



PROVISIONAL ACTIVITY PROGRAMME

STIRLING

ESSENTIAL | 2 WEEKS

2026

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:45 – 09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:15 – 12:30		Lessons	Lessons	Lessons	Lessons	Activities	Flexible Day Packed Lunch
12:45 – 14:00		Packed Lunch	Lunch	Lunch	Lunch	Lunch	
14:00 – 15:30	Check-In 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.



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WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
07:45 – 09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast/PB
09:15 – 12:30	Optional excursion to Edinburgh with packed lunch or Activities and sports on campus with lunch	Lessons	Lessons	Lessons	Lessons	Activities	Flexible Day Packed Lunch	Check-Out
12:45 – 14:00		Lunch	Lunch	Lunch	Lunch	Packed Lunch		
14:00 – 15:30		Lessons	Alva Glen	Activities	Activities	Stirling		
15:30 – 17:30				Sports	Sports			
18:30 – 19:30		Dinner	Dinner	Dinner	Dinner	Dinner		
20:00 – 22:00	Activities	Activities	Activities	Disco	Activities	Activities	Activities	