

A TYPICAL WEEK TIMETABLE

Professionals of the future

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00		Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	
	Continuing students	Break	Break	Break	Break	Break	ALL DAY EXCURSION
10:15	ALL DAY EXCURSION	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	
10:30	City / Seaside Town Visit Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Lunch	Lunch	Lunch	Lunch	Lunch	and / or Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
12:00		Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	
13:00		Break	Break	Break	Break	Break	
14:15		Sports & Leisure (1¼ hrs) <i>Choose between:</i> Football Volleyball Fitness Session Model Making Pro Options (1½hrs)	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Basketball Athletics Tennis Salsa Lesson Pro Options (1½hrs)	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Football Rounders Messy Games Landscape Painting	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Kwik Cricket Tennis Swimming Tie-dye t-shirt Pro Options (1½hrs)	Sports & Leisure (1¼ hrs) <i>Choose between:</i> Football Basketball Circuits Challenge Yoga Pro Options (1½hrs)	
14:45		Free Time	Free Time	Free Time	Free Time	Free Time	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) The Cube Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	BSS Experience (1½ hrs) Capture the Flag Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	BSS Experience (1½ hrs) Task Master Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	BSS Experience (1½ hrs) Lanterns Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
21:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22:15	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)
23:00	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)

For illustrative purposes only; actual activities and timings may be different.