



# PROVISIONAL ACTIVITY PROGRAMME

## STIRLING

### ESSENTIAL | 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    | Activities | Flexible Day<br><br>Packed Lunch |
| 12:45 – 14:00 |                             | Packed Lunch         | Lunch      | Lunch     | Lunch      | Lunch      |                                  |
| 14:00 – 15:30 | Check-In<br><br>Campus Tour | Lessons              | Activities | Stirling  | Activities | Stirling   |                                  |
| 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](http://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<br><i>(or day for<br/>Special Courses<br/>or Add-ons)</i> | Lessons    | Lessons    | Lessons    | Lessons    | Activities   | Flexible Day<br><br>Packed Lunch | Check-Out    |
| 12:45 – 14:00 | Lunch   | Lunch      | Lunch      | Lunch      | Lunch      | Packed Lunch |                                  |              |
| 14:00 – 15:30 | Activities  | Lessons    | Alva Glen  | Activities | Activities | Stirling     |                                  |              |
| 15:30 – 17:30 | Sports  |            |            | Sports     | Sports     |              |                                  |              |
| 18:30 – 19:30 | Dinner  | Dinner     | Dinner     | Dinner     | Dinner     | Dinner       |                                  |              |
| 20:00 – 22:00 | Activities  | Activities | Activities | Disco      | Activities | Activities   | Activities                       |              |