



# Study Holiday Programme

For groups (sample programme)



## Week 1

Day	9am – 1pm	Lunch	1.30pm – 6pm	Evening
Sat 4 <sup>th</sup> July	Arrival in the UK, transfer to Truro. Orientation tour & bowling			
Sun 5 <sup>th</sup> July	Explore Falmouth + including boat trip on the River Fal			
Mon 6 <sup>th</sup> July	English classes		Cycle the Camel Trail + afternoon in Padstow with pasties	
Tue 7 <sup>th</sup> July	English classes		Beach afternoon, beach games & BBQ	
Wed 8 <sup>th</sup> July	English classes		Eden Project – Explore the tropical & Mediterranean biomes	
Thu 9 <sup>th</sup> July	English classes		Sports – eg tennis, football, volleyball, cricket...	Cinema night
Fri 10 <sup>th</sup> July	English classes		St Ives, Tate St Ives & fish'n'chips on the beach	
Sat 11 <sup>th</sup> July	St Michael's Mount and the Telegraph Museum			
Sun 12 <sup>th</sup> July	Watersports beach day & beach BBQ			

## Week 2

Day	9am – 1pm	Lunch	1.30pm – 6pm	Evening
Mon 13 <sup>th</sup> July	English classes		Sports – eg tennis, football	Games night
Tue 14 <sup>th</sup> July	English classes		Porthcurno Beach & The Minack Theatre	
Wed 15 <sup>th</sup> July	English classes		Coast walk – Explore the dramatic Atlantic coastline & beach BBQ	
Thu 16 <sup>th</sup> July	English classes		St Michael's Mount & The Telegraph Museum	
Fri 17 <sup>th</sup> July	English classes		Leaver's Party – certificates & farewell meal	
Sat 18 <sup>th</sup> July	Return home			

### Key features:

1. **English classes** – 4 hours of tailored English classes each morning from 9am – 1pm.

Engaging lessons focused on practicing all four skills: reading, writing, speaking & listening. The main focus will be on speaking and natural English. Through the classes, you will learn lots about the history and culture of the UK and in particular, Cornwall. The classes will link closely with the excursions so you will learn a little about each place before you visit.



The students will be in level based classes with a maximum of 12 students in each class. Ideally, the levels will have been decided in advance through discussions with the Group Leader and tests which will be sent by email before the students arrive in the UK. All the classes will have students

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from a variety of different countries. All our teachers are native speakers and professionally qualified teachers with CELTA/TESOL qualifications. We also ensure that our teachers are from the local area and so they can inspire the students in the local area of Cornwall.

- 2. Orientation** - From arrival in the UK, your adventure will begin. The group will be met at the airport and accompanied down to Cornwall in comfortable transport. Depending on the timing of the flight, we will stop at a nice place on the trip down to Cornwall for a refreshment break. If students arrive on a morning flight, we will stop at Jamaica Inn on the way down. This is the setting for the famous Daphne de Maurier book, Jamaica Inn about pirates in Cornwall. It is a fun place to stop for some Cornish history and beautiful views over Bodmin Moor.

On arrival in Truro, the students will settle into their accommodation and we will take the 5 minute walk into Truro city centre. The town is dominated by the cathedral which we will visit before going 10 pin bowling at the local bowling alley.



- 3. Boat trip on the River Fal & Falmouth** – Just below Truro School is the top of the River Fal which winds its way down to Falmouth. After our first day's lessons we will take the 2 minute walk down to the pier to join the Fal River cruise down to Falmouth. The boat ride takes around 1 hour down the Fal to Falmouth. It is a beautiful journey and students often remark it is like going down the Amazon ;) Falmouth is an important historical port and has one of the deepest harbours in the world. The harbour is full of amazing sailing boats and the town centre is really pretty. The town is also home to Falmouth University which is well known for its art courses. As a result, there are lots of quirky little art shops and students always enjoy wandering around the town. We will return to Truro on the Falmouth-Truro branch line train which is another fun experience for the students.

- 4. Cornish beaches** – When the sun is shining, Cornwall has some of the most beautiful beaches in the world. On the Atlantic coast, there are hundreds of beaches with golden sand, big cliffs and rolling waves. These beaches are quite different to Mediterranean beaches. We will take you to the best beaches in Cornwall so you can enjoy the sun, sand and surf of Cornwall. We will play a variety of fun games on the beach. There is also the option of a surfing lesson for those who would like to go in the sea and try this fun sport.



Like all good days on the beach, we will finish our day with a tasty beach BBQ before going home for the day. On our BBQs there will be food to suit all dietary needs.



- 5. The Eden Project** – this place has been dubbed one of the modern wonders of the world. The Eden Project is home to two huge biomes housing a tropical rain forest and a Mediterranean landscape. It is one of the most popular tourist attractions in the UK.

As well as the biomes there are extensive tropical gardens and educational installations that are always popular with both adults and young people. The aim of the Eden Project is to show the importance of our natural habitats and raise awareness of the threats they are under due to human pressures. It is a really interesting excursion that the students will always remember.

- 6. Sports at Truro High School** – One of the great benefits of being based at Truro High School are the fantastic sports facilities they have available on site. On our sports afternoons, students will be able to choose from football, tennis, swimming, volleyball, badminton and going to the gym. All the sessions will be led by one of our professionally qualified team. The aim of our whole programme but particularly our sports afternoons is to get the different nationality groups of students to mix in sporting activities. We have always found this has been great fun, particularly our giant world cup football match!
- 7. St Ives** – St Ives is my favourite town in Cornwall and it is such a wonderful place for students to walk around the narrow streets and get a feel for a real British seaside town. There are so many interesting streets with art galleries and interesting little shops. St Ives is one of the most famous cities in the UK for art due to the avant garde movement there in the 1920s and 30s. As a result it is one of only three locations in the UK with a Tate Art Gallery. Plus there is the Barbara Hepworth sculpture garden. During our time in St Ives, students will have a chance to enjoy all these different things. Then, before leaving this special town, we will enjoy some fish and chips on the harbour wall.

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**8. St Michael's Mount & the Telegraph Museum** – For this excursion we will head down to St Michael's Mount before continuing to the Telegraph Museum near Land's End.

Our first stop will be St Michael's Mount, at low tide you can walk across the beach to St Michael's mount – a fascinating National Trust property – and a great place to look out over the whole of the bay of Penzance. If the tide is in, we will go by boat. We will then enjoy a tasty pub lunch as this is a great English tradition.

After St Michael's Mount, we will continue to the Telegraph Museum. Last year, this was rated as the favourite attraction that our students visited. The museum tells the story of the beginnings of communication first by Morse code and then other forms of radio and satellite communication. There are fascinating stories of how these key methods of communication developed and the people involved such as Marconi and Bell. The Museum is still home to vital transatlantic cables that transport the vast majority of the UK and Europe's communication cables with the rest of the world.

- 9. Tintagel & Tintagel Castle** – This is one of the most magical and mystical places in Cornwall and the UK. Tintagel Castle has a history going far back into the Dark Ages of European history. You can still see the remains of the first ancient castle and chapel that were built here. The dramatic location has a magical feeling that the students will be able to feel and explore. Starting at the bottom of the island the students will be able to enjoy some time on the beach and to go into Merlin's Cave. They will then begin the climb to the top of the island through the remains of various different castles that have been built on the island.



After enjoying the dramatic views, the students will have some time to explore Tintagel village itself. It is a lovely little town full of little shops dedicated to King Arthur and Arthurian legend. Great fun to browse and explore!

- 10. Padstow & the Camel Trail** – Another great Cornish treat is to cycle along the Camel Trail. The route follows an old disused railway line along the river estuary until you reach the pretty little fishing harbour of Padstow. It is a 6km level cycle each way. We organise the bikes and then cycle together to Padstow. The route is completely safe as there are no cars, you can just enjoy the beautiful view of the river and then then beach as you approach Padstow.



The town has now become famous as it is home to the celebrity chef Rick Stein and he has a few restaurants in the town. Once we have cycled to the town, we will have time to explore the fun little gift shops and eat a pasty and an ice-cream while watching the boats come in and out.



- 11. Porthcurno and the Minack** – There are few places as special and dramatic as Porthcurno & the Minack Theatre. The theatre is carved into the cliff near Land's End.

Before watching the play, we will have some time on the beautiful Porthcurno beach to play beach games and relax. Then, we will take the scenic walk up the cliff steps to the magical Minack Theatre itself. Students often worry about whether they will be able to understand the full show, but don't worry, the shows at the Minack are very visual, fun shows aimed at all the family. As well as the theatre, there is the backdrop of the sunset over the Atlantic Ocean with birds diving for fish and, if we are really lucky, you will see dolphins jumping in the bay. before going to the Minack theatre for the evening show with a tasty supper to enjoy before the show starts.

- 12. Coast walk & BBQ** – While students often don't pay much attention to this part of the programme, when they go on the coast walk, it is always one of the things they enjoy the most and where they love to take the most photos. Depending on the weather and the tides, we will take you to one of the many beautiful parts of the Cornish coastline. There are over 600 miles of coast path within a 40 minute coach journey from Truro School.



We generally aim for a 1-2 hour walk along a dramatic stretch of the coast path finishing at a beautiful beach to relax and have something to eat. We will then be picked up by our coach to return to Truro.



- 13. Pendennis Castle** – Overlooking Falmouth, you will find Henry VIII's fortress against a possible invasion by the Spanish Armada. This is a classic Tudor castle from the 1500s. Every summer, they put on a special Tudor pageant so you can feel what the castle would have been like at the time of Henry VIII. It is a great day for all ages, the team at Pendennis Castle put in days of effort to make the castle just what it would have been like in Tudor times. The students can walk around and feel like they are living in medieval times. Watch the cannons fire, the knights jousting and enjoy a reenactment of a Tudor battle as a group of invaders try to attack the castle!

- 14. Cinema night, Games Night and Leaver's Party** – As you may notice from the programme, we start with more passive activities and then progress to more interactive activities as the programme continues. We have designed the programme this way as we know the students will gain confidence and get to know new people better as the days go by. This often means by the end of the programme, the students will jump at the chance to do some kind of fun performance with new and old friends. Truro School provides the perfect venue for that.

Our first evening activity is a **cinema trip**. It is just a 5-10 minute walk from the school to the local cinema in the centre of Truro. We will take the students to see the latest blockbuster family movie. Depending on the students' desires, we often end up having 2-3 groups going to different films. During the class before the film, the tutor will prepare the students for the film by watching the trailer and discussing the plot. We find this really helps the students to enjoy the film even though they may not understand all the dialogue.

Our second evening activity is our **Games Night**. This will be led by our outgoing activity leaders who will have planned a range of fun activities from a quiz show to board games and other fun activities. There are always several things to do, our team are there to ensure everyone is involved and there is something to appeal to a variety of tastes. We also design these activities to get the different international groups mixing together.

Our final evening activity is the **Leaver's Party**. We find the students can often put hours into preparing for this fun, final night. Of course, a key part of this evening is to congratulate the students on completing the 2 week programme. We have a wide range of certificates to give out for language achievements but also some other fun prizes for other types of achievements students will have done during their 2 week programme. On this final evening, we also hand over to the students to prepare performances in small groups – singing, dancing, magic and other craziness are all encouraged! And to finish it all we have a fun disco so the students can laugh at the teacher's bad dancing skills!

- 15. Transport** – Throughout the programme transport will be provided by our locally trusted coach company. We have used them for various programmes now. Their transport is comfortable and reliable, the drivers are friendly and they are always on time!



- 16. Food** – Our residential programme is full board – 3 meals a day. Throughout the programme, the food will be prepared to meet all dietary requirements that we have been informed about at the time of booking.

On the days we eat at the school, all the food is prepared on site by the school's chefs. We will always have breakfast at Truro School and there will be the options of toast, cereal, fruit and an English cooked breakfast.



When we go off-site for lunchtime excursions, students will be given a packed lunch at breakfast to take with them for the afternoon. This will normally include a sandwich, fruit, drink and a snack based around dietary needs.

In the evenings, we will normally eat a hot meal at the school. However, as indicated on the programme there are various evenings we will eat out at the pub, some fish'n'chips, a Cornish pasty and a beach BBQ. These have all been included to give a real experience of traditional English (and Cornish) food. We hope, by the end of the programme, you will agree that English food is not as bad as the stereotype!

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