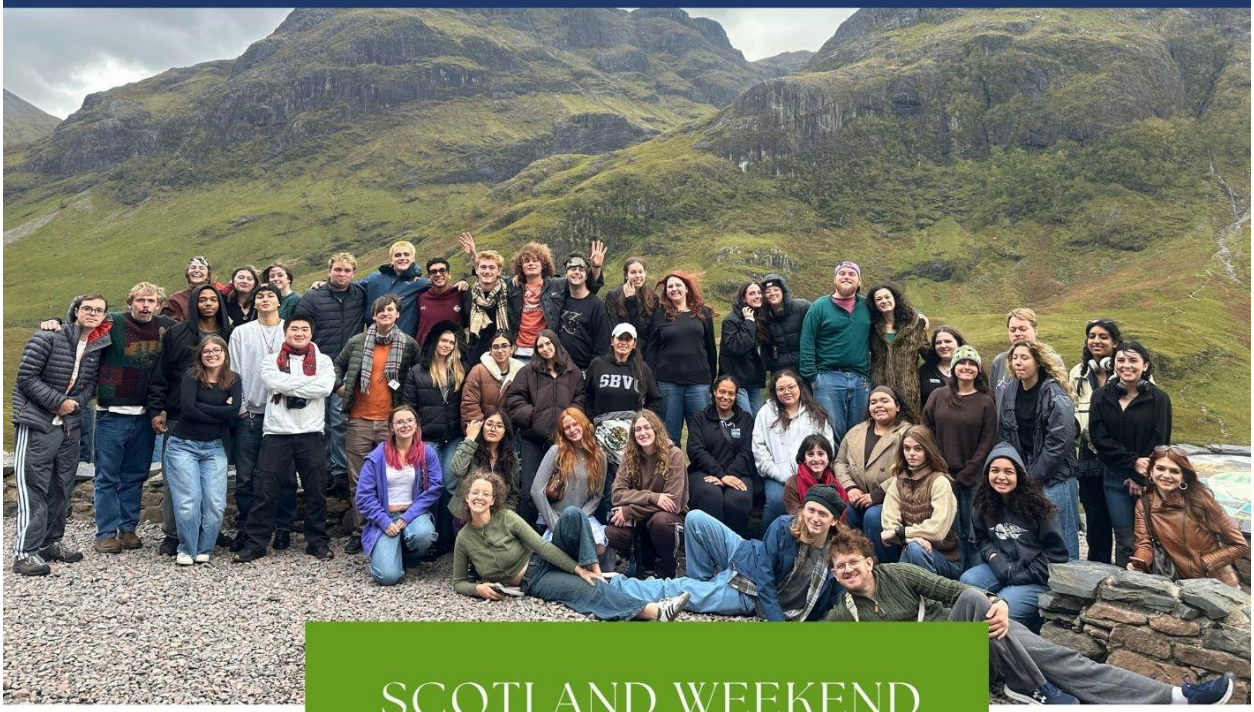
NCSAC LONDON SEMESTER

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AIFS Abroad



SCOTLAND WEEKEND

BONNIE SCOTLAND

Nearly halfway through the term and to mark the occasion, they had an opportunity to travel to Scotland. The students depart London by train for Edinburgh where they spend the night. An early morning start to journey into and tour of the Highlands. Day 3 is an all-day excursion to the Isle of Skye with their last day in Edinburgh before returning back to London by train.





Students that did not go to Scotland traveled to a variety of places including: Galway, Amsterdam, South Wales, Belgium, Kent, Edinburgh, Dublin, Nice, Barcelona, and Athens.





Classes have been busy visiting the Imperial War Museum, the Houses of Parliament, Hyde Park, British Museum, Marks & Spencers (strictly for business observation), Natural History Museum, and Kyoto Gardens. Some classes also had the opportunity to see *As You Like It* at Shakepeare's Globe. And on Tuesday night the students went to a sold out football match between England and Czechia.

This is the point in the semester where students are likely to be experiencing culture fatigue, exhaustion from traveling, and homesickness. In anticipation of this, Wellness Week is coming up with a variety of events to help the students de-stress, provide tips for self-care, and help them to continue to engage with others and the local community. Tentative activities include: a visit to the Cat Cafe, Crafternoon, Tea & Teaaa, Yoga, and a grab-n-go breakfast. Of course the team is always available to lend a friendly ear and we continue to promote the use of Mindhamok as part of their programme.

