


|  | WEEK 1 - Junior Activity Programme 2016 | | | | | |
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| | Breakfast | Morning | Lunch | Afternoon | Dinner | Evening |
| Sunday 8 Jan | Arrival to the United Kingdom English for Less meets you and your students at the airport and accompanies you to your accommodation in Hastings. | | | | | |
| Monday 9 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English level test and first day induction First day test to determine the students' English level. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Orientation tour of Hastings and Hastings Old Town Introducing the students to Hastings and its history. | 18:00 – 19:00 Dinner time | Free evening |
| Tuesday 10 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Visiting Smugglers Adventure and Hastings Castle Learn more about our smuggling past and the 1066 Battle of Hastings today. | 18:00 – 19:00 Dinner time | 18:00 – 19:00 Free evening |
| Wednesday 11 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Scavenger hunt and visit to Hastings Pier A fun afternoon with your friends. Complete a set of tasks in Hastings for a prize. ;) | 18:00 – 18:45 Dinner time | 19:00 – 22:00 Movie night |
| Thursday 12 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:15 Lunchtime Packed lunch | 13:30 – 18:00 Afternoon trip to Rye including a cream tea at an English tea house Visiting this pretty town close-by. Try a traditional English cream tea. | 18:30 – 19:30 Dinner time | Free evening |
| Friday 13 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Visiting Battle and Battle Abbey Afternoon visit to the actual place where the Battle of Hastings took place. | 18:30 – 19:30 Dinner time | Free evening |

WEEK 2 - Junior Activity Programme 2016

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| Saturday 14 Jan | 07:15 - 07:45 Breakfast at the accommodation | 08:00 - 20:00 Full day excursion to London (packed lunch included) Visiting Camden Market and Madame Tussauds – an excellent day in the city. | | | 20:00 - 21:00 Dinner | |
| Sunday 15 Jan | 07:15 - 07:45 Breakfast at the accommodation | Optional full day excursion or free day | | | 20:00 - 21:00 Dinner | |
| Monday 16 Jan | 08:00 - 08:30 Breakfast at the accommodation in Hastings | 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 - 13:30 Lunchtime Packed lunch | 13:30 - 18:00 Bowling in Hampden Park Fun afternoon for all ages. Show off with your bowling skills. :) | 18:00 - 19:00 Dinner time | Free evening |
| Tuesday 17 Jan | 08:00 - 08:30 Breakfast at the accommodation in Hastings | 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 - 13:30 Lunchtime Packed lunch | 13:30 - 17:00 Visiting Hastings Museum and Art Gallery | 18:00 - 19:00 Dinner time | Free evening |
| Wednesday 18 Jan | 08:00 - 08:30 Breakfast at the accommodation in Hastings | 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 - 13:30 Lunchtime Packed lunch | 13:30 - 17:00 Victorian tea afternoon Learn the way of traditional Victorian tea drinking. Of course this includes cakes, biscuits, finger food and English tea. | 18:00 - 18:45 Dinner time | 19:00 - 22:00 International food evening |
| Thursday 19 Jan | 08:00 - 08:30 Breakfast at the accommodation in Hastings | 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 - 13:15 Lunchtime Packed lunch | 13:30 - 19:00 Afternoon trip to Brighton Discover this quirky city today. Photo stop at Brighton Pavilion and guided tour of Brighton. | 19:30 - 20:30 Dinner time | Free evening |
| Friday 20 Jan | 08:00 - 08:30 Breakfast at the accommodation in Hastings | 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home | 12:30 - 13:30 Lunchtime Packed lunch | 13:30 - 17:00 Bubble football | 18:00 - 19:00 Dinner time | Free evening Freetime before the full day excursions over the weekend. |

WEEK 3 - Junior Activity Programme 2016

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| Saturday 21 Jan | 07:15 – 07:45 Breakfast at the accommodation in Hastings | 08:00 – 20:00 Full day excursion to London and a boat trip on the River Thames (packed lunch included) Thames boat trip from Tower Pier to Big Ben. Guided tour of London's places of interests, including visiting Buckingham Palace, St James Park, Big Ben, London Eye (not getting on), Downing Street, Trafalgar Square and Leicester Square. Free time at Leicester Square or Covent Garden. | | | 20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening. | |
| Sunday 22 Jan | 07:15 – 07:45 Breakfast at the accommodation in Hastings | 08:00 – 20:00 Full day excursion to Windsor and Oxford (packed lunch included) In the morning you will take part in a guided visit of Windsor where 900 years of Royal history await you. In the afternoon we will guide you around Oxford, the oldest university city in England. During the tour we'll hear stories about Oxford's famous students such as Bill Clinton and Lewis Carroll. | | | 20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening. | |
| Monday 23 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 Level test and induction for the students arrived over the weekend and English classes for the rest of the students English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Visiting Hastings Aquarium and Fishermen's Museum An educational afternoon in Hastings Old Town. | 18:00 – 19:00 Dinner time | Free evening |
| Tuesday 24 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Trip to Ashford Outlet Centre A relaxing shopping afternoon with up to 70% discounts, | 18:00 – 19:00 Dinner time | 19:30 – 20:30 Quiz night |
| Wednesday 25 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 Visiting the True Crime Museum and Hastings Pier Armed robbery, unsolved crimes, mafia, and more. The largest collection of crime memorabilia in the UK. | 18:00 – 18:45 Dinner time | Free evening |
| Thursday 26 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. | 12:30 – 13:15 Lunchtime Packed lunch | 13:30 – 18:00 Afternoon trip to Eastbourne and Seven Sisters Take amazing pictures The Seven Sisters and discover Eastbourne. | 18:30 – 19:30 Dinner time | Free evening |
| Friday 27 Jan | 08:00 – 08:30 Breakfast at the accommodation in Hastings | 09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home | 12:30 – 13:30 Lunchtime Packed lunch | 13:30 – 17:00 International sports afternoon Football, basketball, volleyball and more. | 18:00 – 19:00 Dinner time | Free evening Freetime before the full day excursions over the weekend. |

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| <p>Saturday 28 Jan</p> | <p>07:15 – 07:45 Breakfast at the accommodation in Hastings</p> | <p>08:00 – 20:00 Full day excursion to Greenwich and Cambridge (packed lunch included) In the morning, we will visit London's oldest Royal park in Greenwich and we will learn more about the Meridian Line and The Observatory. Free time in Greenwich Market then we will head to Cambridge. After a guided tour of the city, we will end the day with souvenir hunting for Cambridge mementos.</p> | | | | |
| <p>Sunday 29 Jan</p> | <p>07:15 – 07:45 Breakfast at the accommodation in Hastings</p> | <p>Optional full day excursion or free day</p> | | | <p>20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.</p> | |
| <p>Monday 30 Jan</p> | <p>08:00 – 08:30 Breakfast at the accommodation in Hastings</p> | <p>09:15 – 12:30 English level test and first day induction English courses in the morning with a 15-minutes break from 11:00 to 11:15.</p> | <p>12:30 – 13:30 Lunchtime Packed lunch</p> | <p>13:30 – 17:00 Visiting Flamingo Park funfair with the rest of the students</p> | <p>18:00 – 19:00 Dinner time</p> | <p>Free evening</p> |
| <p>Tuesday 31 Jan</p> | <p>08:00 – 08:30 Breakfast at the accommodation in Hastings</p> | <p>09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.</p> | <p>12:30 – 13:30 Lunchtime Packed lunch</p> | <p>13:30 – 17:00 Visiting to Fishermen's Museum and HMR Sea Rescue Centre</p> | <p>18:00 – 19:00 Dinner time</p> | <p>Free evening</p> |
| <p>Wednesday 1 Feb</p> | <p>08:00 – 08:30 Breakfast at the accommodation in Hastings</p> | <p>09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.</p> | <p>12:30 – 13:30 Lunchtime Packed lunch</p> | <p>13:30 – 17:00 Scavenger hunt and visit to Hastings Pier A fun afternoon with your friends. Complete a set of tasks in Hastings for a prize. ;)</p> | <p>18:00 – 18:45 Dinner time</p> | <p>Free evening</p> |
| <p>Thursday 2 Feb</p> | <p>08:00 – 08:30 Breakfast at the accommodation in Hastings</p> | <p>09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.</p> | <p>12:30 – 13:15 Lunchtime Packed lunch</p> | <p>13:30 – 18:00 Afternoon trip to Battle Visiting the place where English history changed. A trip to Battle Abbey where the Battle of Hastings took place in 1066.</p> | <p>18:30 – 19:30 Dinner time</p> | <p>Free evening</p> |
| <p>Friday 3 Feb</p> | <p>08:00 – 08:30 Breakfast at the accommodation in Hastings</p> | <p>09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home</p> | <p>12:30 – 13:30 Lunchtime Packed lunch</p> | <p>13:30 – 17:00 Fish and chips in Hastings Old Town and last souvenir hunting in Hastings Try a traditional English fish and chips and find the perfect gift for your family in the afternoon.</p> | <p>18:00 – 19:00 Dinner time</p> | <p>Free evening Freetime before the full day excursions over the weekend.</p> |

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| Saturday 4 Feb | <p>07:15 - 07:45 Breakfast at the accommodation in Hastings</p> | <p>08:00 - 20:00 Full day excursion to London (packed lunch included) Visiting Hyde Park, Science Museum, Natural History Museum and window-shopping at the world-famous Harrods luxury shopping department.</p> | <p>20:00 - 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.</p> |
| Sunday 5 Feb | <p>Departure from the UK Airport transfer from Hastings to LHR airport.</p> | | |

Junior Activity Programme offer for groups

Example price (15 + 1)

Offer includes

- 15 hours of general English classes per week
- Study materials and course book
- End of course certificate is provided upon completing the course
- Return airport transfer from/to London
- Full board host family accommodation
- Full medical and travel insurance
- Activity programme as listed above
- 1 free teacher/leader space per 10 students
- UK phone for the teacher(s)/group leader(s)
- Arrival welcome pack for the students and teacher(s)
- English for Less Activity Leader for the duration of the trip

Looking forward to welcoming you in Hastings :)