

	WEEK 1 - Junior Activity Programme 2016					
	Breakfast	Morning	Lunch	Afternoon	Dinner	Evening
Saturday 2 July	Arrival to the United Kingdom English for Less meets you and your students at the airport and accompanies you to your accommodation in Hastings. We will meet you at the designated meeting point if you arrive by coach to the UK.					
Sunday 3 July	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.	
Monday 4 July	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 Hot or packed lunch offered to the students.	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 5 July	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 Hot or packed lunch offered to the students.	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 International sports evening Football and volleyball.
Wednesday 6 July	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 Hot or packed lunch offered to the students.	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 International students' night Music, dancing and singing.
Thursday 7 July	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 Hot or packed lunch offered to the students.	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 8 July	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 Hot or packed lunch offered to the students.	13:30 - 17:00 Crazy golf on the beach and souvenir hunting in Hastings town centre Put on your golf gloves and compete with your new friends. Find the perfect gift for your family in the afternoon.	18:00 - 19:00 Dinner time	Free evening Freetime before the full day excursions over the weekend.

WEEK 2 - Junior Activity Programme 2016

Saturday 9 July	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.	
Sunday 10 July	07:15 - 07:45 Breakfast at the accommodation in Hastings	Optional full day excursion or free day (tell us if you would prefer a different destination for the day) 08:00 - 20:00 Full day excursion to London (packed lunch included) - £22 Visiting Hyde Park, Science Museum, Natural History Museum and window-shopping at the world-famous Harrods luxury shopping department.			20:00 - 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday 11 July	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 Hot or packed lunch offered to the students.	13:30 - 17:00 Orientation tour of Hastings for the new students who arrived over the weekend Visiting Hastings Museum for the rest of the students	18:00 - 19:00 Dinner time	Free evening
Tuesday 12 July	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 Hot or packed lunch offered to the students.	13:30 - 17:00 Visiting Hastings Aquarium and Fishermen's Museum An educational afternoon in Hastings Old Town.	18:00 - 19:00 Dinner time	19:00 - 22:00 Film evening
Wednesday 13 July	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 Hot or packed lunch offered to the students.	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 students' night Music, dancing and singing.
Thursday 14 July	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 Hot or packed lunch offered to the students.	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 15 July	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 Hot or packed lunch offered to the students.	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.

WEEK 3 - Junior Activity Programme 2016

Saturday 16 July	07:15 – 07:45 Breakfast at the accommodation in Hastings	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.			20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Sunday 17 July	07:15 – 07:45 Breakfast at the accommodation in Hastings	Optional full day excursion or free day (tell us if you would prefer a different destination for the day) 08:00 – 20:00 Full day excursion to Leeds Castle and Canterbury (packed lunch included) – £35 Guided tour of Canterbury in the morning. After lunch we shall visit Leeds Castle, which is surrounded by 500 acres of parkland and gardens, and has been described as 'the loveliest castle in the world'.			20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday 18 July	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 Hot or packed lunch offered to the students.	13:30 – 17:00 Orientation tour of Hastings for the new students who arrived over the weekend Roller Disco or swimming for the rest of the students	18:00 – 19:00 Dinner time	Free evening
Tuesday 19 July	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 Hot or packed lunch offered to the students.	13:30 – 17:00 Trip to Herstmonceux Observatory Science Centre A real exciting and scientific afternoon. Discover the world around you.	18:00 – 19:00 Dinner time	19:30 – 20:30 Water balloon fight ;) Get ready for an evening of water fun (weather dependant).
Wednesday 20 July	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 Hot or packed lunch offered to the students.	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	19:00 – 22:00 International students' night Music, dancing and singing.
Thursday 21 July	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 Hot or packed lunch offered to the students.	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 22 July	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 Hot or packed lunch offered to the students.	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.

WEEK 4 - Junior Activity Programme 2016

Saturday 23 July	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.				
Sunday 24 July	07:15 – 07:45 Breakfast at the accommodation in Hastings	Optional full day excursion or free day (tell us if you would prefer a different destination for the day) 08:00 – 20:00 Full day excursion to Thorpe Park (packed lunch included) - £40 An adrenalin filled day at Britain's most famous theme park.			20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday 25 July	08:00 – 08:30 Breakfast at the accommodation in Hastings	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.	12:30 – 13:30 Lunchtime Hot or packed lunch offered to the students.	13:30 – 17:00 Orientation tour of Hastings for the new students who arrived over the weekend Visiting Flamingo Park funfair with the rest of the students	18:00 – 19:00 Dinner time	Free evening
Tuesday 26 July	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 Hot or packed lunch offered to the students.	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 International sports evening Football and volleyball.
Wednesday 27 July	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 Hot or packed lunch offered to the students.	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 International students' night Music, dancing and singing.
Thursday 28 July	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 Hot or packed lunch offered to the students.	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 29 July	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 Hot or packed lunch offered to the students.	13:30 – 17:00 Crazy golf on the beach and souvenir hunting in Hastings town centre Put on your golf gloves and compete with your new friends. Find the perfect gift for your family in the afternoon.	18:00 – 19:00 Dinner time	Free evening Freetime before the full day excursions over the weekend.

WEEK 5 - Junior Activity Programme 2016

Saturday 30 July	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.	
Sunday 31 July	07:15 – 07:45 Breakfast at the accommodation in Hastings	Optional full day excursion or free day (tell us if you would prefer a different destination for the day) 08:00 – 20:00 Full day excursion to London (packed lunch included) - £22 Visiting Hyde Park, Science Museum, Natural History Museum and window-shopping at the world-famous Harrods luxury shopping department.			20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday 1 August	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 Hot or packed lunch offered to the students.	13:30 – 17:00 Orientation tour of Hastings for the new students who arrived over the weekend Visiting Hastings Museum for the rest of the students	18:00 – 19:00 Dinner time	Free evening
Tuesday 2 August	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 Hot or packed lunch offered to the students.	13:30 – 17:00 Visiting Hastings Aquarium and Fishermen's Museum An educational afternoon in Hastings Old Town.	18:00 – 19:00 Dinner time	19:00 – 22:00 Film evening
Wednesday 3 August	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 Hot or packed lunch offered to the students.	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 students' night Music, dancing and singing.
Thursday 4 August	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 Hot or packed lunch offered to the students.	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 5 August	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 Hot or packed lunch offered to the students.	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.

WEEK 6 - Junior Activity Programme 2016

Saturday 6 August	07:15 - 07:45 Breakfast at the accommodation in Hastings	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.			20:00 - 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Sunday 7 August	07:15 - 07:45 Breakfast at the accommodation in Hastings	Optional full day excursion or free day (tell us if you would prefer a different destination for the day) 08:00 - 20:00 Full day excursion to Leeds Castle and Canterbury (packed lunch included) - £35 Guided tour of Canterbury in the morning. After lunch we shall visit Leeds Castle, which is surrounded by 500 acres of parkland and gardens, and has been described as 'the loveliest castle in the world'.			20:00 - 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday 8 August	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 Hot or packed lunch offered to the students.	13:30 - 17:00 Orientation tour of Hastings for the new students who arrived over the weekend Roller Disco or swimming for the rest of the students	18:00 - 19:00 Dinner time	Free evening
Tuesday 9 August	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 Hot or packed lunch offered to the students.	13:30 - 17:00 Trip to Herstmonceux Observatory Science Centre Learn more about our smuggling past and the 1066 Battle of Hastings today.	18:00 - 19:00 Dinner time	19:30 - 20:30 Water balloon fight ;) Get ready for an evening of water fun (weather dependant).
Wednesday 10 August	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 Hot or packed lunch offered to the students.	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	19:00 - 22:00 International students' night Music, dancing and singing.
Thursday 11 August	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 Hot or packed lunch offered to the students.	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 12 August	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 Hot or packed lunch offered to the students.	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.

Saturday
13 August

07:15 - 07:45
Breakfast at the
accommodation
in Hastings

End of the Junior Activity Programme

Junior Activity Programme offer for groups

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 residential accommodation at White Rock Mansion Residence
- 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 :)