

Sample Course Programme - Hastings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1						
Arrival in Hastings	Testing & induction	Lessons	Lessons	Lessons	Lessons	Full-day trip to London with Sightseeing tour
	Hastings Town Tour	Castle & Smugglers' Adventure	Excursion to Battle Abbey	Crazy golf & Mini golf	Tennis / Outdoor sports	
With host family	Welcome disco	Video evening	With host family	Karaoke	With host family	With host family
Week 2						
Free day with host family OR <i>optional trip</i>	Scavenger Hunt	Multi sports day	Excursion to Rye	Old Town walk & two museums	Ten-Pin bowling	Full-day trip to Canterbury
	Lessons	Lessons	Lessons	Lessons	Lessons	
With host family	Disco	Roller Disco	With host family	Barbeque	With host family	With host family
Week 3						
Free day with family OR <i>optional trip</i>	Lessons	Lessons	Lessons	Lessons	Lessons	Full-day trip to Portsmouth; harbour boat trip
	Hastings town quiz	Sea Life Centre	Excursion to Eastbourne & Beachy Head	Shipwreck Heritage Museum	Mini World Cup (Tennis + Football)	
With host family	Disco	With host family	Internet evening/ Film night	With host family	Roller Disco	With host family
Week 4						
Free day with host family OR <i>optional trip</i>	Cinema trip	Old Town Discovery: Fisherman's Heritage Museum	Excursion to Bodiam Castle	Multi sports	Beach games or swimming	Full-day trip to Cambridge Sightseeing tour (Punting option)
	Lessons	Lessons	Lessons	Lessons	Lessons	
With host family	Disco	Roller Disco	With host family	With host family	Farewell Party	With host family