



SAMPLE

Programme for courses outside the summer

SUNDAY

Day 1

Arrivals and meeting hosts

MONDAY

Day 2

09.30 - 13.00 Lessons

13.00 - 14.30 Lunch break. Students can go to the shopping centre, which is one minute's walk from the school, but most of them stay in the school with their friends, eating their packed lunches, playing board games or doing homework.

14.00 - 17.30 Information Talk and activities

17.30 - 19.30 Evening meal break in host families

19.30 - 21.00 Sports activities

TUESDAY

Day 3

09.30 - 13.00 Lessons

14.30 - 17.30 Walking Tour of Hastings and Smugglers' Caves

19.00 - 21.00 Barbecue

WEDNESDAY

Day 4

09.30 - 13.00 Lessons

14.30 - 17.30 Excursion to Eastbourne

19.30 - 21.00 Sports activities

THURSDAY

Day 5

09.30 - 13.00 Lessons

14.30 - 17.30 Sports: beach volleyball

19.30 - 21.30 East Hill walk

FRIDAY

Day 6

09.30 - 13.00 Lessons

14.00 - 17.30 Blue Reef Aquarium

19.30 - 21.00 Pre-excursion information

SATURDAY

Day 7

08.00 - 20.00(approx) Excursion to London

SUNDAY

Day 8

11.00 - 19.00(approx) Excursion to Brighton



MONDAY

Day 9

09.30 - 13.00 Lessons

14.00 - 17.30 Beach or Sports: tennis

19.30 - 21.30 Evening of national legends/fairy tales

TUESDAY

Day 10

09.30 - 13.00 Lessons

14.00 - 17.30 Sports: rounders and cricket

19.30 - 21.30 Snooker/ billiards

WEDNESDAY

Day 11

09.30 - 13.00 Lessons

14.00 - 17.30 Excursion to Rye

19.30 - 21.00 Sports: mini-golf

THURSDAY

Day 12

09.30 - 13.00 Lessons

14.00 - 17.30 Excursion to Battle (site of Battle of Hastings)

19.30 - 21.00 Badminton

FRIDAY

Day 13

09.30 - 13.00 Lessons

14.00 - 17.30 Swimming Pool

19.30 - 21.00 Pre-excursion information

SATURDAY

Day 14

09.00 - 19.00(approx) Excursion to Canterbury including Canterbury Cathedral.

SUNDAY

Day 15

DEPARTURE DAY