

# International “Feeding Frenzy” Swim Meet 2019

## Patana School, Bangkok

Friday, 6 December to Monday, 9 December 2019





## INTRODUCTION

On Friday 6 December, learners from Nexus Swim Team will be leaving for an international swim meet at Patana School in Bangkok. Details of the trip are provided in this booklet. For ease of use, the booklet is divided into two parts:

- Information about the trip for you to read and keep
- Packing list for you to follow

There will be a short briefing session on **Monday 30 September** at 8.30am in the MPR on Level 2 where we will go through all these details. However, if you have any queries or concerns that are not covered in this packet or the briefing session, please do not hesitate to contact us.

The signed permission form must be returned to the Student Services by **Wednesday 30 October, 2019**.

### PURPOSE

The purpose of this swim trip is for our team to compete at a high level of international swimming, to gain new competitive experience and develop effective team skills.

## VISA

All learners may enter Thailand without a visa. We can support the application of a visa on arrival for learners who hold a passport from China.

Please contact Miss [Stephanie Hughes \(hughes.s@nexus.edu.sg\)](mailto:hughes.s@nexus.edu.sg) who can assist you.

### PASSPORT & FIN CARD

Valid passport with at least six months validity beyond the return travel date (9 December 2019), with at least two spare blank pages at the time of travel. FIN card must be up to date.

The passport and FIN card must both be placed in a clear resealable bag (e.g.: a ziplock bag) labeled clearly with your child's name. This should be handed in to staff on the morning of departure.

## COST

The total cost of the trip is S\$1010 and includes expenses for the flight, registration fee, insurance, swimming kit, bus transportation, food and hotel accommodation.

Payment is due on **Wednesday 30 October 2019**. Various payment methods are shown on the 'How to Pay' section.

## HOW TO PAY

Nexus International School (Singapore) accepts fee payments in cash, cheque, credit/debit card, bank transfer and NETS. Cash and credit card payments must be made in person at the Cashier on level 2 during office hours between 8.00am and 5.00pm from Monday to Friday.

Payments made by cheque must be in the form of a crossed cheque made payable to “Nexus International School (Singapore) Pte Ltd” and with the child’s name and year group written on the back. Please do not submit post dated-cheques. For bank transfers, please use the following details:

<b>Account Name:</b>	Nexus International School (Singapore) Pte Ltd	<b>Bank:</b>	UOB
<b>Account Number:</b>	451-309-605-9	<b>Bank Code:</b>	7375
<b>SWIFT Code:</b>	UOVBSGSGXXX	<b>Branch Code:</b>	001
<b>Bank Address:</b>	80 Raffles Place #29-03, UOB Plaza 1, Singapore 048624		

## INSURANCE

A full pdf of the Travel Insurance Policy can be found [here](#).

<b>Cover Details</b>		<b>Limits (up to)</b>
<b>Accidental Death / Total Permanent Disability (Lump sum)</b>	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
<b>Medical Expenses</b>	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
<b>Evacuation and Repatriation</b>	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
<b>Loss of Personal Possessions</b>		S\$1,000.00
<b>Travel Cancellation and delay</b>		S\$3,000.00
<b>Delayed Baggage</b>		S\$1,000.00
<b>Personal Liability</b>		S\$200,000.00

## TRIP DETAILS

<b>DATE</b>	Friday, 6 to Monday, 9 December 2019
<b>VENUE</b>	Patana School, Bangkok 643 La Salle Road (Sukhumvit 105), Banga, Bangkok 10260, Thailand Telephone: +66 (0) 2785 2200
<b>COST</b>	\$1010.00

### ACCOMMODATION

Dusit Princess Srinakarin is ideally located in Bangkok's Bang Na district near to Patana School. Learners will share rooms on a twin or three bed basis which will be allocated by the Swim Coaches. There is access to the pool with staff supervision.

### TRANSPORTATION

Travel by coach to the airport and fly to Bangkok and then transfer by local coaches for the journey to the hotel.

### MEALS

The team will be having a buffet style breakfast and dinner at the hotel. Breakfast will be served between 5:30am to 6:30am: usually International, Western and Asian Food e. g. pancakes, scrambled eggs, yoghurt and fruit will be served.

Lunch will be served at the hotel from 12:00pm to 1:15pm on Friday, and from 12:00pm to 1:15pm on Saturday and Sunday at Patana School's canteen during the swim competition.

Dinner will be served between 6:30pm and 8:00pm. Dinner usually follows an international theme such as Italian, Western or Thai food.

Please provide details of special dietary requirements through the consent form.

### MONEY & SNACKS

If you would like your child to take money then please give them the amount in THB equal to a maximum of SGD100 in small denominations in a sealed envelope. Each envelope must be clearly labelled with their name. Do not pack these in your child's case; please hand them to a member of staff when your child boards the coach.

## TRAVEL DETAILS

### DEPARTURE – Friday 6 December 2019

Learners arrive at school at 5:30am and travel by bus for a 8:15am departure from Changi International Airport. Learners must wear our Swim Team uniform for departure and will wear this again on the return journey.

Flight itinerary is included below:

#### Singapore to Bangkok, Terminal 1

<b>Date</b>	6 December 2019 (Fri)	<b>Flight</b>	Thai Airways - TG402
<b>Class</b>	Economy	<b>Stops</b>	None
<b>Departs</b>	8:15am	<b>Arrives</b>	9:35am
<b>From</b>	Singapore, Singapore SIN - Changi Int Arpt, Terminal 1	<b>To</b>	Bangkok, Thailand (BKK) BKK - Suvarnabhumi Airport

### RETURN – Monday 9 December 2019

We are aiming to leave Dusit Princess Srinakarin at 10:00am on Monday so we will arrive at BKK Airport by 11:00am for our Flight at 1:50pm. The flight is expected to arrive at 5:10pm. Please collect your child from Nexus at 6:30pm.

#### Bangkok to Singapore, Changi International Airport Terminal 1

<b>Date</b>	9 December 2019 (Mon)	<b>Flight</b>	Thai Airways - TG407
<b>Class</b>	Economy	<b>Stops</b>	None
<b>Departs</b>	1:50pm	<b>Arrives</b>	5:10pm
<b>From</b>	Bangkok, Thailand (BKK) BKK - Suvarnabhumi Airport	<b>To</b>	Singapore, Singapore SIN - Changi Int Arpt, Terminal 1

## ITINERARY

DAY 1	DAY 2	DAY 3	DAY 4
<p><b>5:00am</b> – Arrive at Nexus</p> <p><b>5:30am</b> - Depart from Nexus to the airport</p> <p><b>6:00am</b> - Check in at Changi Airport, Terminal 1</p> <p><b>8:15am</b> - Departing from Singapore to Bangkok (BKK)</p> <p><b>9:35am</b> - Landing in Bangkok (BKK)</p> <p><b>11:00am</b> - Arrive at the Hotel</p> <p><b>11:30am</b> – Check in at the hotel and rest time</p> <p><b>12:00am</b> – Meeting/Rest time</p> <p><b>12:30pm – 1:45pm</b> - Lunch at the hotel</p> <p><b>1:45pm</b> – Bus leaves to Bangkok Patana School</p> <p><b>2:30pm</b> – Warm up starts</p> <p><b>3:30pm – 5:45pm</b> – Session 1</p> <p><b>5:45pm</b> – Bus leaves to the hotel</p> <p><b>6:30pm – 7:30pm</b> – Dinner at the hotel</p> <p><b>7:30pm – 8:00pm</b> - Team briefing about performance and plans for day 2</p> <p><b>8:30pm</b> – Lights out</p>	<p><b>5:30am</b> – Wake up</p> <p><b>5:45am – 6:45am</b> – Buffet style breakfast at the hotel</p> <p><b>6:45am</b> - Bus leaves to Bangkok Patana School</p> <p><b>7:15am</b> – Warm up starts for whole team.</p> <p><b>8:00am – 11:45am</b> – Session 2</p> <p><b>12:00pm – 1:00pm</b> – Lunch at the school campus</p> <p><b>12:30pm – 1:30pm</b> – Pool is open for warm up</p> <p><b>1:30pm – 5:30pm</b> – Session 3</p> <p><b>5:45pm</b> – Bus leaves to the hotel</p> <p><b>6:30pm – 7:30pm</b> – Dinner at the hotel</p> <p><b>7:30pm – 8:00pm</b> - Team briefing about performance and plans for day 3</p> <p><b>8:30pm</b> – Lights out</p>	<p><b>5:30am</b> – Wake up</p> <p><b>5:45am – 6:45am</b> – Buffet style breakfast at the hotel</p> <p><b>6:45am</b> - Bus leaves to Bangkok Patana School</p> <p><b>7:15am</b> – Warm up starts for whole team</p> <p><b>8:00am – 11:45am</b> – Session 2</p> <p><b>12:00pm – 1:00pm</b> – Lunch at the school campus</p> <p><b>12:30pm – 1:30pm</b> – Pool is open for warm up</p> <p><b>1:30pm – 5:30pm</b> – Session 3</p> <p><b>5:45pm</b> – Bus leaves to the hotel</p> <p><b>6:30pm – 8:30pm</b> – Final Dinner at the hotel</p> <p><b>9:00pm</b> – Lights out</p>	<p><b>8:00am</b> – Wake up</p> <p><b>8:30am – 9:15am</b> – Buffet style breakfast at the hotel</p> <p><b>9:30am</b> – Bus leaves to the airport for our departure</p> <p><b>10:30am</b> – Check in at BKK airport</p> <p><b>1:50pm</b> – Departing from Bangkok to Singapore</p> <p><b>5:10pm</b> – Landing in Singapore</p> <p><b>6:30pm</b> – Arrival at Nexus</p>



## SAFETY & SUPERVISION

Four members of the Nexus staff will be with the learners on the trip. Learners will be in groups of 7/8 during our trip and always accompanied by a teacher. Our teachers are all first aid trained and first aid kits are taken on each day. A nurse will be provided for the time we are at the pool side and the local hospital is 20 minutes away. All learners will be individually insured and the coverage schedule is enclosed.

To allow you to make a full consideration as to whether or not to take this opportunity, please note that this is a competitive sports fixture only and there is no sightseeing. Learners will be bussed from the airport to the hotel in the outskirts (Dusit Princess Hotel). Each day they will be bussed from the hotel to Bangkok Patana School and back again. On Monday morning, the bus will depart from the hotel to the airport.

## TIMELINE

### **MONDAY 30 SEPTEMBER**

Please attend the information briefing at 8:30am in the MPR if you need any other clarification.

### **BY WEDNESDAY 30 OCTOBER**

Please complete the green medical permission form and return it with the full payment of \$1010 to Nexus.

### **LEADING UP TO THE TRIP**

In the lead up to this trip please ensure that you talk to your child about the trip and what they should expect. Make sure your child is involved in packing his or her case as they will have to pack it themselves ready for the return journey. Remind them that they will be involved in exciting yet challenging activities and that their behaviour must be exceptional at all times, listening carefully to all the adults looking after them. Continue to motivate and encourage your child to be positive about this exciting opportunity.

### **DEPARTURE DETAILS**

You will need to hand your child's money envelope, passport and FIN (in a clear and labelled resealable bag) and medication to a member of staff on departure from the school. For all medication, please make sure that it is very clearly labelled with your child's name and the dosage and time(s) that medication is required. Place it all in one bag that should also be clearly labelled with your child's name. Please tell the member of staff if there is any medication that will need to be given prior to us arriving in Bangkok so that they can keep these readily available. On the day of departure, please ensure that your child has taken any travel sickness tablets before our departure. If you would like us to administer travel sickness tablets prior to the return journey please ensure you provide these in your child's medical bag.

### **RETURN DETAILS**

We will contact the school once we are checked into our flight, only if our estimated arrival time changes, and the school will notify parents via email of the change.

# PACKING LIST

Make sure ALL items are clearly labelled with your child's name

## 1. ITEMS FOR THE SWIM BAG

DESCRIPTION	QUANTITY	PACKED AT HOME	PACKED AT HOTEL
Water bottle	1		
<b>Team Polo and 2 T-shirts (available for purchase at cashier's office)</b>	1 Black Shirt 1 Black Polo 1 White Long Sleeve		
Team Shorts	2		
Team Swim Cap	2		
Team Swim Suit	1		
Towel	1		
Flip flops	1		
Hat	1		

## 2. ITEMS FOR THE CASE

DESCRIPTION	QUANTITY	PACKED AT HOME	PACKED AT HOTEL
Hoodie	1		
Long Pants	1		
Underwear	4		
Sports shoes	1		
Socks	4		
Nightwear	1		
Backpack/small bag	1		
Towel	2		
Toiletries	As required		

## 3. ITEMS TO GIVE TO STAFF

DESCRIPTION	REMARKS
Passport and FIN card	In a resealable bag labelled with your child's name.
Money	In a sealed named envelope (if any money given).
Medication bag	All medication must be labelled and include instructions in English. All medication must be put in a clear resealable bag.