

Week 1 Days 1–7

MEALS Breakfast 08:20 • Lunch 13:10 • Dinner 18:45

LESSONS 15 hours per week

	Morning 09:30–12:45	Afternoon 14:30–17:45	Evening 20:00–22:00
Day 1 Arrival	Arrival Packed lunch	Check-in and campus tour	Welcome night
Day 2	English lessons	Sports	Welcome presentation
Day 3	Sports	English lessons	Activities
Day 4	London		Activities
Day 5	English lessons	Sports	Activities
Day 6	English lessons	English lessons	Activities
Day 7	Reading		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 08:20 • Lunch 13:10 • Dinner 18:45

LESSONS 15 hours per week

	Morning 09:30–12:45	Afternoon 14:30–17:45	Evening 20:00–22:00
Day 8	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
Day 9	English lessons	Sports	Activities
Day 10	Sports	English lessons	Activities
Day 11	London British Museum		Activities
Day 12	English lessons	Sports	Activities
Day 13	English lessons	English lessons	Activities
Day 14	Oxford		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.