

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	ARRIVAL DAY Students will be picked up from the airport and then transported to Worthing where they will be met by their families and taken home/or taken to Brighton to our residences.	INDUCTION & FIRST LESSONS Arrival at Worthing College from 08.30. 09.00–10.30 Induction 30 minute break Lessons from 11-12.30	ACTIVITY SPORTS & GAMES 09.00–12.30 with 30 minute break. At Worthing College.	LESSONS 09.00–12.30 4 x 45 minute lessons with 30 minute break At Worthing College.	ACTIVITY PERSONAL & CULTURAL DEVELOPMENT 09.00–12.30 with 30 minute break At Worthing College.	LESSONS 09.00–12.30 4 x 45 minute lessons with 30 minute break At Worthing College.	FULL DAY EXCURSION LONDON TOUR 08:30 – 19:00 This packed London tour, includes the historic heart of the capital, with free time for shopping and ends with a River Cruise down the Thames from Westminster to Tower Bridge Meet at Worthing Train Station at 08.30
AFTERNOON	ORIENTATION TOUR 13.30-16.00 A tour around the Worthing's central area including the Pier, Beach, one of the UK's oldest cinemas. Includes practical orientation for important services and public transport.	LESSONS 13.30-17.00 4 x 45 minute lessons with 30 minute break At Worthing College.	EXCURSION ARUNDEL CASTLE 13.30-18.00 Visit Arundel's amazing medieval Castle and Cathedral with free time to wander around the "old world" town	LESSONS 13.30-17.00 4 x 45 minute lessons with 30 minute break At Worthing College.	ACTIVITY CINEMA AFTERNOON 13.30-16.30 Cinema Afternoon at the Dome, one of the UK's oldest art deco style cinemas.		
EVENING	Evening for activities with group/dinner and time at host family	Evening for activities with group/dinner and time at host family	Evening for activities with group/dinner and time at host family	ACTIVITY INTERNATIONAL DISCO 19.00-22.00 At the Vivo Lounge (shuttle bus service provided)	Evening for activities with group/dinner and time at host family		

Daily Timings: AM 09.00-12.30, PM 13.30-17.00. Break time 30 minutes and Lunch 60 minutes, except for half day excursions where lunch will be 30 minutes. Activities follow the same pattern of 90 minutes/break/90 minutes, but some afternoon activities may end by 16.30 and incorporate elements of free time. Residence students will have 2 evening activities per week, subject to demand. On programme B, where lessons are the afternoon on Monday/Fridays, the CES Main school at Stoke Abbot Road may be used as a base for lesson activities. In the first and last weeks of the programme, the CES Main school at Stoke Abbot Road may be the Summer programme venues not Worthing College. Disco Shuttle bus: this picks up students from bus stops close to their hosts approx. 19.00. The disco finishes at 22.00, return shuttle bus aims to drop all students by 22.45.

Please note this is a sample programme indicating the type and timing of activities on our social and leisure programme. CES reserves the right to alter this programme without notice.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING FREE DAY OR ADDITIONAL EXCURSIONS For students in their 2 nd , 3 rd or 4 th week there will be a range of excursions available, for example Bath and Stonehenge, Cambridge and Greenwich or, more locally, a trip to the Seven Sisters Sea Cliffs (additional fees apply)	ACTIVITY WORTHING SCAVENGER HUNT 09.00–12.30 Induction 30 minute break	LESSONS 09.00–12.30 4 x 45 minute lessons with 30 minute break At Worthing College.	ACTIVITY SPORTS & GAMES 09.00–12.30 with 30 minute break. At Worthing College.	LESSONS 09.00–12.30 4 x 45 minute lessons with 30 minute break At Worthing College.	ACTIVITY PERSONAL & CULTURAL DEVELOPMENT 09.00–12.30 with 30 minute break At Worthing College.	FULL DAY EXCURSION PORTSMOUTH TOUR 08:30 – 19:00 Portsmouth is the home of the British Navy. Visit the historic dockyard and the historical ships, ending your day with a visit to Gunwharf Quays for outlet shopping.
	LESSONS 13.30-17.00 4 x 45 minute lessons with 30 minute break At Worthing College.	EXCURSION BRIGHTON 13.30-18.00 Visit Brighton's seafront, the quirky Laines shopping area, and visit the weird and wonderful Royal Pavilion palace.	LESSONS 13.30-17.00 4 x 45 minute lessons with 30 minute break At Worthing College.	ACTIVITY BOWLING 13.30-16.30 Bowling and arcades in central Worthing.	LESSONS 13.30-17.00 4 x 45 minute lessons with 30 minute break At Worthing College.	FULL DAY EXCURSION PORTSMOUTH TOUR 08:30 – 19:00 Portsmouth is the home of the British Navy. Visit the historic dockyard and the historical ships, ending your day with a visit to Gunwharf Quays for outlet shopping.
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