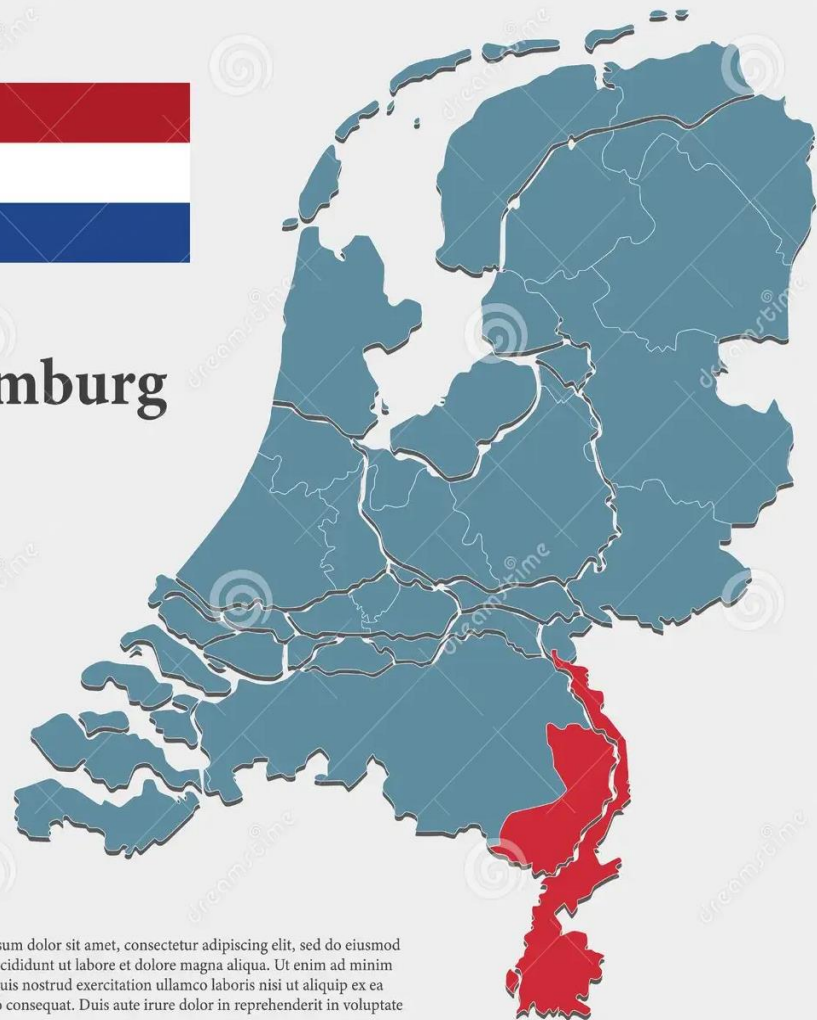


# Administrative divisions of the Netherlands



Limburg



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# Holland Sports Trip 2026

# Day 1



Monday 30<sup>th</sup> March- Meet at Carrington School for **5am**. The latest departure time is 5:15am.

- Report to team leader and **hand in passport (& Visa documents)** – **All students will have a member of staff they are assigned to for our travelling days.**
- Show team leader GHIC
- Check for medication

**Large Bag – (no bigger than a suitcase) for under the Coach**

**Small bag** (backpack size) for the coach containing:

- Packed **breakfast and lunch** (might be a chance to buy food on the Ferry - card only).
- Water bottle - reusable
- Spending money, phone, book, earphones, portable charger



Arrive at Dover crossing approx. 8am

15:00 - Check into Accommodation – Centre Parcs Limburg.

We have access to the swimming pool during our stay 8-10pm!



Afternoon/ evening training session for all sports before dinner.



# Day 2

7:30 - Breakfast

## **NETBALL & BASKETBALL**

9:30 – walking to the near sports hall

10:15 – arrive for a 75 minute coaching session.

12:30 – Friendly Match (Netball)

13:30 – Afternoon tournament.

15:30 – Finish and head back to accommodation

7:30 - Breakfast

## **GIRLS & BOYS FOOTBALL**

8:15 – coach to venue

8:45 – arrival at venue

9:00 – 75 minute coaching session

12:30 – Tournament matches

17:00 – depart back to accommodation

(Girls Football have a friendly match around 19:45pm)

7:30 - Breakfast

## **DANCE**

9:30 – walk to nearby dance studio

10:15 – arrive for 90 minute coaching session

12:30 – 2<sup>nd</sup> 90 minute coaching session

17:00 – depart back to accommodation



# Day 3

8am - Breakfast

## **NETBALL & BASKETBALL**

9:30 – walking to the near sports hall

10:15 – arrive for a 75 minute coaching session.

13:30 – Afternoon tournament.

16:30 – Finish and head back to accommodation

(Basketball have a friendly match approx. 18:00)

8am - Breakfast

## **GIRLS & BOYS FOOTBALL**

8:15 – coach to venue

8:45 – arrival at venue

9:00 – 75 minute coaching session

12:30 – Tournament matches

17:00 – depart back to accommodation

8am - Breakfast

## **DANCE**

9:30 – walk to nearby dance studio

10:15 – arrive for 90 minute coaching session

12:30 – 2<sup>nd</sup> 90 minute coaching session

17:00 – depart back to accommodation



# Day 4

7:45 - Breakfast

8:30 - Transfer to Efteling theme park

10:00 – Arrive at Efteling

12:30 – 13:30 Check in & lunch

17:00- Transfer back to Centre Parcs

19:45 - Dinner

20:30 - free time (and packing!)

21:30- Rooms

22:00 - Lights out



# Day5 – Home time!

7:45 - Breakfast

9:00 - Check out of accommodation

10:00 – Start return journey

15:00 – Arrive at Dunkirk to get the Ferry back to Dover.

19:00 approx. arrival at Carrington (students to send message when 20mins away)

They can go home as soon as they are collected!!



# Hotel Expectations

**Bedtime for all students – 10pm!**

**Check for damages upon arrival – Leave our rooms in the same condition on last day. Any Damages will be charged for.**

All cottages need to be:

- Without personal possessions
- made clean with a broom or Hoover
- sheets need to be removed and put in the entrance area of the cottage
- rubbish will need to be deposited in the designated waste containers



## What to pack for 5 days

Under wear and socks + Football Socks  
Pyjamas  
Relaxing clothes for evening in hotel  
2-3 x shorts  
1-2 x trousers (jeans/ joggers/ cargo/ leggings)  
5 t shirts + **Carrington PE tops**  
1 or 2 Hoodies/ cardigans/ jumpers  
Water proof jacket  
Football Boots/Basketball shoes + shin pads  
Shoes to wear around Centre Parks  
Toiletries  
Towel for swimming  
Swimsuit / trunks  
Flip flops/ sliders  
Sunhat/ glasses

Medication  
Suntan lotion  
European plug adaptor (C or F)  
Phone and portable charger  
Book/ reading light/ kindle  
Euros (Cash/card)  
Notebook and pen  
Lanyards

**PASSPORT!**

**GHIC!**

We will provide sports tops &  
Netball Dresses



# Behaviour expectations



Follow instructions from all Staff – including meeting times!

Be supportive and kind to peers

Report issues to your Group Leader

No anti-social behaviour incl. foul language

No leaving the hotel unsupervised

No girls in boys' room and vice versa

Not to go into other hotel areas except meeting area and restaurant

Follow bedtime curfew and respect others in your room/ group

## Prohibited items

Cigarettes/ vapes

Matches /Lighters

Drugs

Alcohol

Games consoles

Jewellery

Chewing gum

Knives



## Mobiles and communications

- At your own risk
- Check with provider regarding roaming charges
- Make sure your child packs a European charger!



Handed out once on the coach in the morning.

Evening – Use WIFI for messaging home etc – Phones handed in at bedtime. Students will have around 90 minutes each day to use their phones.

***Phones will be confiscated for inappropriate use and not going to bed!***

We will send updates to parents via school socials. In an emergency, please contact the school or via staff email if in the evening.



## Important Documents

**Passport** – Must be valid for at least 3 months beyond the departure date.  
– Please check your child's passports and renew if necessary.

**GHIC** – Global Health Insurance Card (GHIC) must be applied for and brought on the trip. This card allows anyone medical treatment wherever they are in the world. They are free to apply for and arrive in about 2 weeks.

**VISA's** – If your child is not a British citizen (doesn't have a British passport) you will need to apply for a visa to travel to Europe. Please click the link to access the relevant information - [Travel documents for non-EU nationals - Your Europe](#)



## Summary of most important points!

- Monday 30<sup>th</sup> March - Meet 5:00am **latest!**
  - **One bag per student (suitcase size maximum)**
  - First meal is in the evening (pack food and drink for breakfast and lunch)
  - Passport & GHIC (Visa documentation if applicable)
  - If you need to apply for a GHIC (It's completely Free!) please do so here:  
[Get healthcare cover for travelling abroad – NHSBSA](#)
- 
- Please fill out the Student information form by 15/12/25-  
[Holland Sports Trip 2026 - Student Information Collection – Fill out form](#)

Any further questions?

