

Sample Timetable

Monday - Friday

0715 Time to wake up

0730 Breakfast with host family

0815 Leave host family

0845 Arrive at SES

0900 Lesson 1 – Language focus

0945 Lesson 2 – Vocabulary development

1030 Break

1100 Lesson 3 – Active listening

1145 Lesson 4 – Speaking: role plays and preparing for evening activity

1230 Lunch

1330 Sports and activities programme
Session 1: Arts and crafts

1500 Break

1530 Sports and activities programme
Session 2: Football

1700 Return to host family

1800 Dinner with host family

1830 Time for homework

1930 Evening activity at SES

2200 Return to host family

2230 Arrive at host family