

Week 1 Days 1–7

MEALS Breakfast 08:00 • Lunch 12:45 • Dinner 18:45

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	English lessons	Welcome presentation
Day 3	London		Activities
Day 4	English lessons	Activities and sports	Activities
Day 5	London British Museum		Activities
Day 6	Oxford		Activities
Day 7	English lessons	English lessons	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 08:00 • Lunch 12:45 • Dinner 18:45

LESSONS 15 hours per week

	Morning09:00–12:15	Afternoon14:00–17:30	Evening20:00–22:00
Day 8	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
Day 9	English lessons	English lessons	Activities
Day 10	London		Activities
Day 11	English lessons	Activities and sports	Activities
Day 12	London 📍 National Gallery		Activities
Day 13	Cambridge		Activities
Day 14	English lessons	English lessons	Disco
Day 15 Departure	Check-out and departure Breakfast		

☒ 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.