

# Daily Routine

## Morning

### 07.30 Wake up

Students are woken up by the teachers and start speaking English straight away. A morning jog is also available to those who want to kick start their day.

### 08.15 Breakfast

Students enjoy a varied breakfast in the school dining halls where all students and teachers sit together and continue to practice their English.

### 09.00 Morning meeting

Before class all students and teachers take part in the much-loved Morning Meeting. The morning meetings are the first lesson of the day where we find out what exciting activities we have planned for the day. Morning meetings ensure that we are all energised while learning lots of English.

### 09.30 Lessons

As part of our integrated day the morning lessons give students the very best English language training. The morning lessons focus on learning language that students can then use confidently in order to participate in and enjoy the days activities.

## Afternoon

### 12.30 Lunch

Students enjoy a hot or cold lunch in the school dining halls with their teacher and classmates where they continue to practice their English.

### 14.00 Afternoon activity

During the afternoon students choose from a variety of activities such as sports, art, drama and team building exercises. The activities are led by teachers who offer fun ways to practise and learn English.

### 15.15 Break

Refreshments are provided between activities to allow students to refresh and prepare for the next activity.

### 15.30 Afternoon activity

Students will participate in the second activity of their choice.

### 17.00 Free time

Students are given free time before dinner to shower and prepare for the evening. Students use this time for quiet reading, speaking to family members on the phone or relaxing with teachers and students in the common room.

## Evening

### 18.00 Pre-dinner activity

A quick activity to bring everybody together again, and energise for the evening ahead.

### 18.15 Dinner

A hot dinner is eaten in the school dining hall with teammates and teachers where students continue to practise their English.

### 19.15 Evening activity

Our much loved evening activities are great ways for students to work as a team and practise their English. The evening activities include a talent show, Challenge Night and Casino Night.

### 21.15 Cocoa

Every evening we provide cocoa in the common room to give students time to relax before bed and chat to friends and teachers in English.

### 22.00 Bedtime

Students go up to their room to start getting ready for bed and get some much needed rest for another jam-packed Pilgrims day. Bedtime may vary depending on the students age.



Pre-Dinner Activity



Morning Meeting



Arts



Lessons



Evening Activity



Sports



Afternoon Activity



Meals