

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	Cambridge		Activities
Day 5	English lessons	English lessons	Activities
Day 6	Sports	Loughborough	Activities
Day 7	York		Activities

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

 **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	Manchester		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

 Entry ticket included

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