

Sample Timetable

Week 1	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Morning 09:00 12:40		Testing & English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	Full-day excursion to Canterbury	Optional full-day excursion to Oxford (coach) or London (train)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)
Afternoon 1 13:45 15:45	Arrivals Settling in College Tour	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>	Half-day excursion to Cambridge Open-top bus sightseeing Walking tour	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>	Historic Canterbury River Tour Cathedral visit Walking tour	Or Optional local activities (eg cinema, bowling) Or Campus Sports & Activities	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>
Afternoon 2 16:15 17:30	Arrivals Settling in College Tour	Mixed Zone Activities & Swimming	Shopping & Street Market	Mixed Zone Activities & Swimming	Shopping & Street Market		Mixed Zone Activities
Evening 19:30 21:30	Welcome meeting	Welcome Disco	BBQ dinner House activities & outdoor games	Team building: Scavenger Hunt	20:00 return Dinner in College	Film Night	Team building: Obstacle Course Challenge

Week 2	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Morning 09:00 12:40	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:40)	Full-day excursion to London Buckingham Palace (Changing of the Guard)	Optional full-day excursion to Thorpe Park	English Lessons (09:00 – 10:40 BREAK 11:00 – 12:00) Certificate Ceremony & Prize Giving (12:00 - 12:40)
Afternoon 1 13:45 15:45	Special Afternoon Activities: Inflatable Fun Swimming Olympics 13.45 - 17.30	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>	Half-day excursion to Cambridge Fitzwilliam Museum (Optional) Punting on River Cam	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>	Whitehall & Westminster walking tour Covent Garden or British Museum	Or Optional local activities (eg cinema, bowling) Or Campus Sports & Activities	<u>Intensive English</u> <u>Creative Arts</u> <u>Performing Arts</u> <u>Sports Coaching</u> <u>Multi-Activity Programme</u> <u>Kids' Activity Programme</u>
Afternoon 2 16:15 17:30	Session as above	Mixed Zone Activities & Swimming	Shopping & Street Market	Mixed Zone Activities	Shopping		Leavers' Presentation End of Course Presentation & Awards Ceremony
Evening 19:30 21:30	International Sports Tournaments	Team building: Capture the Flag	BBQ dinner House activities & outdoor games	"Bishop's Stortford's Got Talent" (student talent show)	20:00 return Dinner in College	Carnival Night (indoor fun & games)	Prom Night & Farewell Disco

NB this is a sample course programme and all activities and visits are subject to change due to weather conditions and other external factors

Mixed Zone Activities include: Open Swim / Free-flow sports / Garden Games / Board Games / Shopping / Student Café 15:45 – 16:45