



Hilderstone College
English Studies Centre

Nuovo corso per il 2020 English + Action

- **Mattino: 15 ore accademiche Intensive English**
- **Pomeriggio: attività sportive indoor e all'aperto**
- **Attività : nuoto, tennis, golf, arrampicata, ponte sospeso, escape room, laser tag, surf**



Surfers at Jose Bay



| | 09.00 – 12.30 | 14.00 – 16.00 | 20.00 – 21.30 |
|-----------|--|---|--|
| Sunday | | Arrival | |
| Monday | Registration & welcome Welfare briefing College tour Morning classes | Orientation tour week 1 Sports week 2 (Badminton, tennis, volleyball) | Welcome evening week 1 Ten-pin bowling week 2 |
| Tuesday | Morning classes: English language development | Surf School week 1 Cycling week 2 | Evening social activity e.g., folk dancing, live music, salsa dancing, karaoke |
| Wednesday | Morning classes: English language development | Go Ape – aerial runway etc., week 1 Gym week 2 | Evening talk on British life and culture e.g. Geography and History of London, International Cultural Differences |
| Thursday | Morning classes: English language development | Laser Tag week 1 Horsending or golf week 2 | Running or Circuit Training |
| Friday | Morning classes: English language development | Afternoon excursion e.g. Canterbury, Dover Castle | Film |
| Saturday | Week 1 – Full day excursion e.g. London, Cambridge, Oxford Week 2 – Departure | | |