

Week 1 Days 1–7

MEALS Breakfast 07:45 • Lunch 12:30 • Dinner 18:30

LESSONS 15 hours per week

	Morning 09:00–12:15	Afternoon 14:00–17:30	Evening 20:00–22:00
Day 1 Arrival	Arrival Packed lunch	Check-in and campus tour	Welcome night
Day 2	English lessons	Activities and sports	Welcome presentation
Day 3	English lessons	English lessons	Activities
Day 4	FLEXIBLE DAY Cambridge excursion Available at an extra cost		Activities
Day 5	English lessons	English lessons	Activities
Day 6	Sports	Loughborough	Activities
Day 7	FLEXIBLE DAY York excursion Available at an extra cost		Activities

Excursion
English lessons
Campus activities
Evening programme
Optional
Flexible day

 **Entry ticket included**

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.

Week 2 Days 8–15

MEALS Breakfast 07:45 • Lunch 12:30 • Dinner 18:30

LESSONS 15 hours per week

	Morning 09:00–12:15	Afternoon 14:00–17:30	Evening 20:00–22:00
Day 8	Activities	Activities and sports	Activities
Day 9	English lessons	Activities and sports	Activities
Day 10	English lessons	English lessons	Activities
Day 11	FLEXIBLE DAY Manchester excursion Available at an extra cost		Activities
Day 12	English lessons	English lessons	Activities
Day 13	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
Day 14	Sports	Loughborough	Disco
Day 15 Departure	Check-out and departure Breakfast		

☒ Excursion
 ☒ English lessons
 ☐ Campus activities
 ☐ Evening programme
 ☐ Optional
 ☒ Flexible day

 Entry ticket included

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.