

Our activities are taught by professional coaches and English lessons by our qualified English teachers. Students will learn and practise English inside and outside the classroom, including on study trips, while having fun with new friends.



New topic  
themes every  
week

Age 12-17

## Course summary

<b>English level:</b>	All levels: beginner and above
<b>Course length:</b>	Choose 1-5 weeks
<b>Start dates:</b>	09th July 2025 16th July 2025 23rd July 2025 30th July 2025 06th August 2025
<b>End date:</b>	13th August 2025
<b>Arrival/ departure day:</b>	Wednesday/ Wednesday
<b>Class size:</b>	15 students maximum

## Course content (per week)

<b>Lessons:</b>	15 hours of lessons
<b>Professional coaching:</b>	6 hours
<b>Study trips:</b>	1 full-day and 1 half-day
<b>Other activities (including sports, arts and crafts):</b>	20 hours

## Learning outcomes

Students will:

- ✓ improve their spoken English
- ✓ increase their English vocabulary
- ✓ try new activities and improve their skills with a professional coach
- ✓ make new friends from around the world
- ✓ be prepared for studying in an English-speaking environment

## Course content

- Students enjoy English lessons in the morning and activities with professional coaches conducted in English in the afternoon.
- Students are always learning and practising their English, while having fun, and developing other important life skills such as team-work and confidence.
- Qualified English language teachers teach 15 hours of lessons every week, and professional coaches deliver training for six hours a week in the chosen activity. Students can choose from performing arts, football, adventure\*, or swimming at IH Frensham Young Learner Centre. View English + across all our centres for other activity options.
- Students will select an activity every week or focus on one activity for their stay. Students can be any level in their chosen activity, so they can improve on a skill or learn a completely new one.
- Study trips are also a big part of the course, with one full-day and one half-day trip included every week. Examples include: Windsor Castle, London with a Thames boat cruise and royalty walking tour, and Brighton including the Brighton i360, the famous Pier and the Lanes.
- There are on-site evening activities organised by IH staff every night, including fashions shows, discos, film nights, and treasure hunts.

\* There is an additional charge for the adventure English+ option

# ENGLISH +

## PROFESSIONAL

## COACHING OPTIONS

All our activities for English + are taught by professional coaches. Students can really excel in their chosen activity, as well as having fun.

English + professional coaching options at IH Frensham Young Learner Centre are below. Other activities are available in other centres. View our Young Learner summary brochure for details.

### ADVENTURE

Adventure offers students the opportunity to try a range of different adventure sports such as climbing, archery, abseiling, high ropes courses, raft building or kayaking.

(There is an additional weekly cost for the Adventure course.)



### FOOTBALL

Students are divided into levels according to their ability and coached in technique and tactics. Each session ends with a tournament where students practise what they have learned.



### PERFORMING ARTS

Develop performing arts skills through workshops and activities hosted in Frensham's fantastic Aldridge theatre. Learn all about roles on and off the stage.



### SWIMMING

Students will learn new skills and techniques while focusing on safety awareness and water confidence.



[ihlondon.com/english-plus](http://ihlondon.com/english-plus)



# ENGLISH +

## PROFESSIONAL

## COACHING OPTIONS

Students on English + courses will need to select each week's sport or activity when booking. Students will be able to book the same activity across multiple weeks, or a different activity each week.

1

Read the range of professional coaching activities offered in your chosen centre (a full list is available on the previous page).

2

Decide if you'd like to focus on one for the duration of your course, or try multiple activities (you can take one activity per week).

3

Select your chosen activity for each week on the course application form.

### Sample Schedule

	Week 1	Week 2	Week 3	Week 4	Week 5
2 week course	Adventure	Adventure			
4 week course	Football	Football	Swimming	Swimming	
6 week course	Performing Arts	Performing Arts	Football	Football	Adventure

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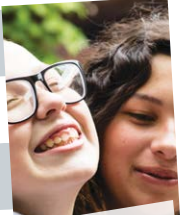


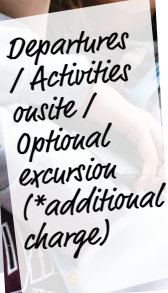


# ENGLISH +

## SAMPLE

## TIMETABLE

### English +

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	
			07:15 - Wake up!	07:45 - Breakfast	08:45 - Morning Assembly			Late wake up Late breakfast	
09:00-10:30		Placement Testing	Lessons	 <i>Full day excursion to London Greenwich to South Bank Thames Cruise, Royalty and Politics Walking Tour</i>	Lessons	Lessons	Lessons		
		10:30 - Morning Break			10:30 - Morning Break				
10:50-12:20		Introduction to International House	Lessons		Lessons	Lessons	Lessons		
		12:20 - Lunch Break			Professional coaching				
14:00-15:30			Professional coaching		Professional coaching				
		Afternoon Break			15:30 - Afternoon Break				
16:00-17:30		Sports and Activities	Sports and Activities		Sports and Activities	Sports and Activities	Sports and Activities		
		17:30 - Evening break	18:00 - Dinner	19:00 - House Time					
19:45-21:45	Welcome Activities/ Icebreakers	Battle of the Colours	Film Night	Scavenger Hunt	International House Tournament	Quiz Night	Certificate Ceremony and Disco	Welcome Activities/ Icebreakers	
		22:00-22:15 - House Meeting			23:00 - Lights Out!				

The timetable is a sample only, subject to availability. Excursion dates and details may change.