



Eastbourne
School of English

English Courses for Adults



experience • expertise • excellence

Welcome to Eastbourne School of English

ESOE, founded in 1936, is a not-for-profit charitable educational foundation with a strong commitment to providing quality English language teaching and excellent student services.

The school is accredited by the British Council and we are inspected against strict criteria every four years. We are also members of Quality English and IALC, two organisations of independent, high quality language schools. ESOE is partnered with The English Language Centre, Brighton.

We understand that everyone is unique with different needs and different goals. From your first contact with us we will provide you with individual attention. Our whole team of staff is dedicated to providing you with excellent courses in a warm, friendly and professional environment, as well as caring for every aspect of your stay.

**Eastbourne
School of English**
since 1936

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At ESOE we offer you

- a friendly, caring and safe learning environment
- a wide variety of English language courses for adults
- experienced and professional teachers
- over 40 different nationalities every year
- free support and advice with university applications
- a full programme of afternoon/evening social activities and weekend excursions
- city centre school
- great location (seaside, 90 km from London, close to international airports)



Facilities

- 20 well-equipped classrooms
- free WLAN
- student lounge with flat-screen TV and daily newspapers
- Study Centre with computer room and library
- student 'kitchen' with microwaves, kettles and drinks machines
- book shop
- games room with pool table + computers for internet access
- interactive whiteboard
- garden

General English

Our General English Courses are designed to give you the confidence to communicate effectively in real-life situations. The courses provide a balanced programme focusing on the skills of speaking, listening, reading and writing whilst covering essential grammar, vocabulary, pronunciation, idioms and colloquial language.

The courses provide effective training for students who need English for work, study or travel and can provide preparation for a number of exams including IELTS, TOEFL, TOEIC, KET and PET.

You can choose either:

- 25 lessons General English (GEA)
- 30 lessons General English (GEB)
- 20 lessons General English + 10 lessons of special options

For stays of more than 24 weeks choose our Study Year Programme (SYP).

KEY FACTS

- placement test to ensure a class at the right level
- regular progress checks + daily homework
- multi-national classes
- at least one lesson a week in the computer laboratory
- all course material + end of course certificate provided



COURSE INFORMATION

General English

Course length: Minimum 2 weeks, start any Monday

Number of lessons per week: GEA - 25 (18.75 hours); GEB - 30 (22.5 hours)

Maximum Class size: 12

Level: All levels, Beginner (A1) to Advanced (C1)

Minimum age: 16

Afternoon Options

In addition to a core morning programme of 20 lessons study, we offer various possibilities:

- the opportunity to study more intensively and focus more specifically on your academic goals
- the opportunity to combine English language study with developing a practical skill

Academic Options

General English + IELTS (GEI)

This afternoon option is designed to provide complete and careful preparation for all aspects of the academic module of IELTS. It includes guidance and practice in all 4 papers of the IELTS exam (reading, writing, listening and speaking).

General English + One-to-One (GEO)

This afternoon option offers individual lessons with a teacher who will design the course according to your specific needs. For example, you can

- develop your general English skills further e.g. conversation, pronunciation, writing
- have specific preparation for an exam e.g. IELTS, TOEIC, TOEFL, BEC, CAE or FCE
- focus on a specific area related to your job e.g. an important presentation, telephoning, medical English

General English *Plus* Options

English plus Golf (GE+G)

Practise and develop your golfing skills on golf courses in the beautiful South Downs. You will have 3 afternoon golf lessons per week led by a professional golf coach.

English plus Tennis (GE+T)

Our expert coaches will help you to improve all aspects of your game. You will have 3 afternoon tennis lessons per week led by a professional tennis coach.

English plus Natural Health (GE+NH)

Choose from a wide range of natural fitness and therapy classes. You will have 3 natural fitness classes per week (e.g. Pilates, Yoga, Tai Chi) and 1 complementary therapy per week (e.g. Alexander, Bowen, Reiki, Reflexology).

English plus Rugby (GE+R)

Practise your rugby skills or learn a new sport. You will get one introductory lesson of English for rugby in addition to two evening rugby practices per week. If you are selected for a team, you may also get a full match at weekends.

COURSE INFORMATION

General English + Afternoon Options

Course length: GEI, GEO: minimum 2 weeks, start any Monday

Number of lessons per week: 30 (22.5 hours). 20 x General English + 10 x afternoon option

Level: GEI, Intermediate (B1) to Advanced (C1). GEO all levels, Beginner (A1) to Advanced (C1)

Minimum age: 16

Maximum Class size: 12

General English *Plus*

Course length: GE+G, GE+T, GE+R and GE+NH minimum 2 weeks (see Course Finder for availability)

Number of lessons per week: 20 (15 hours) x General English + afternoon activities

Level: All levels, Beginner (A1) to Advanced (C1)

Minimum age: 16

Maximum Class size: 12

Examination Courses

Examinations at Eastbourne School of English

Good qualifications in English are now essential. ESOE provides a wide range of courses and examinations to help you achieve the English language qualifications you need.

We can help you prepare for:

- IELTS, TOEIC, TOEFL
- Cambridge ESOL exams (CPE, CAE, FCE, PET, KET, BEC, BULATS)
- Trinity Graded Examinations in Spoken English
- Pitmans ESOL and SESOL exams
- LCCI English for Business Examinations

Eastbourne School of English is an official examination centre for:

- Cambridge English BEC

and through our partner school, The English Language Centre, Brighton we can run the following exams in Eastbourne:

- TOEIC
- Pitmans SESOL (Spoken English for Speakers of Other Languages)
- LCCI (The London Chamber of Commerce and Industry) English for Business Examinations
- Trinity GESE (Graded Examinations in Spoken English)
- Cambridge ESOL BULATS



Achieve Your Goals

Cambridge Examination Courses (CC)

The Cambridge Examination courses are designed to improve your overall language ability in addition to developing the language skills necessary to pass your chosen Cambridge ESOL exam (FCE, CAE or CPE). They provide complete and careful preparation for all 5 papers of the examinations and include practice interviews with experienced Cambridge examiners.

General English + IELTS (GEI)

This afternoon option is designed to provide complete and careful preparation for all aspects of the academic module of IELTS. It includes guidance and practice in all 4 papers of the IELTS exam (reading, writing, listening and speaking). See page 3 for course information.

Key facts

- full-time exam courses, Monday to Friday, with the exam at the end of the course
- regular tutorials with your teacher to give individual help and study advice
- all course books and materials included (exam fees not included)
- mock examinations under exam conditions
- regular homework



COURSE INFORMATION

Examination Courses

Course length: CC: 4 - 13 weeks, fixed dates

Number of lessons per week: 25 (18.75 hours); 4-week summer courses 30 lessons (22.5 hours)

Maximum Class size: 12

Level: Intermediate (B1) to Advanced (C1)

Minimum age: 16

Long Term Study

Study Year Programme (SYP)

The Study Year Programme is designed to provide a comprehensive language programme which will help you prepare for your future and achieve internationally recognised exam qualifications. It is a flexible combination of our General English and examination courses.

The programme is ideal for highly motivated people who need to:

- develop overall confidence and fluency in English
- communicate effectively in English
- prepare for further academic studies
- use English in their career
- gain internationally recognised qualifications
- develop English for social, academic and work environments

The programme allows you to study on a variety of ESOE courses, including General English, General English + IELTS and Cambridge English examinations.

For EU students the Study Year programme can also be combined with our Work Experience Programme (internship)

KEY FACTS

- a choice from a wide variety of courses and options
- the cost of two external exams on ELC exam preparation courses included
- preparation for exams such as Cambridge English FCE and CAE, and IELTS
- all course books and materials included
- regular progress checks and daily homework
- report and certificate at the end of the programme

COURSE INFORMATION

Study Year Programme

Course length: Minimum 24 weeks, start any Monday

Number of lessons per week: Minimum 25 (18.75 hours)

Maximum Class size: 12

Level: All levels, Beginner (A1) to Advanced (C1)

Minimum age: 16

Level and Examination Guide

ESOE Exam Guide

ESOE Level	CEFR	Cambridge	IELTS	TOEFL iBT	TOEIC	Trinity GESE	Cambridge BEC	BULATS
Upper advanced	C2	CPE	8 - 9			12		90 - 100
Advanced	C1	CAE	7 - 8	110 - 120	945	10 - 11	BEC Higher	75 - 89
Upper-intermediate	B2	FCE	5 - 6.5	87 - 109	785	7 - 9	BEC Vantage	60 - 74
Intermediate	B1	PET	4 - 5	57 - 86	550	5 - 6	BEC Preliminary	40 - 59
Pre-intermediate	A2	KET	3		225	3 - 4		20 - 39
Elementary	A1/A2				120	1 - 2		0 - 19
Beginner	A1							

This table provides an approximate guide of which exams can be taken at each level

ESOE Level Guide

CEFR* Levels	ESOE Levels	Level aims
C2	Upper-Advanced	<ul style="list-style-type: none"> use English very well in demanding situations performance level may be above average native speaker
C1	Advanced	<ul style="list-style-type: none"> use English well in all but the most demanding situations use and understand complex language
Council of Europe: Vantage		
B2	Upper Intermediate	<ul style="list-style-type: none"> use English effectively in all familiar situations use more complex English and cope with more demanding situations
B1	Intermediate	<ul style="list-style-type: none"> use English to express simple ideas and achieve results use range of basic language well in most situations
Council of Europe: Threshold		
A2	Pre-Intermediate	<ul style="list-style-type: none"> use English in most familiar situations use English in a limited way in more difficult situations
Council of Europe: Waystage		
A1/A2	Elementary	<ul style="list-style-type: none"> develop English skills to 'survival' level use English only in very familiar situations
A1	Beginner	<ul style="list-style-type: none"> learn basic vocabulary and structures for simple communication

*CEFR = Council of Europe's Common European Framework of Reference for Languages. Most ESOE students take an average of 12 weeks to complete a level.

Courses for Teachers

Our teachers' courses aim to meet your professional needs and are ideal for overseas teachers of English. These very practical courses are designed to:

- keep you up-to-date with developments in language teaching
- expand your range of teaching techniques
- encourage you to reflect on your personal teaching context
- develop your fluency and knowledge of English
- experience different aspects of life and culture in the United Kingdom

Mixed nationality classes allow you to share ideas and experience with colleagues from other countries. In addition, you will refresh and extend your understanding and knowledge of English language and culture.

EU Funding – Lifelong Learning Programme

The teachers' courses at ESOE are eligible for EU funding. It may be possible to have financial assistance through the LLP. The grant covers tuition, accommodation, travel and subsistence.

KEY FACTS

- pre-course questionnaire and tasks to focus on your needs
- good balance between theoretical and practical ideas and activities
- update yourself on available materials and resources
- update yourself on the ever-changing nature of the English language
- all course material + end of course certificate included
- multinational classes



COURSE INFORMATION

Teachers' Courses

Course length: 2 weeks, fixed dates

Number of lessons per week: 30 lessons (22.5 hours)

Maximum Class size: 12

Level: EPT: Intermediate (B1) to Upper Intermediate (B2). PM, BCL: Upper-Intermediate (B2) to Advanced (C1)

Minimum age: 21

Professional Development for Teachers

Practical Methodology and Language Practice

This practical course is designed to help experienced non-native teachers of English teaching secondary school students and adults to refresh their teaching methodology.

The aim of the course is to:

- refresh and improve your teaching methodology and learn new tips
- learn about new developments in English language teaching
- incorporate new technology into your teaching
- make contact with teaching colleagues from around the world
- observe experienced teachers in multinational classes
- develop all areas of your English language knowledge and skills: grammar, vocabulary, style, pronunciation and the skills of speaking, listening, reading and writing

British Culture and Language in the Classroom

The course is designed to help non-native teachers of English teaching secondary school students and adults to develop their English language skills, explore modern British life and culture and to evaluate and gain materials for classroom use.

The aim of the course is to:

- develop and update your knowledge of British culture
- develop all areas of your English language knowledge and skills: grammar, vocabulary, style, pronunciation and the skills of speaking, listening, reading and writing, using materials taken from film, television, the press and literature
- evaluate materials for teaching aspects of culture in your teaching context
- explore a further range of authentic materials for your classroom use

English for Primary Teachers

The course is designed for non-native primary teachers (teaching young learners up to the age of 13) who wish to gain confidence and fluency in using English in the primary classroom.

The aim of the course is to:

- develop your understanding and knowledge of the English language
- gain confidence and fluency for speaking English in the primary classroom
- experience different aspects of life and culture in the United Kingdom
- explore areas of primary ELT methodology
- evaluate and explore teaching resources for the primary classroom



Courses for Mature students

Fifty Plus

The 50+ course is designed for mature people who wish to combine practising their English with an extensive programme of visits, activities and excursions.

Our 50+ courses aim to:

- build your confidence in speaking English
- help you improve your understanding of spoken English
- show you the beautiful South East of Britain
- introduce you to different aspects of life and culture in the United Kingdom
- guide you around historic towns, villages, castles, parks and gardens
- allow you to meet new people and make new friends

KEY FACTS

- test on day 1 to ensure a class at your level
- morning English lessons + afternoon / weekend activities
- multi-national classes
- specially designed for mature learners
- fully guided social programme
- 3 half-day events per week
- 1 full day weekend excursion for 2 weeks; 2 excursions for 3 weeks
- welcome drink and farewell lunch
- all course material + end of course certificate included



COURSE INFORMATION

Fifty Plus Courses

Course length: 2 or 3 weeks, fixed dates

Number of lessons/week: 20 lessons (15 hours) tuition + social programme

Maximum class size: 12

Level: Elementary (A1/A2) to Advanced (C1)

Minimum age: 50

Lifelong Learning

We have over 25 years' experience in delivering programmes for mature learners. Many students return year after year to improve their English, enjoy the beautiful Sussex countryside and meet up with old friends.

In the morning you will study English in a multinational class at your level. In the afternoons and weekends there is an extensive social programme.

A typical social programme

Week 1	
Monday	Eastbourne walk and tea with teachers
Tuesday	Welcome drinks
Wednesday	Tour of Sussex villages
Thursday	Shopping in Brighton
Friday	Free afternoon
Saturday	Day trip to London South Bank
Sunday	Free day
Week 2	
Monday	Wakehurst Place Gardens
Tuesday	Croquet at the Saffrons Croquet Club
Wednesday	Free afternoon, evening concert (optional)
Thursday	Bodiam Castle and Battle Abbey
Friday	Lunch at the Thai Marina
Saturday	Return home



Summer Vacation Course

Summer Plus

This course is designed for young adults aged 16 – 22 who want to combine English language study with a programme of social activities.

There is a structured programme of language study which covers the four skills; speaking, listening, reading and writing. The main emphasis is on developing your confidence and fluency to communicate outside the classroom.

The inclusive social programme consists of two afternoon activities and 1 half-day excursion per week. Examples of activities and excursion include:

Activities:

- boat trip to Beachy Head
- mini-golf on Eastbourne seafront
- swimming at Sovereign Centre
- cinema
- football and volleyball
- 10-pin bowling

Half-day excursions:

- Hastings: Castle and Smugglers' Caves
- Beachy Head and Roman Pevensey Castle
- Battle and Bodiam Castle
- Brighton: shopping, tour of the Lanes

KEY FACTS

- placement test to ensure a class at the correct level
- multi-national classes
- regular monitoring of progress and homework
- all course material and end of course certificate included



COURSE INFORMATION

Summer Plus Course

Course length: Minimum 2 weeks, start any Monday

Number of lessons per week: 25 (18.75 hours) of General English + social programme

Maximum Class size: 14

Level: All levels, Beginner (A1) to Advanced (C1)

Minimum age: 16

Social Programme

Eastbourne School of English organises a full programme of weekend excursions and afternoon and evening social activities. There is something to do or see every day of the week.

Social Activities

We offer a wide range of afternoon and evening activities including sports, local visits, film evenings and quizzes.

On the first evening of each course there is a social evening to give new students a chance to get to know each other and to meet other students already at ESOE.

Local tours during your stay at ESOE may include:

- Brighton for shopping and a tour of the picturesque Lanes area
- Hastings to see the Castle and the Smugglers' Caves
- Beachy Head and Pevensey Castle, built in Roman times
- Bodiam Castle and Battle, site of the Battle of Hastings

Weekend Excursions

We organise a variety of full day excursions at weekends throughout the year. These excursions can be booked and paid for when you are at ESOE. They include:

- London
- Canterbury & Leeds Castle
- Stratford Upon Avon
- Windsor & Hampton Court
- Bath & Stonehenge
- Cambridge
- Oxford



Eastbourne

Eastbourne, a traditional seaside town of 100,000 people, is famous for its beautiful setting between the green hills of the South Downs, the white cliffs of Seven Sisters and the sea, and for being the sunniest town in Britain. The school is located right in the centre of Eastbourne so all the town's facilities are within easy walking distance.

- quiet, safe place with lots of facilities for students
- within minutes of stunning scenery including the famous Seven Sisters white cliffs and Beachy Head, the hilly South Downs and beautiful unspoilt Sussex towns and villages
- very good transport links to London, about 90 minutes away by train, with quick and easy access to the international airports of Heathrow and Gatwick, and the Eurostar at Ashford International

Culture

Eastbourne is a traditional English seaside town with a classic Victorian seafront, a pier, many parks and gardens, five theatres, three museums and art galleries.

Shopping

Eastbourne has a wide range of shops. From the modern Arndale Centre, to the quaint Victorian shopping streets of Little Chelsea, the boutiques in the Enterprise Centre or the designer shops at the harbour, there is something for everyone.

Food and Entertainment

There is plenty to do in Eastbourne. In addition to a wide range of restaurants, cafes and traditional tea-rooms there is a good selection of cinemas, clubs and discos and more than 70 pubs.

Sports

Eastbourne is famous for sports including the AEGON International Tennis Tournament, played on grass courts in June just before Wimbledon, and the Eastbourne Extreme, held in July and one of the biggest extreme sports festivals in the UK. As well as sports centres and swimming pools, there are facilities for rowing, horse-riding, sailing, windsurfing, beach volleyball, golf, cycling, football, rugby, basketball and tennis, amongst others. Eastbourne also has a large marina with five separate harbours.



Accommodation

We understand how important your accommodation is for successful language study. Our dedicated accommodation department has carefully selected a range of host families and hotel accommodation to ensure that you feel as comfortable as possible.

Homestay Accommodation

Living in homestay accommodation provides you with the perfect opportunity to experience English life and to practise using your English in everyday situations. Our carefully selected hosts offer a friendly, safe environment.

- single bedrooms with study facilities
- breakfast and evening meal served every day
- only one person of the same nationality per home
- maximum 30 minutes travelling time to school
- shared rooms available on request for two people travelling together
- executive homestay accommodation on request (subject to availability)

Hotels and Guest Houses

If you prefer the freedom and flexibility of hotel and guest house accommodation, we have secured special discounted rates for ESOE students. Full details are available on our website.

- close to shops and a wide range of restaurants
- a few minutes' walk to the sea
- about 5 - 15 minutes' walk from the school
- all hotels have wi-fi (some may charge for this)
- all hotel rooms with en-suite bathrooms

Self-catering shared student houses

For greater independence and freedom to cook your own meals, for students aged 18 and over we can offer a range of well-maintained shared student houses.

Shared student houses

- 5 – 10 minutes' walk from the school
- large rooms with double beds; bed linen provided
- shared bath/shower rooms and fully equipped shared kitchens
- free wireless internet access
- single or double occupancy



Social Programme and Events

Sample Social Programme

	Afternoon	Evening
Monday	Trip to Beachy Head	Welcome evening (free)
Tuesday		Video evening (free)
Wednesday	Excursion to Brighton	Pool/ table tennis tournament (free)
Thursday		Bowling
Friday	Volleyball (free)	Pub evening
Saturday	Excursion to London	
Sunday	Excursion to Canterbury and Leeds Castle	

Charges for activities vary. Free activities are marked.

Events in Eastbourne

February

March Eastbourne Half Marathon

April Eastbourne Festival
Magnificent Motors
(vintage cars & motorbikes rally)

May Eastbourne Cycling Festival
Eastbourne Fiesta

June International Tennis Tournament

July Eastbourne Extreme Sports Festival

August Eastbourne Lammas Folk Music Festival
Airbourne Airshow

September

October Eastbourne Victorian Festival
(theatre and music)
Eastbourne Beer Festival
Beachy Head Marathon

This information is based on previous years and may be subject to change







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