



Think you know Castilla y Leon, Think again!

Guidelines for students

Before the Trip

- **Submit Documents:** Make sure your passport, visa (if required), parental authorization, health and insurance documents are handed in on time.
- **Know the Plan:** Read the itinerary, rules, costs, and emergency contacts carefully.
- **Pack Wisely:** Follow the recommended packing list and avoid prohibited items.

During the Trip

Safety and Conduct

- Always follow instructions given by the teacher and *Mester* staff. Their guidance is essential for your safety, learning, and enjoyment during the trip.
- Stay with the group and always follow instructions.
- Do **not** enter dangerous areas or engage in risky or unplanned activities.
- **Alcohol, drugs, illegal and unsafe behaviour are strictly forbidden.**

Schedules and Logistics

- Be punctual for all activities and transfers.
- Always know the meeting points and inform your teacher immediately if something changes.

Health and Well-being

- Tell your teacher if you feel unwell, anxious, or tired.
- Share any medical needs (allergies, medication) with the teacher before the trip.

Respect and Participation

- Show respect for other cultures and people.
- Participate actively in all educational and cultural activities.
- Follow conduct rules—violations may have consequences.

Accommodation Rules

- Respect rest times and keep noise levels low.
- Always be respectful of others.



Communication

- Join the group communication channel (e.g., WhatsApp) and check updates regularly.
- Do not share images or private information without consent.

After the Trip

- Share feedback and suggestions for future trips.

Please include a signed copy of this document with your competition entry.

Student name (in print): _____

Student signature: _____

Date: _____

If students are under 18s:

Parent name (in print): _____

Parent signature: _____

Date: _____
