



Dale Fort Field Centre

Information for Undergraduates



Arrival/Departure - Students are asked to arrive between 3.00-4.00pm to allow time for room allocation and welcome talk before the evening meal. Please inform the Centre at least 3 weeks before the fieldtrip how you intend to travel and expected time of arrival (if travelling independently). Departure is normally after breakfast on the last day of the course and rooms must be vacated by 9.15am at the latest.

What you will need to bring:

- ✓ Towels & toiletries
- ✓ Drinks bottle/flask and sandwich box
- ✓ Personal medications
- ✓ Torch
- ✓ Warm old clothing for outdoors (not jeans)
- ✓ Waterproof jacket and trousers *
- ✓ Warm coat for evenings and cooler days.
- ✓ Gloves, hat and scarf
- ✓ Thick socks
- ✓ Wellington boots *
- ✓ Strong sensible shoes or boots for walking.
- ✓ Indoor shoes or slippers
- ✓ Sunscreen & sun hat
- ✓ Day sack*
- ✓ Field notebook, file paper and graph paper
- ✓ Plain paper for computer printer
- ✓ Scientific calculator, long ruler (30cm), pens and pencils
- ✓ Clipboard (useful but not essential) and a strong, transparent plastic bag large enough to fit over a clipboard and a hand holding a pencil.
- ✓ Camera and USB pen (optional)
- ✓ Washing up gloves (marigold type)

ALL bedding is provided, but not towels

*can be hired from Centre for £2 per item or £5 for 3 items. Jackets and trousers in sizes S-XL, wellies in sizes 3-12.

Warm and waterproof clothing is essential since weather is rarely allowed to interrupt fieldwork. Footwear should include wellington boots, walking boots or strong sensible shoes and training shoes for around the Centre. Visitors should not bring any aerosol sprays, as they may trigger the fire alarm.

Electrical Equipment –

Please do not leave electrical items plugged in when unattended.

Accommodation –

The Centre provides a warm, comfortable base for your course. We have simple, comfortable accommodation mostly in dormitory style rooms. Toilet and shower facilities are en-suite or close by. There is a good drying room, but no laundry facilities. Every bed in the Centre is provided with a duvet and pillow and all bedding. Students need to bring towels with them.

Centre Facilities –

There are five well-equipped classrooms with interactive whiteboards, a library and computers with Internet access. There is a student common room with pool table, TV, DVD player, board games and an area for making hot and cold drinks. The bar sells alcohol, notebooks, pencils, pens, rulers, confectionery, soft drinks, a few toiletry items, postcards and stamps - please bring plenty of change. We can take card payments but there is a minimum payment of £10. There is Wi-Fi in the library and classrooms. Mobile phone networks are pretty good

Health & Safety –

Do not smoke within the confines of the centre. On arrival please make sure you know where the meeting point is in the case of fire (the turning circle in front of the entrance arch) and what to do. In the event of an emergency a member of staff is available 24 hours a day and their location is found in the main entrance to St Anne's Building. Please ensure that your course organiser is aware of any special medical, physical or educational needs you may have during the course and that you have provided them with contact details of your parent or guardian. It is advisable to check the need for a tetanus injection with your GP before your visit.

Meals –

We provide fresh, wholesome food to keep you going whilst outdoors. Breakfast is between 8.00 – 8.30am (breakfast may be split if numbers are large) and includes toast, cereals and a cooked breakfast. You make your own packed lunch each morning at breakfast time. The evening meal is between 6.00 – 6.30pm (dinner may be split if there are large numbers). If you have any special dietary needs, please inform your course organiser in advance, at least 3 weeks before the fieldtrip so that we can make sure we have everything you'll need.

Behaviour –

We expect students will behave with consideration for others and for Centre property during their stay. All visitors are requested to co-operate with Centre staff by making their own beds, keeping bedrooms tidy and clearing tables at mealtimes. The Centre rules are here for your own protection and that of the Centre and its staff. If you do not abide by them you may be asked to leave at your own expense.

- Students must sign out if going away from the Centre/grounds
- There is a set curfew for undergraduates at midnight, but request that School age pupils are in their own rooms and quiet by 11.00pm. We ask for the co-operation of all visitors in respecting this rule and keeping the centre quiet after 11.00pm
- Alcoholic drinks are not allowed in the bedrooms
- Smoking is not permitted inside the
- Any damage or loss of equipment must be paid for by those concerned whilst at the Centre

Luggage –

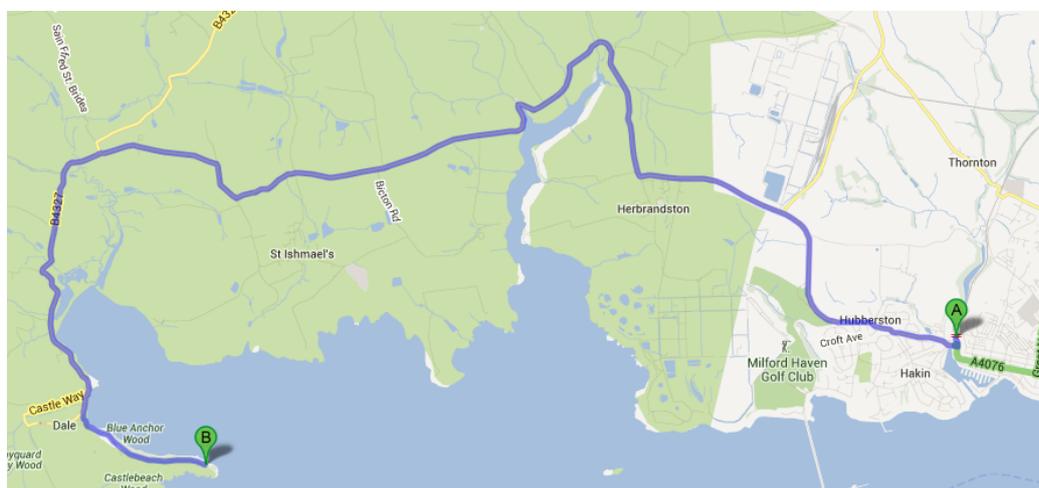
Please be sensible about the size and weight of your bag. You will be required to lift it on and out of the luggage trailer (if arriving by coach.) You will also have to carry your bag up to your room and down to the trailer at the end of your stay, which could be up several flights of stairs. Please do not bring a weight and size you cannot easily carry yourself. It is your responsibility to take all your belongings with you when you leave. If we return any items to you we ask that you pay for postage and packing. We are only able to keep lost property for 6 weeks, after that time we offer it to a local charity shop. We advise that you leave expensive personal items at home as we cannot guarantee their safety. Mobile phones are welcome, but must be turned off during taught sessions.

Eco-Centre –

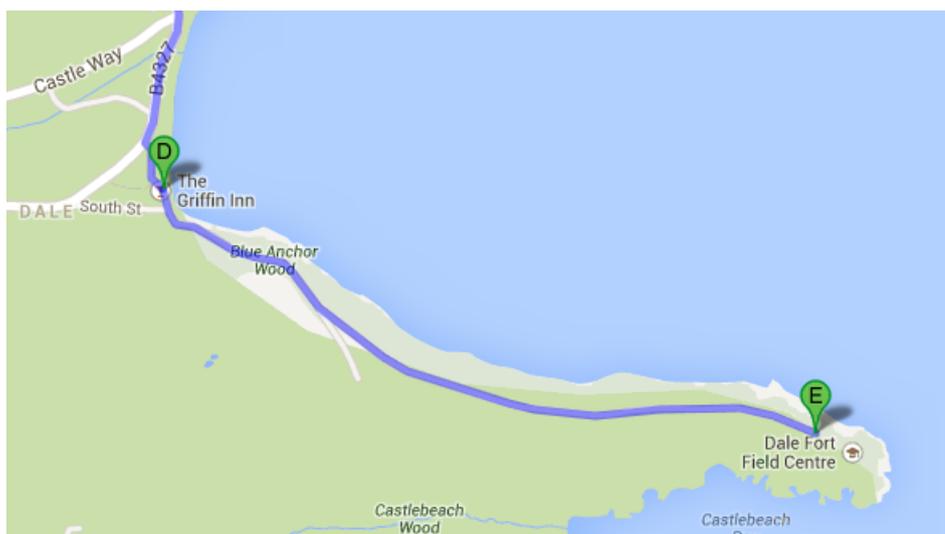
Whilst at the centre we ask that you help to minimise your impact on the environment. Please reuse and recycle your rubbish wherever possible and turn off any electrical items, heating lights and taps that you're not using. Please also use litter bins provided and considerate use of fieldwork sites. It all makes a difference.

Directions to Dale Fort Field Centre

The nearest train station to the centre is Milford Haven (A). The centre can order a taxi to meet you at the station and bring you to the centre (B). The cost of a single journey is approximately £16. If you would like to book a taxi for your return journey please book it with the office during your stay.



From the M4 (Junction 49) follow the A48 through Carmarthen (A) and then the A40 to Haverfordwest (B). From Haverfordwest take the B4327 to Dale. Follow the road into the village of Dale (C). Take the left hand fork in the road following the waterfront. Just after the Griffin Inn (D) there is a turning to the left sign-posted 'Field Studies Centre.' The centre is located at the end of the lane. Please be careful on the lane, it is very narrow with only a few passing places. For those arriving by car vehicles must be left on the promontory located through the two arches at the far end of the centre (E). If they are too large to fit through the archways they should be left outside the Fort in one of the lay-bys up the lane. Please do not park in the area just outside the Fort entrance as this is the only place for vehicles to turn around. Should you wish to use a Sat Nav to assist in your travel, Dale Fort's postcode is SA62 3RD.



Dale Fort Field Centre

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<http://www.field-studies-council.org/centres/dalefort.aspx>

