

Day	AM	PM
Sunday	Welcome to Ardmore	
Monday	Lessons	Sports & Leisure Activities
Tuesday	Lessons	Half Day Excursion to London British Museum
Wednesday	Lessons	Lessons
Thursday	Full Day Excursion to London Walking Tour and River Cruise	
Friday	Lessons	Sports & Leisure Activities
Saturday	Full Day Excursion to Windsor and Windsor Castle	
Sunday	Sports and Leisure Activities on Campus/ Optional Extra Excursions	
Monday	Sports & Leisure Activities	Lessons
Tuesday	Half Day Excursion to Westfields Shopping Centre	Lessons
Wednesday	Lessons	Lessons
Thursday	Full Day Excursion Oxford, Oxford Castle and Walking Tour	
Friday	Sports & Leisure Activities	Lessons
Saturday	Full Day Excursion to London, Natural History Museum and Kensington	
Sunday	Goodbye Ardmore	

ENGLISH LESSONS: 15 hours per week (3 hours per day 5 days per week); maybe morning or afternoon

SPORTS / ACTIVITIES AND PROJECT WORK: Football, tennis, basketball, baseball, volleyball and arts and crafts; maybe morning or afternoon

EVENING ENTERTAINMENT: Talent show, quiz games, sports tournament, blind date, casino nights, capture the flag, welcome icebreaker games and party nights

EXCURSIONS: One full day and one half day per week

* The Programme may vary due to operational reasons