



BRIGHTON  
GIRLS

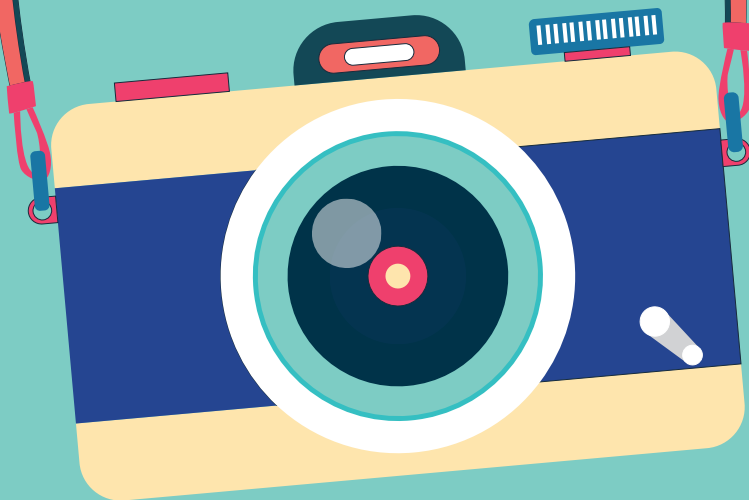
GDST



# EXTRA-CURRICULAR TRIPS & CLUBS

Learning without limits

# *Trips*



Embark on unforgettable adventures beyond the classroom with our carefully curated selection of trips, designed to broaden horizons, inspire curiosity, and create lasting memories for our girls in a safe and enriching environment. The trips listed are examples of some of the opportunities on offer. For a full list of trips please visit our website.

## TRIPS

**New York City Tour**

We are delighted to be able to launch an exciting new school trip opportunity to New York City. This will certainly be a 'once in a lifetime' tour offering a superb chance for our students to experience the many different facets of New York life. Our tour is designed to provide a varied programme which explores a range of different topics including Politics, Religion and the Arts. We plan to visit the Statue of Liberty and United Nations. We will delve into the religious diversity which makes the city such a melting pot, and we ascend to the Top of the Rock for a sensational Birdseye view of the 'city that never sleeps'.

We will explore 'Ground Zero', and the 9/11 memorial and museum. There are walking tours of Harlem, where we will learn about the Civil Rights movement of the 1950s and 1960s and of Greenwich Village, which was at the forefront of the cultural development of the city in the 1970s. We will also be spending an evening on Broadway. It will be a fascinating, challenging and enriching cultural experience for our students.



## TRIPS



### World Challenge Expedition to Nepal

This year's trip to Nepal includes seeing and climbing parts of the Himalayas, working with a women's empowerment charity in Kathmandu and working with local farmers to develop irrigation systems. World Challenge runs a sustainable course where students take part in an environmental course and fundraise their portion of the cost. Whilst away, the students take control, making decisions for the team and exploring. We will be carrying out sustainable charity work and working with local organisations.



### Sixth Form Cultural City Break

Open to all Y12 and Y13 students at the start of the new academic year: a biennial opportunity to explore a beautiful UK or European city and to be immersed in the culture on offer. Students will also have the opportunity to bond as a new Sixth Form group, and form lifelong memories and friendships.



### Camping and Hiking

Both as a bonding experience and in preparation for the Bronze DofE Award we will take students on an overnight camping trip in the local area. Students will set up camp on arrival, followed by some games, a camp fire and, of course, marshmallows. In the morning, students will go on an accompanied hike and will learn some navigational skills along the way.



### Geography GCSE Field Trip

Part of the compulsory fieldwork for the GCSE course. Students will carry out two contrasting pieces of fieldwork, both physical and human. We go to stay at the lovely Juniper Hall, a converted stately home, and are led by the wonderful FSC (Field Studies Council).



### French Exchange

We are delighted to be able to offer a French Exchange and our second exchange with Collège Notre Dame de Toutes Aides in Nantes. The exchange is open to Year 10 French students. Our students will be matched with a French student of the same age and, as far as possible, similar interests. Our students will visit Nantes in the autumn term and this will provide them with an excellent opportunity to practise their French speaking skills, whilst being immersed in French culture. In Nantes, our students will experience life in a French

school and visit some of the many wonderful attractions in the area such as the Machines de l'Île, the Château des Ducs de Bretagne and the medieval town of Guérande. The group from Nantes will make a return visit to Brighton in the summer term, staying with their exchange partners' families. The weekend and evenings will be spent with host families; on weekdays the visitors will spend a little time in school, but otherwise have a separate programme of visits and sightseeing while the host partners attend school as normal.



### Spanish Exchange

We are excited to offer our Year 10 Spanish students a Spanish Exchange and our third exchange with IES Hispalis in Seville. Our students will be paired with a Spanish student of the same age and, as far as possible, similar interests. Brighton Girls students will visit Seville in the autumn term. As well as being immersed in Spanish culture, they will have a chance to build up their spontaneity in speaking in preparation for their GCSE. During the course of the week long visit, they will experience life in a Spanish school and visit some of the many wonderful attractions in the area such as the Alcazar, the Plaza de Europa and the port of Cádiz. The Spanish students will make a return visit to Brighton in the summer term, staying with their exchange partners' families.



## TRIPS



### STEM Disneyland Trip

Year 9 and 10 students will have the opportunity to study and experience STEM, through real life experiences at Disneyland Paris. Having the chance to go backstage at Disneyland Paris will provide an invaluable insight into how Science and technology are thought about and used in designing and running the park. Students will have a seminar delivered, which will be tailored to the AQA specification our students study at GCSE, and explore the subjects of Technology, Physics, Biology and Engineering. They will have a

workshop, where they will work in teams to design the highest possible rollercoaster with a certain amount of materials available, and explain their design to their peers and judges. Finally, they will then gain access to the park to experience and appreciate how the rides are designed and how they affect their own bodies. This will be a two night, three day trip and we will be staying at a hotel near the park, with free transport links to Disneyland Paris. This will be a biennial trip, meaning that this will be the only opportunity for students in Years 9 and 10 to go.



### Choir Tour to Valencia

Following on from the success of the Italy Choir Trip, we are planning our next exciting European Tour. This will be an amazing opportunity to perform in some unique venues alongside some sightseeing and cultural experiences.



### Boughrood Activities Trip

During this trip to our Field Centre in the Wye Valley, Wales, students will be given the opportunity to try new things and for some, familiar things in a new setting. These will include climbing, canoeing, and cultural visits, as well as the traditional cooking, cleaning and making beds. All activities will take place in and around the Brecon Beacons and will give students the chance to build resilience and trust whilst developing relationships that will last a lifetime.



### Snowsports Trip

Students will have the opportunity to experience all things that the snowy mountains of Europe has to offer in this week long trip of a lifetime. Students will have full board accommodation, lift passes, ski hire, and a wealth of Apres ski activities to sink their teeth into, as well as 5 hours of ski tuition. Students can choose to ski or snowboard, as long as at least 8 students choose their chosen sport. The trip is open to all students, from complete beginners to advanced skiers, however those that have chosen GCSE PE will have a priority to help support their NEA practical footage. The trip encourages mass participation in an otherwise difficult to access sport, and will create lifelong memories with their peers.



### Condoover Hall Netball

Select students in Years 6 have the opportunity to compete in a residential netball tournament alongside other GDST schools. The tournament is both a display of participation and excellence and offers students of all abilities the chance to compete in multiple fixtures over the two days. Off the court, there are lots of exciting activities on offer which challenge and stretch and help to build team cohesion. It is a fantastic opportunity and for many it is the highlight of the year.



### French Farm Trip

This is an opportunity for all Year 7 students to spend five days at the stunning Ferme Européenne des Enfants, located near the Forêt d'Eu in Grandcourt. During the course of the week, students will have a chance to experience life on a zero emissions farm where they will take part in a range of activities from milling flour and collecting eggs to bake cakes to milking the cow and making caramel to carpentry and looking after the vegetable garden. Evenings are spent relaxing or taking part in outdoor activities organised by the teachers. This is a wonderful opportunity for a mobile phone-free week in the outdoors.

## TRIPS



### Bronze DofE Expedition

The expedition forms part of the Duke of Edinburgh's Award Scheme. This is to help students meet the requirements of the expedition section and, hopefully, form memories that will last a lifetime. For the Bronze award there is a training day, a practice walk and finally a qualifying expedition. The training day is held at school, where students are taught skills including map reading, navigation, outdoor cooking on a stove and putting up tents. The practice walk is an afternoon navigating and walking on the South Downs. For the expedition, students will work as a team, navigating their route and camping for one night. The route is also on the South Downs.



### Silver DofE Expedition

For the Silver Award, the expeditions are three days with two nights' camping. The terrain is unfamiliar to the students, with this year's expedition taking place in the New Forest. For the Silver award there are two training days and a qualifying expedition. The first training day is held at school, where students will revisit some of the skills they acquired at Bronze and extend their knowledge of navigation, menu planning, and camp craft. The second training day is designed to test some of the skills the students have acquired and ensure that they will be suitably equipped for their three day expedition.



### History Trip to Berlin

The History department runs a biennial trip to Berlin for Years 10 and 11 to support the Y10 GCSE modules on Germany 1890-1945 and The Cold War. Highlights include a walk along a preserved stretch of the Berlin Wall, tours of sites connected to Hitler's dictatorship (including Sachsenhausen concentration camp and the Olympic Stadium) and the former East German secret police prison.



### Sixth Form Bonding Trip to Boughrood

Open to all Y12 and Y13 students at the start of the new academic year: a biennial opportunity to spend two nights at our outdoor activity centre in the Wye Valley. Students will be encouraged to try new activities, or experience familiar activities in a new setting, such as river gorge walking. Students will also have the opportunity to bond as a new Sixth Form group, and form lifelong memories and friendships.



# Clubs



Dive into a world of exploration and discovery with our dynamic range of clubs, crafted to ignite passions, nurture talents, and foster an inclusive and empowering community for our girls. The clubs listed are examples of some of the opportunities on offer. For a full list of clubs please visit our website.

## CLUBS



### Ancient Greek

Learn the basics of Ancient Greek – the language and the words in English that derive from the Greek.



### Ballet

We are a professional, nurturing Dance School in Brighton and Hove providing you with outstanding dance classes for children and adults of all abilities from beginners to advanced. Our fully qualified, highly experienced teachers are passionate to share their love of dance with you.



### Boxing

TheBox teams up with Brighton Girls to teach the power and discipline of movement through boxing.



### Coding

We run a number of coding clubs across the Prep and Senior school for coders of all levels. Starting with the basics of Scratch and moving on to create multi-level games and more advanced animations and systems. Python programming is also taught.



### Culture Club

We visit a different country every other week, learn about the country, we all perform a traditional dance, experience some local delicacies and finish with a native craft activity.



### Gymnastics

In conjunction with Brighton Gymnastics, our community partner, students have the opportunity to use the full range of extensive equipment we have, including parallel bars and trampolines. Students also have the chance to compete in local and GDST wide competitions.



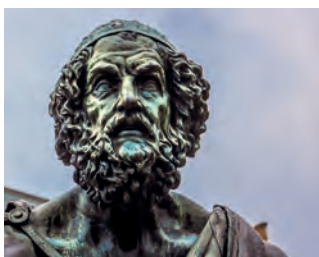
### Duke of Edinburghs Award

These sessions will be a drop in for anyone needing advice and guidance on completing their DoF Awards at any level. Prior to expeditions these sessions will also be used for valuable planning and DoF students may be required to attend on some weeks.



### Eco Club

We will be continuing to find out more about what we can do at home, in school and around our local environment to be more eco-friendly. We will also find out about events and research around the world to help us understand more fully about the effects of global warming.



### Homer's Homies

Homer's Homies is a club that's perfect for anyone in Year 7 and 8 who loves stories and wants to become a super-storyteller extraordinaire! We'll be listening to some gripping tales from the Ancient World and learning to tell some amazing stories of our own! Come and join in the fun!



### Improvisation Club

Do you want to build on your improvisation skills in a fun and friendly environment? Through a range of games and drama activities we will bring your creative ideas to life, teach you to trust your instincts and embrace mistakes.



### Climbing at Boulder Brighton

An opportunity for experienced or novice climbers to improve their skills at this brilliant local dedicated bouldering facility. It is rock climbing without the hassle of ropes and harnesses! This is an instructor-led session, where students will be taught all the necessary skills and techniques to help them get started, as well as pushing students outside of their comfort zone to accomplish what they may think they can't do!

## CLUBS



### Karate

The Renshinkan is a traditional karate school with many years of experience. The students will learn about the ethos, discipline and culture of karate. By the end of the course, they will be able to perform basic strikes, blocks, kicks and kata required on the path to their first grading.



### Brighton & Hove Albion Football Academy

Brighton & Hove coaches are currently running training sessions at Brighton Girls every Tuesday evening from 5pm. These sessions are open to girls across the city, aged between 8 and 14 years.



### Photography

A playful and experimental approach to darkroom, digital and other photographic techniques.



### Momentum

We hold dance rehearsals every day of the week for Brighton Girls' annual dance show, Momentum, held at The Old Market theatre. Hip Hop, Jazz, Contemporary and Ballet are among the most popular pieces.





### Politics & Economics Society

Discussions and debates of Political interest.



### Salvage Sister

Join creative expert & sustainable designer Charis Williams AKA the Salvage Sister for a unique creative opportunity.



### Psychology Club

Have you ever wondered why some people go on to commit horrible crimes, why some people are more obedient than others, or why some people struggle with their mental health? If so, Psychology club may be for you.



### Running Club

Running club is open to all abilities as long as you are keen to give it a go and improve your fitness - you can even start with a fast walk and work up to running. We will be running/walking along the stretch of promenade in front of Hove Lawns and everyone will be able to go at their own pace!

## CLUBS



### Sea Swimming

In partnership with Ocean Set, we run a 6 week course in the Summer Term which gives students the knowledge and skills to become confident sea swimmers. The sessions are fun and informative and also include some surf skills.



### Orchestra

Whole school Orchestra for those playing G3+.



### STEM Club

A club for exploring all things scientific – lots of practical tasks, experiments and investigating how things work!



### Skateboard Club

Run by specialist skateboarding coach Sarah Brownlow, skateboarding club will help you improve your skills whether you are a beginner or an expert already!



### Temple Times

If you enjoy creative writing or journalism, why not join the editorial team at the Temple Times. The Temple Times is a lively and informative publication filled with a vast range of articles and features. Come along and have your say!



### Touch Rugby

Touch Rugby is an exciting and energetic non-contact version of rugby union – you don't need to have any prior experience, just come along and try something new.



### World Challenge Club

Begins after Christmas - weekly club to check in on fundraising progress and to cover the world challenge given learning.



### Cricket Nets

Participants will have the opportunity to develop and improve the cricket skills they have been learning in lessons.



### Ukelele

Students learn the ukulele in a small group. They learn catchy pop songs, some of which have been re-written to be age appropriate.



### Yoga

These yoga sessions aim to build and enhance physical strength, enhance concentration, reduce stress and develop discipline. The sessions are being delivered by Nataliya Asare.

Where girls  
learn without limits.  
Brighton-style.

GDST  
GIRLS' DAY SCHOOL TRUST

The GDST is the leading network of independent girls' schools in the UK, with nearly 4,000 staff, and 20,000 students between the ages of three and 18. As a charity that owns and runs a network of 23 schools and two academies in England and Wales, it reinvests all its income in its schools. Founded in 1827, the GDST has a long history of pioneering innovation in the education of girls, and is the largest single educator of girls in the UK and the UK's largest educational charity.

Brighton Girls  
Montpelier Road  
Brighton, East Sussex  
BN1 3AT

01273 280280  
[admissions@brightongirls.gdst.net](mailto:admissions@brightongirls.gdst.net)

[brightongirls.gdst.net](http://brightongirls.gdst.net)

 @brighton\_girls  
 @BrightonGirls  
 @BrightonGirlsSchool