

## LALIGA Football & Language with London Explorers (Royal Russell)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast	Wake up / Breakfast
08.30	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting	Student meeting
08.45	<b>English Skills 1</b> Break	<b>English Skills 1</b> Break	<b>Football Tour</b> A full day trip to a Premier League Stadium with a tour or another football related excursion followed by some shopping time in London	<b>English Skills 1</b> Break	<b>English Skills 1</b> Break	<b>City Excursion</b> A full day excursion with a cultural, touristic or recreational visit to a historic city outside of London, such as visiting the university towns of Cambridge and Oxford, seeing the colleges and going punting, visiting the world famous Cathedral in Canterbury	<b>Excursion to London</b> A full day excursion to London to deepen students' understanding of the culture and history of the capital city
10.00	<b>English Skills 2</b>	<b>English Skills 2</b>		<b>English Skills 2</b>	<b>English Skills 2</b>		
11.00	Break + Morning Snack			Break + Morning Snack			
11.15	<b>London Explorations</b>	<b>London Explorations</b>		<b>London Explorations</b>	<b>London Explorations</b>		
12.30	Lunch	Lunch		Lunch	Lunch		
13.30	<b>Technical Training</b>	<b>Technical Training</b>		<b>Technical Training</b>	<b>Technical Training</b>		
15.00	Break / Student meeting	Break / Student meeting		Break / Student meeting	Break / Student meeting		
15.30	<b>LALIGA Match</b>	<b>Fitness Testing</b>		<b>LALIGA Match</b>	<b>Fun Football Competition</b>		
17.00	<b>Free Time</b>	<b>Free Time</b>		<b>Free Time</b>	<b>Free Time</b>		
18.00	Dinner	Dinner		Dinner	Dinner		Dinner
19.00	Student meeting	Student meeting	Dinner	Student meeting	Student meeting	Dinner	Student meeting
19.15	<b>Social Events</b>	<b>Social Events</b>	20.00 <b>Social Events</b>	<b>Social Events</b>	<b>Social Events</b>	20.00 <b>Social Events</b>	<b>Social Events</b>
21.30	Free Time / House Meeting + Evening Snack						
22.30	Bedtime						