



PROVISIONAL ACTIVITY PROGRAMME

LOUGHBOROUGH

ESSENTIAL | 2 WEEKS

2026

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
07:45 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 - 12:15		Lessons	Lessons	Loughborough	Flexible Day Packed Lunch	Lessons	Lessons
12:30 - 13:30	Packed Lunch	Lunch	Lunch	Lunch		Lunch	Lunch
14:00 - 15:30	Check-In Campus Tour	Activities	Lessons	Activities		Self-Care Afternoon	Activities
15:30 - 17:30		Sports		Sports		Sports	Sports
18:30 - 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:00 - 22:00	Welcome Night	Welcome Presentation	Activities	Activities	Disco	Activities	Activities

Please note that this is a *Provisional Activity Programme*. Further details will be available on our website at www.plus-ed.com.



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WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
07:45 – 08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast/PB
09:00 – 12:15	Lessons	Lessons	Lessons	Flexible Day Packed Lunch	Loughborough	Flexible Day Packed Lunch	Activities <i>(or day for Special Courses or Add-ons)</i>	Check-Out
12:30 – 13:30	Lunch	Lunch	Lunch		Lunch		Lunch	
14:00 – 15:30	Lessons	Activities	Lessons		Activities		Self-Care Afternoon	
15:30 – 17:30		Sports			Sports		Sports	
18:30 – 19:30	Dinner	Dinner	Dinner		Dinner		Dinner	
20:00 – 22:00	Activities	Activities	Activities		Activities		Disco	