

A close-up photograph of a sunflower with bright yellow petals and a dark brown center, serving as the background for the title.

# SUMMER 2007 CULTURAL ACTIVITIES Pre Book Trips Guide ( Summer A )

**Dear All Summer A Term Students,**

Hello and welcome from the American InterContinental University London's Cultural Activities and Sports Department!

The Cultural Activities team in London comprises Alice Gilkes, International and Cultural Programmes Coordinator and Tony Skitt, Director of International Programmes. Each term we organise a series of events designed to give students an understanding of British and European culture by visiting many wonderful places and attending special events. When you arrive in London you will be given a Calendar of events for which you can sign up. Trips we have done in previous terms have included West End shows, day trips to medieval castles, premiership football matches, theatre and museums & galleries.

We also offer weekend trips which we tailor make for AIU London students from Study Abroad.

**This booklet is your guide to our [PRE BOOK TRIPS SUMMER A](#). These trips have been pre arranged to guarantee you competitive group prices but with demand being high for our trips we advise you to take advantage of the "pre book" option for these trips to avoid disappointment.**

**Please read the following information to see what we have on offer this SUMMER 2007. Details of the trips include:**

- **Itinerary overview**
- **Visits and sightseeing information of AIU London lead activities**
- **Accommodation**
- **Cost**

If you are interested in participating on our weekend trip this Summer (namely the Adventure Weekend in West Wales) then we strongly encourage you to sign up in advance of your arrival in London! Here is how you can.

**Signing up in advance is simple:**

1. Mark your preferred trip on page one of the attached Pre-Booking form.
2. Fill in your credit card details on page two of the form.
3. Fax or email or mail the form to the number/ email or postal address provided on page two of the form.

We will then sign you up on the trips you are interested in and send you a confirmation email!

When you arrive in London for your orientation you will have a confirmation booklet in your orientation packet and will receive further information from us via email in your first week. Its easy.

**Important Note:** All pre booking forms with credit card details completed are kept in a safe and secure location at all times.

## PRE BOOK TRIPS #1

### ADVENTURE WEEKEND IN WALES FRIDAY 15TH JUNE TO SUNDAY 17TH JUNE

Consistently ranked as the favourite activity of our student body, this is a weekend of real adventure on the Atlantic coast of Wales. Feel your pulse race as you hit the crest of the wave in your kayak or test your nerve biking down heart stopping descents. Go cliff jumping and feel the rush of wind past your face as you dive from the cliffs into the ocean below or find the door to the "green room" by trying a surfing lesson and catch a wave or two! For those who prefer a more relaxing time you can choose to hike across the untouched Welsh countryside where you could easily imagine yourself in a classic oil painting. We spend the weekend at Preseli Venture, a small family-run activity centre based in the Welsh Coastal National Park. Time and time again we take students back to Preseli Venture because we get treated so well and because students love the varied activities and home cooking!

#### Details

Leaving London on Friday by train we travel west across England and into Wales. We arrive at our destination in time for dinner and relax in the quaint Lodge preparing for the next days energizing activities. Saturday we spend at the beach doing adrenalin activities with our guides and having loads of fun. In the evening there's free time to either go to the beach, or visit the local town. Sunday we enjoy our last activity then a relaxed lunch before jumping on the train back to London.

#### **Cost £229.00**

What's included?

- Return train transport from London to Wales
- All home cooked food Friday dinner to Sunday lunch.
- Accommodation at the Preseli Venture Lodge
- 2 Half day adventure events and coast path hike
- All specialist equipment including wets suits
- Dedicated trip leader and event coordinator for the entire weekend
- Access to some of the most untouched coastline in the UK
- PSV qualified drivers and transport

#### PHOTO GALLERY— AIU LONDON PRESELI VENTURE



To reserve your place - Complete and return the Pre - Booking Form that accompanies this guide!!!