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Sample Activity Programme Week 1

IP Southend-on-Sea

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING		7:30	7:30	7:30	7:30	7:30
	ARRIVALS	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
		8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00
		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
		9:00 - 10:30	9:00 - 10:30	9:00 - 10:30	9:00 - 10:30	9:00 - 10:30
		LESSONS	LESSONS	LESSONS	LESSONS	LESSONS
		10:30 - 11:00	10:30 - 11:00	10:30 - 11:00	10:30 - 11:00	10:30 - 11:00
		BREAK	BREAK	BREAK	BREAK	BREAK
		11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45
		LESSONS	LESSONS	LESSONS	LESSONS	LESSONS
		11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30
		INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE
		12:30 LUNCH	12:30 LUNCH	12:30 LUNCH	12:30 LUNCH	12:30 LUNCH
AFTERNOON		13:30	13:15	13:15	13:15	13:15
		ASSEMBLY	ASSEMBLY	ASSEMBLY	ASSEMBLY	ASSEMBLY
	WELCOME MEETING AND CHECK IN	14:00	13:30	14:30	14:30	14:30
		ORIENTATION WALK AND FREE TIME IN TOWN	HD TRIP TO LONDON (Great Fire of London Tour; includes Monument to the Great Fire of London)	AROUND THE CORNER Discover the local area by visiting one of the highlights of the area	FD TRIP TO LONDON (includes dinner in London)	COCKTAIL WORKSHOP PHOTO RALLY ARTS AND CRAFT
EVENING						
	18:00 DINNER	18:00 DINNER	18:00 DINNER	18:00 DINNER		18:00 DINNER
	19:30	19:30	19:30	19:30		19:30
	TTT	TTT	TTT	TTT		TTT
	20:00 - 22:00	20:00 - 22:00	20:00 - 22:00	20:00 - 22:00		20:00 - 22:00
	BREAKING THE ICE	WELCOME PARTY	CASINO NIGHT	KARAOKE NIGHT		TALENT SHOW
NIGHT	22:30	22:30	22:30	22:30	22:30	22:30
	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK

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Sample Activity Programme Week 2

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	7:30	7:30	7:30	7:30	7:30	7:30	7:30
	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00	8:00 - 09:00
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	9:00 - 18:00	9:00 - 18:00	9:00 - 10:30	9:00 - 10:30	9:00 - 10:30	9:00 - 10:30	9:00 - 10:30
	FD TRIP TO LONDON Discover the Westminster Area and Thames River Cruise	FD TRIP TO CAMBRIDGE (includes Punting on the River Cam)	LESSONS	LESSONS	LESSONS	LESSONS	LESSONS
			10:30 - 11:00	10:30 - 11:00	10:30 - 11:00	10:30 - 11:00	10:30 - 11:00
			BREAK	BREAK	BREAK	BREAK	BREAK
			11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45
			LESSONS	LESSONS	LESSONS	LESSONS	LESSONS
			11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30
			INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE	INTENSIVE COURSE
			12:30 LUNCH	12:30 LUNCH	12:30 LUNCH	12:30 LUNCH	12:30 LUNCH
AFTERNOON			13:30	13:15	13:15	13:15	13:15
			ASSEMBLY	ASSEMBLY	ASSEMBLY	ASSEMBLY	ASSEMBLY
			14:00	13:30	14:30	14:30	14:30
			ORIENTATION WALK/FREE TIME IN TOWN CREPES WORKSHOP	AROUND THE CORNER Discover the local area by visiting one of the highlights of the area	FD TRIP TO LONDON (includes dinner in London)	YOGA AND RELAXATION TOWN WALK WEREWOLVES	HD TRIP TO LONDON (Money,Money, Money: Visit to the Bank of England Museum)
EVENING	18:00 DINNER	18:00 DINNER	18:00 DINNER	18:00 DINNER		18:00 DINNER	18:00 DINNER
	19:30	19:30	19:30	19:30		19:30	19:30
	TTT	TTT	TTT	TTT		TTT	TTT
	20:00 - 22:00	20:00 - 22:00	20:00 - 22:00	20:00 - 22:00		20:00 - 22:00	20:00 - 22:00
	MOVIE NIGHT	BOARD GAMES AND CHARADES	JUST DANCE PARTY	MURDER MYSTERY		MUSIC QUIZ	FAREWELL PARTY
NIGHT	22:30	22:30	22:30	22:30	22:30	22:30	22:30
	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK	NIGHT CHECK