

Week 1 Days 1–7

MEALS Breakfast 07:45 • Lunch 12:30 • Dinner 18:30

LESSONS 15 hours per week

	Morning 09:00–12:15	Afternoon 13:30–18:00	Evening 20:00–22:00
Day 1 Arrival	Arrival Packed lunch	Check-in and campus tour	Welcome night
Day 2	Activities	English lessons	Welcome presentation
Day 3	Edinburgh		Activities
Day 4	Glasgow		Activities
Day 5	English lessons	Portobello Beach	Activities
Day 6	English lessons	English lessons	Activities
Day 7	English lessons	Edinburgh National Museum of Scotland	Activities

☒ Excursion
 ☐ English lessons
 ☐ Campus activities
 ☐ Evening programme
 ☐ Optional

☒ Entry ticket included

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.

Week 2 Days 8–15

MEALS Breakfast 07:45 • Lunch 12:30 • Dinner 18:30

LESSONS 15 hours per week

	Morning 09:00–12:15	Afternoon 13:30–18:00	Evening 20:00–22:00
Day 8	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
Day 9	Activities	English lessons	Activities
Day 10	Edinburgh		Activities
Day 11	St Andrews		Activities
Day 12	Calton Hill	English lessons	Activities
Day 13	English lessons	English lessons	Activities
Day 14	English lessons	Edinburgh	Disco
Day 15 Departure	Check-out and departure Breakfast		

☒ Excursion
 ☐ English lessons
 ☐ Campus activities
 ☐ Evening programme
 ☐ Optional

 Entry ticket included

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.