CES WORTHING SAMPLE SUMMER SCHOOL PROGRAMME
(Activities are included) "Zig Zag Programme A" (normally 1st week of programme)

Centre of English Studies

	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		**ORIENATION 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.

CES WORTHING SAMPLE SUMMER SCHOOL PROGRAMME
(Activities are included) "Zig Zag Programme B" (normally 2nd week of programme)

Centre of English Studies

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	**FREE DAY OR ADDITIONAL EXCURSIONS** For students in their 2nd, 3rd or 4th 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. Meet at Worthing Train Station at 08.30
AFTERNOON		**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.*	
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	

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