



Sample weekly timetable for 14 – 17 year olds

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---|--|--|---|--|--|---|
| 08:30 | Breakfast | | | | | | |
| 09:20 | Morning meeting | | | | | | |
| 09:30 | English Lessons Educational workshops | English Lessons Educational workshops | English Lessons Educational workshops | English Lessons Educational workshops | English Lessons Educational workshops | Excursion: Stonehenge and Salisbury | Excursion: Corfe Castle and Weymouth Beach |
| 13:15 | Lunch | | | | | | |
| 14:30 | Multi-activities (eg. football, badminton, squash, frisbee, dance, arts and crafts..) + golf & tennis lessons | | Countryside walk to Shaftesbury | Multi-activities (eg. football, badminton, squash, frisbee, dance, arts and crafts..) + golf & tennis lessons | | | |
| 17:00 | Swimming / fitness trail / computer time / free time | | | | | | |
| 18:30 | Evening meal | | | | | | |
| 19:30 | Team-building games | 'Blind Date' | Swimming gala | International Quiz night | Big Screen film night | Themed disco | Murder Mystery night |
| 21:00 – 22:00 | Optional evening sport / free time | | | | | | |
| 22:30 | Bedtime | | | | | | |