

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London Full-Day Excursion e.g. Portsmouth
10:30-11:00			Break	Break	Break	Break	Break	Break	
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:45-14:30		Half-Day Excursion to Bournemouth	Aeroball	Benchball	Football	Team Building	Jurassic Coast walk to Durlston Country Park including Castle, Lighthouse, Caves and The Globe	Full-Day Excursion e.g. London Full-Day Excursion e.g. Portsmouth	
14:30-15:15			Dodgeball	Hockey	Swimming	Volleyball			
15:15-15:30			Break	Break	Break	Break			
15:30-16:15			Basketball	Team sports	Relay Games	Tennis			
16:15-17:00			Gym Training	Team sports	Table Tennis	Badminton			
17:30-18:30	After School Clubs		After School Clubs	After School Clubs	After School Clubs				
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis