

SAMPLE PROGRAMME

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---------------------------------------|--|---|----------------------------------|---|---|
| 09.00-10.30 | Welcome & Testing | English lessons | English lessons | English lessons | English lessons | Full day excursion To London including walking tour of famous sights such as Buckingham Palace (Tour A) | Optional Excursion Or Day with homestay or with Group Leader |
| 10.30-11.00 | Break | Break | Break | Break | Break | | |
| 11.00-12.30 | Induction lessons | English lessons | English lessons | English lessons | English lessons | | |
| 12.30-13.30 | Lunch | Lunch | Lunch | Lunch | Lunch | | |
| Afternoon Activities | Orientation Walking Tour & Eastbourne Quiz | Outdoor sports or Project Work | Half day excursion to Hastings* | Guided preparation for Fashion Show | Swimming or Indoor Sports | | |
| Evening Activities | Evening with homestay or with Group Leader | Welcome party & Disco | Evening with homestay or with Group Leader | Cinema | Evening with homestay | Evening with homestay or with Group Leader | Evening with homestay or with Group Leader |
| * including an entrances to Hastings Sealife Centre | | | | Other possible excursions: London(Tours B,C,D); Portsmouth, Oxford | | | |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---------------------------------------|---|---|---------------------------------|--|---|
| 09.00-10.30 | Welcome & Testing | English lessons | English lessons | English lessons | English lessons | Full day excursion To Brighton+ including walking tour of the Lanes, the outside of the Royal Pavilion, & the Pier | Optional Excursion Or Day with homestay or with Group Leader |
| 10.30-11.00 | Break | Break | Break | Break | Break | | |
| 11.00-12.30 | Induction lessons | English lessons | English lessons | English lessons | English lessons | | |
| 12.30-13.30 | Lunch | Lunch | Lunch | Lunch | Lunch | | |
| Afternoon Activities | Photo Quiz or Indoor Sports | Outdoor sports or Project Work | Half day excursion to Herstmonceux Castle* | Guided preparation for Talent Show | Mad Olympics or Swimming | | |
| Evening Activities | Evening with homestay or with Group Leader | Tropical Disco | Evening with homestay or with Group Leader | The Twin's Got Talent Show | Evening with homestay | Evening with homestay or with Group Leader | Evening with homestay or with Group Leader |
| * including an entrance to the Science Centre +Optional entrance to Royal Pavilion | | | | Optional excursions : Cambridge, Arundel, Coastal Tour, Windsor, Thorpe Park | | | |

This programme is an example and subject to change