

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	London		Free time
Day 2 Weekend away	London ☞ London Eye ☞ River Thames cruise		Free time
Day 3	Transfer to York	Check-in and campus tour	Welcome night
Day 4	Activities	English lessons	Welcome presentation
Day 5	English lessons	York	Activities
Day 6	Sport	English lessons	Activities
Day 7	English lessons	York ☞ York Minster	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. 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	Self-care morning	English lessons	Activities
Day 9	Manchester  National Football Museum		Activities
Day 10	English lessons	York	Activities
Day 11	Activities	English lessons	Activities
Day 12	English lessons	York  York's Chocolate Story	Activities
Day 13	Sport	English lessons	Activities
Day 14	English lessons	Activities	Activities
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. Students are divided into two groups whose morning and afternoon sessions alternate; this sample shows one group's programme.