

SSFT  
EST. 2014

THE  
INTERNATIONAL  
**SUMMER SCHOOL**  
FOR **TEENS**





THE  
INTERNATIONAL  
SUMMER SCHOOL  
FOR **BRAND NEW  
EXPERIENCES**

## WELCOME TO ISSFT

The International Summer School for Teens provides a unique experience for young people from different nations and backgrounds to study and have fun together in a beautiful, supportive and safe environment.

The all-inclusive three-week programme is designed for students aged twelve to seventeen. As well as English language teaching at beginner, intermediate and advanced level, students are introduced to a range of exciting and inspiring academic subjects while enjoying a full programme of sporting, creative and social activity.

School sessions are held in the lovely wooded campus of the University of Stirling, in the heart of Scotland and within forty minutes of Edinburgh and Glasgow airports.





## YOUR THREE WEEKS

Every student at ISSFT will enjoy a unique experience tailored to his or her interests and abilities, but this chart gives you an idea of what to expect.

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 – 10:00	DAY TRIPS				ACADEMIC CLASS		
10:00 – 11:00		GROUP ACTIVITIES					
11:00 – 12:00							
12:00 – 13:00							
13:00 – 14:00	DAY TRIPS				ELECTIVE CLASS		
14:00 – 15:00		AFTERNOON TRIPS					
15:00 – 16:00							
16:00 – 17:00			FREE TIME, WORKSHOPS, AND ORGANISED ACTIVITIES				
17:00 – 18:00							
18:00 – 19:00							
19:00 – 20:00	ENTERTAINMENT		CLAN EVENTS				ENTERTAINMENT
20:00 – 21:00							

Schedule will vary on first day and last day to accommodate major events that we run



## PROGRAMME

Each weekday morning, you'll take one academic class lasting three hours. Subjects include:

- ✓ English Language (beginner to advanced)
- ✓ Global Entrepreneurship
- ✓ Study Skills (PRE IB/GSCE PREP)
- ✓ Introduction to Law with International Relations
- ✓ Environmental Sustainability
- ✓ Journalism

If your English is fluent or nearly fluent, you may opt for classes which develop 'real life' communication skills instead of dedicated language learning.

In the afternoon, you'll spend your time developing skills in the elective subject you chose at the beginning of the programme. These classes include:

- ✓ Golf
- ✓ Tennis
- ✓ Introduction to Coding
- ✓ Theatre
- ✓ Photography
- ✓ Sports Leadership
- ✓ Soccer

The ISSFT experience is an enriching travel experience as well as an educational programme. So there's a whole range of fun activities for evenings, weekends and day trips to all kinds of exciting destinations.



## WHAT'S INCLUDED

ISSFT is an all-inclusive summer school based around a three-week programme.

Each student has a single-occupancy bedroom with en-suite bathroom. All tuition, activities and meals including off-campus excursions are part of the package, although a few activities – such as access to elite golf courses for advanced students – may be subject to availability and additional payment. Students may require a small amount of spending money for shopping and treats.

### Fees include:

- ✓ Single, modern private accommodation with en-suite bathroom and wi-fi, cleaned weekly
- ✓ 24 hour supervision and pastoral care
- ✓ All meals
- ✓ Medical and Travel Insurance
- ✓ 39 hours of academic tuition
- ✓ 39 hours of elective tuition
- ✓ All course materials
- ✓ All evening and weekend games and activities
- ✓ All excursions and specialist workshops
- ✓ Final report and course completion certificate
- ✓ Secure online parent/student account
- ✓ Transfers to and from Edinburgh Airport, within scheduled times
- ✓ Mid-session laundry service
- ✓ Welcome Pack including, ISSFT t-shirt, refillable water bottle, pen, notebook and more
- ✓ ISSFT clan t-shirt
- ✓ Formal graduation ball
- ✓ An unforgettable UK summer school experience!

To book a place or for more information visit [www.issft.com](http://www.issft.com) or email us at [info@issft.com](mailto:info@issft.com)



## A WELCOMING, SAFE LOCATION

The summer school is held at Stirling University, on a modern campus outside the city, surrounded by lovely woodland and countryside. It's often rated amongst the most beautiful of campuses in international surveys and, as Scotland's University for Sporting Excellence, has some of the best facilities in the United Kingdom.

This is the heart of Scotland, where east meets west and the Highlands meet the Lowlands. Despite the rural location, the campus is only a few minutes from Stirling centre, and under forty minutes from Edinburgh, Glasgow and their respective airports.

The campus is considered one of the safest in the country, with 24 hour security. No ISSFT student is allowed to leave the campus without the consent of a school director, and pastoral care is in place round the clock.



THE  
INTERNATIONAL  
SUMMER SCHOOL  
FOR **ACADEMIC  
EXCELLENCE**



## ACADEMIC STUDY

You'll choose one academic subject to study for three hours a day, in total this will equate to 39 hours of immersive class time for the duration of your stay. The subjects on offer are:

- ✓ English Language (beginner to advanced)
- ✓ Study Skills (Pre IB / GCSE)
- ✓ Global Entrepreneurship
- ✓ Introduction to Law with International Relations
- ✓ Environmental Sustainability
- ✓ Journalism

Classes are structured around fun, group-orientated projects in a friendly team environment. Teachers are responsive to students' needs, often starting sessions with discussion about what you want to achieve, and ending with reflection on outcomes. You'll feel valued and supported throughout your class time.





## ENGLISH LANGUAGE

English is our shared language at ISSFT, with no more than 10% of students recruited from any one nationality and all classes and activities conducted in English. Formal language classes are offered for beginners, intermediate and advanced students. Intermediate classes are structured around the IELTS system.

Students work in small groups to build confidence and fluency in real life scenarios. You'll develop skills in thinking, reading, writing, listening and speaking in English. At the end of the programme, you'll get a personalised report detailing your strengths, the progress you've made and the areas you need to do more work on.



## STUDY SKILLS

This class is designed for you if you're starting the International Baccalaureate (IB), Diploma or GSCE exams after the summer. Lessons cover time-management, planning a workload, essay writing, presentation skills and exam preparation.

With specific reference to the IB, we'll discuss requirements for the extended essay, CAS and theory of knowledge.

### Learning outcomes include:

- ✓ Mastering essential techniques for future study
- ✓ Gaining confidence in applying these techniques to new projects and exams
- ✓ Enjoying the learning process without feeling overwhelmed
- ✓ University Preparation
- ✓ Develop the seven characteristics required for success: zest, grit, optimism, gratitude, social intelligence, curiosity, self-control.



## INTRODUCTION TO LAW WITH INTERNATIONAL RELATIONS

Law is not only a potential career and study subject, but also an aspect of civic life with profound and far-reaching influence on business, politics and many other spheres. Whatever you plan to do in life, a sound understanding of law will be a significant advantage.

This short course will introduce students to different types of legal theory ranging from contract law to criminal law and civil procedure.

### Learning outcomes include:

- ✓ Developing critical thinking, analytical and problem-solving skills
- ✓ Improved skills in verbal and written communication
- ✓ Improved research skills
- ✓ Understanding the different approaches to International Relations and Foreign Policy
- ✓ Study topics such as human rights, civil liberties and environmental law
- ✓ The ability to interpret and use complex information
- ✓ Opportunity to participate in Model United Nations (MUN) debate



## GLOBAL ENTREPRENEURSHIP

A great class for budding business people, this short course is also ideal for anyone interested in debate, problem solving and leadership.

The structure is hands-on and practical. Students suggest their own ideas and then use them to explore commercial concepts like product development, business planning, competitive advantage, customer demographics and marketing. Issues around social responsibility and environmental impact will be discussed, as well as financing and networking.

### Learning outcomes include:

- ✓ An understanding of project management, strategy and teamwork
- ✓ Presentation skills that can be applied to university and job applications
- ✓ Creative thinking on a global scale
- ✓ Understanding the relationship between technology and the modern economy





# ENVIRONMENTAL SUSTAINABILITY

The study of conservation and the future of our planet is in greater focus than ever before. Environmental issues are often seen to engage young people in particular, as it is the young who will live with the impact of change.

This course introduces key environmental issues, covering topics like biology, ecology, climate change and food security. Classroom time includes lab work, field trips and a visit to a safari park.

**Learning outcomes include:**

- ✓ Understanding how environmental issues affect society
- ✓ Development of observational, laboratory and field skills
- ✓ Development of critical analysis and problem-solving skills
- ✓ Understanding human impact on the environment



# JOURNALISM

Our Journalism class helps students to navigate political, technological and environmental change. We teach students how to critically examine and report, using a professional voice.

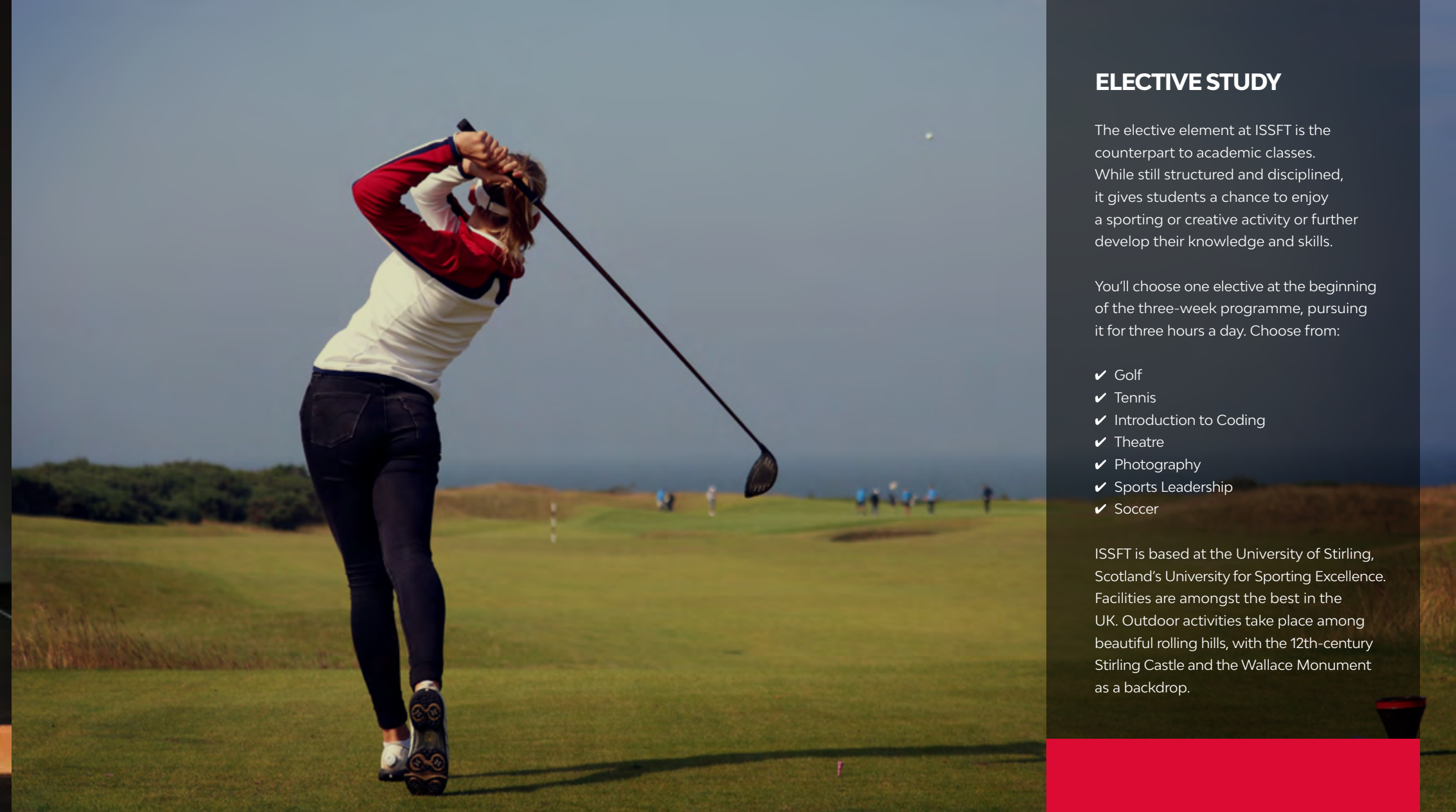
Through hands-on and engaging lessons, students will learn how to thoroughly investigate; including how to identify and work with credible sources, and how to provide balanced analysis when reporting.

**Learning outcomes include:**

- ✓ Practical communication skills (both written and verbal)
- ✓ Solid research and analytical skills
- ✓ Build confidence in presenting new ideas
- ✓ Gain an insight into current events from a variety of viewpoints
- ✓ Cover different forms of media (blogging, news writing, interviewing, podcasting)
- ✓ Look at topics such as sports vs lifestyle journalism
- ✓ Discuss journalism ethics and standards
- ✓ Explore "Fake News"



# THE INTERNATIONAL SUMMER SCHOOL FOR **SPORTS AND ART**



## ELECTIVE STUDY

The elective element at ISSFT is the counterpart to academic classes. While still structured and disciplined, it gives students a chance to enjoy a sporting or creative activity or further develop their knowledge and skills.

You'll choose one elective at the beginning of the three-week programme, pursuing it for three hours a day. Choose from:

- ✓ Golf
- ✓ Tennis
- ✓ Introduction to Coding
- ✓ Theatre
- ✓ Photography
- ✓ Sports Leadership
- ✓ Soccer

ISSFT is based at the University of Stirling, Scotland's University for Sporting Excellence. Facilities are amongst the best in the UK. Outdoor activities take place among beautiful rolling hills, with the 12th-century Stirling Castle and the Wallace Monument as a backdrop.



## GOLF AT ISSFT

Scotland is the home of golf, and there can be no better place to learn and enjoy this great game. Our golf programme is designed for students at all levels, from complete beginner to scratch player.

The programme will improve technical ability and understanding, introducing strategies for better focus and coordination. Students will have the opportunity to experience play on prestigious championship courses, and take part in a challenging but lighthearted tournament. Each student will receive hands-on coaching, as well as an individual evaluation and improvement plan to take home.

Advanced Players will have the opportunity to play some of the world's finest golf courses. To date our students have played St Andrews Links Courses, Dundonald Links, Royal Troon, Kingsbarns, Gleneagles, as well as the famous Old Course in St Andrews. Please note, play on championship courses will be determined by coaches and is at the players' own expense.



## TENNIS AT ISSFT

Our tennis programme is flexible enough to accommodate students of any ability while challenging each student to develop skills, fitness and strategy. Like everything else at ISSFT, learning emphasises teamwork and fun.

Based at the Scottish Tennis Centre, we have access to six indoor and two outdoor clay courts. Coaches are LTA qualified.

### Learning outcomes include:

- ✓ Improved technical ability and understanding
- ✓ Strategies for better focus, concentration and coordination
- ✓ Individual evaluation and improvement plan





## INTRODUCTION TO CODING

If you're into computer science, general science or mathematics, or you're interested in game design and app development, this coding class is for you.

The course covers the fundamentals of coding, theory, language and animation. You'll work on a range of projects, gaining an understanding of STEM subject areas for future study and career opportunities. The class will develop problem solving, teamwork and communication skills.

### Learning outcomes include:

- ✓ Ability to plan and write code
- ✓ Development of problem-solving, logic and analytical skills
- ✓ An introduction to Python, CSS and HTML programming languages
- ✓ An Introduction to Data Science
- ✓ Design and application of games, apps, robotics and virtual reality



## THEATRE AT ISSFT

Our theatre class is inclusive and open to students of all ages, levels and experience. It's perfect for anyone with a serious interest in theatre, but equally beneficial to those who may just benefit from improved confidence, communication and presentation skills.

Students work as a group to learn about different types of theatre and how they reflect the context of the cultures and ages that produced them. Theory is complemented by hands-on work culminating in a Summer School production.

### Learning outcomes include:

- ✓ Improved technical ability and theoretical understanding
- ✓ Skills development
- ✓ Experience in contemporary performance
- ✓ An appreciation of forms, practices and traditions in theatre





## PHOTOGRAPHY

Today everyone's a photographer, but there's much more to the art and science of photography than just point-and-shoot with your phone. This fun and practical elective is aimed at beginners and more experienced photographers. It will show you how to use a camera for the first time, or help you to explore new avenues and techniques.

The class is structured around practical assignments, which you'll be able to collate in a mini portfolio as the basis for future work and study.

### Learning outcomes include:

- ✓ Understanding your digital camera
- ✓ Shooting in manual
- ✓ An understanding of exposure
- ✓ An appreciation of composition
- ✓ Improved editing and portfolio -building skills



## SPORTS LEADERSHIP

This class focuses on leadership through the medium of sport, teaching principles and developing skills which will have positive outcomes both on the playing field and in the wider world of work and study.

The course develops self-confidence and ability through active indoor and outdoor pursuits, with access to a wide variety of sporting facilities within a setting of beautiful Scottish countryside. You'll develop leadership skills through teamwork, communication and goal-setting.

### Learning outcomes include:

- ✓ Increased confidence and resilience
- ✓ Better team work and communication skills
- ✓ Improved planning and organisational skills
- ✓ Increased self-motivation





SOCCKER

Our soccer camp is suitable for players of all levels. Students will develop their tactical skills in a fun and competitive environment. With access to grass pitches as well as a 3G rubber-crumb and sand-based pitch, students will have the opportunity to play on a variety of different surfaces.

Our soccer class will help students to enhance individual fitness as well as technical ability. Students will also develop their teamwork and communication skills as part of an international mix of players.

Learning outcomes include:

- ✓ Developing an offensive style of play
- ✓ Understanding defensive positions
- ✓ Formations
- ✓ Technical skills – passing, receiving, ball control and shooting
- ✓ Physical strength and power, endurance, speed and agility
- ✓ Teamwork – respect, discipline, cooperation
- ✓ Competitiveness – winning mindset
- ✓ Learn Coaching skills
- ✓ Introduction to Futsal







**ACTIVITIES AND SOCIAL EVENTS AT ISSFT**

OUR SCHOOL TAKES PLACE DURING THE SUMMER HOLIDAYS, AND FUN IS PART OF THE PACKAGE. AS WELL AS ACADEMIC, SPORTING AND CREATIVE CLASSES, THE THREE-WEEK PROGRAMME INCLUDES A HUGE RANGE OF EXCITING ACTIVITIES TO HELP STUDENTS MAKE FRIENDS, RELAX AND RE-ENERGISE. THE LONG LIGHT EVENINGS OF THE SCOTTISH SUMMER MEAN WE CAN OFFER PLENTY OF ACTIVITY IN THE FRESH AIR, AS WELL AS INDOORS.



**All students are required to take part, with many games and activities split into houses to encourage team building and friendly competition. There's the chance to try new things, discover new interests and generally have lots of fun!**

**Activities:**

- ✓ Hiking
- ✓ Canoeing
- ✓ Raft-building
- ✓ Skate Boarding
- ✓ Softball
- ✓ Swimming
- ✓ Ultimate Frisbee
- ✓ Trampolining
- ✓ Yoga & Martial Arts
- ✓ Dodgeball
- ✓ Soccer
- ✓ Badminton
- ✓ Volleyball
- ✓ Table Tennis
- ✓ Arts and Crafts
- ✓ Cookery
- ✓ Fencing
- ✓ Horse Riding
- ✓ Plus More

**Evening Programmes:**

- ✓ Talent Show
- ✓ Fashion Show
- ✓ Roller Disco
- ✓ Plus More

**Brave Heart Evening Programmes:**

- ✓ Dodgeball
- ✓ Ultimate Frisbee
- ✓ Basketball
- ✓ Softball
- ✓ Plus More

**Final Week Evening Programmes:**

- ✓ Theatre Performance
- ✓ Braveheart Challenge
- ✓ Awards Ceremony
- ✓ Ceildh
- ✓ Farewell Ball
- ✓ Plus More





# THE INTERNATIONAL SUMMER SCHOOL FOR **CREATING GREAT MEMORIES**



## EXCURSIONS WITH ISSFT

RICH IN UNSPOILT BEAUTY, FASCINATING HISTORY, CULTURE AND TRADITION, ALL OF CENTRAL SCOTLAND IS LITERALLY ON OUR DOORSTEP. OUR BUSY THREE-WEEK PROGRAMME INCLUDES TIME FOR DAY TRIPS TO MAJOR CITIES AND CAPTIVATING SITES – INCLUDING CASTLES, MUSEUMS AND MORE MODERN ATTRACTIONS.



**Excursions will be tailored to suit the interests of students, the weather and available time, but are likely to include some or all of these destinations:**

### **Edinburgh**

The country's capital is one of the world's most beautiful cities, with a thrilling cultural life and many fascinating museums and galleries, as well as the world-famous castle.

### **Glasgow**

Once the Second City of Empire, Glasgow is a vibrant city with three universities, a host of major museums and some of the best shopping in the UK outside London.

### **The Trossachs National Park**

A beautiful area of wooded glens, braes, and lochs lying to the east of Ben Lomond. Here students will enjoy a day of water sports, outdoor challenges, and adventure.

### **Gleneagles**

The magnificent five-star hotel and countryside estate has no less than four golf courses, and is just over twenty minutes drive away.

### **Stirling City, Castle and Wallace Monument**

One of the most important and best-preserved of the royal palaces in Scotland, Stirling Castle dominates a town that's retained much of its historic architecture. Nearby, the Monument celebrates Scotland's Braveheart hero, William Wallace.





## OUR LOCATION

SITUATED ON THE STIRLING UNIVERSITY CAMPUS, WE ARE IN THE HISTORICAL HEARTLAND OF SCOTLAND AT THE FOOT OF THE HIGHLANDS YET CLOSE TO SCOTLAND'S MAJOR CITIES, EDINBURGH AND GLASGOW.



**ISSFT located only 40 minutes from Edinburgh International Airport.**

Edinburgh Airport operates regular flights for most international airlines and offers a direct route for passengers wishing to avoid London. The campus sits in the stunning, woodland estate of the University of Stirling in Scotland.

Regularly referred to as one of the safest, most beautiful and well-equipped campuses in the world, it is also acknowledged as Scotland's University for Sporting Excellence.





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