

# Enrichment



## Social

Enjoy our social activities and you'll make friends and create great memories.

## Active

Fitness isn't just about breaking a sweat in the gym; play our sports and team games to improve your health whilst having fun.

## Innovative

Sign up for a short training course and gain the skills to wow potential future employers.

## Involved

Volunteer at one of our very many community events and make your CV really shine.



Enrichment is an essential part of your study programme that ensures you make the most out of college life.

Extra activities mean you'll do something a little different to your usual classes and workshop-based lessons. Even better, visiting new places, joining

teams and being creative means you'll improve your social life whilst having a great time - it's that simple!

Bolton College focus on four types of enrichment activity to encourage all-round development and the growth of new interests and skills:

## Social

The emphasis here is on fun, so you can:

- Meet fellow students and pursue shared interests
- Participate in a range of social activities
- Join College Clubs
- Visit institutions such as art galleries and science museums



## Active

We have a huge range of sports and team games to choose from to improve your health and fitness:

- Basketball
- Football
- Dodgeball
- Bowling
- Trampolining
- Plus many more!





Improve your creative and organisational skills, essential for success in both higher education and employment. Here's a taster of what you could do:

- Take a short course on Prezi, Photoshop or Apple Macs
- Create content for Librezine, the College Library's magazine

 **Involved**

Get stuck in to college life and volunteer at College and community events:

- Assist at Freshers' Fairs, Open Evenings and Interview Evenings
- Take part in sponsored or charity events
- Become a Student Representative



**Enrichment is for everyone - from sports to cultural visits to organising events - participation will equip you for your future career and it's just what employers are looking for on your CV.**

**Follow us on social media:**



I helped show some parents and future students round the College as part of Open Evening. I'm usually not that talkative so it really brought me out of my shell.

The course I take isn't really creative so I loved getting together with other students to think of ideas to raise money for charity. I surprised myself because I had some good ideas.

I took a course on Photoshop. It looks great on my CV and out of College, I've even used my new skills to Photoshop a few of my mates' heads on to random things which has given us all a laugh!

I was really unfit so I started playing badminton; my stamina has improved so next year I'd like to join the netball team.

Dodgeball was great, I'd seen the movie so wanted to give it a go - I discovered I was quite good at it!

I've had some good laughs in Dance Club. I study a business course but find Dance Club has helped me to make new friends and keep fit at the same time!