Activities and Events 2017-18

Enhance your college experience and develop your skills for future life.

Universities and employers are looking for students with a wider range of skills and experiences. Enhance your CV by choosing an activity or event to suit you.

Like

Gower College Swansea
Coleg Gŵyr Abertawe

Freshers' Fayre

Tycoch Campus
Wednesday 6 September
11am-1pm

Gorseinon Campus
Thursday 7 September
11am-1pm

Showcasing the student events and activities programme, this is an opportunity for you to get involved. You will find out more from students who have been involved in the previous year's activities and talk to local partners who can support you during your time at college.

Contact:
Anne Pitman 01792 284223
anne.pitman@gcs.ac.uk

Tycoch Sport Centre

Student Membership

£30 a year

As a member you will be entitled to the following during term time*:

- **FREE use of gym facilities**
- **Discounted squash court hire at £2.00 per court** (including racket hire)
- **Discounted fitness testing** - including a personal training programme

All Gower College Swansea students are welcome, all you need to do is bring your membership fee, student ID card and a photo to your induction which you will need to book at our reception desk.

**Term time includes: Monday - Friday 7am - 4.15pm (excluding holidays)*

Tycoch Sports Centre 01792 284088
sportscentre@gcs.ac.uk
www.gcs.ac.uk/sports-centre
www.facebook.com/sportscentre

Like

Gower College Swansea
Coleg Gŵyr Abertawe

Group Activities and Trips

There are a number of team building/outdoor/sports activities and visits to local sporting events and attractions that can be organised for student groups through group tutors.

They include:

- **Surfing, indoor and outdoor** (Llangennith)
- **Rock climbing, indoor and outdoor**
- **Orienteering** (Pembrey Country Park)
- **Sports activities** (5 aside football, multisports)
- **Centre for Alternative Technology**
- **Perriswood Archery**
- **Caving**
- **Gorge walking**
- **Millenium Stadium Tour**

Costs will vary depending on the number of students and type of activity. Please request these activities well in advance (a minimum of two months would be advisable) as permissions need to be gained, health and safety paperwork completed and instructors booked in plenty of time.

Various trips and activities will be arranged throughout the year for all learners to take part in. A number of the following activities will be available bilingually (in Welsh and English). If you would like to know more or have any ideas about any group activities and trips through the medium of Welsh please contact:

Anna Davies Bilingual Champion - 01792 284278

anna.davies@gcs.ac.uk

Group activities and trips are a great way to try out new experiences and get to know the other students in your group. Examples of group activities include:

Go Karting Supakart Newport

Students from electrical installation and engineering travelled to Newport to take part in a full Go Kart Grand Prix at the Supakart Karting Centre. This session included three hours of karting in 200cc professional Go Karts capable of 45mph.

"All students had a fabulous time at the Newport Karting Centre and they supported each other throughout the various rounds. There was a lot of excitement for the final, with lots of cheering in support of their fellow colleagues." Jimmy Grinter, Course Tutor.

Indoor Surfing LC Swansea

Catering students had a blast on the indoor BOARDRIDER at the LC Swansea. These sessions involved a mixture of body boarding and surfing with all equipment provided.

"The feedback that I received from the students was that the surfing was an excellent activity and that, as an enrichment activity, it definitely added to their experiences at Gower College Swansea." Ioan Lodwig, Course Tutor.

Kayaking North Dock Llanelli

A group of complete beginners from IT had a great day out at the North Dock Water Sports Centre in Llanelli. They spent the day learning basic kayaking and canoeing skills and enjoying some team building activities. Staff and students managed to spend some time in the kayaks in between falling in the water.

"The kayaking was offered to IT students as an opportunity to collect evidence for their Welsh Baccalaureate course. It was a lovely way to end the first year of the course as it provided them with a chance to work together. The activity was out of their comfort zone but it did encourage the group to try something different." Bev Morgan, Course Tutor.

Beach Activities
360 Centre Swansea

Fancy giving kayaking, stand-up paddle boarding or beach volley ball a go? 360 Beach and Watersports has the facilities and instructors to ensure you maximise your experience and enjoy your activity, whether you are a beginner or have some previous experience.

Go Ape Margam

Provides students with the opportunity to stretch their limits with Tarzan swings and zip slides. The feedback we have received from students is that they felt it was a great experience, built their confidence and they got a great buzz from the activity.

Ten Pin Bowling Swansea

The chance for students to show off their strokes to their peers. A fun team building event, students have said how much they enjoyed the session.

Ice Skating

The options of attending an indoor rink in Cardiff, or Swansea Winter Wonderland to enjoy an exhilarating and fun experience. Feedback from students has been great, including 'what fun and what a great team building idea'.

Rock Climbing
Dynamic Rock Adventures; Swansea's Indoor Climbing Centre, Clydach

We didn't set out to build Europe's, Britain's or even Wales's "biggest" indoor wall, but what we have done is provide a much needed, accessible, friendly centre for climbers from all walks of life. At Dynamic Rock we pride ourselves on having a friendly, supportive and efficient team who all have something different to offer and who create a social atmosphere where you can share experiences, chat and pass on skills and tips.

Environment

Since 2003, the official college charity have been building links between our students and those at Madungu Primary School in Western Kenya. The fantastic fundraising efforts of our students year after year mean that these underprivileged young people have opportunities to learn, gain qualifications and ultimately enjoy a brighter future. Money raised feeds more than 130 of the poorest pupils at the school as well as paying the salaries of three teachers and the school cook and building and filling a new library. Some of our students have even had the chance to travel to Kenya to experience first-hand just how important every penny raised is to the school and how lives are being transformed by students' hard work and generosity. There are a number of fundraising activities over the year and we are always open to new ideas. If you wish to get involved use the contact details below or keep an eye out for announcements via eILP.

Contact:
Matt Rogerson 01792 890739
mathew.rogerson@gcs.ac.uk

Personal Development

Student Council

Become a Class Rep and sit on the Student Council!
You can:

- Improve student life by representing your class
- Bid for up to £1,000 to improve a service across the college or improve your curriculum area
- Improve your skills and CV and....
- Make new friends, meet like-minded people over three free lunches!

Contact:
studentcouncil@gcs.ac.uk

If you would like more advice on volunteering in the Swansea area please contact Swansea Council for Voluntary Service (SCVS). All students involved in voluntary work can work towards the Millennium Volunteers Award.

Contact:
Julia Manser (Youth Volunteer Development Officer)
01792 544039

Ruth Robinson (Youth Volunteer Development Officer)
01792 544000

Cymdeithas Gymraeg/ Welsh Society

Through the Welsh Society we will be organising a variety of group activities, trips and events and volunteering opportunities, whether you are a Welsh speaker or not – we all live in Wales! Run by students, for the students – you choose what we do! It will be a good opportunity for you to put something worthwhile on your CV, make friends and develop the Welsh feel and ethos at the college!

Contact:
Anna Davies 01792 284278 anna.davies@gcs.ac.uk

Neris Morris 01792 284216 neris.morris@gcs.ac.uk

Oxbridge Preparation Programme

A significant number of our students progress to Oxford and Cambridge each year (nine received offers in 2016).

Our Oxbridge Preparation Programme provides individual support for those who wish to apply for leading universities throughout the UK, including Russell Group universities, as well as international institutions.

In year one, individual guidance is provided through the early stages of application. Visits to Oxford and Cambridge and visits by Oxbridge undergraduates and liaison staff are essential elements of the programme. In year two, interview techniques and mock interviews are key elements.

Contact:
Felicity Padley 01792 890755
felicity.padley@gcs.ac.uk

Become a Student Enterprise Champion

Wanted! Student Enterprise Champions to organise College Enterprise Events! An opportunity to mentor young people in Enterprise education across Swansea.

Rewards include: fun, friendship, networking and a variety of trips.

To apply for this position please contact:

Suzanne Parry Jones, Enterprise Champion
Suzanne.parryjones@gowercollegeswansea.ac.uk
07787 123732
Sue Poole Enterprise Manager
Sue.poole@gcs.ac.uk
07917 420 085/01792 284164

Could you be the Entrepreneurs of tomorrow?

Would £500 help turn your ideas into reality?

The Swansea Seed Fund has been set up to nurture young people aged 16-25 from Swansea as they develop business ideas from the early stages right through to potentially successful business startups.

Students in college can apply for up to £500 to help them reach their potential, as well as the opportunity to receive mentoring support from staff from local organizations who will also be providing mentoring to support students take their ideas forward.

The main aims of the SEED Fund are to improve the prospects of local young people and to give them the confidence to go for it!

For more information on how to apply please see the web site http://swanseaseedfund.com/

Come and talk to the Enterprise Team at Fresher's Fayre on September 6 (Tycoch) and September 7 (Gorseinon) because we can explain to you how to develop your enterprise and employability skills whilst at college. We can help you improve your teamwork, communication, and problem solving skills so you can get the future of your dreams!

Look out for our enterprising activities in Global Enterprise Week November 13-17 where we will be arranging loads of fun, interactive, valuable workshops and trips that will help you to think about how to develop your business idea and become your own boss.

Contact:
Suzanne Parry Jones, Enterprise Champion
Suzanne.parryjones@gcs.ac.uk
07787 123732
Sue Poole Enterprise Manager
Sue.poole@gcs.ac.uk
07917 420 085/01792 284164

College Events Programme:

September

Induction Monday 4 - Tuesday 5

Active Citizenship

An opportunity for you to get to know each other, the college, the requirements of the course and the events and activities at the college before you start lectures.

Enterprise Skills Workshop Tycoch & Gorseinon September - October

Active Citizenship

Year one students must complete this challenge within one hour.

Contact: Sue Poole Enterprise Manager 0791420085/01792 284164 sue.poole@gcs.ac.uk

Appointing Class Reps Monday 25 - Friday 29

Active Citizenship

Democracy in action! Now you have had the opportunity to get to know each other, you can vote for class reps to represent your views about your course and the college facilities available. This week is also an opportunity for you to tell us about your first impressions of the college through the first Students Talking Questionnaire.

Contact: studentcouncil@gcs.ac.uk

October

Class Rep Training Gorseinon and Tycoch Wednesday 18

Active Citizenship

Class reps will take part in a training session to enable them to represent their area, develop their skills and establish their role.

Contact: studentcouncil@gcs.ac.uk

Diversity Week Gorseinon and Tycoch Monday 16 - Friday 20

Active Citizenship

Moral and Spiritual Development

Contact: Jane John 01792 284034 jane.john@gcs.ac.uk

Diversity Fayre Tycoch Tuesday 17 and Gorseinon Thursday 19

Each year around 1,000 people attend this event which celebrates the diversity of our college and local community. Students, staff and community groups organise a vibrant array of displays, activities and performances for the fayre.

Contact: Jane John 01792 284034 jane.john@gcs.ac.uk

Coleg Cymraeg Cenedlaethol Date TBC

Information sessions on courses and scholarships available to study in Welsh at university in preparation for your UCAS applications.

Contact: Anna Davies, Bilingual Champion, 01792 284278 anna.davies@gcs.ac.uk

Nursing and Midwifery Taster Day Swansea university Date TBC

Opportunity to learn about the job in a practical way, and the benefits of the Welsh language in the care sector.

Contact: Anna Davies, Bilingual Champion, 01792 284278 anna.davies@gcs.ac.uk

November

The Mr X Appeal Final collection of gifts will be Monday 4 December

The countdown to Christmas Day is now under way, staff and students across all campuses can work together to ensure that no child in our region will go without a present on Christmas Day.

Last year, tutorial groups across all campuses and staff from various departments, bought and prepared gifts for 65 children with funds they had collected and raised within their individual groups. With over 4500 needy children's names supplied by child support agencies, this year we hope to increase the total number of children we can provide gifts for.

First Student Council Meeting Gorseinon and Tycoch Wednesday 22

The first opportunity for class reps to represent their curriculum area and you get lunch in the bargain.

Contact: studentcouncil@gcs.ac.uk

December

Mr X Appeal Annual Gift Collection Monday 5

The first opportunity for class reps to represent their curriculum area and you get lunch in the bargain.

January

Road Safety Awareness Month

Details to be confirmed

Annual Student Conference Friday 20, 9.30am-3.30pm

This event enables you to give your feedback on all aspects of college life. There is cash up for grabs too, with opportunities to bid for up to £1000 from the Student Council Fund.

Contact: studentcouncil@gcs.ac.uk

Active Citizenship

Diwrnod Santes Dwynwen Day Wednesday 25

Come and celebrate Wales' Patron Saint for Lovers. A mixture of stalls in the foyer, and learning area themed events – share the love!

If you have anything you would like to organise on this day, contact:
Anna Davies (Bilingualism Champion) 01792 284278 anna.davies@gcs.ac.uk

Student Progression to the Next Level

DEADLINE for applications: Vocational courses March and AS to A2 June 2018

Sustainable Development and Global Citizenship

Students who are on vocational and AS courses can apply to progress onto the next level of their course from January 2017. Information on how to apply will be given nearer the time. Students who are unsure about their next step can visit student services for course advice and guidance.

Contact: Beth Hughes (Tycoch) 01792 284177 bethan.hughes@gcs.ac.uk
Rachel Langford 01792 890775/284106 rachel.langford@gcs.ac.uk

February

Welsh Language Music Day Friday 9

Welsh music playing throughout college, DJs, bands – national day to celebrate Welsh language music.

Contact: Anna Davies, Bilingual Champion, 01792 284278 anna.davies@gcs.ac.uk

Healthy Lifestyle Week Monday 12 – Friday 16

Take part in a range of activities and learn how living a healthy lifestyle can benefit you!

Active Citizenship

Healthy Lifestyle Fayre

Tycoch Monday 12 – Gorseinon Thursday 15

March

Welsh Week Monday 26 Feb - Friday 2

Active Citizenship

Students and staff at Gower College Swansea will celebrate the launch of our Welsh Week around St David's Day. This is a chance for every learner and learning area to contribute to the college's Welsh ethos through a variety of events that bring everyone together.

Contact: Anna Davies (Bilingualism Champion) 01792 284278 anna.davies@gcs.ac.uk

Neris Morris (Welsh Language Officer) 01792 284216 neris.morris@gcs.ac.uk

Kenya Project Day TBC

Contact: Matt Rogerson 01792 890739
mathew.rogerson@gcs.ac.uk

Student Council Meeting
Gorseinon and Tycoch Wednesday 22

Active Citizenship

The last Student Council meeting of the year but perhaps the most important when there is an update on the bid activity undertaken at the Student Conference and the Class Reps feedback on their experience this year.

Contact: studentcouncil@gcs.ac.uk

Urdd Eisteddfod Dates TBC

Regional and county round singing, dance, instrumental competitions gel in Ysgol Gyfun Bryn Tawe and Ysgol Gyfun Gŵyr. Register to compete by contacting Anna.

Contact: Anna Davies (Bilingualism Champion) 01792 284278 anna.davies@gcs.ac.uk

May

National Urdd Eisteddfod 28 May – 2 June – Builth Wells

Final round for national competitions in hair, beauty, art, design, singing, dance etc etc – come and join in the fun at this lively Welsh festival.

Contact: Anna Davies (Bilingualism Champion) 01792 284278 anna.davies@gcs.ac.uk

June

HE Fayre Gorseinon Wednesday 20

Students will have the opportunity to attend talks on completing their personal statements, together with subject specific workshops with delegates from Swansea University, University of Wales Trinity Saint David and the University of South Wales. In the evening, students and parents can attend a talk given by Student Finance Wales and a range of representatives from universities across the UK.

Contact: Terry Summerfield (Gorseinon) terry.summerfield@gcs.ac.uk

Progression Enrolment - Vocational and AS to A2 Courses

Preparing for Lifelong Learning

Contact: Beth Hughes (Tycoch) 01792 284177 bethan.hughes@gcs.ac.uk
Rachel Langford 01792 890775/284106 rachel.langford@gcs.ac.uk

Annual Student Awards (venue and date to be confirmed)

Preparing for Lifelong Learning

The Annual Student Awards celebrate the success of our students across all learning areas, with awards also given for sporting achievement, enterprise student of the year and adult learner. Sponsorship is available for each category. Students, parents, sponsors, staff and local dignitaries attend on the night.

Contact: marketing@gcs.ac.uk

Tutorial Sessions

This high quality programme of tutorial sessions will give our learners the opportunity to get the most out of their college experience. They also tie into the themes of the Welsh Government Framework for tutorial.

Active Citizenship | Sustainable Development and Global Citizenship | Moral and Spiritual Development | Preparing for Lifelong Learning | Health and Emotional Wellbeing

As a Tutor:
You can work with your group to select the tutorial session(s) that you think will be beneficial, then email or telephone the contact person to arrange a date and time. All we ask is that you support the activity by staying with your group during the session.

As a student:
During your tutorial session, you can discuss and agree with your Personal Tutor and peers which sessions you would find particularly useful.

Welsh in the College:

Active Citizenship

Contact: Anna Davies Bilingualism Champion 01792 284278 anna.davies@gcs.ac.uk

Language Awareness Session

These interactive sessions last 45-60minutes, and are designed to raise the awareness of Welsh ethos, culture, language and identity amongst students and staff. Delivered through a variety of strategies, from group work, quizzes, videos and discussion the following will be discussed:

- Stereotypes and attitudes towards Welshness
- Wales' place in the wider world
- Welsh identity and importance
- Formal and informal use of Welsh language

This is a session that can be delivered by Menter Iaith Abertawe, by the Bilingual Champion or by tutors themselves as the resources are freely available from the Bilingual Champion.

World of Work

In order to promote Welsh as an employability skill, there is an annual Welsh Skills in Business workshop arranged between the regional FE colleges.

Opportunity to meet new people, discover new ideas, meet potential employers and see how **maintaining a skill in Welsh can help you secure a job!**

Sustainability:

Sustainable Development and Global Citizenship

Contact: Louise Nowell 01792 284104/890761 louise.nowell@gcs.ac.uk

Work experience and voluntary work

The session will cover:

- Organising the work experience placement and the College process in place
- Legal requirements – Health and safety in the work place
  - The role and responsibilities of the Employer, the College and the Student
  - Young people at work
  - Risk assessment, safe working procedures and prohibitions
  - Reporting of hazards, accidents and incidents

Contact:

louise.nowell@gcs.ac.uk 01792 284104

brian.pettiford@gcs.ac.uk

The Environment

This tutorial will cover how we undertake the environmental issues we are faced with as a college:

- How students and staff can help reduce energy use
- What waste streams we produce and how we deal with them
- What we do to minimise our environmental foot print
- Energy - what it costs and how we use it
- Recycling within the college

Health and Emotional Wellbeing:

Contact:
Anne Pitman 01792 890700/284223 anne.pitman@gcs.ac.uk

Health and Emotional Wellbeing

Sexual Health

At the end of this session learners will be able to:

- List the different STIs, signs and symptoms
- Identify if the STI is treatable
- State what GUM clinic stands for and what they do
- Understand the implications of not practising safe sex

Sessions delivered at Gorseinon also include:
- A DVD on GUM clinics
- A discussion on the effects of alcohol and sex,
- A jigsaw quiz to consolidate the learning process

Contraception*

At the end of this session learners will be able to:

- Identify all forms of contraception
- Understand how each form of contraception works and where they are available from

Sessions delivered at Gorseinon also include:
- Sexuality
- Orientation & Behaviour
- Healthy Relationships
- A quiz to consolidate the learning process

** Female learners are required for this session to be effective. Male only classes will be covered under sexual health.*

SYSHP PSE

SYSHP are able to deliver sessions, of approximately one hour, on:

- Perceptions of young people and homeless young people
- Accommodation costs (renting, home sharing etc)
- Budgeting

Contact: Anna Evans, a.evans@syshp.org

PSE Sessions

Drug Aid are able to offer the following PSE sessions for Young Adults (+16), sessions can also be customised to your students needs

Dedicated NPS (legal Highs) effects, psychology & marketing behind choice, broader effects and decision making

- **Substance Use and Sex:** addressing the impact of substance use on consent, STIs & contraception
- **Substance Use and Emotional Health:** exploring 'good/bad' emotions, thoughts, feelings & behaviours, the impact of substance use and alternative ways to relax
- **Steroids and Imaging Enhancing Drugs** Session 1: Introductory Awareness, Session 2-3: motivations of use (esp body image), risk & complications, Sessions 4: harm minimisation

Contact:
toni.ohara@drugaidcymru.com
01792 472002
07539 320287

Healthy Lifestyles

At the end of this session learners will be able to identify:

- What is 'actually' in a can of Coke
- How many teaspoons of sugar are in a Mars bar
- How much fat is in a standard bag of crisps
- Simple diet changes that could make a big difference to their lives
- The benefits of getting active in a fun way

There will be an (optional) interactive exercise to look at 'how old their lungs are' and what is in a cigarette.

Sessions delivered at Gorseinon also include:
- A sugar quiz on a range of food products
- Dealing with the effects of stress
- Relaxation Techniques

PSE/Sexual Health

The Terrence Higgins Trust Swansea offers information about HIV and hepatitis. Discussion will be encouraged throughout the sessions and information will be provided on local centres for sexual health advice and treatment.

Topics include HIV (transmission, testing, treatment, myths and the law etc) and hepatitis (transmission, testing, treatment etc.)

Contact:
John Bair 01792 477540 john.bair@tht.org.uk

Active Citizenship - Moral and Spiritual Development:

Contact:
Jane John 01792 284034
jane.john@gcs.ac.uk

Equality and diversity workshops are available on request as part of tutorial or course delivery. Workshops are suitable for full or part time learners at different levels and take approximately one hour, but can be longer or shorter as necessary. Sessions are very interactive, using quizzes, games, scenarios, video clips and the learners' experiences to explore issues and promote awareness.

Additional Workshops and Events

Equality workshops on race, disability, gender, sexual orientation and age are also available as part of tutorial. In addition there are cross-college events, celebrating equality issues including:

- Diversity Fayre (October)
- Black History Month (October)
- Holocaust Memorial Day (27 January)
- LGBT (Lesbian, Gay, Bisexual and Transgender) History Month (February)
- International Women's Day (8 March)
- Refugee Week (June)

Religion and Beliefs Workshop

This session engages learners in a range of activities to explore their own attitudes and beliefs and promote awareness and understanding of different religions and beliefs, including:

- Key practices and beliefs of different religious groups
- Major festivals and celebrations
- Rules for diet
- Dress codes
- Differences and similarities between different religions
- Experiences of people of different faiths in the UK

Equality and Diversity Workshops

These sessions engage learners in a range of activities exploring their own attitudes and beliefs and promoting awareness and understanding of equality and diversity issues, including:

- Prejudice, stereotyping and labelling
- Bullying, harassment and discrimination
- Language and terminology
- Equality legislation - rights and responsibilities
- Diversity in the UK
- Cultural awareness
- Different religions and beliefs
- Equality issues affecting different groups e.g. disabled people, women, men, LGBT (Lesbian, Gay, Bisexual and Transgender), young people, asylum seekers etc.

Life Skills Workshops:

Contact:
Natalie Roberts 02920 780057/07718 534072
natalie.roberts@bitc.org.uk

Preparing for Lifelong Learning

Finding Employment

Activity 1: Sell Yourself (60 minutes)

Activity 2: What Skills Do I Need? (20 minutes)

Activity 3: Using My Skills (20 minutes)

Activity 4: Using your CV (30 minutes)

Activity 5: How can you find opportunities (60 minutes)

VocalEyes Training – 1 hour

VocalEyes is a tool for students to suggest, rate and debate ideas to improve their experience at Gower College Swansea and in the local community. It will create a culture of positivity and shared endeavour, therefore improving motivation and communication across all campuses. When students rate and debate each other's ideas, a clear set of priorities will be produced which will be fed back to the relevant departments for consideration. Any actions taken are then added onto the system to keep everyone informed of the progress that is being made.

By the end of the session students will:

- Know what VocalEyes is and how it can be used
- Know how to access VocalEyes via the intranet and participate in the process
- Gain basis knowledge in digital etiquette and digital citizenship
- Know where and how to seek help and support

Contact: Evie Meredith 01792 890784/284037
evie.meredith@gcs.ac.uk

Digital Citizenship – Internet and Email Skills

Activity 1: Email (30 minutes)

Activity 2: Using the internet at work (20 minutes)

Activity 3: Mobile technology (20 minutes)

Activity 4: Work patterns (30 minutes)

Building Confidence and Resilience

Activity 1: Overcoming challenges (50 minutes)

Activity 2: Facing challenges (60 minutes)

Activity 3: Building resilience (30 minutes)

Activity 4 : Assertive behaviour (30 minutes)

Personal Impact

Activity 1: Thinking about communication (60 minutes)

Activity 2: Impact of non-verbal communication (30 minutes)

Activity 3: Organisational values and workplace behaviour (30 minutes)

Careers and World of Work:

The careers advisers based in the college are available to give one to one impartial advice and guidance to students on career routes, courses and other opportunities. They also offer a range of workshops/tutorial sessions which includes, Introduction to Careers, CV writing, applying to HE and interview preparation.

For further details please contact the advisers below.

Tycoch:
Kay Tallamy 01792 284130
Kay.tallamy@gcs.ac.uk
Kay.tallamy@careerswales.com

Gorseinon:
Audrey Elliot 01792 890748
Audrey.elliot@gcs.ac.uk
Audrey.elliot@careers.com

Learning Difficulty and Disability Careers Adviser:
Debra Carthew 01792 284130 / 07766998017
debra.carthew@careerswales.com
debra.carthew@gcs.ac.uk

Gower College Swansea
Coleg Gŵyr Abertawe

Please contact reception at Tycoch campus

Starting from only £20

Group discounts available

College Hoodies

available to buy for students and staff

The sizes are **small (chest) 36”**, **medium 40”**, **large 44”** and **extra large 48”**

Hoodie prices:

College logo and name on the front only: **£20**

College logo, name on front and department or logo on the back: **£22**

Polo shirts prices:

College logo on the left and faculty name on the right: **£15**

College logo, name on front and department or logo on the back: **£17**