

# NEVER STOP LEARNING

#StudyLiveExperience



GUIDE FOR INTERNATIONAL STUDENTS 2021



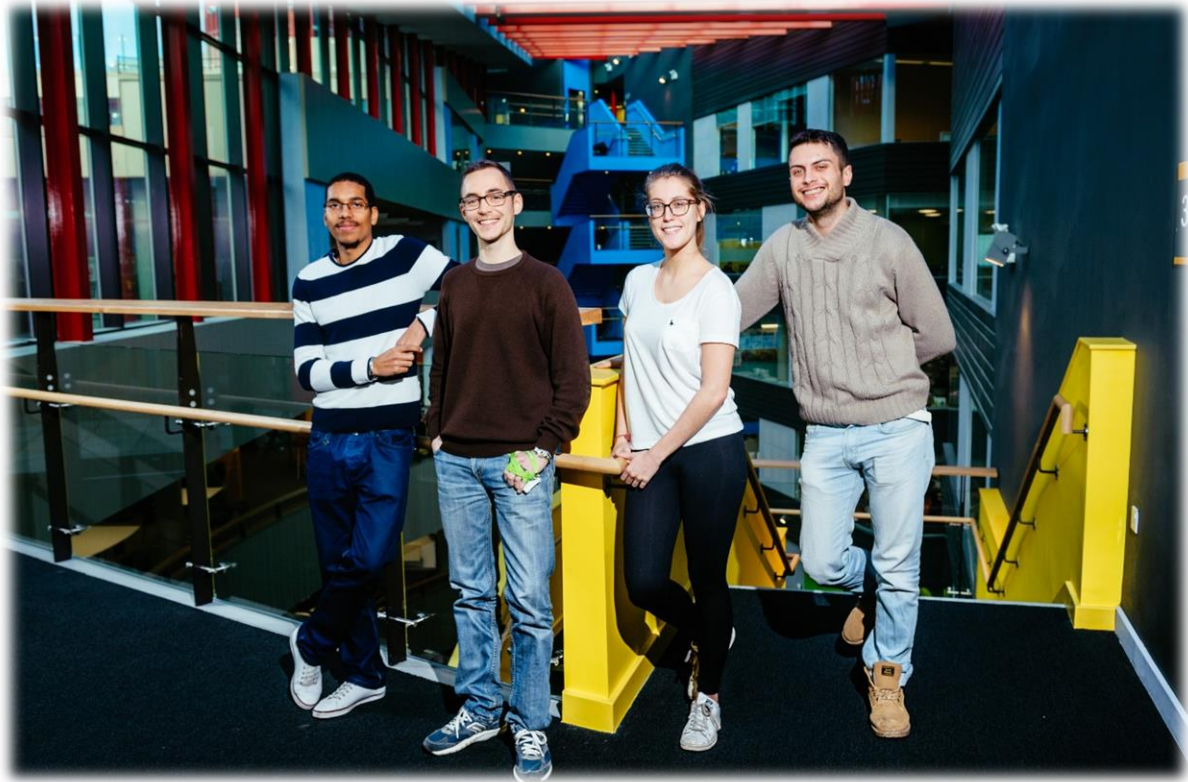
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## Welcome to CAVC!



### **Thank you for choosing Cardiff and Vale College.**

Since we opened our doors to international students in 2011, we have seen hundreds of international students developing their English language skills, progressing to their chosen universities and achieving successful and fulfilling careers. We aim to prepare you for the complex world of today and tomorrow. Throughout your studies you will have an opportunity to study alongside British and international students from other cultures as CAVC is one of the largest and most exciting colleges in the UK. The college offers more than 1,000 courses to 30,000 students.

This handbook has been designed as a guide to give you the information you need to settle into studying at Cardiff and Vale College and living in the UK.

We hope you find your studies rewarding and that life in the college and city enjoyable!



## Contract with Myself

**Commit yourself- the more you put in the more you get out.**

Did you know that the act of writing down what you wish to accomplish, increases the likelihood of achieving your goal? Commit yourself now by filling the gaps below:



### CONTRACT WITH MYSELF

I \_\_\_\_\_ promise myself to:

- Attend all learning sessions possible
- To complete all assigned readings
  - Not be afraid to ask for help
- Enjoy the social experience of being the UK
- To spend some time each week self-studying

.....  
Signature

.....  
Date

### Why not follow us on social media?

A quick way of keeping up to date with everything is to follow our social media channels. Every week we post exciting things to do in Cardiff & information on CAVC and our student experience social programme.

We love to see your pictures so use **#CAVCInternational** and **#StudyLiveExperience** to share them with us!





## Search CAVC International



**Please give us feedback any time using the QR code below.**



If it does not work by taking a photograph then please download a QR code reader.

1. Open your mobile app store (App Store, Google Play, Windows Marketplace, etc).
2. Search for QR code readers.
3. Download the QR code reader to your phone, open it and you are ready to go.



## Important Information

This section of the guide contains information for your time in the UK.

### Important Numbers

Emergency Police/Ambulance/Fire: 999

### Any questions or queries during your time with us?

Email: [international@cavc.ac.uk](mailto:international@cavc.ac.uk) or come and see the CAVC international team at our office next to the main reception at the City Centre Campus.

At enrolment, you will be given an out of hours telephone number to call if there are any serious issues or emergencies outside of the college sites being open.

### Our Team

#### We are here to help! Come and say hello

Ben Garner- International Development Coordinator

Patricia Harris- International Office Manager

Itzel Lopez- International officer

Derrie-Ann Vincent - CAVC English Academy & Diploma Coordinator

Ola Baranska- International Development Officer

Alun Rees- International Director of Programmes

### Are you on a student route visa?

It is your responsibility to be aware and follow, the conditions of your visa.

#### Important Points for Student Route Visa learners:

- **You cannot take up any paid employment**
- **You must inform the college if your contact information such as address or mobile number changes**
- **You must regularly attend classes, as attendance is part of the visa conditions. If you are ill and cannot make your lesson, please send an email to your subject teacher**



## Expectations & Rules

As a part of the College, you are expected to treat everyone you encounter with respect- this includes fellow students, tutors, college & accommodation staff and members of the public.

### General College Expectations:

- You are expected to dress appropriately when in college
- It is not acceptable to wear baseball caps and dark glasses in class
- Mobile phones should be switched off when in class
- No smoking or drinking alcohol on college sites
- No viewing or sharing inappropriate material on electronic devices
- If you will be going away for a holiday, please email the international team your travel plans in advance
- If you will be absent, please let your subject teacher know

## BRP Collection and Police Registration

**Please collect your BRP before the vignette sticker in your passport expires or within 10 days of arriving in the UK (whichever is later).**

Please check your visa decision letter- it will tell you to collect your BRP from a named Post Office branch in Cardiff.

Bring your passport or travel document with your vignette sticker in when you collect your BRP.

**If you are under 18, member of CAVC International team will go with you.**

### BRP errors

Your BRP will include:

- your name, date and place of birth
- the data of your fingerprints and a photo of your face
- your immigration status and any conditions of your stay
- whether you can access public funds, for example benefits and health services

Please check these details are correct. Any errors need to reported to the UKVI within 10 days. You should also inform the college by contacting [international@cavc.ac.uk](mailto:international@cavc.ac.uk)





**You might need to register with the police in your first couple of weeks of your arrival in the UK. Speak to the international team to find out if this applies to you.**

You should register at:

Nationality Department  
Rumney Police station  
713 Newport Road  
Cardiff  
CF3 4FD

You need to book your appointment online via the link below:

<https://swpstudentregistration.azurewebsites.net/bookings/create>

The station is usually open for appointments between Monday and Friday from 8.30am to 12pm and from 12.30pm to 2pm. It is best to check online before visiting.

You must bring the following with you to your appointment when registering:

- Passport
- Two passport-sized photographs
- Biometric Residence Permit (also known as BRP)
- Proof that you are CAVC student (we will supply you with the letter)
- Proof of address in the South Wales (we will supply you with the letter)
- Photocopies of these documents (if possible)
- Proof that you are CAVC Student (we will supply you with the letter)
- A completed Police Registration Questionnaire, please download from A completed Police Registration Questionnaire please download from [https://www.south-wales.police.uk/advice/advice-and-information/ov/registering-overseas-visitor/af2/how-to-register/?\\_cf\\_chl captcha tk \\_=pmd\\_QMh4BRgPfaN45.nHYqpOd2Snkqj3yorT.MMKtOtyb9k-1630422599-0-gqNtZGzNA1CjcnBszQZ9](https://www.south-wales.police.uk/advice/advice-and-information/ov/registering-overseas-visitor/af2/how-to-register/?_cf_chl captcha tk _=pmd_QMh4BRgPfaN45.nHYqpOd2Snkqj3yorT.MMKtOtyb9k-1630422599-0-gqNtZGzNA1CjcnBszQZ9)
- You will need to pay a fee to the Police Station of around £34, fee amount is subject to change

### **When your details change**

<https://www.south-wales.police.uk/advice/advice-and-information/ov/registering-overseas-visitor/af2/af/reporting-change-circumstances-new-visa/>

You must report any of the following changes within 7 days: change of address, change of college or a course, change of occupation, change of marital status, new passport details, new landing conditions (re-entry visa), children born whilst you are in the UK

## Accommodation Information

Host Family or College Residency Address:

.....  
.....  
.....

Telephone/mobile number: .....



Please take care of your accommodation to avoid any extra costs. Regular checks will be held at student residencies.

Please contact [international@cavc.ac.uk](mailto:international@cavc.ac.uk) a week before your return flight to your home country.





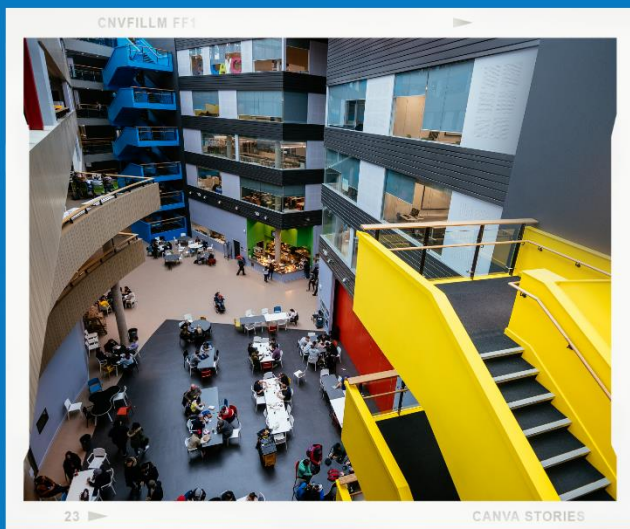


## Study at Cardiff and Vale College

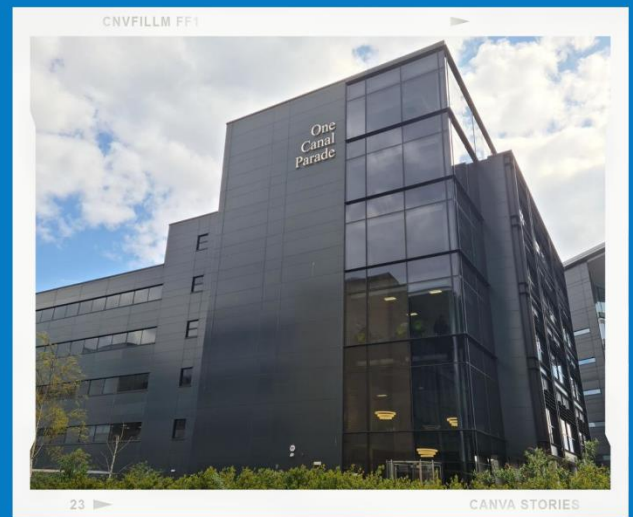
### College Campuses

If you study A-levels or Pathway Diploma Programmes, you will be most likely studying at our City Centre Campus. However, any vocational courses are often based at other CAVC campuses.

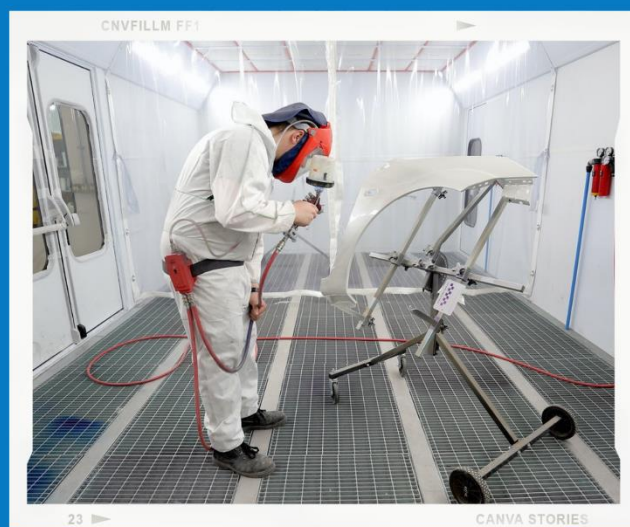




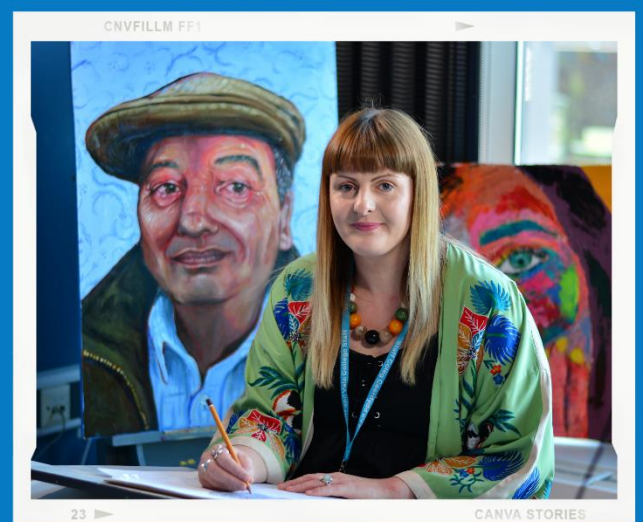
City Centre Campus



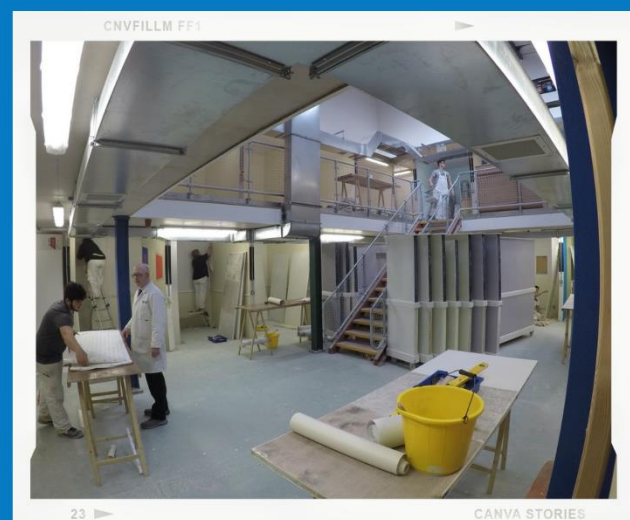
One Canal Parade



Automotive Training Centre



Creative Arts Academy

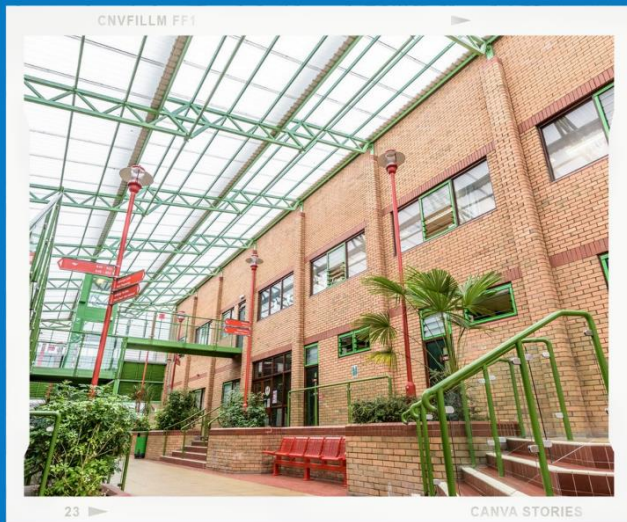


Building Services Centre



Construction Training Centre

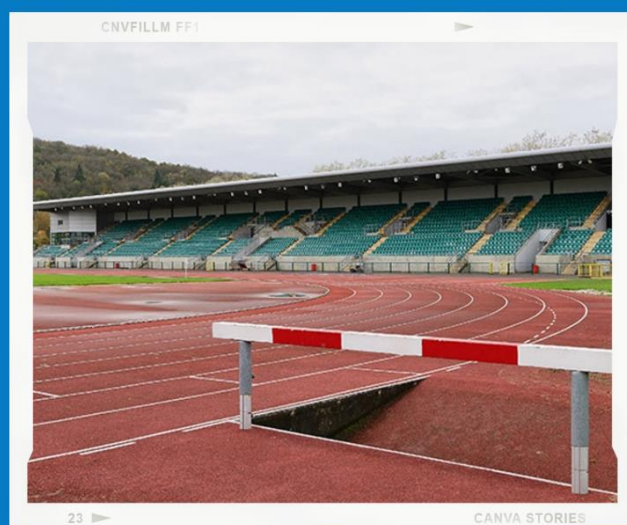




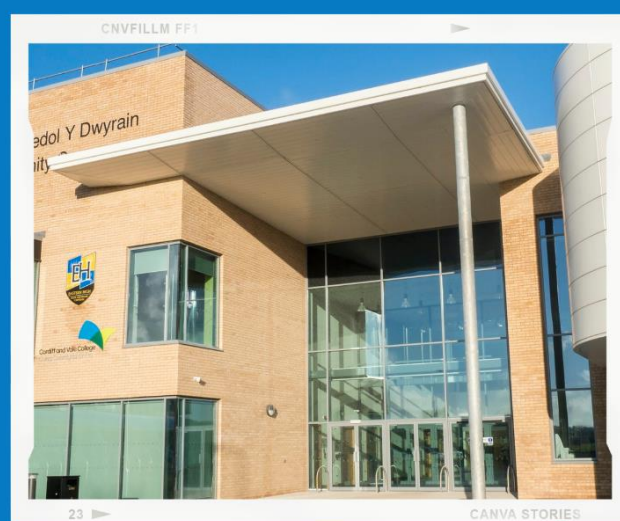
Barry Campus



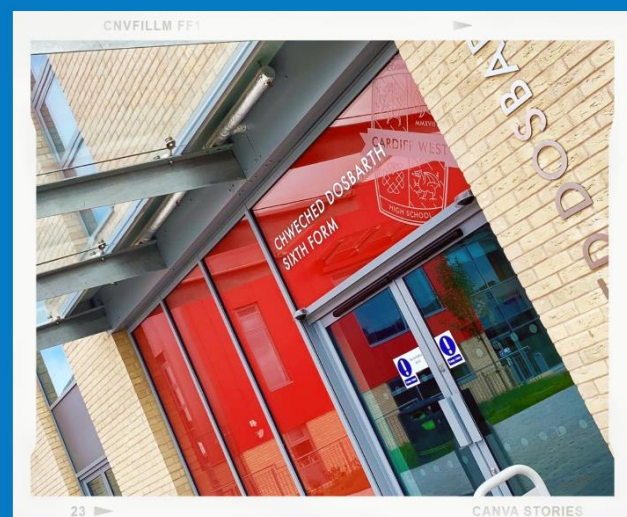
International Centre for Aerospace Training



International Sports Campus



Eastern Community Campus



Cardiff West Community High School



3 campuses in China:  
Shanghai, Changzhou and Pinghu





## **CAVC City Centre Campus**

**Opened in 2015 the huge building includes a wide range of specialist facilities that will support you throughout your studies.**

**The address of the campus is:**

**Dumballs Road  
Cardiff  
CF10 5FE  
Tel: 02920250250**







## Your Faith

UK is a multi-faith society, where there is a freedom to practice your own faith. The college itself is not affiliated to any religious faith. The college supports students in practicing their faith and a prayer room is located at the Room 17 in the City Centre Campus. The prayer room is open to people of all faiths.

### Local Mosques:

South Wales Islamic Centre  
Dar Ul-Isra Mosque  
Grangetown Mosque  
Madina Mosque  
Shah Jalal Mosque Islamic Cultural Centre

### Local Churches:

City Church Cardiff  
City United Reformed Church  
The University Church, Nazareth House  
St Martin Church in Roath  
Grangetown Baptist Church  
St Patrick's Roman Catholic Church

### Local Buddhist Temples

The Cardiff Buddhist Centre  
Aro Ling Cardiff  
Cardiff Tibetan Buddhist Centre

### Local Sikh Temples

Sikh Gurdwara  
Gurdwara Nanak Darbar Sikh Temple  
Sri Dasmais Singh Sabha Gurdwara Cardiff

### Hinduism Centres

Shree Swaminarayan Temple Cardiff  
Sanatan Dharma Mandal & Hindu Community Centre  
The Hindu Cultural Association (HCA Wales)

### Judaism Synagogues

Cardiff United Synagogue  
Cardiff Reform Synagogue  
Cardiff University Jewish Society

### Chinese Societies

Chinese in Wales Association  
Cardiff University Chinese Society  
CSSA-UK

If you need support in finding a certain religious institution in Cardiff, please speak to the international team.





## Your Wellbeing

It is important to look after your health when moving away from home for the first time. At CAVC we offer a wellbeing services at all campuses. Our Wellbeing Officers will help you to have a fulfilled journey and amazing learning experience with us. They also run many well-being activities online and face to face. If you would like to meet with wellbeing officer please speak with the international team or email directly [learnerfeelsafeteam@cavc.ac.uk](mailto:learnerfeelsafeteam@cavc.ac.uk)





## Rest and Eat Well

At the CAVC City Center campus you can find many places you can rest between your classes and buy some food and drink.

**Bae Coffi Café**- the artisan coffee shop situated at the entrance to the City Centre Campus main building. Offers a wide range of drinks and food which is often made by the college in-house bakery

**Canteen**- provides a variety of nutritious food options and drinks at a reasonable cost

**Subway**- a place to grab some fresh sandwiches during a break

**Simply Fresh Supermarket**- a place to grab some snacks & stationery

**Urbasba**- Spa boasting a sauna, steam room, jacuzzi and many more!

**The Classroom restaurant** – An award-winning restaurant with views across the city







## Exercise, Fitness and Sports

CAVC campuses boast some fantastic sports facilities.

Cardiff International Sport Campus includes outdoor athletics track and stadium, state of the art sports dome housing a 3G pitch, outdoor 3G pitch and grass pitches for multi-sports alongside other sports facilities. Inside it also includes a large gym and coffee shop.

City Centre campus also includes a small gym and a football dome behind the campus.

You can also access a range of sports clubs to relax, develop skills and meet new friends.

Please email [international@cavc.ac.uk](mailto:international@cavc.ac.uk) if you would like to sign up to a sports academy!







## College Library and Learning Centre

The college library and learning centre offers not only a large collection of books and journals but also a variety of study spaces and a friendly and experienced team who can support you with:

- literacy, numeracy and digital skills
- Revision skills and preparation for exams
- Planning and structuring essays
- Referencing and bibliographies
- Proofreading (1-page limit)
- Time management & prioritizing
- Writing a personal statement or reflection

### Get in touch!

If you are on campus, you can book a face-to-face session at the library desk up to 1 week in advance or simply email them on [learningcoach@cavc.ac.uk](mailto:learningcoach@cavc.ac.uk)

Alternatively, you can contact them via the Microsoft Teams site 'Success and Skills Centre Online'





## Careers, Ideas and Employment Hub

At Cardiff and Vale College we aim to put entrepreneurial education at skills at the heart of everything we do. The Careers & Ideas team have qualified Careers Coaches who provide impartial career information & advice and guidance to all learners. There are a number of events throughout the year such as Careers Fayres, Employer talks and Higher Education fayres as well as workshops on CV planning, interview preparation, preparing for university and much more.

### Get in touch!

Pop in to the Careers and Ideas Centre at City Centre Campus or Barry Campus.

Email: Emma at [eandews@cavc.ac.uk](mailto:eandews@cavc.ac.uk) or [skillscompetitions@cavc.ac.uk](mailto:skillscompetitions@cavc.ac.uk)







## Your Safety

Safeguarding is what we do to help you feel physically and emotionally safe, and to keep everyone in college safe from harm.

If you are worried about your safety, or the safety of someone else please talk to your tutor. If your tutor feels that what you tell them puts you or any other person at risk of harm, they will have to pass it on to the designated safeguarding person. They may then have to take it further to support you or others and keep everyone safe. They will only tell those who need to know. Alternatively, you can email [learnerfeelsafeteam@cavc.ac.uk](mailto:learnerfeelsafeteam@cavc.ac.uk) and someone will be in touch to discuss your worries.

Safeguarding officers in the college are:

Hannah McDowell - [HMCDowell@cavc.ac.uk](mailto:HMCDowell@cavc.ac.uk)

Dawn Villis- [DVillis@cavc.ac.uk](mailto:DVillis@cavc.ac.uk)

Lisa Purcell- [lpurcell@cavc.ac.uk](mailto:lpurcell@cavc.ac.uk)

James Donaldson- [jdonaldson@cavc.ac.uk](mailto:jdonaldson@cavc.ac.uk)

**For the safeguarding purposes, on your first day you will be given a student lanyard. You are required to wear it while on campus.**





LIVE IN THE CAPITAL CITY OF WALES

CARDIFF





## Useful Applications

There are some applications that will help you travel in Cardiff and rest of the UK.



**Cardiff Bus**- with the Cardiff Bus mobile app you can buy tickets, plan your journey and view bus timetables.



**Transport for Wales** – with this application you can plan your journey and buy train tickets and search train times and fares quickly and easily



**Traveline Cymru** – it is a public transport information service in Wales. This app will assist you in planning your journey.



**Trainline**- is the Europe's leading independent train & coach ticket retainer.



**National Express**- is a leading coach and long-distance bus operator in the UK.



**Uber**- it is an alternative to taxi. You can use this app to request a ride. This app displays an estimated time of arrival for the driver to your pick up location.





## Travelling by Bus



There's no better feeling than exploring a new city! To help you to adjust to the life abroad we've put together a short guide to ensure you know how to use UK public transport

### **1. Find your route and bus arrival times.**

To find out how to get to where you need to go use Cardiff Bus or Traveline Cymru applications or websites:

<https://www.cardiffbus.com/>

<https://www.traveline.cymru>

### **2. If you can buy the ticket online.**

You can purchase tickets on your smartphone, online or directly from the driver. Unless you live and study in Barry, you need to buy a ticket only for the Cardiff zone.



	Cardiff Fare Zone		Barry Fare Zone		Cardiff and Barry	
	Adult	Young Person	Adult	Young Person	Adult	Young Person
Single	£2	£1.30	£1.90	£1.30	£2.80	£1.90
Day to Go	£4	£2.60	£3.60	£2.40	£5.50	£3.60
57/58 route return*	£3.20	£2.10	-	-	-	-
Week to Go**	£15	£9.60	£14	£9.20	£21	£13.40

**You will need an iff card if you want to purchase a week to go or monthly tickets.**



To apply for the iff card go to <https://topup.cardiffbus.com/>

If you are 16-21 years old you can apply for a cheaper 'My travel pass card' via <https://mytravelpass.gov.wales/en/>

Please be aware that only weekly tickets can be added to your iff card by the driver on the bus

To top-up your card online, please go to <https://topup.cardiffbus.com/>



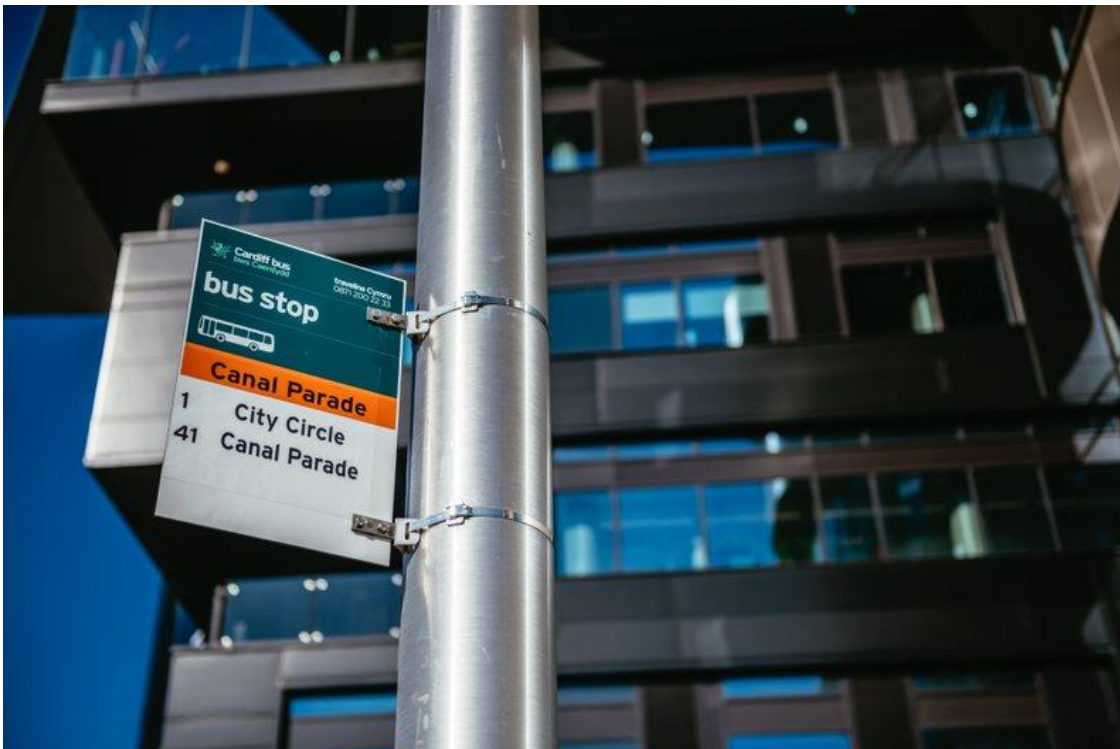


### **3. Have the right amount of cash.**

If you decide to buy ticket from the driver, make sure you have right amount of cash. Bus drivers in Cardiff are unable to give change.

### **4. Go to the right bus stop.**

You will be able to recognise the bus stop by the white, orange & green board with. The name of the bus stop is written in the orange field.



### **5. Look at the banner to make sure it's the right bus.**

### **6. Get the Drivers attention.**

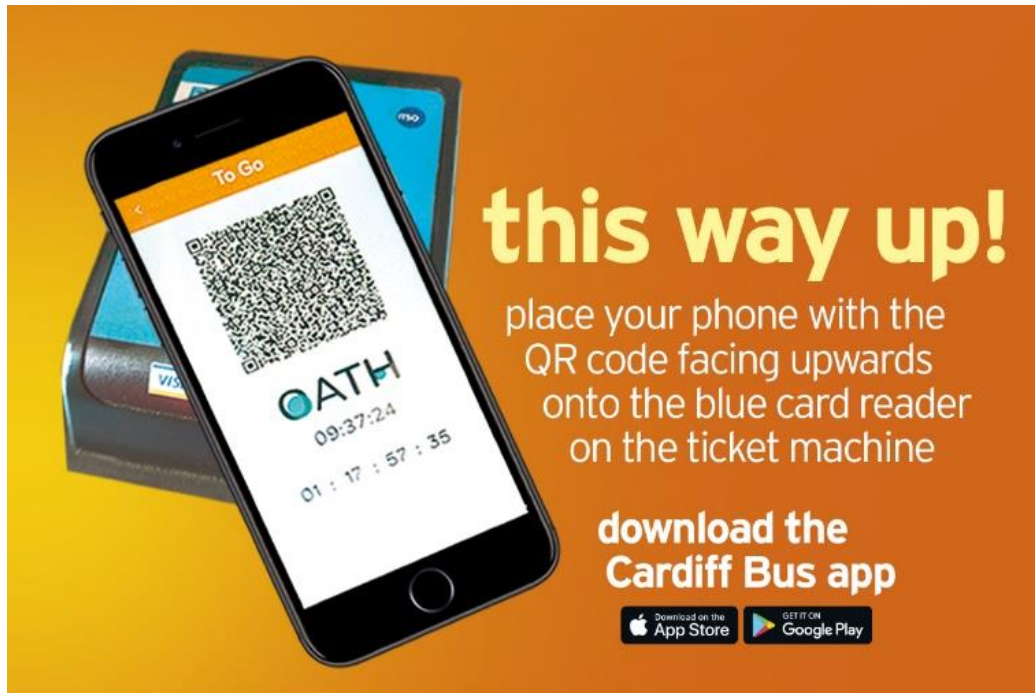
Buses in the UK only stop at a station when a passenger presses the button to leave or someone is clearly waiting to board. To make sure the bus can see you waiting, simply wave early enough so that the bus driver will stop at your bus stop.



**7. Wait for passengers to get off before you get on.**

Back up away from the door if necessary, and allow passengers to get off of the bus. People in the United Kingdom have a strong unspoken etiquette of queuing.

**8. Pay for the bus (if you haven't done it yet online)**



**9. Push the button to communicate your stop to the bus driver.**

For efficiency, buses sometimes won't stop at stops that passengers are not getting off at. For this reason, you need to make sure you inform the driver by pressing the coloured 'stop' buttons located on the poles. When pressed, you will hear a beep or bell sound and a panel at the front of the bus will light up to read 'bus stopping'.

**10. Exit through the front door.**

Most buses in Great Britain have a single entrance/exit door located next to the bus driver.

**11. Ask for help.**

Don't be afraid to ask for help. Local people and bus drivers will be happy to help you with any enquiries! It's the perfect opportunity to put your language skills into practice!





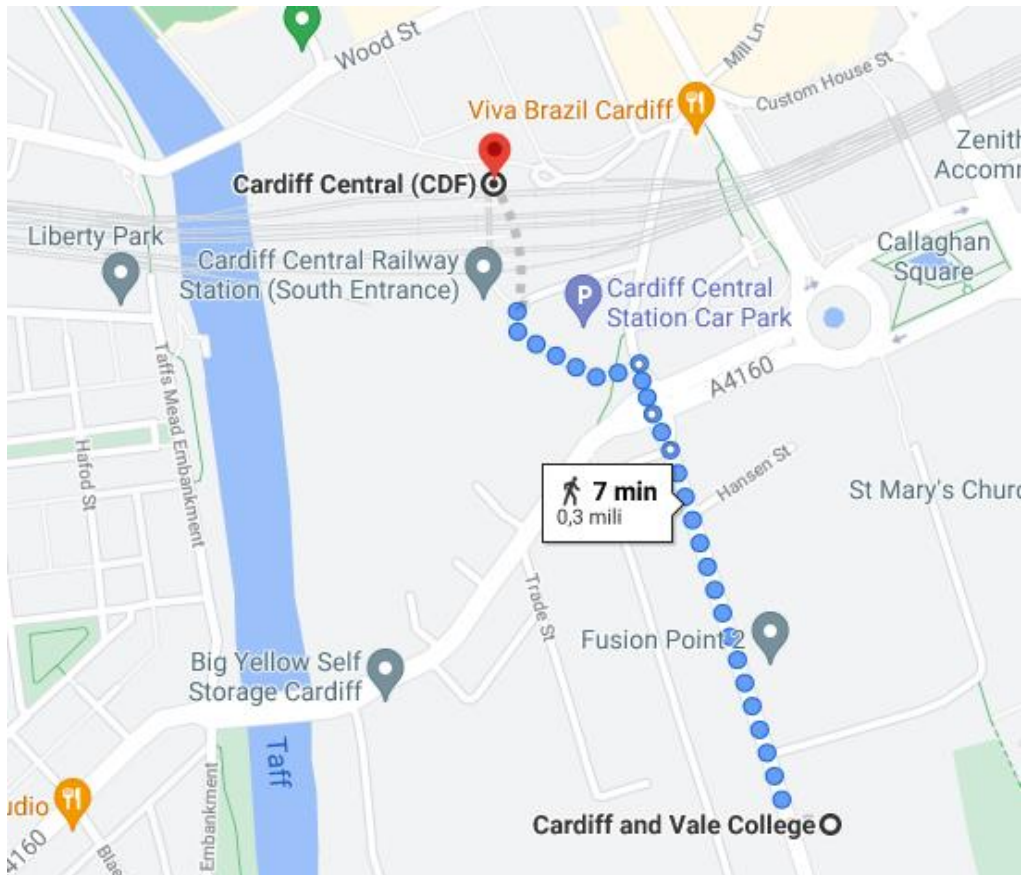
## Travelling by Train



Cardiff is a well-connected city and you can easily reach other UK cities by rail. Whether you want to visit local Penarth, Barry Island or Swansea or visit other UK cities such as London, Bristol or Bath, a train would be the fastest way to travel. You can search the train routes & purchase tickets online on <https://www.thetrainline.com/>. You can reach London by train within 2 hours! If you planning to travel in Wales, you can also use Transport for Wales website <https://tfwrail.wales/> .



Cardiff central station is located only 7 minutes away from the City Centre Campus.



Don't worry if you are unable to download the application on your phone. You can also purchase the ticket at the station information centre or using the ticket machines which will give you the physical copies of the ticket.



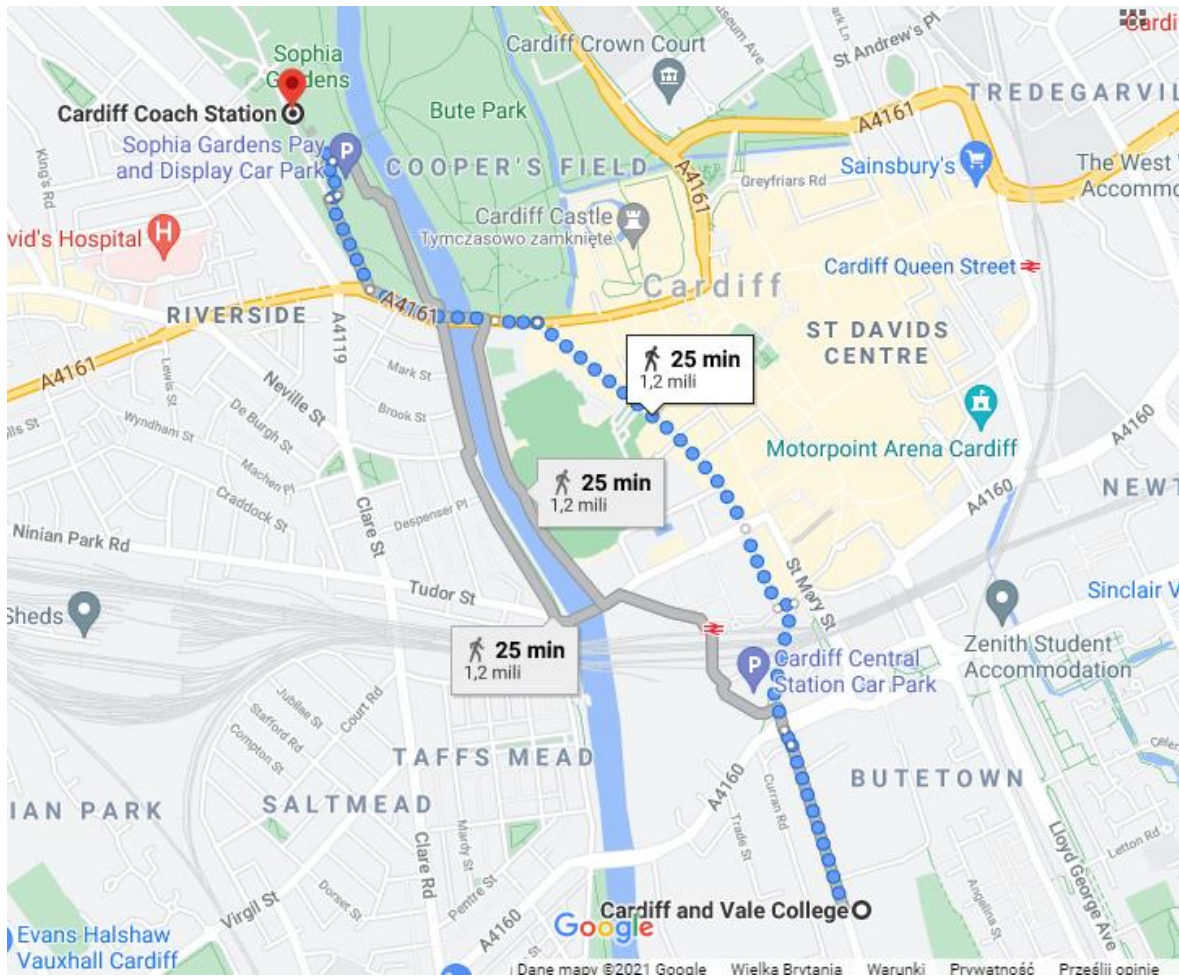


## Travelling by Coach



Travelling by coach takes longer than travelling by train but the price of the coach ticket is much cheaper. There are two coach companies we would recommend you to use during your time in the UK: Megabus and National Express. You can buy tickets online using their website as well as you can download their mobile phone applications. Megabus has 2 bus stops in Cardiff: Park Place (near subway) and Kingsway. In contrast, you can take National Express from Cardiff Coach Station. The address of the Coach Station is: Sophia Gardens, 2 Sophia Cl, Pontcanna, Cardiff CF11 9HW. The coach station is located approximately 25 minutes away from the Cardiff and Vale College City Centre campus.





## Travelling by Plane

Cardiff International Airport is located only an hour away from Cardiff city centre and has many direct flights & more than 900 connections. To reach the airport please use bus number T9 which is a direct link to Cardiff Bay and Cardiff City Centre. You can catch the bus from Cardiff Bay, City Centre Canal Street or Cardiff Central Rail Station bus stop. The bus operates every 20 minutes throughout the day. There is a Free Wi-Fi available on the bus. To find out more about airport bus please visit <https://www.trawscymru.info/t9/> Alternatively you can travel from Bristol, Birmingham or London airports. National Express provides direct buses to these airports.



## Travelling Safely

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*Living and studying abroad is an enriching and rewarding experience, especially if you are prepared and take certain precautions*

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- If you are travelling alone on a bus, train or tube, always sit near other passengers.
- Plan your route and check the bus or train times before you leave.
- Always keep the emergency numbers with you.
- Never walk across or touch railway lines – some have an electric current running through them that could kill you.
- Do not open train doors until the train has completely stopped.
- Double check your travel insurance. Be sure it has the correct travel dates and covers the activities you will be participating in, for example scuba diving, hiking or rock climbing.
- Protect your passport. It is recommended that you carry your passport in the front pockets.
- Maintain a heightened sense of situational awareness when out in public, similar to what one would expect when traveling to an unfamiliar area at home. Leave your valuables at home!
- Pack any prescription medications in their original bottles. If you need to take a large amount, pack a note from your doctor confirming that the quantity is correct for the duration of your trip.
- Know the location of your nearest diplomatic embassy and how to contact them in case a security event or other issue arises.
- To avoid potential injuries be aware of posted warnings at recreational sites including beaches and swimming pools, rock climbing sites and hiking trails. Many signs in Wales are written in both English and Welsh languages.
- Be aware of your physical and health limitations. Don't feel pressured to participate in activities if you feel uncomfortable or have medical concerns.
- Always look up and pay attention. You might be tempted to look down at your smart phone for quick moments or extended periods, but keep in mind that in some cities pedestrians do not have the right of way and motorists in certain countries drive on the opposite side of the road.



- We might drive on the opposite side of the road than what you are used to. The UK is one of the countries in the world who drive on the left-hand side of the road.



## Social media

Do not post photos of your boarding pass or travel documents to social media sites.

This will help reduce the likelihood of personal information being made easily available to opportunistic individuals.





## Opening a Bank Account

Managing finances from your home country account can be impractical and expensive because you will be charged currency conversion fees each time you use your card or withdraw cash in the UK. For this reason, we strongly advise you to open a bank account in the UK. Setting up your bank account may be one of the less fun admin life tasks to deal with. However, it is worth investing the time to choose the best bank for yourself.

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*We will provide you with a letter for your bank*

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To open a bank account you will need:

- Your passport
- A valid visa
- A letter from Cardiff and Vale College (please email [international@cavc.ac.uk](mailto:international@cavc.ac.uk) with your request and your letter will be emailed to you as soon as possible)
- Student ID
- A document to confirm your UK address (this could be an accommodation contract)
- You may also need to bring evidence of your address and bank account in your home country (dated in the last three months)

Some UK banks may allow you to set up a bank account before you arrive in Wales. Please also check with your home bank to find out about any additional charges there might be to transfer money into your new UK account.

There are many banks you can choose from including

[Santander](#)

[HSBC UK](#)

[Barclays](#)

[Lloyds](#)

[Halifax](#)

[Nationwide](#)

[Natwest](#)

[Royal Bank of Scotland](#)

There are also a number of digital online banks such as

[Starling](#)

[Monzo](#)

[Revolut](#)



## Many of our students open an account with Santander

The address for Santander is:

Cardiff University  
Student Union Building  
Park Place  
CF103QN

## Mobile Phones

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*You can find a complimentary sim card in your welcome pack*

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Sim only plans are offered by pretty much every UK mobile network and they are perfect for international students.

## Health & Healthcare

You will be able to use the UK healthcare system known as NHS once your visa application is granted. Although The National Health Service (NHS) is publicly funded healthcare system, you will still need to pay for certain types of services such as dental treatment or eye tests.

When you access healthcare in the UK, you may need to:

- Provide your biometric residence permit
- Prove your status online using a share code (if you have a digital immigration status)

## Doctor Registration

You should register with GP (General Practitioner) upon arriving in the UK.

### **GP-**

abbreviation for general practitioner. A doctor who provides general medical treatment for people who live in a particular area. GP is you're your first point of contact for any medical treatment. If you need to see as specialist doctor, GP will refer you to an appropriate hospital department. Most of the GP's Surgeries in the UK also provide a range of community health services such as vaccinations, women's health clinics and sexual health.





To register with the GP you need to go to the closest clinic during opening hours and ask to be added to the NHS patient list. You will be given a form to complete and return. You might be asked to show the proof of your current address & letter from Cardiff and Vale College.

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*Look up for your local surgery online or speak with the member of the CAVC International Team*

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*We will provide you with a letter for the GP Surgery*

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Most of the GP Surgeries are open from 8am till 6pm.

If you need medical help outside your surgery opening hours please call NHS number 111. This number is available 24 hours a day, 365 days a year and calls are free from all landlines and mobile phones.

### **Medical Emergency**

If you have an emergency or accident and need immediate medical assistance please call 999. The operator will ask you what emergency service do you need (Police, Fire or Ambulance). For medical assistance ask for the ambulance service. Be ready to explain to the emergency services what has happened and exactly where you are.

If you need urgent treatment, but you are well enough to travel take a bus or taxi to an Accident and Emergency (A&E) department in the hospital. There are no fees for Accident and Emergency services.

You should only use A&E for emergency treatments from serious injury or illness. If you are unwell or have minor injury please consider going to your local GP, visiting your local pharmacy or calling 111.

We also strongly advise you to register with a local dentist. Dental problems cannot be dealt with by doctors, dentists will charge for their services.

EXPERIENCE

## The United Kingdom







## International Student Experience Programme

Don't worry if you haven't planned any social activities in advance as CAVC has taken care of that for you!

We provide a fantastic social Programme throughout the academic year and we encourage you to get involved as much as possible. Taking part in planned social activities will give you the opportunity to experience life and culture in the UK as well as provide further opportunities to improve your English outside of the classroom! Please keep an eye on your email as we will be sending information about our social activity programme every couple of weeks.



Activity & Wellbeing Wednesdays - free planned activities with tutors and international team



International Student Hub - each Friday, you have an opportunity to drop into a designated room in the City Centre campus and participate in free activities such as the conversation club, guest speakers, music and many more!



Conversation Club occurs every Friday morning, 09:00-11:00. The programme costs £20 per hour. Please email [international@cavc.ac.uk](mailto:international@cavc.ac.uk) if you wish to sign up for our Conversation Club.



Cardiff walking tour will occur every Friday in September 2021. It is your opportunity to meet new students and get to know Cardiff better.



Once per month you will have an opportunity to join a weekend trip or weekday activity such as trip to Gower, another UK City, water rafting and many more! This social programme requires a small fee.





## Things to do in Cardiff



For Europe's youngest capital city, we sure have a lot of history. The surrounding region is peppered with medieval settlements, ancient ruins and impressive forts.



Want West End shows, creative workshops, comedy and music events? We've got you covered. We're particularly proud of our iconic Wales Millennium Centre. Other cultural places include Chapter Arts Centre & St David's Hall.





Cardiff is also home to the Principality Stadium that every year hosts many sport and music events. Visiting our famous Principality Stadium, especially during the game day will be an unforgettable experience! We also recommend you to join Cardiff Half Marathon (Sunday 27 March 2022).

### **Gyms at Cardiff**

- JD Gym – located at the heart of the city offer no joining fee and monthly membership for only £19.99\*
- Pure Gym- Located 5 minutes away from CAVC City Centre Campus, monthly membership prices from £19.99\*
- Better Gym- student membership costs £27\* and gives you an access to the gym, fitness classes and swimming facilities at all 6 better gyms in Cardiff
- David Lloyd - first-class fitness destination wit gym and swimming pool

\*These prices are correct at time of publication.

### **Other Sport Centres**

- Cardiff International Pool and Gym
- Sport Wales National Centre
- Ice Hockey arena
- Swalec Cricket Stadium
- Cardiff City Stadium
- You can also rent a bicycle with next bike <https://www.nextbike.co.uk/en/cardiff/>



Do you enjoy parks and walking? Cardiff is home to 47 beautiful parks! We recommend you visiting Bute Park, Roath Park, Cathays Park and Fforest Fawr.



Cardiff Bay is the largest waterfront redevelopment project in Europe. There's a flat tarmac pathway so it's ideal for walks and cycling. Whilst there we recommend you to visit the Wetlands reserve and have a coffee or a tea at Coffi Co. we also recommend you to visit The Pierhead Building which is a visitor and educational centre for National Assembly for Wales. Cardiff Bay is also home to the Welsh Parliament, take a tour of the Senedd sustainable building

<https://senedd.wales/en/visiting/senedd/Pages/sen-visiting.aspx>





Cardiff is also a great destination for shopping! Cardiff is known as the City of Arcades, home to famous Victorian and Edwardian arcades that provide unique shopping experience. There are six Victorian arcades in Cardiff, offering an intimate environment for shoppers who enjoy an alternative to the well-trodden path of the high street. The Castle Quarter is made up of High Street Arcade, Duke Street Arcade and Castle Arcade. These are historic structures full of vintage clothes stores, craft shops and coffee shops. Also St David's Centre is one of the largest shopping centres in the UK.



Do you enjoy eating out? Cardiff is a home to more than 100 independent cafes & restaurants. We also recommend visiting Cardiff Market which has traded in one guise or another since the 1700s and the striking glass-roofed Victorian structure it has inhabited for the past couple of centuries features some of the capital city's most-loved butchers and fishmongers, as well as an array of traditional sweetshops and bakers.





## Things to do in Wales



Brecon Beacons National Park just an hour north of the city centre, and miles of golden coastline to the west, Cardiff is the perfect launchpad. Plus, with over 330 parks and gardens, we boast more green space per person than any other UK core city. For more information go to <https://www.breconbeacons.org/things-to-do/attractions>



Tenby is one of our best seaside towns - find out how to make the most of your time on holiday and enjoy its many attractions. Discover Tenby's glorious beaches, a warm atmosphere and fine Victorian houses. For more information go to <https://www.visitwales.com/destinations/west-wales/pembrokeshire/things-do-tenby>



Snowdon is the highest mountain in Wales and England. The outdoor adventure capital of North Wales, Snowdonia offers a wide choice of quality accommodation, attractions and activities; castles, narrow-gauge railways, golf, cycling, walking, award-winning beaches, Wales Coast Path, World Heritage Site, Areas of Outstanding Natural Beauty and Heritage Coast. Planning ahead for your visit to Snowdonia is essential. To plan your trip, go to <https://www.visitsnowdonia.info/> and <https://www.visitwales.com/destinations/north-wales/snowdonia>

Try the world fastest zip line! <https://www.zipworld.co.uk/adventure/velocity>



Visit Welsh Castles. The landscape of Wales is also dominated by castles. There are more than 600 castles in Wales, more per square mile than anywhere in the world.





Visit Hay-on-Wye a small market town tucked between the borders of England and Wales fondly known to the locals as 'Hay'. the town of Hay on Wye is famous for being a 'book town'. What this means is that there are bookshops around every turn and even an annual literary festival celebrating all things book related!



Visit Portmeirion. This beautiful village in north Wales is designed in the Italian Style. For more information go to <https://www.visitwales.com/destinations/north-wales/snowdonia/must-do-and-around-portmeirion>





If you have any more enquiries please contact  
[international@cavc.ac.uk](mailto:international@cavc.ac.uk)



**THANK YOU FOR CHOOSING CARDIFF AND VALE COLLEGE**