

	WEEK 1 - Junior Activity Programme							
	Breakfast	Morning	Lunch	Afternoon	Dinner	Evening		
Saturday	Arrival to the United Kingdom English for Less 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	08:00 - 20:00 Full day excursion to London (packed lunch included) 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.							
Monday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English level test and first day induction First day test to determine the students' English level.	12:30 – 13:30 Lunchtime Packed lunch	13:30 - 17:00 Orientation tour of Hastings and Hastings Old Town Introducing the students to Hastings and its history.	18:00 - 19:00 Dinner time	Free evening		
Tuesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	13:30 - 18:00 Bowling in Hampden Park Fun afternoon for all ages. Show off with your bowling skills. ;)	18:00 - 19:00 Dinner time	18:00 - 19:00 Free evening		
Wednesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	13:30 - 19:00 Afternoon trip to Brighton Discover this quirky city today. Photo stop at Brighton Pavilion and guided tour of Brighton.	18:00 - 18:45 Dinner time	19:00 - 22:00 Free evening		
Thursday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:15 Lunchtime Packed lunch	13:30 - 17:00 Trip to Tonbridge Wells Guided tour of the town and visiting the historic places connected to the Royal Family.	18:30 - 19:30 Dinner time	20:00 Pub night (over 18s)		
Friday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home	12:30 – 13:30 Lunchtime Packed lunch	13:30 - 17:00 Visiting the True Crime Museum and Hastings Pier Armed robbery, unsolved crimes, mafia, and more. The largest collection of crime memorabilia in the UK.	18:30 - 19:30 Dinner time	Free evening		



WEEK 2 - Junior Activity Programme							
Saturday	07:15 - 07:45 Breakfast at the accommodation	Full day excursion to Windsor and Oxford (packed lunch included)			22:00 - 23:00 Dinner		
Sunday	07:15 - 07:45 Breakfast at the accommodation					20:00 - 21:00 Dinner	
Monday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	12:30 - 22:00 Afternoon in London (Covent Garden) Visiting Covent Garden this afternoon	18:00 - 19:00 Dinner time	Free evening	
Tuesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	13:30 – 17:00 Visiting Hastings Museum and Art Gallery	18:00 - 19:00 Dinner time	Free evening	
Wednesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 – 13:30 Lunchtime Packed lunch	13:30 - 16:00 Sports afternoon Football or basketball and badminton	18:00 - 18:45 Dinner time	19:00 - 22:00 International food evening	
Thursday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:15 Lunchtime Packed lunch	13:30 - 18:00 Afternoon trip to Rye including with a visit to St Mary's Church Visiting this pretty town close-by. Visit the oldest church in England (St Mary's Church)	19:30 - 20:30 Dinner time	Free evening	

English for Less Junior Activity Programme - Hastings Winter Itinerary (www.eflworld.com)



Friday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home	12:30 - 13:30 Lunchtime Packed lunch	13:30 - 18:00 Free afternoon to get ready for the Paris trip in the evening. Evening: DEPARTURE TO PARIS THE PARIS TRIP IS NOT INCLUDED IN	18:00 - 19:00 Dinner time	Free evening Freetime before the full day excursions over the weekend.	
				THE QUOTATION			
			K 3 - Junior Activ	ity Programme			
Saturday	07:15 - 07:45 Breakfast at the accommodation in Hastings	Full day in Paris with guided tour PARIS - Opportunity to visit Disneyland in the afternoon. THE PARIS TRIP IS NOT INCLUDED IN THE QUOTATION					
Sunday	07:15 - 07:45 Breakfast at the accommodation in Hastings	All day till early afternoon PARIS & VERSAILLES Visiting Versailles in the morning (grounds) and return to Hastings in the evening. Arrival to Hastings in the evening. THE PARIS TRIP IS NOT INCLUDED IN THE QUOTATION				20:00 – 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 Level test and induction for the students arrived over the weekend and English classes for the rest of the students English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	Free afternoon after the long weekend in Paris	18:00 - 19:00 Dinner time	Free evening	
Tuesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 – 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	13:30 - 17:00 Trip to Ashford Outlet Centre A relaxing shopping afternoon with up to 70% discounts,	18:00 - 19:00 Dinner time	19:30 - 20:30 Free evening	
Wednesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	13:30 - 17:00 Victorian tea afternoon Learn the way of traditional Victorian tea drinking. Of course this includes cakes, biscuits, finger food and English tea.	18:00 - 18:45 Dinner time	Free evening	

English for Less Junior Activity Programme - Hastings Winter Itinerary (www.eflworld.com)



Friday Thursday	08:00 - 08:30 Breakfast at the accommodation in Hastings 08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. 09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going	12:30 - 13:15 Lunchtime Packed lunch 12:30 - 13:30 Lunchtime Packed lunch	 13:30 - 18:00 Afternoon trip to Eastbourne and Seven Sisters Take amazing pictures The Seven Sisters and discover Eastbourne. 13:30 - 17:00 Visiting Hastings Aquarium and Fishermen's Museum An educational afternoon in Hastings Old Town. 	18:30 - 19:30 Dinner time 18:00 - 19:00 Dinner time	Free evening Free evening Freetime before the full day excursions over the weekend.
		home				
			K 4 - Junior Activ	ity Programme		
Saturday	07:15 - 07:45 Breakfast at the accommodation in Hastings	08:00 - 20:00 Full day excursion to Greenwich and Can Guided tour of Greenwich in the morning. Church College, the Harry Potter College (n	Visiting the market.		the afternoon. Opp	ortunity to visit Christ
Sunday	07:15 - 07:45 Breakfast at the accommodation in Hastings	Free Sunday			20:00 - 21:00 Late dinner due to the full day excursion Freetime for the rest of the evening.	
Monday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English level test and first day induction English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	12:30 - 00:00 Sports afternoon - badminton	18:00 - 19:00 Dinner time	Free evening
Tuesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	12:30 - 00:00 Trip to London Visit to British Museum and London at night.	18:00 - 19:00 Dinner time	Free evening
Wednesday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 - 13:30 Lunchtime Packed lunch	12:30 - 19:00 Fish and Chips in Hastings Try the traditional fish and chips in Hastings Old Town.	18:00 - 18:45 Dinner time	Free evening

English for Less Junior Activity Programme - Hastings Winter Itinerary (www.eflworld.com)



Thursday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15.	12:30 – 13:15 Lunchtime Packed lunch	12:30 - 19:00 Trip to Canterbury Afternoon trip to Canterbury. Guided tour of the city and photo stop at Canterbury Cathedral (not going in)	18:30 - 19:30 Dinner time	Free evening
Friday	08:00 - 08:30 Breakfast at the accommodation in Hastings	09:15 - 12:30 English classes English courses in the morning with a 15-minutes break from 11:00 to 11:15. Leaving ceremony for students going home	12:30 - 13:30 Lunchtime Packed lunch	 13:30 - 17:00 Last souvenir hunting in Hastings Find the perfect gift for your family in the afternoon. 19:00 Goodbye dinner in Hastings 	18:00 - 19:00 Dinner time	Free evening Freetime before the full day excursions over the weekend.