

Week 1

Days 1–7

MEALS Breakfast 08:00 · Lunch 13:00 · Dinner 18:30

LESSONS 15 hours per week

	Morning 09:15–12:45	Afternoon 14:30–18:00	Evening 20:00–22:00
Day 1 Arrival	Arrival Packed lunch	Check-in and campus tour	Welcome night
Day 2	Activities	English lessons	Welcome presentation
Day 3	English lessons	York	Activities
Day 4	Sport	English lessons	Activities
Day 5	English lessons	York	Activities
Day 6	Self-care morning	English lessons	Activities
Day 7	FLEXIBLE DAY Manchester 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. Students are divided into two groups whose morning and afternoon sessions alternate; this sample shows one group's programme.

Week 2

Days 8–15

MEALS Breakfast 08:00 · Lunch 13:00 · Dinner 18:30

LESSONS 15 hours per week

	Morning 09:15–12:45	Afternoon 14:30–18:00	Evening 20:00–22:00
Day 8	English lessons	York	Activities
Day 9	Activities	English lessons	Activities
Day 10	English lessons	York	Activities
Day 11	Sport	English lessons	Activities
Day 12	English lessons	Activities	Activities
Day 13	FLEXIBLE DAY Liverpool excursion Available at an extra cost		Activities
Day 14	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
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. Students are divided into two groups whose morning and afternoon sessions alternate; this sample shows one group's programme.