



PROVISIONAL ACTIVITY PROGRAMME

STIRLING

PREMIUM | 2 WEEKS

2026

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:45 - 09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:15 - 12:30		Lessons	Lessons	Lessons	Lessons	St Andrews and Dundee	Edinburgh including Edinburgh Castle
12:45 - 14:00		Lunch	Lunch	Lunch	Lunch		
14:00 - 15:30	Check-In Campus Tour	Lessons	Activities	Stirling	Activities	Packed Lunch	Packed Lunch
15:30 - 17:30			Sports		Sports		
18:30 - 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:00 - 22:00	Welcome Night	Welcome Presentation	Activities	Disco	Activities	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
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
07:45 - 09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast/PB
09:15 - 12:30	Self-Care Morning (or day for Special Courses or Add-ons)	Lessons	Lessons	Lessons	Lessons	Loch Lomond including Loch Lomond Cruise Packed Lunch	Glasgow Packed Lunch	Check-Out
12:45 - 14:00	Lunch	Lunch	Lunch	Lunch	Lunch			
14:00 - 15:30	Activities	Lessons	Alva Glen	Activities	Activities			
15:30 - 17:30	Sports			Sports	Sports			
18:30 - 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:00 - 22:00	Activities	Activities	Activities	Disco	Activities	Activities	Activities	