



Think you know Castilla y León, Think again!

Guidelines for parents and guardians

Before the Trip

- Review all trip information, including the itinerary, rules, costs, and emergency contacts. Discuss these details with your child to ensure they understand what to expect and what is required of them.
- Ensure all required documents (passport, visa if needed, parental authorisation, medical card) are submitted on time. Doublecheck that your child's medical needs and emergency contacts are up to date and ensure they have any necessary medication.
- Help your child pack according to the recommended list and label their belongings clearly.
- Talk with your child about the importance of following instructions from teachers and Mester staff, and reinforce the need for respectful, responsible behaviour.
- **Alcohol, drugs, illegal and unsafe behaviour are strictly forbidden.**

Supporting Your Child's Well-being

- Discuss any anxieties or questions your child may have about the trip. Reassure them and encourage open communication with teachers and staff if they feel unwell, anxious, or unsure at any point.
- Encourage your child to participate fully in all activities and to show respect for other cultures and people.
- If your child has allergies, medical needs, or requires medication, inform the school and ensure your child knows how to manage these during the trip.

Communication and Safety

- Join the designated group communication channel (e.g., WhatsApp) to stay informed about updates and logistics.
- Set clear expectations for how and when you and your child will communicate during the trip, balancing independence with reassurance.
- Remind your child not to share images or personal information without consent, in line with privacy guidelines.

Financial and Practical Matters

- Ensure all trip payments are completed as required. If you have concerns about costs, contact the school to discuss options or available support.
- Make sure your child understands how to handle money responsibly and what to do in case of emergencies.

After the Trip

- Encourage your child to share feedback and suggestions for future trips and participate in any post-trip meetings or surveys.

If students are under 18s:

Parent name (in print): _____

Student name (in print): _____

Parent signature: _____

Date: _____