

Welcome to



**International
House**
Bristol

This is your guide to the school

and your programme



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Accredited by the



for the teaching
of English in the UK

ENGLISHUK 
member

WELCOME TO INTERNATIONAL HOUSE BRISTOL!

This booklet is to help you with your studies, IH Bristol hosts, and the City of Bristol.

If you have any questions, please ask a member of staff – we are here to help and to make your time with us as enjoyable as possible!



<https://www.facebook.com/IHBRSL/>



[@IH_Bristol](https://twitter.com/IH_Bristol)



<https://www.instagram.com/ihbristol/>



<https://www.youtube.com/user/ihbristoluk>

Travelling to Bristol

<https://www.ihbristol.com/travel-to-bristol>



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GENERAL INFORMATION ABOUT THE SCHOOL

SCHOOL HOURS

Queens Avenue is open from 8.30am – 5.00pm Monday to Friday.

Before you start, or on your first day, you will take a short test to help us find the best class for you. We will give you a Welcome Pack and you will join our induction for new students before your classes start on your first day.

CLASS TIMES/CLASS CHANGES

Lesson times are:

09:15-10:00/10:00-10:45 General English classes;

11:15-12:00/12:00-12:45 General English classes;

13:45-14:30/14:30-15:15 General English or Exam preparation classes (full-time students)



If you are more than 10 minutes late for a lesson, please wait until the next break and then join the class. But if you are 16 or 17 years old, you must go straight to class, whatever time you arrive. Our absence rules are on the board in reception / Students' Room.

If you think that you need to change your class, please speak with your teacher first. But do not ask on your first day — give yourself some time in the class first. If you still think you need to change class, we will give you advice and agree on

next steps.

EXTENDING YOUR COURSE

If you would like to stay longer, please speak to a member of staff at reception!

PRIVATE LESSONS

If you would like extra lessons to improve your English, we can arrange one-to-one private lessons for you. Please ask a member of staff.

LEAVING EARLY

If you want to leave your course early, please tell the office staff as soon as possible. You must give at least 1 week's notice. You will not be given a refund of your course fees if you decide to leave early, and we recommend that you take out insurance to cover this.

HOLIDAYS

If you would like to book a holiday, please come to Reception for a holiday request form - complete this and then return the form to reception at least two weeks before you want to go. For every 10 continuous weeks you study with us you get 1 week's holiday.

STUDY ROOMS AT QUEEN'S AVENUE & OAKFIELD ROAD AFTER CLASS

We have fantastic resources for you to use - exam practice, grammar books, a graded story books library, etc. There are 100s of hours of materials for you to enjoy, mostly online: please use your IH Bristol **Guided E-Learning (GEL)** online student access <https://www.ihbristol.com/english-courses/online-learning-ih-bristol>; you can also use our free online English learning resources here <http://www.ihbristol.com/free-english-exercises>. The study room tutor can also help you with your English after class, or to find more resources to help you with what you need. To find out more, you can look at the Study Room guide on the wall in the room or speak to the study room tutor.

OUR COURSE PLANS & ADVICE ON YOUR COURSE CHOICES

If you want to know more about how we plan your courses, please see the notice board near the Student Rooms, our English courses pages on our website or simply ask any member of staff. For any advice on your course choices, please ask your teacher or the school Principal at any time – we will be very happy to help and advise!

EXAM CLASSES

If you want to prepare for and/or take an exam, please speak to your class teacher or the Principal for advice and information.

CONVERSATION CLUB

Every Friday, there is a Conversation Club for everyone together at Queens Avenue, 14.00 - 15.30, so you can speak more fluently, relax and have fun!



INTERNET/EMAIL

The Study Room and computers at Queens Avenue are free for you to use outside of lesson times. The school also has free Wi-Fi, and you can find the password on the information display.

INTERNATIONAL HOUSE BRISTOL WEBSITE

International House Bristol website at <http://www.ihbristol.com> has the most up-to-date information about the school, future events on our social programme and over 200 hours of practice and study material to help your learning.

PHRASE OF THE DAY

There is a different 'Phrase of the Day' on the board in Reception every day and on our website homepage. You should try to practise it in conversation and use it in homework. There is also a daily Cultural Question to help you find out more about the British way of life. Teachers will look at both in your classes. You can also search for past and future Phrases on the school website and find [Phrase of the Day](#) videos so you can find out the meaning of the phrase before class!

FOOD & DRINK

There are many cafés, restaurants, snack bars & supermarkets for buying lunch near the school. We will make sure we tell you where you can buy food on your first day. Don't forget the free tea and coffee in our Students' Room also!

SOCIAL PROGRAMME

The activities for the week are on the notice board and on our [website](#). We encourage you to be active and get involved! It will really help your English!

STUDENT CARD

If you are studying for a minimum of 15 hours per week you can have an International House Bristol Student Card. With this card you may be able to get discounts at museums, galleries, or some cinemas. We can use the picture of you we take on your first day – the card is FREE!



RECYCLING AND SANITARY WASTE DISPOSAL

Let's make a big difference to the environment with small, everyday actions. We have recycling facilities in our kitchen, so we would really appreciate it if you could sort your rubbish and put recyclables in the correct bin.

Sanitary waste should not be flushed down the toilet as it can cause blockages, please dispose of sanitary towels and tampons in the bin. If you have any questions, please ask at reception.

ADMINISTRATION

If you have any questions or problems, please come and talk to a member of staff. We want you to really enjoy yourself while you are here, and we are always happy to talk to you. When the office is closed, please email queries to the main school email. For emergencies only, call the school Emergency Phone. Please do not use social media for questions when the school is closed.

VISA EXTENSION

You should check the details of your specific visa with the Immigration Office: <https://www.gov.uk/browse/visas-immigration>. You may need several documents from the school before you apply for your visa. Please speak to a member of staff to find out more.

OPENING A BANK ACCOUNT

If you are only here for short stay, it may not be necessary to open a bank account. You can usually use your bank card from your country to withdraw cash from an ATM (normally it is a better rate if you ask for this to be in GB pounds), or to pay for items in shops, restaurants, etc. You must be studying for several months to be able to open a bank account in this country. You will need proof of your home address in your country. It may be possible to open an online account with an online banking provider, or to open a UK bank account with one of the main UK banks on Whiteladies Road and Queens Road near the school.

DOCTOR



If you need a doctor, register with your host family's doctor or go to the local Health Centre on Whatley Road, BS8 2PU. You need to register as a 'temporary resident'. The staff at the Health Centre are very friendly and can help you complete the forms. There are no charges for European and EEA students. Other students must pay a charge for their appointment; they may be covered by their medical/travel insurance. We can help if you have a problem.

DENTIST

If you need to see a dentist you can go to the Dental Hospital on Lower Maudlin Street, BS1 2LY, near the BRI Hospital. They deal with emergencies between 8.00 and 10.00 am only and use supervised dental students. You may need to pay for any treatment at the time. You may be covered if you have your own medical/travel insurance and be able to claim the cost back with them. To make an appointment: 0117 342 4422.

MEDICAL AND PERSONAL INSURANCE

You should have your own personal medical & travel insurance. See our website for details of insurance companies and the insurance you can book with your course.

PLACES OF WORSHIP

You will find addresses and telephone numbers of local places of worship on the notice board downstairs, next to the Students' Room.

WASHING

If you need to wash (for example, before praying), please use the men's toilets upstairs and the ladies' toilet upstairs. Please bring a small towel with you to clean any water on the floor – you must clean the area to make it safe.

MULTI-FAITH PRAYER ROOM / QUIET ROOM

We normally have a prayer room available outside class times. There is a sign on the door so you know which room this is. If there are any problems, please ask at reception.

TRAVELLING AROUND BRISTOL SAFELY

Bristol is a safe, friendly city, but it's always good to do a few simple things to keep safe:



Be careful when you cross the road - cars drive on the **left!** Always look **RIGHT** first to see if you can cross. Cross the road at a pedestrian crossing if possible.

Do not leave purses or wallets where other people can see or steal them e.g., in a back trouser pocket. When you take money out of banks, etc. put it straight into your purse or wallet. Don't count money in the street and don't carry lots of money - just take what you need for the day.

When you are walking in the city, stay on main routes with good lighting and avoid short-cuts and side streets; especially if you are on your own or it's dark.

When you go to a social event, **always tell your host where you are going, who you're going with and what time you expect to be back.** Make sure you have your host's phone number to call if you need to. If you are going to get back late to your host, please phone and tell them.

Do not go out alone - arrange to go with someone to the meeting-place and try to walk home with somebody else.

GETTING A BUS CARD

You can buy bus tickets through an App: **First-bus-m-tickets** (see also web link <https://www.firstbus.co.uk/bristol-bath-and-west/tickets/online-tickets>). This is the cheapest way to buy bus tickets. Make sure that you know the time of the last bus home. Stand near the kerb and raise your arm so the driver can see you and stop.



BUS SAFETY

1. All First Bus buses in Bristol have CCTV, but if possible, sit on the bottom deck of a double-decker (in the picture), where the driver can see and hear the passengers better.
2. If someone on a bus is making you uncomfortable, tell the driver.
3. If you are waiting at a bus stop for a bus in the evening, try to wait with another student. If you feel unsafe, call your host family and/or the school.

USING TAXIS AND UBER



Go home by taxi at night or, if you are walking, go with a group who are all going the same way as you. Bristol city taxis are blue and will have 'TAXI' written on the roof. Private company taxis will have their logos on the side, and ALL taxis must have licence plates on the front and back of the car. Do NOT get into a car that doesn't have taxi licence plates. You'll find the number of a good taxi company on the 'Useful & Emergency Numbers' page.

Uber operates in Bristol and if you've used it before in your own country you may prefer to use it in Bristol too. If you are booking a trip via the app, always check the registration plate, and ask the driver their name AND your name before getting into the car, so that you are 100% sure the Uber is yours.

SCHOOL RULES

1. You can smoke/vape in the back garden – but 5 metres away from the doors – and you must use the cigarette bins provided for any cigarette butts. No smoking/no vaping (including e-cigarettes, or e-liquids) in the building, please, or at the front of the school.
2. Please tick the fire list in the entrance hall every time you enter and leave the building. This list is used in the case of a fire so we know who is in the building. IT IS VERY IMPORTANT YOU DO THIS.
3. If you cannot come to school, e.g. you are ill, please phone us to let us know. We must check any unexplained absence, especially for under 18s, and those who have visas. We keep class registers to record your attendance every day.
4. **Minimum expected attendance is 80%.** We will give you a warning letter if you are close to, or under 80%. If your attendance does not improve, we may ask you to leave the school with no refund of course fees. Please note, you will not receive any certificate of attendance at the end of the course if your attendance percentage is less than 80%.
5. In class, you may drink water from a bottle but don't bring in cups (no coffee, tea etc). Please, no eating in the classrooms. Please do not chew gum in school.
6. Mobile phones can be used in class for English study only.
7. If you use the plates/glasses/mugs in the kitchen, please wash, dry and put them away when you have finished using them. There is a dishwasher for students and staff to use also.
8. Respect your fellow students and the staff. Always speak in English in public situations in school, please.
9. Please respect our neighbours. Stay quiet outside if you are leaving the school after an evening social activity, don't sit on the neighbours' garden walls or stand in the entrance to their driveways.
10. Please hang up your coats on the coat hooks in the classrooms (not on your chairs). The fire service says this is safer, in case of a fire.

RULES FOR STUDENTS UNDER 18 IN HOMESTAY ACCOMMODATION

You must follow your host's rules when staying with them. If you don't agree with a rule, talk to the school about the problem as soon as possible. You and your parents must be aware of the IH Bristol [Care of U18s](#) documents and rules which are on the school website here.

Curfew times:

1. If you are aged 16 or 17, you must be back at the host's home by 10.30pm or the time that the host parents go to bed if this is earlier. If the school event finishes at or after 10.30pm, you **MUST** return home immediately after the event.
2. If a host requires you to return to the host's home earlier for other reasons, for example your age, the location of the host's home, darkness, public events, etc. you must follow the host's instructions.

Going out

1. Before leaving the host's home, make sure that:
 - a. you get permission from your host and the host knows what you will be doing and who you are with;
 - b. you know the time for the main evening meal;
 - c. your host knows what time you plan to be back;
 - d. you have the correct contact details for your host;
 - e. if you are allowed to go out unsupervised in the evenings, you must meet your friends, NOT go out alone.
2. You must give your host your mobile number and have their number and address. Make sure you keep your mobile on and it has enough battery and credit for your journey home. If you change your plans or you are going to arrive home earlier or later than planned, phone your host immediately to check this is OK.
3. Meals with the host are important and you must try to be there.
4. You need to learn how to use the city's transport system during the first few days of your stay.

RULES FOR STUDENTS UNDER 18 DURING SOCIAL PROGRAMME ACTIVITIES

1. You must give your mobile phone number to school staff and keep your mobile switched on during activities.
2. You must follow the instructions given by your teacher or social programme person during activities.
3. If you want to stay out after a social programme event and return to your host's home later, you must contact your host to agree your plan with them and agree what time you will return. Your curfew is still 10.30pm latest, however, in all cases.
4. If you are going to arrive home earlier or later than planned, phone your host immediately to check this is OK.

WHAT HAPPENS IF A STUDENT UNDER 18'S BEHAVIOUR IS NOT ACCEPTABLE IN CLASS OR IN GENERAL?

We could do any of the following:

1. We will ask you why there is a problem.
2. We will ask you to stop your bad behaviour.
3. During class time, the teacher will move you to sit in another part of the classroom. The teacher may ask you to leave the classroom and go and sit with the Principal or another member of staff to continue your work.
4. You may have to stay at school and do extra work instead of going on a social programme event with your friends.
5. The school may contact your parents, agent or group leader.
6. You may receive a written warning.
7. You may have to leave your course early. If this happens, your parents will not get any money back from the school and they will have to pay for you to return to your country early.

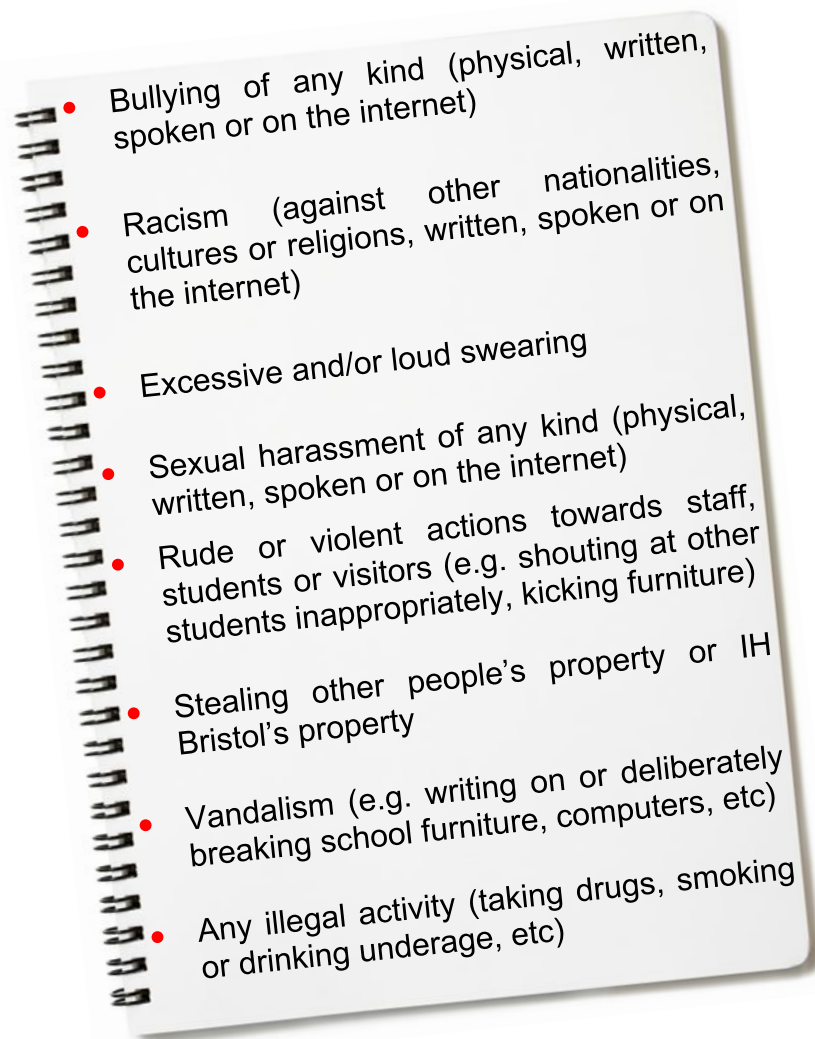
If we decide that you have done something serious, we can go straight to step 5, 6 or 7 and/or contact the police.

ABUSIVE BEHAVIOUR POLICY

This policy is to make sure that all students, staff and host families feel safe and happy at IH Bristol.

You must follow this policy at all times: in class, at school, during activities and with your host family.

We do not allow these things at IH Bristol:



Important: The school will decide if your behaviour is unacceptable. If your behaviour is unacceptable, we will give you one written warning. If this happens again, we will tell you to leave the school immediately and with no refund of any fees.

Please note we may order you to leave the school immediately with no refund of fees, with no written warning, if the behaviour is very serious.

We will record all incidents in writing.

UK LAW AND BRITISH VALUES

Students must always follow UK Law, which includes the following:

1. It is illegal to have, sell, give or share illegal drugs.
2. It is illegal to have sex with anyone under 16 years.
3. Under 18s cannot drink alcohol in public or in pubs, bars and cafes.
4. Under 18s cannot buy or try to buy alcohol or ask an adult to buy alcohol for them.
5. Under 18s cannot buy cigarettes and under 16s cannot smoke in public. Under 18s cannot buy or use vapes (e-cigarettes or e-liquids).
6. Stealing from shops is a serious crime in the UK - you can be arrested and sent back to your own country if you are caught. Most shops have hidden security cameras and undercover security guards.

Some students on Adult courses are 16 and 17 years old and are considered as children by law, and may require extra support. If you have any concerns about a 16/17-year-old, please tell staff.

If you are an 18 years+ student on course with IH Bristol please remember you must not buy or give U18 students any alcohol, cigarettes or vapes at any time. This is against UK law – we may ask you to leave your course early and with no refund if we have evidence you have done so.

SOME OTHER LAWS THAT MAY BE DIFFERENT IN YOUR COUNTRY

Litter - It is an offence to drop litter such as chewing gum and cigarette packets/butts in the street or other public places - you can be fined by the police. This can be up to £150 and you must pay, by UK law!

Dangerous Objects - You are not allowed to carry any type of weapon - for example, a knife or a gas/liquid spray in a public place.

What happens if you are arrested by the police?

If you are arrested by the police, you will be taken to the Police Station. You can ask for a translator and a solicitor (lawyer) to help you. You will be told your rights. You can make one phone call. You must contact the school as soon as possible to tell us about the situation. It is a good idea to always have the school phone number with you.

AWARENESS OF BRITISH VALUES

There are some key British values which many British people feel are important. IH Bristol supports and promotes these values. These are:



1. *Democracy: listening to other people's opinions and making decisions together*
2. *The rule of law: it is important to follow rules and laws so that people can live together easily*
3. *Individual Liberty: everyone is free to believe what they want and make decisions about their lives*
4. *Respect for different beliefs: we should accept people's differences and it is wrong to treat people badly because they are different*

If you are concerned about someone's actions or what they are saying, please come and speak to someone from the school. Pete Gibson (Principal), is the Prevent Lead for incidents/concerns, contact here: pete@ihbristol.com, 0117 9090911. If not available, ask for Val Hennessy (Director).

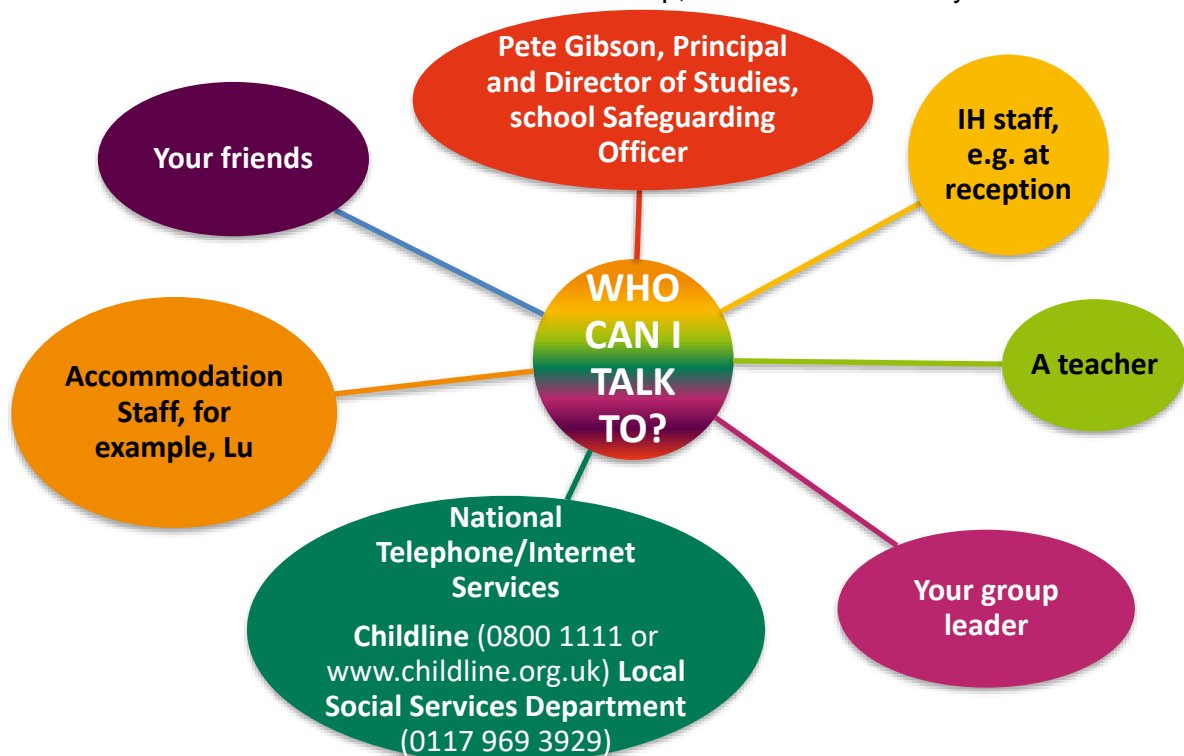
IF YOU ARE UNHAPPY...

For everyone to stay safe and have a good time, it's important for students to look after each other...

IF YOU OR A FRIEND IS UNHAPPY ...

IF SOMETHING IS WORRYING YOU OR FRIEND ...

please talk to us. All the adults at IH Bristol are here to help, so talk to someone you feel comfortable with.



If you want to make a complaint:

Please talk to the Centre Manager, or one of your teachers if you want to complain. There are also **complaint forms** available for issues we cannot solve by talking to a member of staff. Please ask reception for one of these forms. Please also see the notice in the reception area/students' room for what to do if you want to complain. (If you are not happy with the school's response, please see the posters in the school for how to take this complaint further to our member body English UK, or you can follow their instructions here: <https://www.englishuk.com/complaints>)

HOMESTAY ACCOMMODATION - LIVING WITH BRITISH PEOPLE

Staying with a homestay host can be a wonderful experience and a great opportunity for you to learn about British culture. The way the British live may be very different from what you are used to and so misunderstandings can happen – please let your host know if you are not happy or do not understand something they have asked you to do, or not to do. Here is some advice on how to get on well with your host. Remember you are staying in a home - not a hotel - so please respect your hosts' reasonable house rules.

You can contact the Accommodation Officer during working hours on 0117 9090911. For emergencies only you can contact our out-of-hours Emergency number on 07808 208210.

Please also check carefully the information about [Homestay Accommodation](#) on our website, and including our Accommodation [Terms and Conditions](#).



Keys – You should be given keys to your host's home. Be careful with them. Do not carry them around with the house address, in case you lose them.



Telephone (landline) – check it is okay to use the house phone **before you use it** and also find out when is the cheapest time. Remember that even local calls cost money in Britain.



Heating - If you are too hot or too cold, ask politely if it is possible to have another blanket or change the heating. Please do not leave gas/electric fires on overnight or when you are not in the home – it is dangerous and could cause a fire. If the problem continues, please let us know so we can help you.



Smoking - If you smoke or vape, check whether the host allows smoking/vaping in their home. Most hosts do not! Please respect their wishes; do not smoke/vape if they ask you not to.



Meals - Do try the food which you are given, even if you do not think you will like it. You can always apologise and say that you do not like it after you have tried it! You never know - you may even find that you like some of our delicious English specialities! Also, please let the host know

if you will be late for a meal. If you are still hungry after eating, please ask before you take more food. If you use the kitchen, you must always clean everything after you use it (also Self-Catering).



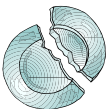
Friends & going out/socialising - Ask if you want to invite friends to your host's home - for example, for a drink or for dinner. Some hosts will allow it, but some won't, so please make sure you know what the situation is. Always tell your host if you are going out, with whom and approximately when you will be back. If you return home late at night, be as quiet as possible. You **MUST** let them know if you will not be back at all one night. **If you are Under 18, your parents must obtain written permission from the school – your parents must contact us by email – before this happens. The school management may say yes, or no, depending on the risks (see our Terms and Conditions and [‘Care of U18s’](#) page for this ‘Permission form’.)**



Bathroom - Make sure you know how to use the bath/shower and check when the best time to use it is. Most homes only have the one bathroom so there will be other people who need to use it in the mornings/at night – please keep showers short so you don't use all the hot water! You must always leave the bathroom in a good, clean condition, ready for the next person.



Laundry - Find out what the host's arrangements for laundry are - can you use their washing machine, or will it be done for you? Please accept any offer from the host to do your washing for you. You can usually wash one load of clothes per week.



Damages - If you break or damage anything tell your host as soon as possible and offer to pay for it to be repaired or replaced.



Photos in your host's house – Please do **not** take photos and videos of your host's house, unless you have your host's permission **first**. If you have permission, that is ok. Do not take pictures of the host's family and friends, again, unless you have your host's permission.



Problems - We try our best to match you and your requirements to the best possible host, but if you are unhappy in your host please come to Reception and speak to us. If there is still a problem, we can give you a **'change of host form'** to complete. We will make a decision about your request as soon as possible. But please be patient - it may not always be possible to move you immediately.

You must tell the school **at least 1 week before you leave** your host. We need to give the host notice. Talk to us if you have problems with your host: we are here to help.

RENTING A FLAT OR A HOUSE IN THE UK

If you choose to rent a flat or a house you will need to provide a deposit to the landlord or agency. This can be as much as 6 months' rent in advance. You cannot normally rent a place for less than six months at a time. For students living in Bristol, you will need to pay Council Tax and all your bills. See here for more information:



QUICK QUIZ

1. What's the capital of England?
2. What's the telephone number of the police?
3. Bristol has two cathedrals – why?
4. Which country is nearest to Bristol?
5. What is a fiver?
6. Which of these is a bank: John Lewis Waitrose Barclays
7. On which side of the road do the British drive?
8. What's the name of the school?
9. What is Bristol famous for?
10. What time do lessons start?



Can you:

1. Name two British newspapers?
2. Name three British football teams?
3. Draw a map of England?
4. Explain the difference between: gas/petrol pavement/sidewalk pants/trousers?
5. Say the alphabet forwards and backwards in 60 seconds?
6. Name a famous British actor or actress?
7. Name three British pop groups?
8. Name four big cities in England?
9. Name the four British capital cities?
10. Name two typical British dishes?

(You can ask your teacher for answers, or 'google' the answers in your own time!)

LIVING IN BRISTOL: USEFUL ADVICE

Thousands of international students visit Bristol every year. Generally, they receive a very warm welcome from the people of Bristol, but this welcome depends on how you and your group behave.

So you know...

Queuing - In Britain, it is normal to queue at bus-stops, cinemas and in shops. It is rude to push in at the front or in the middle of the queue.

Public places - Please do not block the pavement with bicycles or when standing talking to friends or large groups, especially in front of the school.

Noise - Many local people go to bed quite early compared to people in other countries. Please be quiet late at night, especially when with a group of friends. Please don't shout in public places, including buses.



COST OF LIVING IN BRISTOL – GUIDELINES FOR...

Supermarket groceries (own brand)

Loaf of sliced bread	£0.75
2 pints of fresh milk	£1.20
500g dried pasta	£0.75
80 teabags	£3.00
200g instant coffee	£2.85
1kg fresh chicken breast	£6.49
500g minced beef 20%	£3.50
6 apples	£1.80
900ml laundry liquid	£2.70

Leisure

Newspaper / magazine	£1.00 - £7.00
Cinema (student)	£7.95
Gym membership (from)	£8/session
	£17.99/month
Theatre (from)	£30.00
Hippodrome (from)	£15.00

Transport

Bus ticket student (single)	£2.25
Bus passes student (weekly)	£23.85
Download the app : <i>First Bus m-Tickets</i>	
Train ticket (single within Bristol)	£1.60
Train to London (return, price off-peak, booked in advance)	£40.00-£80.00
Coach to London (return)	£10.00-£40.00

Eating Out

Coffee / Tea	£3.50- £4.25
Sandwich (supermarket)	£2.00-£4.50
Burger / fast food (including chips / drink)	£7.50
Pint of Beer	£4.80 - £6.00
Glass of Wine	£8.00
Bottle of water	£0.90
Chinese / Indian take away (from)	£11.00-16.00
Restaurant meal, food (from)	£16.00-£30.00

52 THINGS TO DO IN BRISTOL!

Here are some ideas for things you can do in Bristol. Some (*) are free, others will cost!

**only for 18 years+

1. Take a walk over the Clifton Suspension Bridge and enjoy the view *
2. Eat fish and chips from Clifton Village Fish Bar, Clifton Village, near the Suspension Bridge
3. Walk down (or up!) the very old Christmas Steps (constructed in 1669!!) *
4. Shop in the famous department store Harvey Nichols
5. Treat yourself!! Have a swim, sauna and massage at the Clifton Lido
6. Listen to live music in a pub at. The Old Duke on King Street or The Canteen in Stokes Croft **
7. Try a traditional full English breakfast at a traditional café – you won't need any lunch! The Bristolian in Montpelier is famous for its breakfasts
8. Go for a walk, or join the joggers, on the Downs *
9. Watch a local cricket match on a summer's evening *
10. See an arthouse film at The Watershed, the Arnolfini or the Cube Microplex
11. Enjoy walking around the docks and enjoy the atmosphere in Millennium Square *
12. Visit the SS Great Britain for a taste of Bristol's history
13. Walk around the beautiful Cathedral when the choirs are practising *
14. Visit the animals at The Wild Place Project!
15. Go to Castle Green behind Broadmead, and see where Bristol Castle once stood *
16. Try hot-air ballooning (for £100+!!) and get a bird's-eye view of Bristol
17. Watch the kite-flyers on the Downs and at Ashton Court on Sundays *
18. Say hello to the many sea creatures at the amazing Bristol Aquarium!
19. Go and watch Bristol City or Bristol Rovers play football on a Saturday afternoon
20. Have a walk and a picnic in the grounds at the beautiful Ashton Court *
21. Drink cider at a local pub (try The Coronation Tap, 8 Sion Place). Careful, it's strong stuff! (**18 years + only)
22. Enjoy the sights and sounds of St. Nicholas' Market*
23. Browse in one of Bristol's second-hand bookstores and find a bargain!
24. Visit Bristol University's Gothic Tower at the top of Park Street. Visit the Bristol Museum & Art Gallery*
25. Hire a bike and cycle to Bath on the cycle path
26. Have a picnic on Brandon Hill and enjoy the great view of Bristol beneath you
27. Escape from a locked room! Have a fantastic experience working out clues against the clock:
<http://lockedinaroom.co.uk/>
28. Try a traditional cream tea at one of Bristol's many cafés
29. Visit the beautiful Blaise Estate for a lovely woodland walk and take pictures of the unique cottages in Blaise Hamlet*
30. Listen to the buskers playing music in Broadmead *
31. Wander around Clifton's antiques market *
32. Visit the Farmers' Market at the top of Whiteladies Road on a Saturday morning*
33. Visit the 'Camera Obscura & Museum' near the Suspension Bridge
34. Love culture? Visit the Old Vic Theatre. It's the oldest working theatre in England!
35. See the port and wine cellars at Harveys Wine Museum (**18 years + only)
36. Visit an art gallery: the Lime Tree Gallery or Spike Island
37. Go to a film or a photography exhibition at the Watershed *
38. Walk around Georgian Clifton, and see the Royal York Crescent *
39. See the perfectly preserved Georgian House, off Park Street *
40. Sit on the terrace of The White Lion Bar, Clifton – watch the sun go down behind the Suspension Bridge with a nice cool drink (**18 years+ only for alcohol)
41. Go climbing in the converted church in St. Werburgh's or the Climbing Academy in Lawrence Hill
42. Have a traditional Sunday Roast at a pub - try The Farm in St Werburgh's – delicious! **
43. Stay up-to-date with what's going on in Bristol by picking up a free copy of Crack Magazine, for example*
44. Stroll through the impressive cemetery in Clifton, or the gothic graveyard in Arnos Vale *
45. Visit the Mall at Cribbs Causeway (bus no. 1), or go designer shopping in Cabot Circus in the centre of town
46. Visit one of the many museums in the city
47. Catch a show or some music at the Hippodrome or the Bristol Beacon
48. Take a trip on the open-top bus for a tour of Bristol
49. Take a boat trip to Beese's Tea Rooms, Bristol Packet Boat Trips.
50. Listen to the bells at St Mary Redcliffe Church on Thursdays at 7pm, or Sundays for their different services. The Church itself is over 800 years old!*
51. Try an authentic curry at one of the Thai cafés in Clifton, Montpelier, or Easton
52. Take a walk around Stokes Croft and St Werburgh's to admire the street art *

HOW TO MAKE RAPID PROGRESS IN ENGLISH

If you need help with your spoken English:

- speak as much as possible to your partners in class.
- plan what you want to say, then practise a dialogue in your head.
- speak to at least 5 people outside class every day.
- have a conversation with a different person in class every day.
- have a conversation on a different topic every day.
- use the Phrase of the Day
- try to speak English to your friends who speak your language.
- try to use three words or idioms you've learnt recently.
- use the vocabulary you learn in Project 100
- sing along to your favourite English songs.
- don't worry if you make mistakes. It's natural!
- Record new vocabulary in a vocabulary book.

If you need help with your written English:

- write a diary for every day of the week, describing your feelings, the weather, your activities, etc.
- write a letter to a newspaper/an organisation/ a club on a topic you find interesting
- be sure to do your homework
- check the spelling of ten words in the dictionary every day
- copy out your corrected homework so there are no mistakes
- read newspaper articles, then rewrite the main ideas from memory
- leave notes for yourself every day
- plan your writing, think what you want the reader to do or feel, then structure your writing carefully and clearly
- use paragraphs!
- use some English in your social media!
- try to use different words to simple words like good/bad/nice/get'
- read as much as you can and copy the style
- don't worry if you make mistakes. It's natural!

If you need help with your reading:

- try to follow the news about your country in our newspapers.
- make a collection of articles you find interesting.
- underline the key vocabulary and expressions in the articles.
- do 2 reading exercises in your **GEL** every week.
- time your reading: can you read ten pages in an hour?
- ask yourself three general questions about an article or story before reading – then see if you can find the answers.
- read the IH Bristol website www.ihbristol.com.
- follow the links on our website and read what's interesting to you.
- read articles and stories and try to remember ten important facts.
- read the first lines of every paragraph of an article. Guess the general idea.
- don't worry if you don't understand every word.
- don't use a dictionary while you are reading the article – do it afterwards.
- listen to your favourite songs in English and read the text at the same time

If you need help with your listening:

- do 3 listening exercises in your online **GEL** every week.
- watch the news on television/online more than once on the same day.
- listen to your favourite English groups and read the text at the same time.
- repeat texts of songs as you listen.
- listen to lots of different people speaking English.
- listen carefully to the intonation of people talking. Do their voices go up or down, and when?
- record yourself reading English, then listen to yourself. Is it clear?
- watch TV/films with subtitles and read and listen at the same time.
- listen for key words when people are speaking to you.
- don't be afraid to ask people to repeat what they are saying.



USEFUL AND EMERGENCY NUMBERS

Important: If you have a foreign mobile phone, you may need to dial the international code for British numbers: **00 44** (then *omit* the first 0 in the numbers below)



Emergency
999 or 112



IH Bristol main office
school number
0117 9090911



IH Bristol
emergency
07808 208 210



Bristol Airport
0371 334 4444



Southmead
Hospital
0117 950 5050




Bristol Royal
Infirmary
0117 923 0000



Central Library
0117 903 7200/50



NHS Free Medical
Telephone Advice
111



Temple Meads Train
Station
0345 711 4141



Taxi companies
B'Driven Bristol Taxis
0117 950 9999



National Express
Travel
0871 781 8181



Broadmead Medical
Centre
0117 954 9828

School telephone and 24-hour answering machine ICE (in case of emergency): **0117 9090911**
IH Bristol: emergency mobile number 5pm to 8.30am, Monday – Friday and 24 hours, Saturday and Sunday:
07808 208 210

The Emergency Services dial number then ask for the police, ambulance or fire brigade: **999** or **112**

National Health Service **111** (call if you have an urgent health problem but do not know what to do)

Bristol Airport: general enquiries, immigration/visa problems: **0371 334 4444**

Bristol Royal Infirmary [Hospital], Marlborough Street, Bristol BS2 8HW: **0117 923 0000**

Bristol Eye Hospital, Lower Maudlin Street, Bristol BS1 2LX: **0117 342 6888**



YOUR NOTES: