

# ISSOS



*the experience of a lifetime™*



This guide has been put together to give you an idea of what ISSOS is all about and the kind of things you will have the opportunity to get involved in while you are with us. It will also explain arriving at ISSOS/opening day so that you know what to expect.





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# '06

Opened at St Andrews University

- 1 session
- 50 students



# '07

St Andrews University

- 2 sessions
- 180 students total



# '11

Opened in Cambridge University

- 1 session
- 100 students



# '16

Opened in Yale University

- 1 session
- 130 students



# now

ISSOS operates in St Andrews, Cambridge and Yale Universities and attracts in excess of 600 students during the summer from over 80 nationalities.

**ISSOS was started with one clear mission: To create a safe place for people to learn and grow.**



*Jen Munro  
ISSOS Founder*

In 2005, ISSOS was established by Jen Munro, a St Andrews University Graduate, who after working as a summer camp counselor, realised she wanted to provide students from all over the world with a balanced summer programme in a safe setting where they could learn from one another and have an experience that would last a lifetime.

Every year our staff and students talk about ISSOS being a family, and that is exactly what we are developing: An international family where friendships span the world and last far beyond the 3 weeks.

We are always excited to welcome returning students back to ISSOS, some for their 3rd or 4th summer and also many, many students for their first summer. We have designed a programme that has our students at the heart of everything we do, so that you can get the most out of your time at ISSOS and to guarantee that everyone involved has The Experience of a Lifetime.

**“We work together, we play together,  
we live and grow together.  
We are the ISSOS International Family.”**



## Why is ISSOS Different?

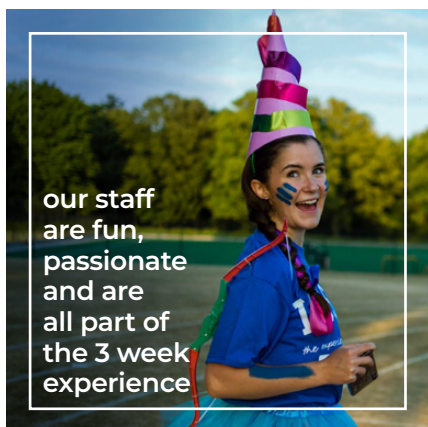
ISSOS is a summer school like no other, with a unique mix of academic and elective classes, evening programmes and trips. The structure of the programme is unique and designed to maximize your enjoyment of your summer.



# Why is ISSOS Different?

*After ISSOS, I find it much easier to speak and understand English. Before going to ISSOS I was nervous to speak English, now I actually enjoy it!.."*

*Marcel Strangmueller  
17, Germany*



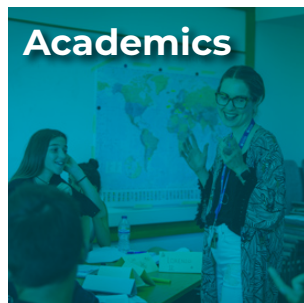
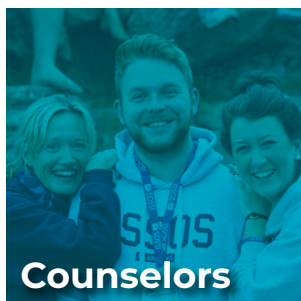
# How ISSOS Works

Each of our campuses has its own unique magic, but all of them have the same ISSOS structure.

The choice of academics and electives will be slightly different in each location, but every one of our schools will give you the same wonderful ISSOS experience full of Clan games, day trips, learning, fun, friendship and adventure.

If you would like to see ISSOS in action go to our website and watch one of our campus memories videos from last year.

► *Watch ISSOS videos*





# How ISSOS Works



## THE GROUPS

When you arrive with us you will be part of a Group of around 10 - 14 other students of the same age and gender. Groups live in the same area of our accommodation where you will check in and be able to spend time together after evening programmes.



## COUNSELORS

Each group has their own Counselor who will be with you for the 3 weeks at ISSOS. Your Counselor will be there to wake you up, let you know what is happening every day, and to help you with any questions you have while you are with us. Our counselors are lots of fun and become like your brother/sister and friend.

# How ISSOS Works




## CLANS

Our Clans are a really important (and very popular!) part of the ISSOS experience. We have 4 student Clans (MacGregor, Wallace, MacDonald and Stewart) and one staff Clan (the Munros). If you are new to ISSOS you will be allocated to a Clan that you will remain a member of every summer that you return; if you have brothers or sisters who have already attended ISSOS you will be placed in the same Clan as your family members.

During the programme the Clans compete against each other in a series of friendly competitions and fun team games to earn points that will go towards winning the Clan Cup or Spirit Shield!

# How ISSOS Works



**ACADEMICS**

You will have selected your academic class when you applied. Academics take place on weekday mornings for three hours.

*the experience of a lifetime*



**ELECTIVES**

You will have chosen your elective class when you applied. Electives take place on weekday afternoons (except Wednesdays) for three hours.



# How ISSOS Works



## AFTERNOON ACTIVITIES

After your elective classes are finished for the day you can join in with a variety of afternoon activities. During the first week every student must take part, but in week two and three you can choose to have free time instead.



## EVENING PROGRAMMES

Every evening after dinner we run a variety of events that the whole summer school gets together for. They are all designed to be fun, full of energy and to get everyone involved - either as a chance to win Clan Points or just to get together and have fun.

# How ISSOS Works



## CULTURAL TRIPS

The trips that you take at ISSOS will depend on the campus that you are at, but Wednesday afternoons will be half-day trips and on Saturday we take everyone off campus for a full day trip.



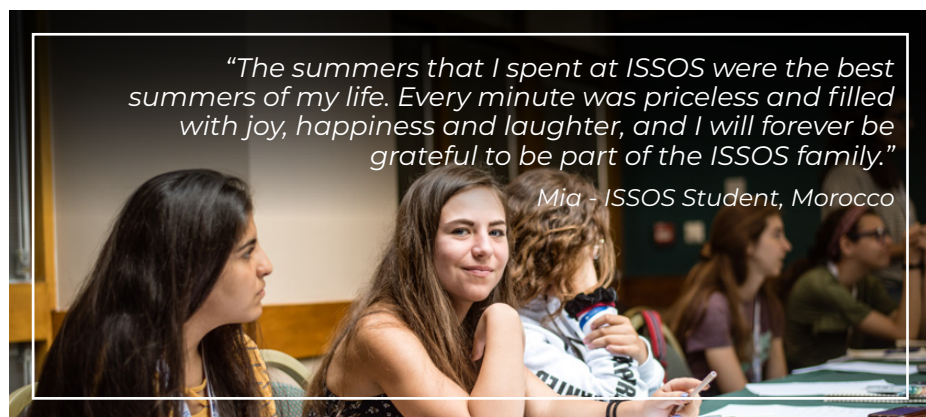
## SUNDAY WORKSHOPS

You have free time every Sunday until 1pm, then at 1pm we run Sunday Workshops for everyone to get involved with. The workshops on offer will vary at each campus, but you can suggest activities that you would like us to run.

# How ISSOS Works - Typical Day

This table shows how a typical week at ISSOS runs.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30	Counselors Wake Students						Leisurely Breakfast and Free Time
8	Breakfast						
9 - 12	Academic Classes					Cultural Trip	
12	Lunch						
1 - 4	Electives	Cultural Trip	Electives			Work-shops	
4	Activities/ Free Time		Activities/ Free Time				
6	Evening Meal						
7:30 - 9:30	Evening Programme						
10:30	Check In						
11	Lights Out						





# Arriving At ISSOS and Opening Day



## AIRPORT

A member of our staff will be at the arrival gate to meet you. They will be wearing ISSOS uniform and holding an ISSOS sign so you will not miss them.

## ARRIVAL

They will then take you to the nearby hotel where you will meet other ISSOS students and staff and wait for the bus to go to the campus.

## CHECK IN

Once you've arrived at the campus, ISSOS staff will welcome you and you will check in.

## ROOMS

You're encouraged to head up to your room, settle in, and call your parents/guardians to let them know that you have arrived.

## ACTIVITIES

Staff will take students on tours of the town throughout the day, and activities will be planned. Feel free to join in and introduce yourself.

## INTRO

Staff will come by your room to introduce themselves and make sure that you are settling in.

## EAT

At 6pm all students and staff will head to the dining hall for dinner; someone will be there to show you where to go.

## MEET

After dinner, the whole summer school will gather for a meeting and introductions.

## GROUPS

Students will then go to their corridor to meet with their counselor and go over the basic rules, sign contracts and get to know their group.

## DON'T WORRY

There is a lot happening on day one with people arriving and activities taking place but it will all settle down and you will know exactly where to go and what to do - there will always be someone there to help you. If you have any concerns, approach any member of staff as they will be happy to help you.

ISSOS   
*the experience of a lifetime™*



**FOLLOW YOUR  
EXPERIENCE  
OF A LIFETIME.**

**PHOTOS  
UPLOADED  
DAILY.**



[instagram.com/issosinternational](https://www.instagram.com/issosinternational)

[facebook.com/welcometoissos](https://www.facebook.com/welcometoissos)

[twitter.com/issosint](https://twitter.com/issosint)

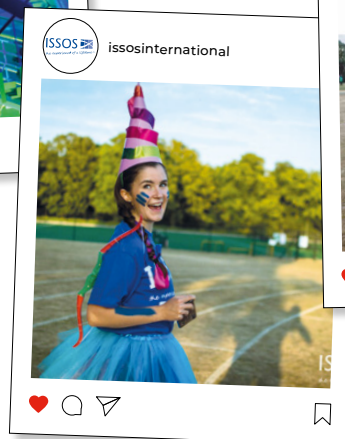
**DON'T FORGET OUR #  
#ISSOS**

# Before You Arrive: Social Media

Follow us on social media before you arrive! You will be able to see what to expect from the summer, read about some of our staff and find out about trips and activities. While you are at the campus we post hundreds of photos every day so that you have lots of memories of your summer.

 /ISSOSInternational   
  @ISSOSInt   
  /ISSOS  
 /WelcomeToISSOS   
 /ISSOSInternational

**#ISSOS**  
**#ISSOSfamily**





# Packing List - Clothes

ISSOS is a summer school with a casual dress code, so you are welcome to wear clothing that you feel comfortable in, as long as it is practical and appropriate.

## General Clothing

- Waterproof Jacket/Raincoat
- Sweat Shirts/Sweaters
- Jeans/Trousers
- T-Shirts
- Underwear and Socks
- Sleepwear
- Swimming Suit
- Sweat Pants/Track Suit Bottoms (Athletic Wear)
- Sneakers/Trainers
- Sandals/Flip Flops
- Formal/Smart Clothing (see below)

## Formal Clothing

At ISSOS there are a few final week events that require more formal attire. There is a Guest Speakers Debate, Student Debate, Final Night Dance and Creative Night. Please bring appropriate clothing for these events. For girls, this could include smart trousers, a skirt and blouse, or a dress. For boys, smart trousers and a shirt, or a kilt are encouraged. A shirt and tie also make for a smart combination.



## Packing List - Accessories

- Bath towel
- Sun Glasses
- Toiletries
- Hat/Baseball Cap
- Sun Screen
- Small Backpack (suitable for day trips and excursions)
- Laptop/ipad/Tablet (for class)
- 2-3 travel plugs/adaptors
- Water Bottle

## Packing List - Electives

### Theatre

Students enrolled in Theatre should bring comfortable clothing that does not restrict movement.

### Tennis

Students should pack appropriate athletic attire.

2 pairs of sneakers/trainers (with non-marking soles), sweat pants/sweatshirt (for colder days), shorts and t-shirts, waterproof jacket.

### Golf

Students should pack appropriate athletic attire.

Trainers/Golf Shoes, Smart Trousers/Shorts, Polo Shirts, Waterproof Jacket, hat/baseball cap.

### Photography

Students must bring a digital or DSLR camera with the ability to manually focus. Mobile/cell phones are not sufficient for this class.

### Art

Students should bring an old T-shirt/shirt to wear over your clothes to protect from paint and other substances.

### Outdoor Leadership

Please bring a swimsuit and a pair of trainers that can get wet as well as a variety of comfortable sports clothing.

# What We Expect Of You

ISSOS does not have a huge number of rules, in fact we have simple rules that we ask all students to stick to - if you do you will have a great summer, if you don't you risk being sent home. So what are these simple rules? Here are some of the main rules we have:

## RESPECT

When you arrive at ISSOS you are joining an international community of students from all over the world, all from different cultures and religions. Everyone at ISSOS is expected to treat other students and the local communities with respect, at all times. Any disrespectful behaviour towards others will not be tolerated and students can be removed from the programme.

## BULLYING

We have a zero tolerance policy to any form of bullying. ISSOS has an international student body with students coming from different backgrounds. Everyone is there to learn and grow together and as a student it is your responsibility to make sure you arrive with an open mind and are accepting of others and at no point mock or ridicule other students.

## PLEASE SPEAK ENGLISH

We ask that all students use English as their language of communication. Some students are at ISSOS to improve their English and this will help them, it is also as a mark of respect. ISSOS have over 50 languages spoken amongst its students and by using English as the language of the programme no one is excluded.

## NO DRUGS, DRINKING, SMOKING OR VAPING

At ISSOS we do not tolerate the use of any of these substances. If found to be in possession of any of the above you will be at risk of being sent home

## STAY WITHIN THE BOUNDARIES

We have set out wide boundaries at each campus and you will be shown where they are when you arrive. We ask that you stay within these boundaries at all times.



## FAQ's



### **Will someone be meeting me at the airport?**

Yes, should you be arriving within the designated times, then a member of the teaching staff will be meeting you at the airport. They will be dressed in their ISSOS uniform and be expecting your arrival.

### **Will I be sharing a room?**

It is likely that you will be sharing a room with someone the same age as you, however, there are some single rooms. If you are sharing, you will be with someone of a different nationality and you will not be sharing with someone you knew before arriving at ISSOS.

### **Is ISSOS fun?**

Yes, and it is not just us that is saying this! Our students constantly give us amazing feedback that ISSOS is the best summer programme they have ever been on because it's fun and they have made friends from all over the world.

## FAQ's



### Who will be in my group?

Upon arriving at ISSOS you will be shown to your room, underneath your name on the door will be the name of your group. This group is something that you will be a part of for your three weeks at ISSOS. There will be anywhere between 8-15 people in your group, of the same gender, and they will all be living in the same area of halls. You will also have one counselor per group; they are your go-to person. Your group will be full of individuals of various nationalities and ethnicities.

### Do I need to speak English all the time?

The language of ISSOS is English, as such, anytime you are interacting with people, staff or students, you should be speaking English. Students are coming from all over the world, speaking several different languages, and English is the common link. The best way to improve your English is to be constantly using it and it is also the best way to be inclusive to all the other students.

## FAQ's



### **What if I don't like my Classes/Electives?**

If you do not like your classes, let your counselor know and they will pass the message along to the head counselors. They cannot guarantee that you will be able to change classes but they can see what changes can be made.

### **Will I get free time?**

Though the ISSOS schedule is packed and there are always lots of things going on, you will get free time. Evenings around dinner time, after evening programmes as well as periods throughout the day, are ample opportunities for you to chill out, grab a coffee, nap, or hang out with friends



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 @ISSOSInt

 /ISSOS

 /WelcomeToISSOS

 /ISSOSInternational

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