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Welcome



Truro and Penwith College prides itself on providing a fantastic student experience, giving the perfect platform for our students to prepare for and succeed in the world of work or at university.

The Enrichment activities on offer to full-time students complement this and sit alongside our ethos of developing resilience and vigour to help today's young adults strive for and reach their highest aspirations.

Whether you're an aspiring Olympic high jumper, professional dancer, successful scientist or if you simply want to socialise with friends over a board game or across a badminton net, I'm confident that the Truro and Penwith College Enrichment programme has something for everyone.

The building blocks of our Enrichment are focussed on Wellbeing - physical and mental. Our Enrichment Activators believe that without positive wellbeing you can't be aspirational, and they work closely alongside students in ensuring a focus on wellness while boosting connections across the College community.

I do hope this guide provides inspiration on the Enrichment offers available once you start at Truro and Penwith College. We're continuously improving this programme based on student feedback, so if you have any Enrichment ideas of your own that you'd like to see on offer, please get in touch with Mark Stevens, our Enrichment Coordinator, and he will be happy to discuss this with you.

I look forward to welcoming you in September and wish you all the best success as you 'Go Further' with your Enrichment programme.

Vicky Pearson
Director of Teaching and Learning

At Truro and Penwith College, the Enrichment programme is broken down into four areas: Sports Academies, Specialist Academies,

MARK STEVENS ENRICHMENT COORDINATOR

Extra-Curricular and Recreational Sport and Games.

You can simply pick what you want to do. This can be something alongside your course to prepare you for university. For example, if you're doing A Levels and your end goal is to be a doctor, it's a good option to do the Medics' Academy. It's got a really good link with the course, which can help when you go on to study at university.

If you're a competitive sports person or you do sports outside of college, you can try one of the Sports Academies. There are many sports you can try in an Academy, and they'll really help to develop your teamwork and communication skills, as well as improving your physical literacy.



REACH FURTHER

Boost your resilience, creativity, innovation and overall confidence.

For some students, Enrichment may not be related to their studies. Extra-curricular and Recreational Sport and Games can be great for both your physical and mental wellbeing. They can give you an hour and a half to not think about the stresses of everyday life and have fun with your friends. This is important for developing your social skills and resilience, as well as your creativity. There's something in Enrichment for everyone!

We want you to feel like Enrichment is a great part of your college life, rather than just something you do on the side. We hope that the programme helps to boost your resilience, creativity, innovation and overall confidence.

Mark Stevens Enrichment Coordinator

We welcome ideas for enrichment activities, so if you have a suggestion for a new subject, contact your tutor or Mark Stevens, Enrichment Coordinator.

e: markstevens@truro-penwith.ac.uk

Matis Endougher

ENRICHMENT

Enrichment is a key part of the curriculum at Truro and Penwith College and students' personal development. Our Enrichment programme offers something for everyone and provides opportunities for students to meet other students, develop new skills, confidence, resilience, prepare for their next step and keep healthy.

Enrichment at Truro and Penwith College falls into four groups. All students at the College should be encouraged to take up an option but from September 2022, Enrichment is a compulsory part of a student's timetable on the following programmes. Students are expected to register and attendance will contribute to overall attendance figures.

- > All students studying an A1 programme (1.5 hours a week enrichment)
- > All Foundation and Extended Diploma students (BTEC, OCR and UAL) who choose to pick an option (1.5 hours a week enrichment). If no option is chosen an additional 1.5 hours directed study session will be added to curriculums (2 sessions per week).

Whether it is sporting, academic, creative or social, Enrichment means every student can make the most of their time at Truro and Penwith College.

On all other programmes, students can and are encouraged to add an Enrichment activity if it fits around timetables. If an option doesn't fit, an alternative is the drop-in Health, Wellbeing & Sport Sessions (HWS).

In addition to the Enrichment options, the College publishes a termly HWS programme with a wide range of activities that students can drop-in for, as and when their schedule allows. This includes a wide range of activities including Gym, Running, Spinning, Gardening, Knit 'n' Natter, Yoga and Meditation.



The Enrichment Programme

The Enrichment programme is at the heart of the Truro and Penwith curriculum. It embodies the values of our College community and develops skills, proven to underpin future career and academic success.

It lays the foundations for healthy lifestyles and the ability to contribute positively to the communities in which we live and work.

COLLEGE VALUES

Wellbeing: Looking after your own physical and emotional wellbeing is the core building block of a happy, healthy and prosperous future.

Engagement: Take full advantage of the opportunities available to you.

Aspiration: Believe in yourself, do not set your own ceiling for what you can achieve.

Respect: Play an active part in creating positive inclusive communities where everyone is valued and respected.

SKILLS FOR YOUR FUTURE

Team Working: The ability to form positive working relationships and work collaboratively with others.

Communication: The ability to articulate your thoughts and ideas, actively listen to and influence others.

Creativity and Innovation:

The ability to look at situations and problems from different perspectives and to find alternative solutions.

Confidence and Resilience:

Having confidence in yourself, your abilities and the value you can add, the ability to overcome obstacles and challenges.

Academic Skills: Academic skills are core to helping students achieve their full potential both at college and university.

Physical Literacy: Developing the motivation, confidence and physical competence to engage in physical activities for life.





Applicants are strongly encouraged to select one preferred Enrichment activity from the dropdown menu at the application stage via our application portal on the College

website. Students who do not choose an Enrichment option will be assigned to a study skills group so they can develop their study skills.

Currently, students can choose from one of four main headings: Specialist Academies, Sport Academies, Extra-Curricular and Recreational Sport & Games.

Further discussions on your chosen Enrichment activity will then take place at interview and will be linked to your career aspirations, engagement, and wellbeing.

WHAT'S IT FOR

As well as an opportunity to make new friends, focus on a hobby or add breadth to your studies, our Enrichment programme is designed with the student's end goals in mind.

Your Enrichment activity will be integrated into our Navigate platform, making up your own Electronic Curriculum Vitae (CV) that demonstrates some of the skills and experiences, including work experience, you have been involved in during your time at college. This 'E:CV' can then be taken with you once you leave college and is very useful for university applications, applying for employment or volunteering activities.



ACHIEVE YOUR FULL POTENTIAL

EXTRA CURRICULAR ENRICHENT

Develop skills that underpin success in education and future career ambitions.

Academic Skills & Extended Research Project (EPQ)

If you want to develop study and research skills to support your studies and progression to university, this independent research project is for you.

The techniques you will learn such as reflection, critical analysis and presentation of results will support your progression into employment.

As part of this activity, you are given the opportunity to complete an Extended Project Qualification (EPQ), which allows you to tailor your project to fit your individual needs, choices, and aspirations.

The qualification comprises of two main parts: a taught element that includes project management, research techniques, application of reflective learning and presentation techniques. These sessions, alongside supervision from your tutor, support you in creating a portfolio documenting your own research project.



Study Skills

Study skills are vital to all students, enabling you to make the most effective use of your time, whatever your subject area. Everyone can develop and improve these skills – whether you're retaking your essential GCSEs or on your way to Oxbridge.

Some key skills are time management, revision and using electronic resources, reading and writing skills and critical thinking.



Developing your study skills can help you feel more in control, better organised and can help you meet new challenges as you progress through your learning journey.

Stress is a big enemy of effective study and feeling in control lessens

And, don't forget, many study skills are transferable to the world of work. Developing the capacity to communicate effectively and meet deadlines are two skills employers really value.

Languages

Do you want to brush up your skills on a language you studied at GCSE? Would you like to study a new language from scratch? Are you doing an A Level or IB option in Spanish or French? If so, sign up for the Languages Study Plus.



LEARN SOMETHING NEW



This interesting self-study option allows you to access authentic resources to help with learning a new language. We have access to authentic reading books and computer access to recommended websites, podcasts, news and online magazines to help with your studies.

Languages you can try with the Languages Study Plus include French, Spanish, German Japanese, Mandarin, Russian, Portuguese, Italian, Greek, Thai, Swedish and Latin. We can also liaise with the Library to bring in new materials if the language you want to learn isn't listed. Come along and learn another language; it's a highly desirable skill to have!

Choose your
Academy or
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website.





stories, settings and characters.

You will explore how to devise a plot, how to structure your narrative and how to successfully integrate spoken dialogue into your writing.

We will work closely with you as you experiment crafting and adapting your writing within a range of genres, from short stories and novels to poetry and plays. As well as traditional forms, we can also try our hand at blogs, podcasts, print journalism and even dialogue in graphic novels!

By working both alone and through collaboration with others, you will learn how to edit your own work to maximise your potential as a writer. In addition to the lecturer's guidance, you will receive advice by those working within the field; we will explore what publishers look for and ultimately support you in getting your writing out there.

International Film Club

Why should you attend the International Film Club? It pushes you out of your comfort zone, offering you different perspectives of the world. It awakens your imagination, bringing new ideas on filmmaking and storytelling.

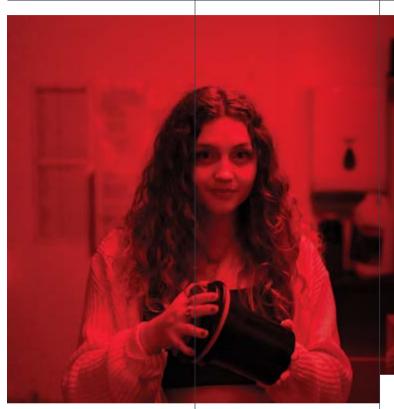
Hollywood films can be very formulaic, often showing the society we already live in. World Cinema gives us new insights. It is a great way to explore countries, cultures and languages without having to buy a single plane ticket.

Here in Cornwall, it can feel like we are a million miles away from other lands and cultures. By learning about other people, it's much easier to keep an open mind to diversity.

The International Film Club is a great boost to anyone studying or making UCAS applications to study Languages, Film Studies, Media, English, Photography, History, Geography, Sociology, Psychology and many more.



ART & DESIGN

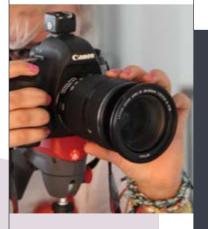


Photographic Techniques

In this fascinating enrichment option, you will learn how to use DSLR cameras, Adobe Photoshop and Lightroom, which are great skills to have for anyone going into media or photography roles.

Further your knowledge of the basics of digital photography using latest software options.

Absolute beginners are welcome! For experienced learners, there are opportunities to further develop your existing imaging skills.



You will learn how to use DSLR cameras, Adobe Photoshop and Lightroom

ART & DESIGN



Moving Image Techniques

Do you want to get into video editing? The Moving Images Techniques Study Plus helps you to develop video editing skills in the Adobe Creative Suite. With the help of the lecturer, you will learn the basics of editing using latest software options, such as Final Cut Pro. Absolute beginners are welcome and for experienced learners there are opportunities to expand your existing filmmaking skills.

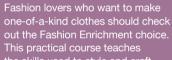








Art &



the skills used to style and craft beautifully made clothes.



Design, pattern cutting and draping on the stand will also be covered to allow you to explore three dimensional outcomes. Design, make and wear your amazing creations!

We welcome ideas for enrichment activities, so if you have a suggestion for a new subject, contact your tutor or Mark Stevens, **Enrichment Coordinator.**

e: markstevens@truro-penwith.ac.uk

ART & DESIGN

Printmaking

Try your hand at a wide array of printing in the Printmaking group. This Enrichment route will enable you to develop a creative body of print work and explore different printmaking techniques,

including screen printing, lino cut, monotype, etching and collagraph in a creative specialist workshop environment. Great for enhancing your portfolio!

PURSUE YOUR PASSIONS







Ceramics

Express your creativity and decompress in the Ceramics group. This enrichment is practical based and will enable you to explore form and function using

different ceramic techniques and processes, including slab, coil and thrown techniques. The practice will allow for the development of processes from initial ideas through to a final outcome.



Jewellery Making

Do you want to make beautiful jewellery for yourself or as a gift for someone? Take up Jewellery Making. You will learn new skills and traditional techniques in jewellery making, and you can try making a variety of jewellery that could include a ring, bangle, chain, or pendant. You will also learn how to texture and form metal, solder, and finish. No previous experience necessary.



Life Drawing

Improve your observation skills and understanding of the human anatomy for your artwork with Life Drawing.

This practical-based enrichment option will provide the opportunity for you to improve your drawing and observation by working from the figure.

Analytical and experimental approaches will use a range of drawing techniques and materials. This course is especially useful for students wishing to build a portfolio for future work or university applications.



ART & DESIGN

Digital Art

If you love to create using the latest software, or you want to learn modern art techniques, this enrichment option is for you. Learn the methods and create digital artwork using the Adobe Creative Suite.

You will discover how to create your own brushes and animated GIFs in Photoshop, as well as mastering vector drawing using Illustrator, and much more.

Perfect for students who are studying a creative subject. All abilities welcome.

CASE STUDY







I joined the Jewellery Making group as I wanted to try something new at college; it's a really nice creative outlet.

Gwen is previously from Penair School and chose to study A Level Art & Design, specialising in the Fine Art pathway, along with A Level Environmental Science and A Level Geography.



Music for Media

The Music for Media group will look at all aspects of music for the moving image, whether that be film, television or radio drama. This exciting option will cover aspects such as spotting (deciding

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well as how it should sound), title music, beds (background music) and stings (short musical idents), arranging and orchestration, developing themes and analysing film music. There will also be an investigation of locative music (geolocated music that is site specific), instillation music and audio branding. This activity is practical based and allows you to develop a portfolio which you can use for university interviews or as way to gain employment or freelance work. You will be mainly using Logic Pro but you will also get to try Sibelius.

The group is project based in order to suit your interests, aspirations and creative ideas.

PERFORMING ARTS

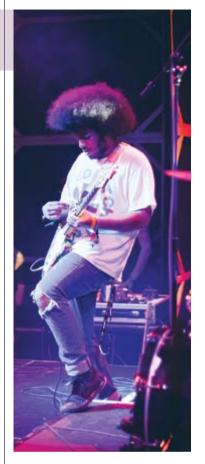
Rock & Pop Band

If you are a musician with a passion for playing music either in a band or as a solo artist, then The Rock and Pop band is for you!

The group gives musicians the opportunity and rehearsal space to build, practise and perform sets of music or develop music projects throughout the year, and what you choose to do is completely decided by you!

There will be opportunities to perform live in front of audiences and create recordings in our dedicated studio, the choice is yours. Some previous performance experience or regular music practice is essential for this activity.

Students perform in professional level studios and stages



CHECK OUT THE MUSIC ACADEMY ON OUR WEBSITE







Live Events

Have you ever wondered what is going on backstage? For every music, theatre, and film production, for every exhibition, conference, community or corporate event, there are a whole team of backstage artists, designers, engineers, producers, managers, technicians and crew. If you would like to get involved in putting on events join Live Events Management.

EXTRA CURRICULAR ENRICHMENT PERFORMING ARTS

Jazz Performance & Improvisation

The Jazz band is a hugely popular option for musicians who are keen to learn to perform in a larger jazz ensemble and develop both performance as well as improvisational jazz solo skills.

The group is open to you regardless of instrument whether it be brass, woodwind, guitar, bass, keyboard, drums or vocals, and the purpose will be to build a repertoire of jazz standards as well as some other funk, soul, and popular jazz covers.

You will have the opportunity to work collaboratively and develop some technical theory to enhance your soloing if that is something you are interested in.





reading is recommended.



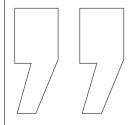
CASE STUDY



I really enjoy playing in the Jazz Band. The music is challenging, and improvising pushes me out of my comfort zone. It's great fun to take part in.

The Jazz Band has helped me with my confidence in ensemble playing, and it helps develop my musical skills, such as sight reading and improv.

Eithne previously attended Penryn College and studies A Levels in Music, Biology and Psychology, and plays the saxophone in the Jazz Band.



Volunteering

The Volunteering Group is a great way to express your interests and support the local community. You will be volunteering with charitable organisations such as Volunteer Cornwall to help develop the wellbeing of individuals, the environment, and communities in Cornwall.

You will be doing specific training that focuses on developing your communication, organisational, leadership, and interpersonal skills.

For certain projects and organisations such as Active Cornwall you will be completing professional qualifications such as first aid, to prepare you for working with the Cornwall School Games Project.

Work Experience

Our dedicated team of Work Placement Officers are here to help you gain experience in the employment sector of your choice.

Work placement is a fantastic way to find out about which career is right for you. It helps you to learn about employer expectations and the world of work whilst building your confidence and skills.

It's also a great way to enrich your CV and support your progression when you move on from College.

Career Zone

The Truro & Penwith College Careers Service

- Sourcing work placements
- CVs & application forms
- Information on gap years
 & voluntary work

careers@truro-penwith.ac.uk



Volunteering will help develop your employability skills by expanding your knowledge, preparing you for university and life.

in Cornwall.

Sustainability Group

People who are passionate about our planet and the environment will want to be a part of the Sustainability Group.

This activity provides a chance to take an active part in promoting and improving sustainable practices at the College and amongst the student body. Meet likeminded people who share your love for our planet.







This group will support students who wish to work in hospitality either part time or full time as a career path.

Working in hospitality enables you to develop core transferable skills such as confidence, communication, teamwork and customer service. As part of this activity, you will receive food safety and barista training to support applications for part-time work.

You will also be taught how to cook healthy nutritious meals on a budget, this will be useful whether you wish to live independently, contribute to cooking at home or go away to university.

MEET NEW PEOPLE

Board Games & Chess

If you love to play board games, you should come along to the Board Games and Chess group.

This activity gives you an opportunity to play a wide range of board games and chess, developing your strategic thinking skills.

Have fun and make new friends through a variety of different board games!



Construction & Automotive Essential Skills For Life

This Enrichment option will consist of learning skills that are part of everyday life and will prepare you well for looking after your first vehicle and/or home.

Automotive: This weekly session will cover checking your tyre pressure, fluid levels, oil, water, brake fluid and washers. We will also cover an introduction to Electric Vehicle (EV) technology, routine checks, such as lighting and warning lights, changing bulbs, internally and externally, preparing for an MOT, removing and replacing a wheel, what to do in an emergency, windscreen cracks and chips and the legalities.

Construction: These sessions will include carpentry, cutting and shaping, using saws, chisels and hand planes as well as bricklaying, painting (gloss, eggshell and emulsions) and decorating. You will also learn electrical skills (basic electrics, wiring a plug, diagnosing and rectifying faults and plumbing (basic plumbing, compression and plastic fittings and fixing a leak), and so much more!



GAIN THE CONFIDENCE TO SET AMBITIOUS PROGRESSION AND CAREER GOALS

SPECIALIST ACADEMIES

Improve your chances of securing a place at a selective university, enhance your employability. Develop your technical skills in a wide range of subject areas.



CHECK OUT THE ACADEMIC ACADEMY ON OUR WEBSITE

Academic Academy

Are you curious, inquisitive, and eager to learn? If so, the Academic Academy is open to you. The Academy offers a thirty-week programme of lectures by leading academics and public figures.

Designed to enthuse, entertain, and provide a challenge through a range of topics that cut across traditional subject divides, the Academic Academy will enrich your understanding of the world in which we live. The Academy is particularly suited to students aiming to secure a place at a selective university, but this is not a requirement of attending; the Academy is open to all.

Previous speakers have included politicians, leading Oxbridge scientists, environmental campaigners, a counter-terrorism expert, historians, religious figures,

psychologists, an emergency medicine consultant and nationally renowned journalists and figures from the media.

All our speakers offer an engaging and informative insight into issues beyond the taught curriculum and are keen to answer your challenging questions.

The programme is particularly suited to students aiming to secure a place at a selective university.

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CASE STUDY

A Level student Tanya is previously from Richard Lander School. After being recommended the Medics' Academy, she has decided to go forward with a career in medicine.

She applied to some highly competitive medicine courses at Exeter and Cardiff universities.

TANYA
MEDICS'
ACADEMY

7 /

I discovered the Medics' Academy, which helped me confirm my career ambitions. I really loved it; we had people come and speak to us from different universities and alumni from the College, so it was really helpful.



Allied Health Academy

Are you interested in careers related to allied health, such as becoming a paramedic, physiotherapist, radiographer, chiropodist, audiologist or dietician?

The Allied Health Academy is here to help improve your understanding of careers in health-related disciplines, to guide you through the process and to optimise your chances of receiving an offer in this very competitive industry.

PARAMEDIC

We also work closely with local employers to help students acquire relevant work experience, which is key to a successful application, and develop key skills required for your intended profession. You will learn about the application process and the different types of courses that are available.

In the second year, you will receive advice on writing personal statements and strategies for interviews. After your application has been submitted, you will have the opportunity to take part in mock interviews to help you prepare for the real thing.



We can help you find work experience, essential for successful university or job applications.



CASE STUDY



Ben attended Penwith College to study A Levels in Maths. Physics. Chemistry and Economics. He then completed a Master's in engineering at Exeter University and now works as a Graduate Mechanical Engineer with Babcock International at Devonport Royal Dockyard.

I took part in the Academic Academy which exposed me to interesting ideas in science, humanities and the arts. Get involved with academies, clubs and extra-curricular projects which interest you; it's the skills and qualities you learn in these which potential universities or employers will be most interested in.



Medics' Academy

The process of applying to highly competitive medics' courses has multiple stages and can be confusing - the Medics' Academy is here to help guide you through this process and to optimise your chances of receiving an offer.

The Academy is run in partnership with students from Exeter Medical School as part of the Widening Access initiative. We also work closely with ex-academy members at all stages of their careers, Foundation year doctors, GPs, dentists, and vets to give you the widest exposure to careers in this field.

We will build your knowledge and skills through talks, interactive workshops, and seminars, in which you will learn communication skills, manual dexterity and basic clinical skills.



You will also find out about the application process and the different types of medical courses that are available. We can even help you to find work experience, which is essential for a successful application.

You will also receive advice on writing personal statements, admissions tests and choosing the right medical course for you.



Optimise your chances of receiving a university offer

After your application has been submitted you will have the opportunity to take part in two mock interviews and a full day of MMI training, enabling you to perform at your best when you have your real interview and give you the confidence to succeed.



STEM Academy

Truro and Penwith College provides over half of all post-16 Science, Technology, Engineering and Mathematics (STEM) related courses in the county and is one of the largest in the country.

STEM Academy enables students who have a passion for elements of STEM to further enrich their time at the College. This includes entry to competitions, such as Maths, Biology, Chemistry and Physics Olympiads, national science essay writing competitions, as well as bespoke projects and competitions that have previously included conservation work and devising particle physics experiments that could be run at CERN.

Science, Technology, Engineering & Maths

Each summer, several of our students are placed with one of the most prestigious STEM schemes in the country. Much of the Truro and Penwith students' work with Nuffield Research Placements is so cutting-edge that it is classified due to commercial sensitivities.



Study pathways in Biology, Chemistry, Mathematics & Physics

Maths Academy

Come along to the Maths Academy if you enjoy mathematical problem solving and want to extend your mathematical skills.

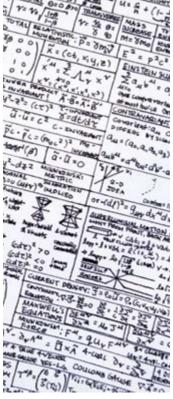
The academy will help to prepare you for the Senior Mathematical Challenge, which is a 90-minute, multiple-choice test which encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

If you're interested in other mathematics events such as the Maths Olympiad for Girls or the Maths Team Challenge, the Academy could also help you to prepare.









GOING ---FURTHER

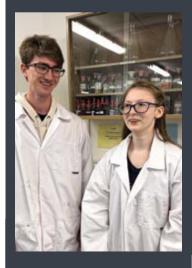
A student success story

Dylan and Hayley proved they have the formula for success after coming runners up in a national competition.

The two talented A Level students, studying Mathematics, Chemistry and Physics, were awarded the team runners up prize by the UK Space Agency in a competition to find innovative ideas on how satellites can improve life on Earth.

The clever duo proposed using satellite data to assess the condition of native seagrass. Seagrass is responsible for fifteen percent of all carbon absorption within our oceans.

Now in its fifth year, the SatelLife competition awards a shared prize fund of £50,000 and as runners up in the team category, Dylan and Hayley received just over £4,000.



Accelerate Academy

This Academy is for students studying A Level STEM subjects, this includes at least two A Levels within computing, maths and science.

The programme involves providing mentoring and coaching for other learners, taking part in group projects and undertaking an individual Extended Research Project.



Computing, Maths & Science



The Academy focuses on extra-curricular activities to support achievement of high grades and wider academic excellence.



This Academy is a significant commitment and has various elements timetabled through the week.

Travel Academy

At the Travel Academy, you will work towards your NCFE Level 2, which is an award for Resort Representatives. This is an ideal course for those looking to take a gap year or looking to work overseas on ski resorts, at 18-30s campsites, or if you want to work as a transfer rep.

This Academy is designed to provide students the skills, knowledge and understanding required to carry out the role of a Resort Representative either in the UK or overseas and will involve putting together a portfolio of evidence to cover the five units through a series of assignments.



Law Academy

The Law Academy provides all aspiring legal professionals with an opportunity to develop their advocacy skills with qualified solicitors and barristers.

It will provide an invaluable insight into the practical aspects of the profession and provide an excellent boost to your CV or university application. The Law Academy provides you with a variety of opportunities to extend your legal knowledge and develop a multitude of skills.

This is a fantastic platform to enhance employability by improving legal knowledge, refining legal skills, and building confidence.

Enterprise Academy

This academy gives you a chance to find out what it is really like to set up and run a business.

You will gain experience in raising share capital, designing, and manufacturing your product or service and selling directly to your customers.

Whether your next step is to study at university, gain an apprenticeship or secure employment, this

CHECK OUT THE ENTERPRISE ACADEMY ON OUR WEBSITE



experience will clearly set you apart from your peers. You will have weekly meetings to discuss and evolve your ideas which will be supported by a local business adviser. During this process, you

will take part in exhibitions and trade fairs competing amongst other sixth forms and colleges.



CASE STUDY



77

Law Academy
helps you
understand
how the court
system and trials
work by putting
you in a real-life
court scenario.
It helps you get
comfortable with
the court before
starting your career.

Freya is from Threemilestone and studied Law, English Language and Psychology A Levels and took part in the Law Academy. She previously attended Richard Lander School.

Freya plans to study a Law Degree at either Bristol or Nottingham University.

GOING --FURTHER

A student success story

Law Academy student Zoe is presenting her ideas to MPs at Westminster on reforming future laws.

Zoe studies A Level Law and has been selected from 800 applicants across England, from non-feepaying schools, to work with the Model Law Commission.

The Law Commission is a statutory independent body aiming to ensure that the law is as fair, modern, simple and as cost-effective as possible. Model Law Commission is a project set up to give A Level students the chance to simulate its work.

I will be presenting my final report with a speech in Westminster in January 2023 which I am extremely grateful and excited for.



SPECIALIST ACADEMIES

Creative Academy

If you are creatively minded, the Creative Academy is for you. This Academy is an opportunity to learn a wide range of skills from the different creative media and performance industries and put them to practical use.

Working in groups, each year of Creative Academy will produce different outcomes as it's all based on what you want to make. Creative Academy is your space to play music, act, craft, dance, perform, compose and build. It can be whatever you want it to be.





It might be a music video, it might be a pop-up performance, it might be a political thriller or an audiovisual installation.

Creative Academy is your space to play music, act, craft, dance, perform, compose and build. It can be whatever you want it to be.







SPECIALIST ACADEMIES

eSports Academy

If you're a keen Counter-Strike, Hearthstone or Overwatch player, consider trying out for the eSports Academy.

The eSports Academy will join competitions based on the skills of the squad and will give you the chance to represent the College in a game that challenges and excites you.

Along with our award-winning Games Development team, build your skills in a variety of areas such as communication, leadership, strategic thinking, problem-solving and decision making, as well as crucial IT and cyber skills.



Working in tandem with the British eSports Council, we hope to create a team that will snatch trophies and give you a rewarding experience with like-minded students.

You will take part in strategy and practice sessions with tournaments taking place at different times throughout the term with potential trips to National finals depending on your success. Build your skills in a variety of areas such as communication, leadership, strategic thinking, problem-solving and decision making.



CASE STUDY



Myrtle is from Mounts Bay Academy and is studying A Level Chemistry, Psychology and Maths. They are now captain of the Penwith Overwatch team. 77

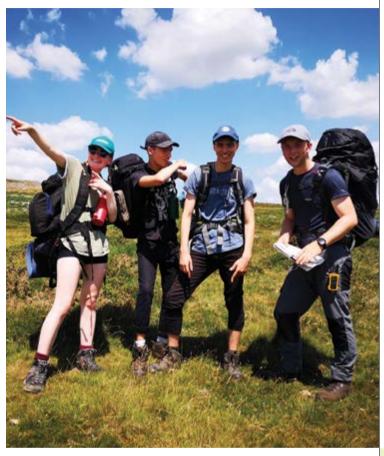
When I joined College last year, I didn't have much experience of playing Overwatch and spent my first year learning the game and the characters. This year I'm the captain. I am a computer games design student and I want a career in either Game Art or eSports.

The Academy is a lot of fun and is open to everyone in College, not just games' students. We play competitively against other schools and colleges in a league.

7/7/

THE **DUKE OF EDINBURGH'S** AWARD SCHEME





The DofE award is highly prestigious and is a great way to meet like-minded people. The DofE is taught over two years, with the main tuition involving the expedition that is required.

Because we do direct entry to Gold, you will need to complete a 4-day and 3-night expedition, usually on Dartmoor. An official 'practice' expedition is carried out in the first year - usually June, and the qualifying expedition is in the second year in July.

We also help in the other modules of volunteering, skills, physical, and residential. We meet on a Wednesday afternoon for training and do spend time outdoors honing map and compass skills.

A DofE Award is not just a prestigious Award much desired by colleges, universities and employers. It's recognition of the huge effort you've put in to doing it, the people you've helped and the skills you've learnt along the way.

The DofE programme supports you as you learn new skills, overcome obstacles, and build confidence and resilience.

It's all about setting personal challenges and pushing personal boundaries.



CASE STUDY



Saffie previously studied at Fowey River Academy and is now studying a diploma in Applied Science. She is due to complete her Gold Duke of Edinburgh's Award in July and has applied to study Forensic Crime Scene Analysis at Nottingham Trent University.

SETZOAL TRAIN
SULVERY ON THE SET OF THE SET

I absolutely loved the expedition. At College we'd have weekly meetings to practice map reading, food preparation and packing our bags to the right weight. For the Gold expedition we had to work as a team and navigate ourselves across Dartmoor.

The DofE looks really good on your CV, and it also helps with teamwork, communication and meeting new people.

I've made friends for life through it.

PARTICIPATE, COMPETE & EXCEL WITH

COMPETITIVE SPORTS ACADEMIES

Competitive Sport Academies are elite sport academies where students are expected to train and play competitively, including travelling to fixtures. If students do not want to commit to this, Recreational Sport and Games options may be more suitable.



sport development

will really raise

your game.

Choose your
Academy or
Enrichment activity
online when you
apply, using our
application portal
on the College
website.



Badminton Academy

Take your badminton skills to the next level at the Badminton Academy. You will take part in badminton-related activities, including individual racket skills, drills, and preparation for match play.

All Badminton Academy players will receive additional support and advice on strength and conditioning and gain access to the College's extensive fitness facilities. The College plays in the Association of Colleges (AoC) Sport tournaments and cups, with the opportunity to qualify for the national finals, as well as a range of county and regional schools' tournaments.



Basketball Academy

Passionate basketball players should take a look at the Basketball Academy. You will have the opportunity to take part in on court sessions, which include up to six hours a week training. The academy also has a link with the Cornwall Saracens youth basketball development club.

The Basketball Academy competes regularly on Wednesday afternoons, in the Association of Colleges (AoC) Sport competitions, including the Southwest League, Southwest Cup, and National Championship qualifying tournament.

We also compete in the 'Dynamic' England Schools Competition. When feasible for students, we can also enter our team into the county men's league (CBA).



CHECK OUT THE Basketball academy Page on our website





The Cornwall Indoor Cricket Centre - a world-class facility and the most modern in the UK.

Cricket Academy

For lovers of cricket who want to improve and play at a higher level, the Cricket Academy is here for you.

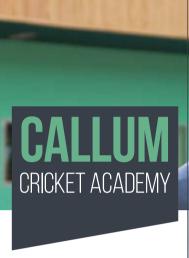
Coaching and training sessions will take place in the Cornwall Indoor Cricket Centre - a world-class facility and the most modern in the UK, with five lanes of nets, five bowling machines, advanced video technology and a specialist floor.

There is a strong fixture list, including indoor tournaments, the Schools Sports Magazine National U17 Cup, and AoC Outdoor Twenty20 League.

The Academy has celebrated many successes in both the male and female leagues, representation at the indoor National Finals is a particular aim within the competition calendar.



CASE STUDY



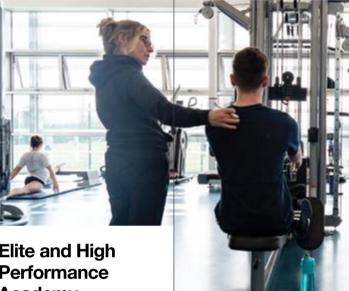
Joining the Cricket Academy was a no-brainer as I wanted to improve my cricket. As a bowler, I would focus on practicing my lengths.

The coaches will get the bowling machines out and throw you some balls.



Previously from Redruth School, Callum chose the BTEC Level 3 Extended Diploma in Sport.

In addition to this, Callum joined the Cricket Academy to enlarge his understanding of the subject. He has now progressed to Cardiff Metropolitan University to study Sport Coaching.



Elite and High Performance Academy

Athletes are required to be of at least county or regional standard, where available, to apply for the Elite Academy. Training programmes will be produced, where necessary, in conjunction with relevant coaches, and you will be encouraged to train with other athletes depending on your fitness requirements. There will be several training sessions each week that can be accessed to suit individual needs.

Specific athletic and cross-country training will also be held off site with Michelle Penhaligon, our UK Athletics Coach and Leader in Running Fitness.

Michelle also works closely with our disabled students improving their fitness levels and preparing them for competition.

As an Elite athlete, you will get the opportunity to compete in Association of Colleges (AoC) Sport events including cross country. track and field championships, water sports championships as well as other county and regional competitions.

GOING __ **FURTHER**

A student success story

Caitlin, a Sport and Exercise Science Diploma student, won a Gold medal for Team GB in the U21 Target Sprint ISSF - International Shooting Sport Federation Rifle and Pistol World Championship in Cairo, Egypt.

Although already competing at a very high level in her sport, the Elite Academy gave Caitlin the facilities. coaching and personal training programme to excel.

I've been doing lots of running and endurance training with the College's Elite Academy for two years now and it really has helped.



Football Academy (Male)

Football players will love the Football Academy. You will work with UEFA A and B licensed coaches, using the FA's Four Corner Model of Learning, and will take part in up to five hours of football related activities per week.

All students will have the opportunity to compete for places in any of the 4 teams that play weekly, although players in the First Team squad will normally be of county standard or higher.

Those selected into the three teams run by the College will all compete weekly in highly competitive fixtures. Alongside this they will be entered into the National cup and can compete regionally to gain a place to represent the Southwest at the Association of Colleges (AoC) National Championships in April each year.



There may be the opportunity to participate in a variety of trips and tours, with a focus on playing and developing skills. Past tours have included the Sanix World Championship Tournament in Japan and Dallas Cup, USA.



Football Academy (Female)

Have you been inspired by the Lionesses' win to take up football yourself? Look no further than the Female Football Academy.

You can take part in football related activities each week, including theory sessions, coaching, fitness, skills work and post-match analysis, in addition to competitive matches.



You will enjoy up to 4 hours per week with your coaches, when matches are not available a full comprehensive training schedule will be offered. Players will compete with Southwest Colleges in the the Association of Colleges (AoC) flexible league as well as being entered into a National knock out cup.

This Academy welcomes anyone interested in taking their footballing ability to the next level, current club players and novices are also welcome.

CHECK OUT THE FOOTBALL ACADEMY ON OUR WEBSITE



Hockey Academy

Come and improve your hockey skills at the Hockey Academy. You will engage in competitive hockey matches. Coaching and umpiring courses may also be offered throughout the year.

The Academy offers a full fixture list in Male, Female and Mixed competition as well as a national knock out cup for all the forementioned teams.

CHECK OUT THE HOCKEY ACADEMY ON OUR WEBSITE



Coaches will lead a variety of sessions from indoor at Truro campus to outdoor with the use of Penzance Hockey club for outdoor training and fixtures. As well as the fixture list there will be friendly games utilising the independent schools' calendar as well as Exeter and Marjon's University.





Tennis Academy

Improve your tennis skills and compete at the Tennis Academy. All students are welcome to join, from enthusiastic beginners to county and club-level players. Improve your skills, have fun and compete nationally.

In conjunction with Truro Tennis Club, players from Truro College receive professional coaching. Coaching will include individual racket skills, drills and preparation for match play.

We play in the Association of Colleges Sport tournaments, with the opportunity to qualify for the Association of Colleges (AoC) National finals and a range of county and regional tournaments as well as competing in the LTA U19 Southwest league.

NB. Sessions take place at Truro Tennis Club so you need to make your own way there.

Netball Academy

If you enjoy playing netball, the Netball Academy is for you. Truro and Penwith College Netball Academy provides fixtures for all four of our squads with local sides, schools competitions and in the Association of Colleges Leagues and tournaments.

The Truro College First team compete in the Premier league, Truro Second and Penwith First teams compete in the Association of Colleges (AoC) SW1 League and Truro Third and Penwith Second play in the local social league.

You will take part in netball related activities such as work on skills, tactics and fitness, match play and match analysis. All students have the opportunity to develop their own personal performance.

There is a real club feeling to the Academy with a friendly atmosphere where everyone, regardless of experience or ability, is valued. You are also encouraged to be involved in coaching and umpiring opportunities.



CHECK OUT THE RUGBY ACADEMY ON OUR WEBSITE



Rugby Academy (Male)

Passionate rugby players will want to take a look at the Rugby Academy. Our four teams play in over 70 fixtures and tournaments per season. You will have the opportunity to compete for places in any of the teams, which play weekly.

You will engage in rugby related activities, which will include theory sessions, coaching, video analysis, fitness sessions, skills work and weight training.

The Academy has toured to South Africa, Dubai and Canada, as well as competing at The Sanix Junior World Rugby Tournament in Japan for a number of years.

As an England Rugby Partner College we are very successful in developing players in the under 16 age groups.

The joint initiative between Truro and Penwith College and Exeter Chiefs' Rugby Academy provides players with the real opportunity of a first-class education coupled with first-class rugby coaching, while staying in Cornwall.



Our four teams play in over 70 fixtures and tournaments



Rugby Academy (Female)

Further your rugby skills at the Rugby Academy. The Female Rugby Academy is open to players of any standard and welcomes everyone who wants to improve and excel in this exciting sport.

Whether you have been playing rugby for years, want to try something new or you wish to add rugby into the mix of your existing activities, the Female Rugby Academy is perfect to run alongside other Sport academies.

When numbers allow, the College plays within the Association of Colleges (AoC) Sport League and cups as well as festivals, friendly matches and tournaments at 15s, 10s and 7s. You will also join other colleges across the Southwest to train and play a number of barbarian style festivals and fixtures.

You are also given the opportunity to represent the College at a South-West Colleges level and are encouraged to play in the county and regional set up within the Rugby Football Union Women's player pathway.

As an England Rugby Partner
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GILBERT

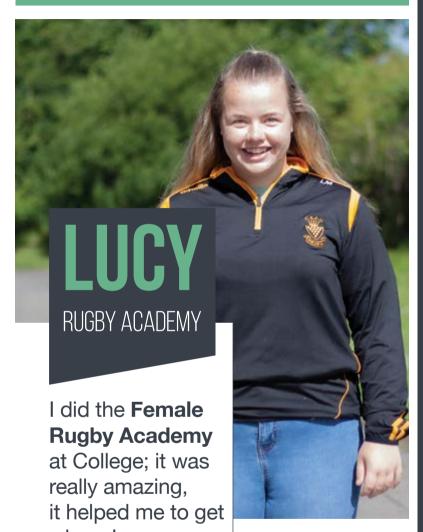
THEORY SESSIONS COACHING VIDEO ANALYSIS FITNESS SESSIONS SKILLS WORK WEIGHT TRAINING



The Truro and Penwith College Rugby Academy continues to produce outstanding players who have proven themselves nationally and internationally against the best. The College runs very successful teams and many local clubs have ex-College players in their ranks.

Steve Larkins, Rugby Academy Leader

CASE STUDY



Lucy is previously from Pool Academy and chose to study the Level 3 Extended Diploma in Sport and Exercise Science. She now has a place at Hartpury University to study Sport Therapy and has been selected to play for Gloucester Rugby.

GOING --FURTHER

A student success story

Our Rugby Academy players Ben Grubb and Bailey Williams have been selected to play in the England Rugby U18 Development Camp squad.



Bailey Williams



Ben Grubb



PROMOTING PHYSICAL AND MENTAL HEALTH AND WELLBEING

REGREATIONAL SPORT & SAMES ENRICHMENT

These provide an option to play sports or games each week but without having to commit to an Academy, play competitively or travel to fixtures.

RECREATIONAL SPORT & GAMES ENRICHMENT

Multi - Sports / Games Enrichment

(available throughout the week)

Join us in the Sports Hall for a mixture of recreational badminton, table tennis and ball games, no experience necessary and it is just for enjoyment and fun!





Gym Enrichment

(available throughout the week)

An opportunity to train freely, use all the equipment, catch up on your workout programme or workout with a friend. Work your way through a variety of exercise stations around the gym or studio to improve cardiovascular health, mobility, toning, strength, and stamina.

There is no set structure to the session, however a qualified gym instructor/personal trainer will be on hand should you need to ask any questions or advice.





Board Games Enrichment

Drop in and challenge fellow students to a selection of popular board games and Chess to develop strategic thinking skills. Sharpen your mind and concentration, train the motor and social skills, increase strategy skills, sharpen accuracy, manage emotions, and meet new people.

CLUBS, SOCIETIES & EXTRAS

EDI - Equality, Diversity & Inclusion group

Our ethnic diversity group meets bi-weekly. Come and join us to meet new people and learn about other cultures.

This group seeks to celebrate diversity through a range of activities and events. Past sessions have included cultural art-based workshops, sharing of experiences of growing up in other cultures, sharing of culture through food and cooking.



This group is led by the members so there is flexibility in content, in line with the interests, talents and needs of the group members.

LGBTQ+ Group

If you have questions about your sexuality or gender identity, or if you want to take part in discussions surrounding the LGBTQ+ community, come along to the LGBTQ+ Group.

The group is friendly, welcoming and accepting of people of all sexualities and gender identities, and each week we will discuss recent topics regarding LGBTQ+rights and the community.

The group is a great way to meet people like yourself and to feel accepted in your identity.



Go even further with College Trips & Travel

Across the academic year there are numerous opportunities for you to attend local, national, and international trips and visits. Most, but not all, are associated with curriculum, some are more widely offered across College.

Examples include visits to and collaboration with national art galleries and design museums, sports fixtures and professional

games across the UK. Sports visits to Dallas and Europe and widely in England, half term ski trips to European destinations, Languages trips to France, Greece and Spain, Geography trips to Iceland, Toronto and eSwatini, Geology trips to the Jurassic coast, visits to the Eden Project, Media Studies and Business trips to New York and Travel and Tourism cruise experiences, Engineering

and Motor Vehicle Studies visits to national Motorsports events and the Space Centre, Performing Arts visits to theatres in London, Plymouth and Truro.

Performing Arts shows staged in professional theatres in Falmouth and beyond, Foundation Studies visits to London and participation in the Jubilee Challenge event in Ten Tors.

CLUBS, SOCIETIES & EXTRAS

Student Council

The Student Council is a group of students elected by their peers to address issues of concern and organise student events and activities.

They have direct dialogue with both the student body and Senior Management Team and can use this to affect change in policies and practice.

Currently they are working on supporting certain campaigns such as Sexual Violence Awareness Day or World Kindness Day. The Student Governor is in the student council, and they work directly with the Colleges' Governors.

Students choose to join the Council as they want to make positive change to their own and their peers' experience. They also are keen to promote an inclusive environment within the College with equal opportunities for all.



Students involved with the Council benefit from being able to talk about their role and impact in their UCAS statements and during interviews. Both universities and employers appreciate the experience the Student Council gives learners to develop and evidence their ability to make impact in a professional forum.







Equestrian Group

The College Equestrian Group is for anyone with their own horse who loves to compete in Equestrian competitions.

Our Equestrian Team competes across Cornwall in competitions and has a supportive, friendly atmosphere. Make friends with likeminded people and develop your skills as a rider and improve your horse's experience.

Faith Group

faith, come along to the Faith Group. The Faith Group is an open drop-in session, available in our prayer and contemplation room with visiting local chaplains. All faiths are welcome.



DROP IN HEALTH, WELLBEING & SPORT SESSIONS

In addition to the enrichment opportunities above, the College publishes a termly **HWS** programme with a wide range of activities that you can drop in for as and when your schedule allows.

This includes a wide range of activities including; Gym, Running, Spinning, Gardening, Knit 'n' Natter, Yoga and Meditation.

See the latest timetable of activities here:

facebook.com/ HealthWellbeingAndSport

healthwellbeingandsport



MEET THE TEAM

The HWS Coordinator oversees the delivery of the health and wellbeing programme, with the support of the HWS Team. The HWS programme has been developed to help create a cross-college culture of health and wellbeing and is designed to offer opportunities that are fully inclusive and diverse to encourage all students to participate in regular social recreation and in turn help them achieve their academic goals.

The College recognises that different students will be motivated to participate in activity by different things. Whether it's about a healthier lifestyle, to develop friendships, or to help complete a challenge to raise money for charity, the HWS programme is for everyone. The menu of timetabled activities has something for everyone to enjoy and is totally free to access.



The HWS programme has something for everyone and it's totally free



Rear left: Ruth McKune, Rear centre: Ben Kent, Front left: Jake Flannigan. Front centre: Sheona Cornes, Health & Wellbeing Coordinator.

Right: Keiann Vujkovic.

ENRICHMENT

YOUR GUIDE TO

EXTRA CURRICULAR ENRICHMENT SPECIALIST ACADEMIES SPORTS ACADEMIES RECREATIONAL SPORT AND GAMES AT TRURO & PENWITH COLLEGE

Visit us truro-penwith.ac.uk Truro 01872 305000

Penwith 01736 809000 Find us on social









Correct at time of print. All clubs and classes are subject to change based on staff and student requests and availability.

The enrichment activities listed in this document can be added to throughout the academic vear.





