

TIMETABLE

A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00	Continuing students ALL DAY EXCURSION City / Seaside Town Visit	Adventurers Core English Citizens Core English or Community Projects (1¼ hrs)	Adventurers Core English Citizens Core English or Community Projects (1¼ hrs)	Adventurers Core English Citizens Core English or Community Projects (1¼ hrs) Arrivals Questionnaire	Adventurers Core English Citizens Core English or Community Projects (1¼ hrs)	Adventurers Core English Citizens Core English or Community Projects (1¼ hrs)	Continuing students ALL DAY EXCURSION
10:15	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Break	Break	Break	Break	Break	London Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. and / or Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
10:30		Focus Adventure Focus Communication (1½ hrs)	Focus Adventure Focus Communication (1½ hrs)	Focus Adventure Focus Communication (1½ hrs)	Focus Adventure Focus Communication (1½ hrs)	Focus Adventure Focus Communication (1½ hrs)	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Learning & Innovation (1¼ hrs) Create a one minute video to introduce yourself.	Learning & Innovation (1¼ hrs) Research and present your favourite emoji.	Outdoor Activity Centre Visit For all Adventurers and Citizens Students take to the water for an adventure-packed afternoon. They start by building a raft in small teams and take it onto the lake; next, they learn the basics of kayaking and put their new skills to the test!	Learning & Innovation (1¼ hrs) Find your favourite video clip on YouTube and tell your teacher why.	Learning & Innovation (1¼ hrs) Write and send an email to a family member or friend. Departures Questionnaire	
14:15		Break	Break		Break	Break	
14:45		Sports & Leisure (1¼ hrs) <i>Choose between:</i> Football Volleyball Kite flying Model Making Pro Options (1½ hrs)	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Basketball Athletics Ultimate Frisbee Lego Competition Pro Options (1½ hrs)		Sports & Leisure (1¼ hrs) <i>Choose between:</i> Kwik Cricket Table Tennis Swimming (off site) Tie-dye t-shirt Pro Options (1½ hrs)	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Football Basketball Circuits Challenge Party Decorations Pro Options (1½ hrs)	
16:30		Free Time	Free Time		Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) Mummy Challenge Work as a team to design and create a mummy using the materials provided. Will your design survive the mummy dance-off?	BSS Experience (1½ hrs) Colour Run Join your peers in an evening of colour, games and music. Make sure you wear a white top!	BSS Experience (1½ hrs) Murder Mystery Become a BSS detective to solve a crime. Work as a team to solve the clues before the night is over.	BSS Experience (1½ hr) Bench Dodgeball Work as a team to get all opposing players onto your bench by hitting them with a ball. Your balance, strategic skills and teamwork will be tested.	BSS Experience (1½ hr) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	Chill and Chat (1½ hr)
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
21:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22:15	Lights Out (11-14yrs)	Lights Out (11-14yrs)	Lights Out (11-14yrs)	Lights Out (11-14yrs)	Lights Out (11-14yrs)	Lights Out (11-14yrs)	Lights Out (11-14yrs)
23:00	Lights Out (15-16yrs)	Lights Out (15-16yrs)	Lights Out (15-16yrs)	Lights Out (15-16yrs)	Lights Out (15-16yrs)	Lights Out (15-16yrs)	Lights Out (15-16yrs)

For illustrative purposes only; actual activities and timings may be different.