroball	Challenge Course & Climbing
EVENING	PGL Tournament	Ambush	Passport to the World	Archery Tag	Balloon Splash	Disc Golf	Silent Disco



SAMPLE MENU

Please see below our sample menu which is delivered at all our PGL centres. All menus are designed with **health and nutrition** in mind and based on a traditional British menu. All guests have **unlimited access to the salad bar and fruit** during meal times. *Please be aware that menus are a sample only and are subject to change.*

REFUEL

WITH OUR

DELICIOUS MENU

BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve)

Hash Browns (ve)

Fresh Mushrooms (ve)

Bacon

Vegetable Sausages (ve)

Baked Beans (ve)

Hash Browns (ve)

Fresh Mushrooms (ve)

Sausages

Vegetable Sausages (ve)

Baked Beans (ve)

Hash Browns (ve)

Fresh Mushrooms (ve)

Bacon

Vegetable Sausages (ve)

Baked Beans (ve)

Hash Browns (ve)

Fresh Mushrooms (ve)

Sausages

Vegetable Sausages (ve)

Baked Beans (ve)

Hash Browns (ve)

Fresh Mushrooms (ve)

Sausages

Vegetable Sausages (ve)

Available every day: Porridge with toppers*, a selection of cereals, assorted yoghurts (v) and toast & spreads

LUNCH

Pepperoni Pizza

Margherita Pizza (v)

Plant-based Mushroom Pizza (ve)

Served with: Skinny Fries (ve)

Cheese Burger

Chicken and Cheese Burger

Meatless Farm™ Plant Based Burger (ve)

Served with: Ziggy Fries (ve), Garden Peas (ve), Sliced Mild Cheddar (v)

Homemade Beef Bolognese

Homemade Bacon Carbonara

Homemade Vegetable Ratatouille (ve)

Served with: Penne Pasta (ve), Garlic Bread (v), Grated Hard Cheese (v)

Battered Chicken Chunks

Chicken & Tomato Fried Rice

Vegetable Nuggets (ve)

Served with: Sweet Chilli Sauce (ve), Potato Puffs (ve), Garden Peas (ve), Sweetcorn (ve)

Harry Ramsden™ Battered Fish

Jumbo Pork Sausages

Quorn™ Fishless Fingers (ve)

Served with: Skinny Fries (ve), Mushy Peas (ve), Chip Shop Curry Sauce (ve)

Jacket Potato (ve)

Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo

Homemade Beef Chilli Con Carne

Homemade Chilli Non Carne (ve)

Served with: White Rice (ve)

Roasted Chicken Breast

Meatless Farm™ Plant-based Chicken Breast (ve)

Served with: Roast Potatoes (ve), Yorkshire Pudding (v), Fresh Broccoli (ve), Fresh Baton Carrots (ve), Gravy (ve)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with petit pain available each day

DINNER

Fish Fingers

Turkey Meatballs in Tomato Sauce

Vegetable Chow Mein (ve)

Sides: Penne Pasta (ve), Potato Puffs (ve), Sweetcorn (ve), Green Beans (ve)

Chicken Katsu Curry

Homemade Mac n Cheese (v)

Vegetable Fingers (ve)

Sides: White Rice (ve), Garlic Roasted Baby Potatoes (ve), Fresh Broccoli (ve), Fresh Baton Carrots (ve)

Chicken Tikka Masala

Pork Sausage Roll

Vegetable Korma (ve)

Sides: White Rice (ve), Potato Wedges (ve), Garden Peas (ve), Fresh Baton Carrots (ve)

Breaded Garlic Chicken**

Homemade Beef Lasagne

Homemade Vegetable Lasagne (ve)

Sides: Garlic Bread (v), Garlic Roasted Baby Potatoes (ve), Fresh Broccoli (ve), Carrot & Swede Mash (ve)

Hunters Chicken

Turkey Hot Dogs

Meatless Farm™ Plant Based Meatballs in Tomato Sauce (ve)

Sides: Penne Pasta (ve), Ziggy Fries (ve), Sweetcorn (ve), Green Cabbage (ve)

Battered Chicken Chunks

Homemade Mac n Cheese (v)

Vegetable Chow Mein (ve)

Sides: Potato Puffs (ve), Sweet & Sour Sauce (ve), Fresh Broccoli (ve), Fresh Baton Carrots (ve)

Homemade Beef Lasagne

Pork Sausage Roll

Vegetable Fingers (ve)

Sides: Potato Wedges (ve), Garlic Bread (v), Garden Peas (ve), Carrot & Swede Mash (ve)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated hard cheese (v) available each day

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan, vegetarian and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival.

ASK ABOUT ALLERGENS

WE ARE HAPPY TO HELP

Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask. Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not test free nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of farmed turbot, which is from a sustainable source and degen fish.

Although every care has been taken, some small bones may remain in our fish, seaqual, turkey and chicken dishes & salads, some small pieces may remain in our eggs, and some other bones may remain in our salads.

Where meat, our team is reformed from selected cuts of pork with added water.

** Small children can choke on seeds

** Chopped and shaped chicken.

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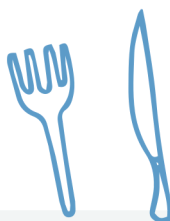
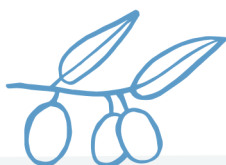
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We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan (ve) and dietary-specific dishes.

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Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ **Tops & jackets**
 - ☐ T-shirts
 - ☐ Long sleeved shirt/T-shirts
 - ☐ Waterproof jacket
 - ☐ Fleece/jumpers
- Your arms will need to be covered to do some activities.*

- ☐ **Trousers or leggings**
but not jeans as they get heavy and cold when wet

- ☐ **Underwear & socks**
Your socks will need to cover your ankles to do some activities.
- ☐ 1 or 2 sets of **clothes for the evening**

- ☐ Suitable **nightwear**

Please note: Bedding (a duvet and pillow) are provided for all international guests.

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves
- ☐ Torch

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your group leader who will contact PGL. Postage will be charged for returning lost items.

FOOTWEAR

- ☐ **2 pairs of trainers**
 - 1 for activities
 - 1 old pair for watersports

- ☐ **1 pair of dry shoes**
for evening activities



OTHER ITEMS

- ☐ **2 towels**
 - 1 for showering
 - 1 old one for activities

- ☐ Reusable **drinks bottle**

- ☐ Small **rucksack/bag**

- ☐ Labelled **bin bag**
for wet and dirty clothing

- ☐ **Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

- ☐ **Hair ties** for long hair



PLEASE DO NOT BRING

- ✗ **Electrical devices**
- ✗ **Computer games**
- ✗ **Jewellery/valuables**
- ✗ **Food items that contain nuts**
- ✗ **Aerosols**

If you bring your **mobile phone**, please note, it is not covered by our insurance.



