



Sample Programme Week 1



	Morning	Afternoon	Evening
Monday	Arrivals & Testing	Arrivals, Testing or Sports	Welcome Talk, DVDs in Boarding Houses and Getting to Know your Housemates
Tuesday	Sports, Arts & Crafts, Swimming, Geocaching or Academic English or Cambridge Exam Courses or Football Coaching	Lessons	House Meeting & Welcome Disco
Wednesday	Lessons	Hertford Trip	Team Games
Thursday	Running Quiz & Sports or Academic English or Cambridge Exam Preparation Courses or Football Coaching	Lessons	International Evening
Friday	Full Day Excursion to London – Sightseeing & Visit to Natural History or Science Museum or V&A Museum		Disco and Karaoke
Saturday	Lessons	Trip to St. Albans	Murder Mystery
Sunday	Optional Trip to London, Stratford upon Avon or Brighton or Sports on Campus		Drama Games

Typical Daily Timetable

- 07.30 - Wake up call
- 08.00 – 08.30 - Breakfast in Dining Hall
- 09.00 – 10.40 - General English lesson
- 10.40 – 11.00 - Break
- 11.00 – 11.45 - British Culture lesson
- 11.45 – 12.30 - Project lesson
- 12.30 – 13.00 - Lunch in Dining Hall
- 14.00 – 15.30 - Sports, Arts & Crafts, Dance Workshop or Geocaching
- 15.30 – 16.00 - Break
- 16.00 – 17.00 - Capture the Flag, Swimming, Tennis or Arts and Crafts
- 17.00 – 18.30 - Time to relax in boarding houses/access to wifi
- 18.30-19.00 - Dinner in Dining Hall
- 20.00 – 22.00 - Evening activity
- 22.00 – 22.30 - Supper in houses
- 23.00 - Bedtime