

	WEEK 1 - Junior Activity Programme					
	Breakfast	Morning	Lunch	Afternoon	Dinner	Evening
Saturday	<b>Arrival to the United Kingdom</b> EFL 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	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>08:00 - 20:00</b> <b>Full day excursion to London and a boat trip on the River Thames (packed lunch included)</b> 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.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Monday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English level test and first day induction</b> First day test to determine the students' English level.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Orientation tour of Hastings and Hastings Old Town</b> Introducing the students to Hastings and its history.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b>
Tuesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Visiting Smugglers Adventure and Hastings Castle</b> Learn more about our smuggling past and the 1066 Battle of Hastings today.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>19:30 - 22:00</b> <b>International students' night</b> Music, dancing and singing.
Wednesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Scavenger hunt and visit to Hastings Pier</b> A fun afternoon with your friends. Complete a set of tasks in Hastings for a prize. ;)	<b>18:00 - 18:45</b> <b>Dinner time</b>	<b>18:00 - 19:00</b> <b>International sports evening</b> Football and volleyball.
Thursday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:15</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 18:00</b> <b>Afternoon trip to Rye including visiting St Mary's Church</b> Visiting this pretty town close-by.	<b>18:30 - 19:30</b> <b>Dinner time</b>	<b>Free evening</b>
Friday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15. <b>Leaving ceremony for students going home</b>	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Crazy golf on the beach and souvenir hunting in Hastings town centre</b> Put on your golf gloves and compete with your new friends. Find the perfect gift for your family in the afternoon.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b> Freetime before the full day excursions over the weekend.

WEEK 2 - Junior Activity Programme						
Saturday	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>08:00 - 20:00</b> <b>Full day excursion to Windsor and Oxford (packed lunch included)</b> 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.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Sunday	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>Optional full day excursion or free day (tell us if you would prefer a different destination for the day)</b> <b>08:00 - 20:00</b> <b>Full day excursion to London (packed lunch included) - £22</b> Visiting Hyde Park, Science Museum, Natural History Museum and window-shopping at the world-famous Harrods luxury shopping department.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Monday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>Level test and induction for the students arrived over the weekend and English classes for the rest of the students</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Orientation tour of Hastings for the new students who arrived over the weekend</b>  <b>Table tennis and swimming for the rest of the students</b>	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b>
Tuesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Visiting Hastings Aquarium and Fishermen's Museum</b> An educational afternoon in Hastings Old Town.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>19:30 - 22:00</b> <b>International students' night</b> Music, dancing and singing.
Wednesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Victorian tea afternoon</b> Learn the way of traditional Victorian tea drinking. Of course this includes cakes, biscuits, finger food and English tea.	<b>18:00 - 18:45</b> <b>Dinner time</b>	<b>19:00 - 22:00</b> <b>Film evening</b>
Thursday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:15</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 19:00</b> <b>Afternoon trip to Brighton</b> Discover this quirky city today. Photo stop at Brighton Pavilion and guided tour of Brighton.	<b>19:30 - 20:30</b> <b>Dinner time</b>	<b>Free evening</b>
Friday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15. <b>Leaving ceremony for students going home</b>	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>International sports afternoon</b> Football, basketball, volleyball and more.  <b>BUBBLE FOOTBALL</b>	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b> Freetime before the full day excursions over the weekend.

WEEK 3 - Junior Activity Programme						
Saturday	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>08:00 - 20:00</b> <b>Full day excursion to Greenwich and Cambridge (packed lunch included)</b> 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.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Sunday	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>Optional full day excursion or free day (tell us if you would prefer a different destination for the day)</b> <b>08:00 - 20:00</b> <b>Full day excursion to Leeds Castle and Canterbury (packed lunch included) - £35</b> 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'.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Monday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>Level test and induction for the students arrived over the weekend and English classes for the rest of the students</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Orientation tour of Hastings for the new students who arrived over the weekend</b>  <b>Roller Disco or swimming for the rest of the students</b>	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b>
Tuesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Trip to Herstmonceux Observatory Science Centre</b> A real exciting and scientific afternoon. Discover the world around you.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>19:30 - 22:00</b> <b>International students' night</b> Music, dancing and singing.
Wednesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Visiting the True Crime Museum and Hastings Pier</b> Armed robbery, unsolved crimes, mafia, and more. The largest collection of crime memorabilia in the UK.	<b>18:00 - 18:45</b> <b>Dinner time</b>	<b>19:30 - 20:30</b> <b>Water balloon fight ;)</b> Get ready for an evening of water fun (weather dependant).
Thursday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:15</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 18:00</b> <b>Afternoon trip to Eastbourne and Seven Sisters</b> Take amazing pictures The Seven Sisters and discover Eastbourne.	<b>18:30 - 19:30</b> <b>Dinner time</b>	<b>Free evening</b>
Friday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15. <b>Leaving ceremony for students going home</b>	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>International sports afternoon</b> Football, basketball, volleyball and more.  <b>BUBBLE FOOTBALL</b>	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b> Freetime before the full day excursions over the weekend.

WEEK 4 - Junior Activity Programme						
Saturday	<b>07:15 - 07:45</b> Breakfast at the accommodation in Hastings	<b>08:00 - 20:00</b> <b>Full day excursion to London (packed lunch included)</b> Visiting Hyde Park, Science Museum, Natural History Museum and window-shopping at the world-famous Harrods luxury shopping department.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Sunday	<b>07:15 - 07:45</b> 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) <b>08:00 - 20:00</b> <b>Full day excursion to Thorpe Park (packed lunch included) - £40</b> An adrenalin filled day at Britain's most famous theme park.			<b>20:00 - 21:00</b> <b>Late dinner due to the full day excursion</b> Freetime for the rest of the evening.	
Monday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English level test and first day induction</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Orientation tour of Hastings for the new students who arrived over the weekend</b>  <b>Fish and chips on the beach</b>	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b>
Tuesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Visiting the Sovereign Centre in Eastbourne</b> Make a splash in the fun pool with waves and slide.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>19:30 - 22:00</b> <b>International students' night</b> Music, dancing and singing.
Wednesday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Bowling</b> Fun for all ages. Bowling in Hampden Park.	<b>18:00 - 18:45</b> <b>Dinner time</b>	<b>19:00 - 22:00</b> <b>Film evening</b>
Thursday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15.	<b>12:30 - 13:15</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 18:00</b> <b>Afternoon picnic in Camber Sands sandy beach - beach volleyball, football and sunbathing</b>	<b>18:30 - 19:30</b> <b>Dinner time</b>	<b>Free evening</b>
Friday	<b>08:00 - 08:30</b> Breakfast at the accommodation in Hastings	<b>09:15 - 12:30</b> <b>English classes</b> English courses in the morning with a 15-minutes break from 11:00 to 11:15. <b>Leaving ceremony for students going home</b>	<b>12:30 - 13:30</b> <b>Lunchtime</b> Hot or packed lunch offered to the students.	<b>13:30 - 17:00</b> <b>Group games</b> Tug of war, catch the flag and more.	<b>18:00 - 19:00</b> <b>Dinner time</b>	<b>Free evening</b> Freetime before the full day excursions over the weekend.

Saturday  
15 Aug

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

End of the Junior Activity Programme