



**British
Summer
School**

Citizens of the future

Academics of the future

Professionals of the future



UPPINGHAM SCHOOL

**Developing 21st Century Skills using our
True Me philosophy to increase students'
ability and confidence to communicate
and live authentically in the future.**

SUMMER 2025



GET

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future
ready

Uppingham School

Uppingham School is a co-educational Senior Boarding and Day School. Located in the heart of the market town of Uppingham, students enjoy a sense of freedom and have easy access to cafés, shops and restaurants.



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LOCATION

Courses take place at Uppingham School, a prestigious senior boarding school with good academic, arts and sports facilities situated in the historic county of Rutland in central England.



CAMPUS

The campus is shared with other residential and non-residential groups.



ACCOMMODATION

Boys and girls sleep in suitable boarding accommodation on campus.

Students share their bedroom with children of the same sex and of a similar age. Bathrooms are shared.



MEALS

The menu offers a mix of English and international food. Vegetarian and special diets for medical or religious needs are accommodated.



SPORTS & LEISURE FACILITIES

- Astro turf pitch
- Athletics track
- Drama theatre
- Playing fields
- Sports hall
- Swimming pool
- Tennis courts



CLUBHOUSE

The Clubhouse is a social space where students can relax, socialise, and chat in an informal and comfortable setting.



WI-FI

Wi-Fi is available in some communal areas across the campus.



UPPINGHAM TOWN

Students are allowed into Uppingham village unsupervised in groups during afternoon free time. Different rules apply to different age groups. See Student Handbook for more details.



CENTRE OVERVIEW

- County of Rutland
- Capacity 100 students
- 13-18 years
- 1-6 beds per room
- Town setting
- No Smoking

uppingham.co.uk



Courses Available

Citizens of the future

Academics of the future

Professionals of the future

English
Lessons
Optional



COURSE FORMAT

Students from all courses share the same Core English and Learning & Innovation lessons, BSS Experience and all recreational activities and cultural excursions.



ENGLISH LEVELS

Citizens welcomes students with English levels between A1 Beginner and C2 Proficiency. Academics and Professionals must have a minimum English level of B1 Intermediate.



LESSONS

There are 20 hours per week with 3 different lessons. Students on the Citizens or Academics course will study Core English, Learning & Innovation and a Focus lesson, depending on the course selected. On the Professionals course, students chose 2 elective subjects in addition to their Focus lesson.

The objectives of the lessons are to improve students' receptive and productive language skills and to develop their ability to communicate and operate in the 21st century.



MISSION: INTEGRATION!

This takes place on Sunday evenings and consists of icebreaker and get-to-know-you activities to help new students integrate into school life and meet continuing students.



HOUSEWARMING!

On Monday evenings, students take part in a series of house-based games and activities to help them build new and consolidate existing friendships with other students from the same house.



SPORTS & LEISURE

Students take part in our Leisure programme where they can choose between a selection of different sports and leisure activities.



PRO OPTIONS

The Pro Options programme is optional and allows students to specialise in one sport or other recreational activity for the whole week and is designed to increase their skills, techniques, and knowledge in their chosen option.

Pro Options offered:

- Robotics & AI
- Tennis
- Website Design



WELFARE

All students receive a safety induction, relevant to their age, on the first or second day after arrival. Students are supervised in all lessons and sports and organised leisure activities. Our overall general ratio (staff/students) at each centre is at least 1:5.

Each centre has staff who are authorised to administer basic and prescription medication to students, under the guidance of the Welfare Manager.



BSS EXPERIENCE FEATURING TRUE ME

This is our evening entertainment programme that consists of a series of fun challenges and events designed to develop students personal and social skills, self-confidence, and authenticity. Examples include Escape Room, Colour Run, Olympic Games and Disco Party.



CULTURAL PROGRAMME

Saturday and Sunday excursions allow students to visit places of cultural or historical interest or take part in a recreational activity with their friends. Saturday excursions are usually to London and examples include Big Ben, London Eye, Riverboat Cruise, and Science Museum. Sunday excursions are usually to a local city or seaside town.



COURSE OVERVIEW

- Centre: Uppingham
- 13-18 years
- 20 hours of lessons per week
- English Levels:
 - Citizens: A1-C2
 - Academics: B1-C2
 - Professionals: B1-C2
- Core English
- Learning & Innovation
- Focus Communication/Academic/Professional
- Sports & Leisure
- BSS Experience
- True Me

The Academics course allows students to specialise in Business, Engineering, Humanities, Maths, Science or Writing.

Lessons

Citizens of the future Academics of the future

ENG CORE ENGLISH

English language lessons are designed to improve students' receptive and productive skills (reading, writing, speaking, listening), extend the scope and range of their vocabulary in both formal and informal contexts and deepen their understanding of grammar to improve spoken and written accuracy.

LEARNING & INNOVATION

These task-based lessons enable students to work collaboratively to research, discuss and create projects that reflect their knowledge, skills, and personality while developing strategies that are essential for success in the 21st century. The projects have been specially created to help develop the students' capabilities in each of the 4Cs that form the core of the 21st Century Learning curriculum: Collaboration, Communication, Creativity, and Critical Thinking.



FOCUS COMMUNICATION

Effective communication is key to success in the 21st century and developing core communication skills is an integral and crucial part of this course.

These lessons are designed to help students develop the skills required to communicate more freely, naturally, and confidently in English in academic, recreational, and professional contexts.

Lessons include a range of oral and written communication methods such as:

- Academic essay writing
- Business report writing
- Creative writing
- Debating
- Negotiating
- Networking
- Presenting



FOCUS ACADEMIC

These lessons are designed to develop and expand knowledge and understanding of some key concepts and topics in one of three academic specialisms to help them prepare for future academic study.

The specialisms available are:

- Business
- Humanities
- Writing

Students choose one specialism per week.

EXAM COURSES

Cambridge Assessment offers a series of globally-recognised exams that accredit students' English level for study and work.

The following Cambridge exam preparation course are available:

- B1 Preliminary
- B2 First
- C1 Advanced

These courses offer dedicated preparation and intensive exam practice instead of Core English.

Students sit the exam at an external testing centre at the end of their course.

MISSION: INTEGRATION!

Sunday evenings offer organised ice-breaker activities that allow new and continuing students to meet each other and start to build new friendships.

TIMETABLE A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00	Continuing students ALL DAY EXCURSION	Core English (1¼ hrs) What does true friendship mean? What attributes does an ideal friend have? How many true friends do you have?	Core English (1¼ hrs) In pairs, make a list of the advantages and disadvantages of playing modern computer games.	Core English (1¼ hrs) What domestic and global social media channels do you use, how often and what for?	Core English (1¼ hrs) In pairs, research some basic facts about BREXIT and present your findings to the class.	Core English (1¼ hrs) Revision Assessment True Me Reflection	Continuing students ALL DAY EXCURSION
10:15	City / Seaside Town Visit	Break	Break	Break	Break	Break	London Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square.
10:45	Visit a local city or seaside town to explore the town / city, visit any local attractions, have a walk along the promenade, go to a café or go shopping.	Learning & Innovation (1¼ hrs) Using your mobile phone, record a one-minute video to introduce yourself and show your classmate.	Learning & Innovation (1¼ hrs) Write a blog about your first day at British Summer School and post it online.	Learning & Innovation (1¼ hrs) Find a video clip on YouTube that summarizes how you feel about technology and explain the video and your feelings to the class. Arrivals Questionnaire	Learning & Innovation (1¼ hrs) Program a micro bit to achieve a task of your choice such as controlling a music playlist or creating a visual message for a classmate.	Learning & Innovation (1¼ hrs) Write an email to a family member or friend in English to tell them about achievements so far at British Summer School. Departures Questionnaire	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	and / or
13:00	Focus Communication Focus Academic (1½ hrs)	Focus Communication Focus Academic (1½ hrs)	Focus Communication Focus Academic (1½ hrs)	Focus Communication Focus Academic (1½ hrs)	Focus Communication Focus Academic (1½ hrs)	Focus Communication Focus Academic (1½ hrs)	Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
14:30	Break	Break	Break	Break	Break	Break	
15:00	Sports & Leisure <i>Choose between:</i> Football Volleyball Fitness Session Model Making Pro Options (1½hrs)	Sports & Leisure <i>Choose between:</i> Basketball Athletics Tennis Salsa Lesson Pro Options (1½hrs)	Sports & Leisure <i>Choose between:</i> Football Rounders Messy Games Landscape Painting Pro Options (1½hrs)	Sports & Leisure <i>Choose between:</i> Kwik Cricket Tennis Swimming Tie-die t-shirt Pro Options (1½hrs)	Sports & Leisure <i>Choose between:</i> Football Basketball Circuits Challenge Yoga Pro Options (1½hrs)		
16:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience Mission: Integration! featuring True Me	BSS Experience Housewarming! featuring True Me	BSS Experience Challenges & Events featuring True Me	BSS Experience Challenges & Events featuring True Me	BSS Experience Challenges & Events featuring True Me	BSS Experience Let's Celebrate! featuring True Me	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
21:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22:15	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)
23:00	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)

For illustrative purposes only; actual activities and timings may be different.

Professionals of the future

Lessons

Student choose two Electives and their Focus Lesson.

Elective 1

- Core English
- Digital Marketing
- Life Skills

Elective 2

- Academic English
- Business English
- Learning and Innovation

Focus Lesson

- Entrepreneurship
- International Relations
- Leadership
- Media & Communications



ENTREPRENEURSHIP

These lessons cover many key business practices, fundamentals and principles essential for being a company Director or CEO such as accounting, management, finance, marketing, business law, human resources and employment law.

INTERNATIONAL RELATIONS

These lessons are concerned with relations across boundaries of nation-states and include the study of subjects and topics such as international political economy, global governance, intercultural relations, national and ethnic identities, foreign policy analysis, development studies, environment, international security, diplomacy, terrorism, media and social movements.

LEADERSHIP

These lessons are designed to develop the students' understanding of leadership qualities and skills. The course examines the characteristics which are consistently identified with great leaders and are regarded as important for successful business executives, senior managers, and company owners as well as leaders in other areas of life.

MEDIA & COMMUNICATIONS

These lessons are designed to prepare students for a future on this pathway. Students explore communications strategies via different mediums, media literacy and analysis, content creation, and understanding media influence in the modern world.

EXAM COURSES

IELTS is a useful qualification for students seeking a place at a UK or English-speaking university and is used by many multi-national companies to establish applicants' level of English.

Cambridge Assessment offers a series of globally-recognised exams that accredit students' English level for study and work.

The following exam preparation courses are available:

- IELTS
- B1 Preliminary
- B2 First
- C1 Advanced

Dedicated preparation and intensive exam practice is offered. Cambridge Exam preparation replaces Elective 1 and IELTS Exam preparation replaces Elective 2. Students sit the exam at an external testing centre at the end of their course.

The course focuses on developing students' understanding and practical application of professional qualities and skills to enhance future employability.

TIMETABLE A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00	Continuing students ALL DAY EXCURSION	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Life Skills	Continuing students ALL DAY EXCURSION
10:15	City / Seaside Town Visit	Break	Break	Break	Break	Break	London Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. and / or Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
10:45	Visit a local city or seaside town to explore the town / city, visit any local attractions, have a walk along the promenade, go to a café or go shopping.	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English Business English Learning & Innovation	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Focus (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	
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23:00	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)

For illustrative purposes only; actual activities and timings may be different.



Uppingham School is located in the heart of the market town of Uppingham in the historic county of Rutland in central England north of Cambridge.

UPPINGHAM SCHOOL

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 **British
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“I learned about myself, how I treat others, and how I treat myself better.”

Student, Summer 2023

Accredited by the
 **BRITISH
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for the teaching
of English in the UK



 **Quality
English**

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