

carmel
college

Your opportunity to

GET INVOLVED



Experience | Travel | Create | Perform | Help | Learn | Enjoy

ENRICHMENT PROGRAMME

There's more to life at Carmel than just getting your qualifications. We want you to achieve your potential and flourish both academically and personally. So we encourage you to **get involved and complement your academic studies by taking advantage of the many opportunities that are available at Carmel.**

You can choose from **over 50 cross-college activities** as part of Carmel's Enrichment Programme such as the Duke of Edinburgh Award, Kite Making, Team Sports, Choir or Driving Theory to name but a few. Some activities will support your career or university applications; others will allow you to broaden your horizons; and some may introduce you to a new hobby. During your first two weeks in college, you will be given information about the Enrichment Programme and invited to sign up for your chosen activities - you'll be spoilt for choice!

ENRICH YOUR LIFE

There are also many opportunities throughout the year to enhance your studies by taking part in **subject specific enrichment activities** both in the UK and abroad. Subject areas aim to bring the classroom to life: this can involve offering trips out of college, taking part in competitions, or departments may simply invite a guest speaker into college.

This booklet will give you a flavour of the wide range of activities you can get involved in at Carmel, but we haven't got room to include them all - there are far too many!



I am currently taking part in the Gold Duke of Edinburgh Award at Carmel which will give me the ability to work in a team, help others and gain skills.

Andrew Fagan Studying: **Applied Business, ICT, GCSE English**



Duke of Edinburgh
Above: Bronze Award Residential
Right: Gold Award Expedition 2012

10 REASONS to take part in enrichment and extra-curricular activities:

- 1 Impress University Admissions Tutors** by demonstrating not only your academic ability but also your social and personal development.
- 2 Stand out from the crowd and enhance your job applications** by showing potential employers that you have developed personal skills such as the ability to communicate effectively and work as part of a team.
- 3 Try something new, learn a skill or develop an existing hobby.**
- 4 Take a break from your studies to do something different.**
- 5 Gain valuable work experience to suit your career aspirations, essential if you want to follow a vocational career like teaching or nursing.**

- 6 Feel part of the wider community and make a positive contribution to your local area.**
- 7 Get an additional qualification – some enrichment activities, like the Cabin Crew Diploma, provide the opportunity to gain a valuable recognised qualification.**
- 8 Go on subject trips to enhance your studies and experience different cultures.**
- 9 Build your confidence and get a sense of achievement.**
- 10 Meet people with similar interests and make new friends.**



I have been involved in a range of enrichment activities in college which is a great way to speak to new people and learn new skills!

Emma Sass Studying: **Economics, Maths, Sociology**



'Young Enterprise' teams: (L) Simplistix, (R) Carmel Diamonds

Young Enterprise

This is about young people taking the opportunity to work together to come up with a product or service that they can make and sell. The teams meet during the enrichment sessions and also attend a few other events outside of college over the year. Young Enterprise gives you the opportunity to get a qualification as well as developing your team-working skills and it's a great addition to your CV! Over the years Carmel's Young Enterprise teams have always been very successful.

Duke of Edinburgh Award

This is a programme of practical, cultural and adventurous activities for young people. Available at Bronze, Silver and Gold level, this prestigious award will enhance your CV or university application.

Work Placements & Community Service

Work placements

These can be tailored to suit specific university course requirements and career aspirations.

Community Service

You will have the opportunity to work with different groups in society and various charities across the region.

Vocational

Primary School Project

Gain an insight into the rewards and challenges of working with Year 6 pupils in a local primary school with the ultimate aim being to help develop their confidence and raise their aspirations.

Cabin Crew Diploma

For students interested in entering the Aviation industry as a Cabin Crew Attendant.



Take a break from your studies to do something different. You don't have to be studying a creative subject to take part.



I've done guitar and drum enrichment and found it beneficial because I teach music in my own time and taking part in the enrichment classes has enabled me to apply new teaching methods.

MATTHEW DUGGAN Studying: Music, Maths, Physics, Critical Thinking



Kite Making - take the opportunity to design, build and actually fly your own kite

EXPANDING



The male chorus line from the 2013 production of Guys and Dolls

PERFORMANCE & DANCE

College Production

You don't have to be studying Performance or Dance to take part. Over the years, performances have included The Crucible, Singin' in the Rain, Little Shop of Horrors, A Midsummer Night's Dream, Buddy, Bouncers, Sweeney Todd, Spamalot, Me and My Girl, We Will Rock You and most recently Guys & Dolls.

- Dance Cinema
- Total Tone Fitness
- Street Dance



MUSIC

You have the opportunity to practice your music skills and perform during the weekly lunchtime concerts or perhaps take part in one of the many college productions.

Music Enrichment activities include:

- Drum Kit
- Woodwind Group
- Music Theory
- Guitar
- Singing
- Brass Group
- Choir
- Instrumental lessons
- Singing lessons
- Recording Studio

ART & DESIGN

Art Experience

Enjoy a mix of activities including drawing, painting, glassware, textiles and 3D Design.

- Crafty Cross Stitch
- Jewellery Making
- Design Challenge
- Photography
- Photoshop Experience



HORIZONS



Express yourself in the dance studio



Record your own music in our fully equipped studio

MEDIA

- College Media Group
- Web Design
- Economics Magazine



FILM APPRECIATION

Classic Film Club

History through Film

Be a film critic whilst finding out about different countries' past history.

Philosophy at the Movies

Look at some of the big ideas explored in films.

What's up Doc?

Extend your mind and discover fascinating aspects of the world we live in through the media of film/documentaries.



I have taken part in the production of 'Guys and Dolls' as well as the London trip with Performance. Both of these experiences helped me get to know the tutors better and make more friends.

Rhys Burke Studying: English Language, Law, Performance Studies

Students are encouraged to pursue their leisure and sporting interests through a comprehensive programme that caters for all levels.

Competitive Team Sports

You can represent Carmel College at Football, Rugby and Netball playing in matches in the North West Colleges' Leagues.

Recreational Sport and Fitness

5-a-side Football, Running Club, Badminton Club, Table Tennis, Basketball, College Gym, Volleyball, Trampolining.

Community Sports Leadership Award (CSLA)

The award gives you the skills needed to lead groups in safe sporting and recreational activities. It encourages you to take responsibility for others, develops organisational and communication skills and builds confidence. The majority of the course is practical in nature with an emphasis on learning through doing, rather than through written work.



FRESH OPPORTUNITIES



For Enrichment I chose the Community Sports Leadership Award. Not only is it a fun course but also helps me with my BTEC Sport assignments.

Danielle Barton Studying: BTEC Sport, Applied Science, Psychology



TEAMWORK and Individual SUCCESS



Carmel Netball Team



Alex Dunk (left) is part of the 'England Talent Programme' after being the North West Swimming Champion at the 200, 400 and 1500m for the last two years and is currently 2nd in the UK in the 200m freestyle. He's aiming to compete in the 2016 Olympics in Rio.

Chelsea Jarvis (right) is the Under 20's 1500m National Champion and is also the 4 times English Schools Medallist, the 3 times National Medallist and has been in the top 3 in the country for the 800m since 2008. Chelsea is hoping to be selected for the Youth World Championships this year.



Lucy Renshall (left) is the 3 times British Judo Champion. She also won a Silver Medal at the 2011 European Championships and won a Bronze Medal at the Senior British Trials in Jan 2013. Lucy has recently been competing in the European Junior Cup in the Ukraine and in Spain and is hoping for a place in the European Championships later in the year.



Carmel Rugby Team

Leonie Hardman (right) is the Amateur UKMF Thai Boxing English Champion and Super League Champion 2012. She's also the IFMA World Amateur Champion and world No1, the WRSA Professional Celtic Champion and is unbeaten in professional competitions. Leonie has now moved into the Adult Professional Rankings and is going to Thailand in December 2013 to fight there.



Carmel Football Team



Danielle McGifford (left) represents England in the Long Jump & Hurdles and represents Great Britain in the Heptathlon. Danielle took Gold in the Heptathlon to become the U20s National Champion at the 2013 competition in Bedford. She hopes to qualify for the European Juniors later in the year.

A wide range of enrichment activities ensures that you can take part in something which is either totally different to your subjects or which complements them.

NEW EXPERIENCES



Languages

Holiday Spanish
Learn phrases for meetings and greetings, shopping, travelling, eating and drinking.

Mandarin

Maths / Science

Extraordinary Science

Forensic Science
Learn some basic techniques such as fingerprinting. Research a crime and identify the perpetrator from a list of suspects.

Rocket Club

Astronomy

More Clubs and Societies ...

Student Council

Debating Society
Split into teams and debate hot issues! You will learn new skills such as how to structure a persuasive argument.

The Mock United Nations General Assembly

Chess Club

Carmel Ambassadors

Comedy Club

Writers' Club
Especially beneficial for students applying for journalism or creative writing courses. The Club covers journalistic writing, short stories, travel writing, dramatic monologues and haiku poems. You will also look at a wide variety of novels and have a go at writing in that style.

The Interact Club

Competitions and Events

Public Speaking Competition

Chemistry Olympiad

Merseyside Young Analyst Competition

Liverpool Mathematical Society

Nuffield Bursary Scheme

Science students can gain valuable experience over the summer holiday working in leading scientific industries, research institutes and UK universities.

Senior Team Mathematics Challenge

Each year Maths students team up to compete in the regional heats held at the University of Liverpool.

National Schools Analyst Competition

Writing Competition



Gavin Campbell Studying: BTEC ICT Triple Diploma

Enrichment classes give you a taste of something different from your chosen subjects covering a wide range of topics. I chose Rocket Club and Forensic Science as they sounded really interesting and were very practical.



Hannah Jones Studying: English Literature, Film Studies, Government and Politics, Media Studies

The range of enrichment and extra-curricular activities is very impressive, and it allows you to do something you have never done before. I am currently doing Aromatherapy for my enrichment course and am thoroughly enjoying it.

Enriching the lives of others

World Challenge

Take part in a Team Challenge to the Himalayas in India.

Leadership Challenge

In association with St Helens Chamber and Raleigh International, students took part in the Challenge in Nicaragua.

Lasallian Developing World Project

Justice and Peace Group

People and Planet Group

Even more activities to choose from:

Introduction to Counselling Skills

Aromatherapy

Interior Design

Board Games

Driving Theory

Sign Language

Bookworms

Politics

We love to Knit!

Personal Finance

Parapsychology

Teachers of Tomorrow



Justice and Peace Group raise money for CAFOD



Lasallian Developing World Project



World Challenge - Himalayas



Kilimanjaro trip



Love Knitting!



People and Planet Group



Ski trip to Austria



Annual French Exchange to La Rochelle

Trips and visits organised through the subject areas are a great way to bring your academic studies to life.

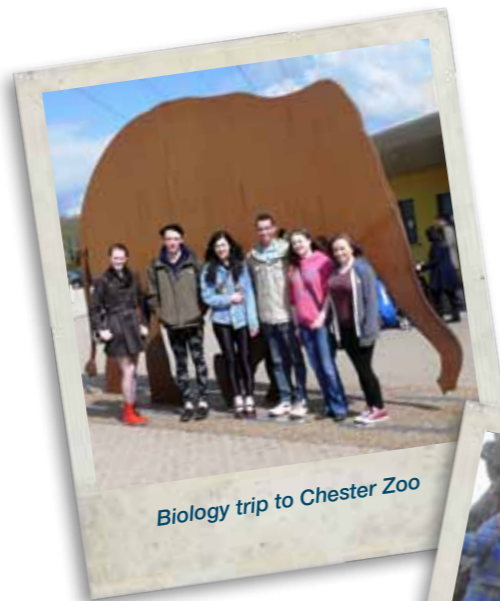
Trips & visits at home and abroad

In a typical year there are approximately 80 trips out of college. The vast majority take place locally or nationally with around 12 visits abroad. These trips include attendance at conferences, study days, events, exhibitions, competitions and performances and most are aimed at students studying particular subjects. Some, however, are cross college events such as the annual ski trip which is open to all students.

ENRICH YOUR STUDIES

These are some examples:

- Auschwitz, Poland (History and Philosophy)
- USA (Government & Politics, Sociology & Media)
- Spanish trip to Barcelona
- French Exchange to La Rochelle
- German Exchange to Stuttgart
- Maths trips to Barcelona, China and New York
- Art and Design trip to the London galleries
- Geography Field trip to Morecambe
- Ski trip to Austria
- Law trip to London
- Foundation Learning trip to Disneyland Paris
- Biology trip to Yellowstone National Park, USA
- Sociology and Government & Politics trips to London
- Foundation Learning residential trip to Bendrigg (Duke of Edinburgh)
- Theatre trips (English, Performance and Dance)
- Travel and Tourism trips to Blackpool and London



Biology trip to Chester Zoo



German Exchange trip



I am a member of the college netball team and have also been involved in a variety of college trips including an exchange to Stuttgart and a theatre trip to London. These activities have helped me not only to make new friends, but to increase my confidence and to experience new things.

Jess Fogarty Studying: English Literature, German, History, P.E.



Tourism trip to London



Sociology trip to USA



History trip to Berlin



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The information contained in this brochure is accurate at the time of publication. Carmel College reserves the right to change the enrichment activities offered as necessary.