

# Think you know Castilla y León, Think again!

## Guidelines for students

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### 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.
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### 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.
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### Communication

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

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If students are under 18s:

**Parent name (in print):** \_\_\_\_\_

**Parent signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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