

Welcme to Wales



A STUDENT GUIDE
FOR THE WORLDSKILLS UK
NATIONAL FINALS 2025





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A Student Guide for the WorldSkills UK National Finals 2025

WELCOME



Croeso i Gymru! Welcome to Wales – a land of dragons, castles, stunning landscapes, and now, the proud host of the WorldSkills UK National Finals 2025!

As you embark on this exciting journey representing your country at the WorldSkills UK Finals 2025, this guide will help you make the most of your time in Wales. From essential information to cultural insights, we hope this resource enhances your experience as you showcase your talents.

WELCOME MESSAGE

DEAR COMPETITORS

It is with great pride that we welcome you to Wales for the WorldSkills UK National Finals 2025. These competitions represent the pinnacle of skills excellence, and you – the competitors – embody the talent, dedication, and innovation that will shape our future.

As a country, Wales' work ethic and contribution to the national economy is historic. But we're more than coal and slate mines. We have a rich heritage of craftsmanship that dates back centuries, and an emerging reputation in today's cutting-edge technology sector. Our nation may be small, but our ambition has always been mighty.

During your stay, we hope you experience both the thrill of competition and our warm Welsh hospitality.

The WorldSkills UK National Finals are especially important for us in Wales as we showcase our commitment to vocational education and skills development on our home turf for the first time ever. We are honoured to host competitors from across the UK to celebrate skills excellence that unites us all.

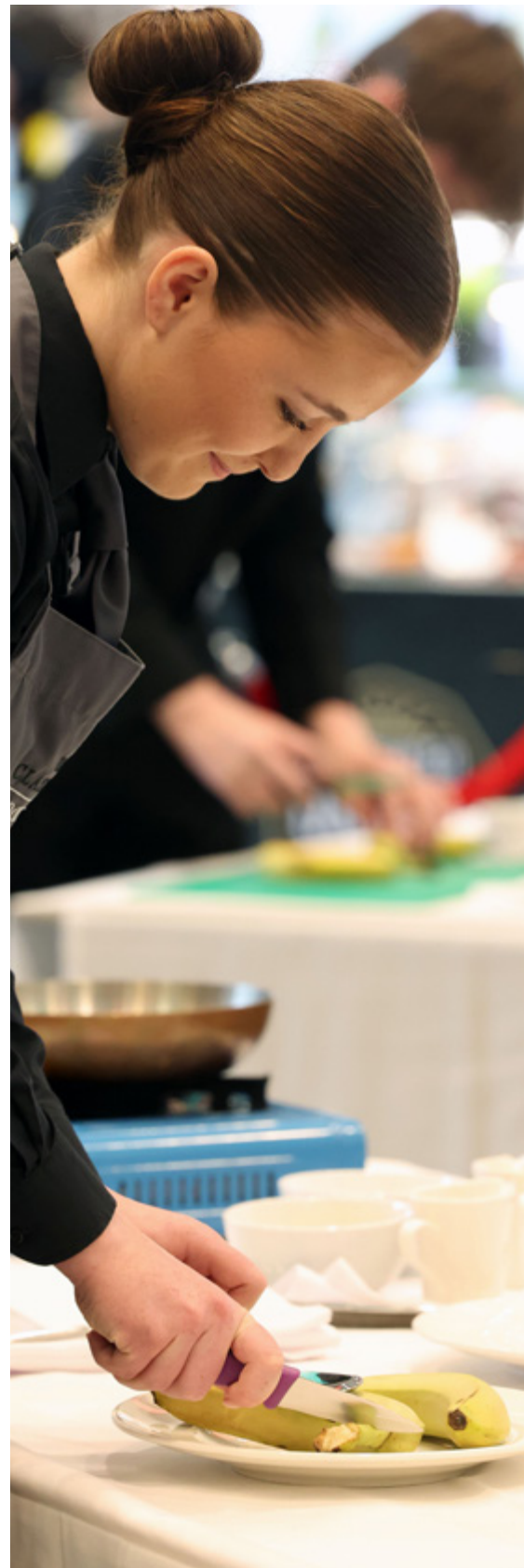
Pob lwc! Good luck in your competitions!

Jack Sargeant

Minister for Culture, Skills and Social Partnership

Vikki Howells

Minister for Further and Higher Education



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YOUR WELSH JOURNEY



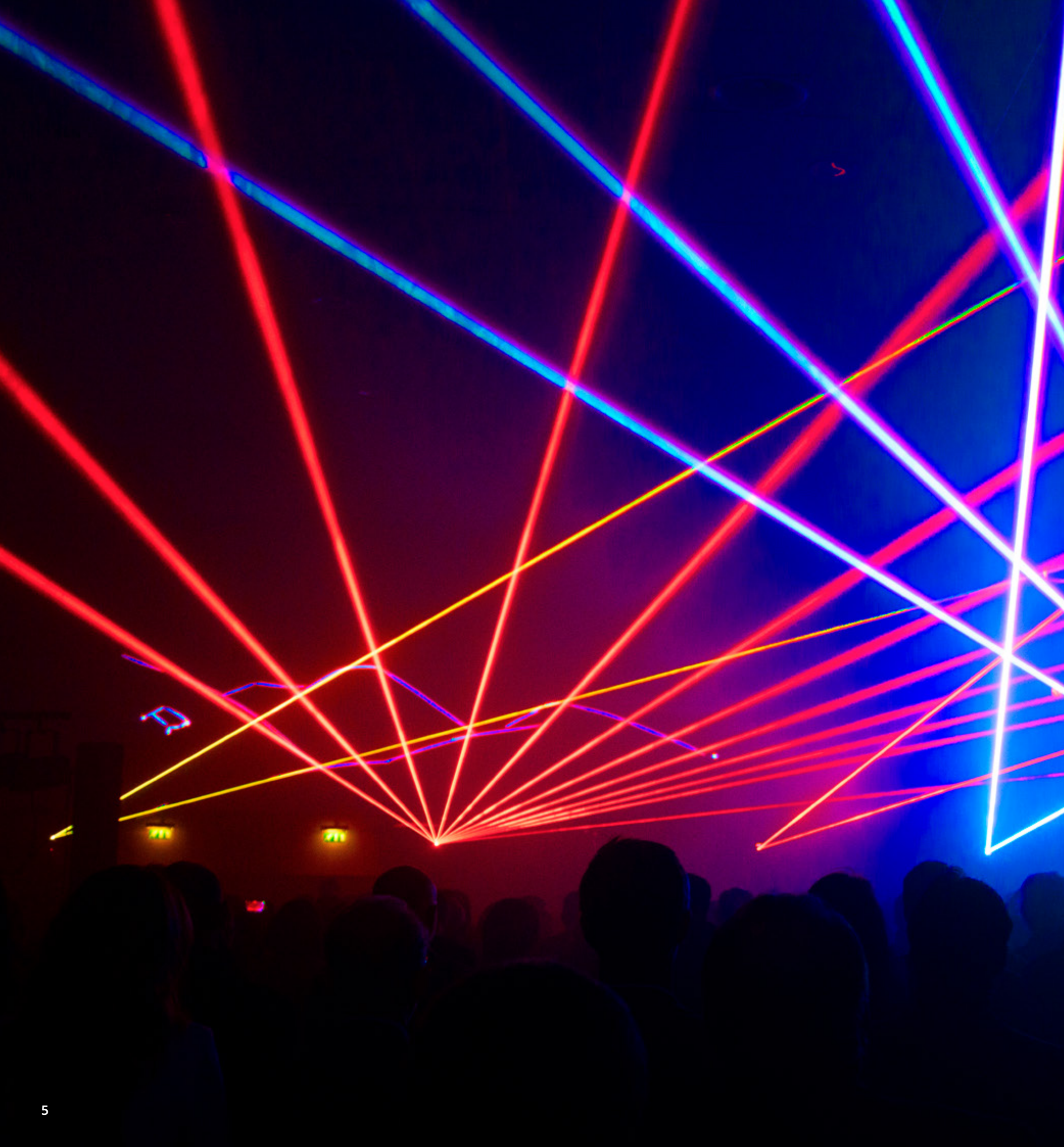
Your participation in the WorldSkills UK National Finals 2025 makes you part of Welsh history. We invite you to embrace every aspect of your time here – the competition, the culture, and the connections you'll make with fellow skilled professionals from across the UK.

Remember that beyond being competitors, you are ambassadors for your countries and for the future of skilled professions. The relationships formed during WorldSkills often last a lifetime and create networks of excellence that benefit us all.

We can't wait to see your exceptional skills on display, and we hope your time in Wales leaves you with memories to cherish long after the medals are awarded.

Croeso i Gymru – Welcome to Wales





WORLD SKILLS UK NATIONAL FINALS 2025

VENUES

The WorldSkills UK National Finals 2025 competitions will take place across multiple venues, each selected to showcase different aspects of Wales and accommodate the diverse competition requirements.

- Bridgend College, Pencoed Campus
- Cardiff and Vale College – City Centre Campus
- Coleg Gwent – Newport Campus
- University of South Wales (Cardiff)
- University of Wales Trinity Saint David (Swansea)

All venues are fully accessible and equipped with state-of-the-art facilities.

If you know of anyone who wishes to visit the competition venues, please ensure they register as a visitor in advance, which can be done at www.worldskillsuk.org/skills/worldskills-uk-national-finals-2025-visitors



Register for the live stream at
www.worldskillsuk.org/skills/national-finals-2025



CONNECT WITH US

Social Media

You've made it to the WorldSkills UK National Finals 2025, and you're about to put your skills to the test one last time. What if all it took to inspire someone else's incredible journey... was simply sharing yours? Your photos, your moments, your story. They might be the spark that helps someone take their first step.

If you share your celebrations and the memories you'll make over the next few days, tag in your trainer, your college or provider, your friends and family and of course - us!



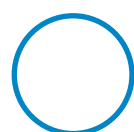
BEHIND THE SCENES

If you've been putting in the work...training, learning, pushing yourself ... we would love to see that.



BIG NEWS ANNOUNCEMENTS

Whether that's you starting off on your trip to Wales or finishing your last task in the arena.



DURING THE EVENT

It's go time! If you grab a snap of you and your team bossing it – share it!



RESULTS AND CELEBRATIONS

These competitions aren't just about winning...but if you do, what a rush! If you're giving a shoutout to everyone who backed you, we'd love to know.

@ISEinWales • @worldskillsuk
@teamWales • @WorldSkillsUKW
#WSUKFinals2025





HEALTH AND WELLBEING

Your wellbeing is our priority during the WorldSkills UK National Finals 2025.

STAY COOL UNDER PRESSURE

Feeling nervous before or during a competition is totally normal — even the pros get the jitters! The key is learning how to manage those nerves so they don't manage you. Deep breathing, positive self-talk, and focusing on the present moment can help you stay calm, confident, and ready to perform your best.

1. Breathe Deeply

Use the 4-7-8 technique:

Inhale for 4 seconds, hold for 7, exhale for 8. It slows your heart rate and helps you feel more in control.

2. Create a Pre-Game Ritual

Listen to your favorite calming music, repeat a positive mantra, or do a short warm-up routine. Familiar habits can ground you and reduce anxiety.

3. Visualise Success

Close your eyes and picture yourself performing confidently and calmly. Visualization can trick your brain into feeling more prepared.

4. Talk To Yourself Like a Coach

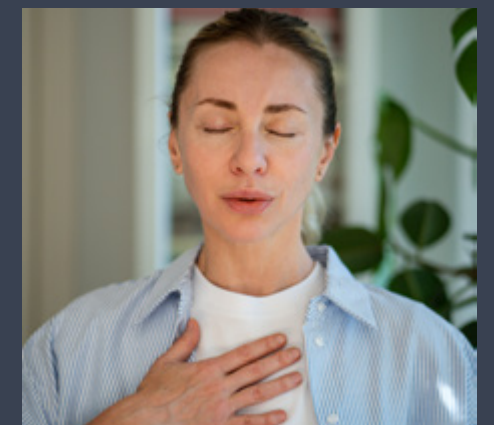
Replace "What if I mess up?" with "I've trained for this — I've got this." Positive self-talk boosts confidence and focus.

5. Move Your Body

Do a few light stretches or shake out your arms and legs. It helps release nervous energy and keeps your body relaxed.

MEDICAL SERVICES

- Medical support available at all competition venues
- Emergency contact information provided upon arrival





ABOUT WALES

The Land of The Red Dragon

Wales (Cymru in Welsh) is one of the four nations that make up the United Kingdom. With a population of just over 3 million people, our small but mighty nation is known for its stunning landscapes, rich history, and vibrant culture.

KEY FACTS

- **Capital city:** Cardiff (Caerdydd)
- **Official languages:** Welsh and English
- **Population:** 3.1 million
- **National symbols:** The red dragon, daffodil, and leek
- **Geography:** Mountains in the north (including Eryri) and rolling valleys in the south.



A HISTORY OF INNOVATION

Wales has a proud industrial heritage, once leading the world in coal mining and steel production. Today, Wales is embracing future industries including renewable energy, advanced manufacturing, and digital technology – many of the same fields you'll be competing in during WorldSkills.



EDUCATIONAL EXCELLENCE

Wales has a strong tradition of education, with four universities consistently ranked among the UK's top institutions. Our vocational and education system connects learners with industry through apprenticeships – creating pathways to success, much like those you've followed to reach WorldSkills.



COOL WELSH FACTS

- **Wales has more castles per square mile than anywhere in the world!** There are over **600** castles across the country.
- **The longest place name in Europe is in Wales!** Try saying Llanfair-pwllgwyngyll-gogerych-wyrndrobwll-llantysilio-gogogoch. It's a village on the island of Anglesey!
- **Welsh people invented the modern microphone.** David Edward Hughes, a Welsh scientist, developed an early version of it in the 1870s.
- **Wales is home to the first official road signs in two languages.** Since 1967, all signs appear in both Welsh and English!
- **The Welsh national dish is cawl.** It's a hearty soup with meat, potatoes, and vegetables. Perfect for chilly days!
- **The Welsh flag features a red dragon.** Legend has it that the dragon was first used as a symbol by King Arthur!
- **Sheep outnumber people in Wales!** There are around **three times** as many sheep as humans.
- **The world's fastest zip line is in Wales!** Zip World in North Wales lets you fly at speeds of **100mph** over a quarry.
- **Wales has its own superhero!** Captain Cymru is a Welsh comic book character who fights for justice in Wales.

DID YOU KNOW?

Free Welsh language courses are available for 18-25 year-olds through the [Learn Welsh programme](#).

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THE WELSH LANGUAGE (CYMRAEG)

The Welsh language is an integral part of Welsh identity, with approximately 27% of the population speaking it. All public signs appear in both Welsh and English. Efforts to preserve and promote the language are strong, with many schools teaching in Welsh.

Learning some basic Welsh phrases will enhance your experience and be warmly appreciated by locals:

- | | |
|-----------------------------------|--|
| • Hello Helo | • How are you? Sut wyt ti? |
| • Goodbye Hwyl fawr | • I'm fine, thank you Dw i'n iawn, diolch |
| • Please Os gwelwch yn dda | • What's your name? Beth yw dy enw di? |
| • Thank you Diolch | • My name is ... Fy enw i yw... |
| • Yes Ie | |
| • No Na | |





Conwy Castle

WALES LAND OF CASTLES

Wales is renowned for its stunning castles, with over 600 scattered across the country. During your stay, you might have the opportunity to visit some of these magnificent structures:

- **Cardiff Castle** (Cardiff): Located in the heart of the capital, combining Roman, Norman, and Victorian elements
- **Caerphilly Castle** (Caerphilly): The largest castle in Wales featuring concentric walls and a large moat
- **Caernarfon Castle** (Gwynedd): Part of a UNESCO World Heritage Site, known for its impressive architecture
- **Conwy Castle** (Conwy): A medieval masterpiece with stunning views over the Conwy River
- **Harlech Castle** (Gwynedd): Perched on a rocky outcrop with breathtaking landscape views
- **Beaumaris Castle** (Anglesey): Often called "the greatest castle never built" as it was never completed
- **Powys Castle** (Mid-Wales): Unique as it is still lived in today, featuring beautiful gardens and art collections

Many Welsh castles are looked after by Cadw, an agency named from the Welsh word to keep or protect. Cadw works for an accessible and well-protected historic environment for Wales.

Four castles come under UNESCO (Caernarfon, Conwy, Beaumaris, and Harlech). Together they offer fascinating insights into Welsh history.





WELSH TRADITIONS

Eisteddfod

The National Eisteddfod of Wales is the largest cultural festival in Europe, celebrating Welsh culture, particularly music, literature, and performance. Held annually during the first week of August, it attracts over 6,000 competitors and 100,000 visitors. The 2025 festival was held in Wrexham in August.

The Eisteddfod traces its roots back to 1176, when the first recorded bardic competition was held at Cardigan Castle. The modern National Eisteddfod began in 1861 in Aberdare.

St. David's Day

Celebrated on March 1st, St. David's Day honours the patron saint of Wales. St. David was a 6th-century monk, abbot, and bishop who spread Christianity throughout Wales. Traditions include wearing daffodils or leeks (national symbols), parades, cultural events, and enjoying traditional Welsh foods.

Welsh National Dress

During cultural celebrations, you might see people wearing traditional Welsh costumes:

Women/Girls:

- Welsh Hat: A tall, black stovepipe-style hat worn with a white cap underneath
- Shawl: Typically woollen and colourful
- Dress: Long, full skirt (often striped or checked) with a fitted bodice
- White apron and petticoat

Men/Boys:

- Woolen hat (flat cap or wide-brimmed)
- Brightly coloured waistcoat
- Knee-length breeches
- Woolen stockings
- Long dark coat

Rugby - A National Passion

Rugby is more than just a sport in Wales; it's a national passion that forms a deep part of the country's cultural identity:

- The Welsh Rugby Union (WRU), founded in 1881, oversees the national team and over 320 member clubs
- The Principality Stadium in Cardiff is the spiritual home of Welsh rugby, known for its electric atmosphere
- The national team competes in the Six Nations Championship and Rugby World Cup



WELSH FOOD

Experience

Try your hand at making traditional Welsh cakes with this simple recipe.

Welsh Cakes (Pice ar y maen)

Ingredients:

- 225g self-raising flour
- 110g butter
- 85g caster sugar
- 50g currants or raisins
- 1 egg
- A splash of milk (if needed)
- A pinch of nutmeg or cinnamon (optional)
- Extra sugar for sprinkling

Instructions:

1. Mix the flour and butter until the mixture resembles breadcrumbs
2. Stir in the sugar and currants
3. Add the beaten egg to form a firm dough
4. Roll out to about 1/4 inch thick and cut into rounds
5. Cook on a heated griddle for 2-3 minutes each side until golden
6. Sprinkle with sugar while warm





PRACTICAL INFORMATION

TRAVEL

- **Trains** connect major Welsh cities and towns with services to London taking approximately 2 hours from Cardiff.
- **Regular bus services** are available. Please check local timetables for details.

WEATHER

Welsh weather is famously changeable! During November when WorldSkills takes place, you can expect temperatures between [9-11°C], with a possibility of rain. We recommend bringing:

- Waterproof jacket
- Layers for changeable conditions
- Comfortable walking shoes

MONEY

Major credit cards are widely accepted, and ATMs are readily available.

EMERGENCY INFORMATION

- Emergency services (Police, Ambulance, Fire): **999**
- Non-emergency medical advice: **111**





Castell Coch