



PROVISIONAL ACTIVITY PROGRAMME

YORK

ESSENTIAL | 2 WEEKS

2026

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
08:00 - 09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:15 - 12:45		Sports	Lessons	Sports	Lessons	Lessons	Flexible Day Packed Lunch
13:00 - 14:00	Packed Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14:30 - 18:00	Check-In Campus Tour	Lessons	York	Lessons	Self-Care Afternoon	York	
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
08:00 - 09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast/PB
09:15 - 12:45	Sports	Lessons	Sports	Lessons	Sports	Flexible Day Packed Lunch	Optional excursion to Robinhood's Bay & Whitby with packed lunch or Activities and sports with lunch	Check-Out
13:00 - 14:00	Lunch	Lunch	Lunch	Lunch	Lunch			
14:30 - 18:00	Lessons	York	Lessons	York	Lessons			
18:30 - 19:30	Dinner	Dinner	Dinner	Dinner	Dinner			
20:00 - 22:00	Activities	Activities	Activities	Disco	Activities	Activities	Activities	