



Get Future Ready Now

English Language, Specialist,
and Professional Sports Courses
for Students aged 6-17

SUMMER27





SUMMER27

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British Summer School

MESSAGE FROM OUR DIRECTORS

British Summer School was founded and is managed by well-known husband-and-wife team Steve and Yolanda.

Steve and Yolanda are first and foremost educators and they have both dedicated their entire professional careers to studying and teaching foreign languages and to working with children.

Steve holds an undergraduate degree in French, a master's degree in French and a PGCE from the University of Cambridge, while Yolanda holds an undergraduate degree in psychology and sciences of education, a master's degree in clinical psychology and the DELTM, a post-graduate diploma in ELT Management.

Having both lived and worked abroad for many years, Steve and Yolanda are seasoned linguists and educators and are both personally acquainted with the many benefits - and occasional challenges - of learning a foreign language in a native country of the language being learned.

Steve and Yolanda have over 40 years' Summer School experience between them and together, they have worked in a multitude of on the ground roles including teacher, welfare manager, and centre director before undertaking more managerial roles.

They are united in their shared passion and belief that children learn best when they feel comfortable and safe, are among friends and are enjoying what they are doing.

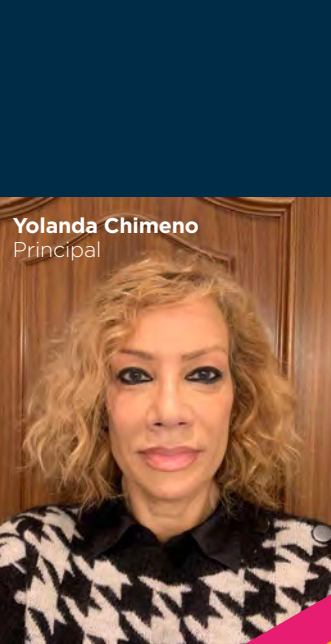
British Summer School was born out of the desire to do better for the parents, students and staff that choose us. For many, the BSS brand has become a symbol of quality, of ambition, of progression and of reliability.

Assisted by a dedicated Head Office team, who are as passionate about British Summer School as themselves, Steve and Yolanda run British Summer School in the context of educating children, rather than running a business, and this is what sets us apart.

We increase our students' ability and confidence to communicate and operate in the 21st century.



Steve Wood
Managing Director



Yolanda Chimeno
Principal

ACCREDITATIONS & PARTNERSHIPS



RESIDENTIAL SUMMER CAMP PARTNER



In collaboration with Swansea University Students for the Exploration and Development of Space



OUR COURSES

Our diverse range of courses gives students the opportunity to improve their English language skills, explore specialist subjects or develop their sporting abilities, while pursuing their interests and talents.



We aim to help students become future ready by developing their knowledge, language skills, life skills and personal qualities.

Worth School							
Courses	Centre Capacity*	Tuition	English Levels	Ages	Lessons	Focus Options	Sports Specialisms
Adventurers	100	20hrs	A1-C1	11-15	Core English Focus Adventure Learning & Innovation	Adventure	
Citizens		20hrs	A2-C1	11-15	Core English or Community Projects Focus Communication Learning & Innovation	Communication	
Explorers		20hrs	A1-C1	6-11 Day 8-11 Res	Core English Focus Exploration Learning & Innovation	Exploration Creation	

Oundle School							
Courses	Centre Capacity*	Tuition	English Levels	Ages	Lessons	Focus Options	Sports Specialisms
Academics	200	20hrs	B1-C1	12-17	Academic English Focus Academic Learning & Innovation	Business Humanities Science Engineering Maths	
Artists		20hrs	A2-C1	12-17	Core English or Community Projects Focus Arts Learning & Innovation	Art Dance Drama Music	
Champions		28¾hrs	A2-C1	12-17	Core English or Strength & Conditioning Focus Sports Science Technical Training	Sports Science	Tennis
Citizens		20hrs	A2-C1	12-17	Core English or Community Projects Focus Communication Learning & Innovation	Communication	

Uppingham School							
Courses	Centre Capacity*	Tuition	English Levels	Ages	Lessons	Focus Options	Sports Specialisms
Champions	100	28¾hrs	A2-C2	13-17	Core English or Strength & Conditioning Focus Sports Science Technical Training	Sports Science	Basketball Tennis Volleyball
Citizens		20hrs	A2-C2	13-17	Core English or Community Projects Focus Communication Learning & Innovation	Communication	
Footballers Tottenham Hotspur*		28¾hrs	A2-C2	13-17	Sports Science Workshops Strength & Conditioning Technical Training	Sports Science	Football
Professionals		20hrs	B1-C2	15-17	Elective 1 Focus Professional Elective 2	Entrepreneurship International Relations Leadership Media & Communications	

LONDON EXPERIENCE

Extend a student's course with three nights in central London to discover all that England's vibrant capital has to offer. See page 42 for more information.

* Capacity might be lower or higher depending on the weeks attended.

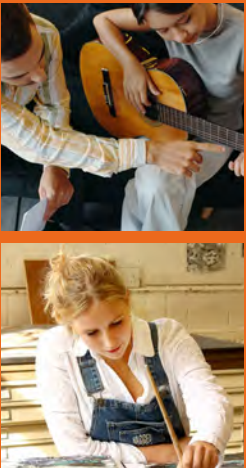
Academics



Adventurers



Artists



Champions



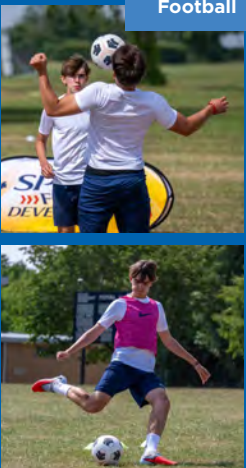
Citizens



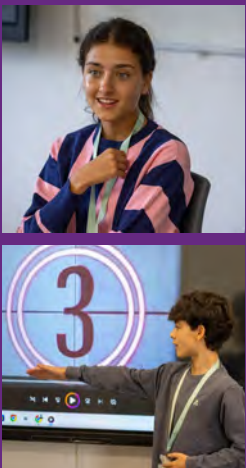
Explorers



Footballers



Professionals



OUR LOCATIONS

British Summer School courses are hosted at selected boarding schools in central and southern England.

- 1. WORTH SCHOOL**
Crawley, RH10 4SD
- 2. OUNDLE SCHOOL**
Peterborough, PE8 4EE
- 3. UPPINGHAM SCHOOL**
Oakham, LE15 9QD



WORTH SCHOOL

Adventurers

Citizens

Explorers

Worth School, founded in 1933, is located in the West Sussex countryside in the Southeast of England, 48km from London and just 11km from Gatwick airport.



worthschool.org.uk

OUNDLE SCHOOL

Artists

Academics

Champions

Citizens

Oundle School, founded in 1556, is situated in the charming market town of Oundle in the heart of Northamptonshire in central England, 60km northwest of Cambridge.

oundleschool.org.uk



UPPINGHAM SCHOOL

Champions

Citizens

Footballers

Professionals

Uppingham School, founded in 1584, is situated in the market town of Uppingham in the county of Rutland in central England, 87km northwest of Cambridge.

uppingham.co.uk



THE FULL PROGRAMME

Our full programme is designed to offer a complete summer school experience, combining different elements depending on the course. Options may include academic study or professional sports training, and may include a full leisure programme and exciting excursions to explore the UK.



LESSONS

Students have a variety of lessons each week, giving them the chance to learn, develop new skills and build confidence. Depending on their course, lessons may focus on English, academic subjects or specialist skills, with content adapted to suit each age group and level.



TECHNICAL SPORTS TRAINING

Students on our sports courses (Champions and Footballers) develop their skills through focused training in basketball, football, tennis, or volleyball. Sessions combine technical practice, skill development and game-based activities, helping students build confidence, improve their performance and enjoy playing as part of a team.



SPORTS & LEISURE

Students who are not enrolled on a sports course take part in our Leisure programme where they can choose between a selection of different sports and leisure activities.



BSS EXPERIENCE

This is our evening entertainment programme that consists of a series of fun challenges, games and social events designed to develop students personal and social skills, self-confidence, and authenticity.



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.



OPTIONAL EXTRAS

Students can add a variety of optional extras to complement and enhance their course. These include:

- Exam Preparation Course (Oundle & Uppingham)
- Pro Options
- London Experience



“

What makes the programme especially valuable is that the children are not only having fun and making memories – they are also learning, becoming more independent, gaining confidence, communicating in English, and building friendships with children from different backgrounds.”

KATJA, PARENT, SLOVENIA, 2026

WORTH SCHOOL

Adventurers

Outdoor Activity
Centre Visit

Citizens

Explorers

Worth School, a loyal partner of British Summer School, is a co-educational Senior Boarding and Day School. Its academic, leisure and boarding facilities and its vast open spaces and on-site Forest School make Worth School ideal for these courses.



LOCATION

Worth School, founded in 1933, is located in the West Sussex countryside in the Southeast of England, 48km from London and just 11km from Gatwick airport.



CAMPUS

This 500-acre self-contained campus combines both historical and modern buildings in a natural setting and is shared with some other residential and non-residential groups.



MEALS

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



ACCOMMODATION

Boys and girls sleep in suitable boarding accommodation on campus. Single and double bedrooms available. Most bedrooms are en-suite with private bathroom. Students who share their bedroom are placed with children of the same sex and of a similar age.



SPORTS & LEISURE FACILITIES

- Astro turf pitch
- Drama theatre
- Playing fields
- Sports hall
- Tennis courts



WI-FI

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



CENTRE OVERVIEW

- Southeast England
- Capacity 100 students
- 6-15 years day course
- 8-15 years residential course
- 1-2 beds per room
- Most bedrooms with private bathroom
- Forest School
- No Smoking

worthschool.org.uk



COURSES AVAILABLE



AGES

Adventurers and Citizens welcome students from 11-15 years (day and residential). Explorers welcomes students from 8-11 years on the residential course, and 6-11 years on the day course.



COURSE FORMAT

Students from all courses share the Learning & Innovation lessons, BSS Experience and all recreational activities and cultural excursions. Explorers runs separately from Adventurers and Citizens.



ENGLISH LEVELS

Adventurers and Explorers with an English level of between A1-C1 are welcomed.

Citizens must have a minimum English level of A2.



LESSONS

20 hours per week:

ADVENTURERS

- Core English
- Focus Adventure
- Learning & Innovation

CITIZENS

- Choose between Core English or Community Projects
- Focus Communication
- Learning & Innovation

EXPLORERS

- Core English
- Focus Exploration
- Learning & Innovation

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.

Adventurers

Outdoor Activity
Centre Visit

Citizens

Explorers



DAY COURSE

Adventurers, Citizens, and Explorers offer a non-residential day option from Monday to Friday 08:45 to 16:45 for families coming to the UK on a family holiday and staying in the local area.



PRO OPTIONS

Pro Options take place instead of the regular afternoon leisure programme and allow students to specialise in one sport per week. Sessions are delivered by suitably qualified and/or experienced coaches and enable students to increase their knowledge, improve their technique, and develop their skills in their chosen sport

Available in:

- Horse Riding
- Tennis



The Adventurers course focuses on stimulating students' sense of adventure through practical outdoor lessons.

LESSONS



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.



COMMUNITY PROJECTS

These projects are designed to promote language learning through real-life practice, while also engaging students in meaningful activities that address 21st century problems for the benefit of the wider community. Projects may include:

- Prepare a sketch and perform it
- Design a community clean-up project
- Write a short survey about a 21st century problem
- Create a street art mural about the benefits of diversity
- Design a newsletter about the importance of green energy
- Write a story about a community problem such as homelessness
- Write to the local MP about a community problem



LEARNING & INNOVATION

These task-based lessons enable students to work collaboratively to research, discuss and create projects that reflect their knowledge, skills and personality. Through a range of engaging projects, students develop the four core skills of 21st-century learning: Collaboration, Communication, Creativity and Critical Thinking.

Examples may include:

- Design a School for the Future
- Mini Mars Mission
- Invent a Super Creature
- Solve a Mystery in the Museum
- The "Save the Animal" Campaign
- The Global Snack Review

Adventurers

Outdoor Activity Centre Visit

Citizens

Explorers

FOCUS ADVENTURE

These lessons are designed to improve students' English and at the same time, stimulate their appetite for and sense of adventure, helping them to build their communication skills and self-confidence through a range of different practical outdoor activities.

Focus Adventure lessons may include:

- Bush craft activities
- Erecting a tent
- Nature walk
- Orienteering
- Outdoor activity centre visit
- Survival skills
- Tying knots

Students visit an **outdoor activity centre** on Wednesday afternoons to take part in various adventure activities. Examples of activities include:

- Kayaking
- Raft building
- Ziplining
- Rock climbing
- Gladiator Challenge

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.

FOCUS EXPLORATION

These practical lessons are designed to improve students' English and develop their abilities to explore and understand the natural world or develop their creative skills and artistic talents.

Students specialise in either Exploration or Creation each week of their course.

Exploration lessons may include:

- Comparing different types of habitats
- Identifying common plants
- Forest school visit
- Nature walk
- Studying the animal kingdom
- Solar system project

Creation lessons include a range of practical tasks in the following artistic areas:

- Art
- Dance
- Drama
- Music

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	Adventurers & Explorers Core English	Adventurers & Explorers Core English	Adventurers & Explorers Core English	Adventurers & Explorers Core English	Adventurers & Explorers Core English	Continuing students
	ALL DAY EXCURSION	Citizens Core English or Community Projects (1½ hrs)	Citizens Core English or Community Projects (1½ hrs)	Citizens Core English or Community Projects (1½ hrs)	Citizens Core English or Community Projects (1½ hrs)	Citizens Core English or Community Projects (1½ hrs)	ALL DAY EXCURSION
	City / Seaside Town Visit	Break	Break	Break	Break	Break	London
10:15	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Focus Adventure	Focus Adventure	Focus Adventure	Focus Adventure	Focus Adventure	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.
10:30		Focus Communication	Focus Communication	Focus Communication	Focus Communication	Focus Communication	and / or
		Focus Exploration (Exploration or Creation) (1½ hrs)	Focus Exploration (Exploration or Creation) (1½ hrs)	Focus Exploration (Exploration or Creation) (1½ hrs)	Focus Exploration (Exploration or Creation) (1½ hrs)	Focus Exploration (Exploration or Creation) (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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Adventurers & Citizens Outdoor Activity Centre Visit Explorers Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	
14:15		Break	Break	Break	Break	Break	
14:45		Meeting	Meeting	Meeting	Meeting	Meeting	
15:00		Sports & Leisure (1½ hrs) Adventurers & Citizens Football Basketball Athletics Kite flying Explorers Volleyball Ultimate Frisbee Messy Games Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Adventurers & Citizens Football Volleyball Ultimate Frisbee Drama Workshop Explorers Athletics Basketball Lego Competition Pro Options (1½hrs)	Explorers Sports & Leisure (1½ hrs) Football Rounders Jewellery Making Adventurers & Citizens Outdoor Activity Centre Visit cont. Students take to the water for an adventure-packed afternoon. They start by building a raft in small teams and take it onto the lake; next, they learn the basics of kayaking and put their new skills to the test!	Sports & Leisure (1½ hrs) Adventurers & Citizens Football Kwik Cricket Badminton Board Game Challenge Explorers Basketball Table Tennis Tie-dye t-shirt Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Adventurers & Citizens Football Basketball Table Tennis Messy Games Explorers Volleyball Kwik Cricket Party Decorations Pro Options (1½hrs)	
16:30		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! Adventurers & Citizens Team games & icebreaker activities. Explorers Team games & icebreaker activities	BSS Experience (1½ hrs) Adventurers & Citizens Mummy Challenge Explorers Design a Mascot	BSS Experience (1½ hrs) Adventurers & Citizens Colour Run Explorers Silly Olympics	BSS Experience (1½ hrs) Adventurers & Citizens Murder Mystery Explorers Castle Creations	BSS Experience (1½ hrs) Adventurers & Citizens Bench Dodgeball Explorers Talent Show	BSS Experience (1½ hrs) Adventurers, Citizens & Explorers Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	Chill and Chat
20:30	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
21:00	In Bedroom 8-11yrs	In Bedroom 8-11yrs	In Bedroom 8-11yrs	In Bedroom 8-11yrs	In Bedroom 8-11yrs	In Bedroom 8-11yrs	In Bedroom 8-11yrs
22:00	In Bedroom 12-15yrs	In Bedroom 12-15yrs	In Bedroom 12-15yrs	In Bedroom 12-15yrs	In Bedroom 12-15yrs	In Bedroom 12-15yrs	In Bedroom 12-15yrs

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

OUNDL SCHOOL

Academics

Artists

Suitable for
native speakers

Champions

Suitable for
native speakers

Citizens

Oundle School, a loyal partner of British Summer School for residential summer courses, is a prestigious, co-educational Senior Boarding and Day School. Located in the heart of Oundle, students enjoy a sense of freedom and have easy access to cafés, shops and restaurants.



LOCATION

Oundle School, founded in 1556, is situated in the charming market town of Oundle in the heart of Northamptonshire in central England, 60km northwest of Cambridge.



CAMPUS

This large campus sits in the heart of Oundle town and consists of 17th to 21st century buildings and offers modern sports and STEM facilities. This campus is shared with other residential and non-residential groups.



MEALS

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



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.



SPORTS & LEISURE FACILITIES

- Astro turf pitch
- Athletics track
- Drama theatre
- Fitness centre
- Playing fields
- Netball courts
- Squash courts
- Sports hall
- Swimming pool (50m)
- Tennis courts



WI-FI

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



OUNDL TOWN

Students are allowed into Oundle town in small groups during afternoon free time. See Parent Handbook for more details.



CENTRE OVERVIEW

- Central England
- Capacity 200 students
- 12-17 years
- 1-4 beds per room. Larger rooms available
- Town setting
- No Smoking

oundleschool.org.uk



COURSES AVAILABLE



AGES

Academics, Artists and Citizens welcome students from 12-17 years.



COURSE FORMAT

Students from all courses share the same Learning & Innovation lessons, BSS Experience and all recreational activities and cultural excursions. Students on Artists and Citizens may share Core English and Community Projects lessons.



ENGLISH LEVELS

Artists and Citizens welcome students with English levels between A2 Elementary and C1 Advanced. Academics must have a minimum English level of B1 Intermediate. Artists is also suitable for native speakers.



LESSONS

20 hours per week:

ACADEMICS

- Academic English
- Focus Academic
- Learning & Innovation

ARTISTS

- Choose between Core English or Community Projects
- Focus Arts
- Learning & Innovation

CITIZENS

- Choose between Core English or Community Projects
- Focus Communication
- Learning & Innovation

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.

Academics

Artists

Suitable for native speakers

Citizens

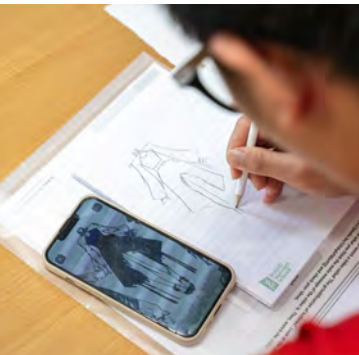


PRO OPTIONS

Pro Options take place instead of the regular afternoon leisure programme and allow students to specialise in one sport per week. Sessions are delivered by suitably qualified and/or experienced coaches and enable students to increase their knowledge, improve their technique, and develop their skills in their chosen sport.

Available in:

- Aviation Simulator
- Gym & Fitness
- Tennis



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.

LESSONS



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.



COMMUNITY PROJECTS

These projects are designed to promote language learning through real-life practice, while also engaging students in meaningful activities that address 21st century problems for the benefit of the wider community. Projects may include:

- Prepare a sketch and perform it
- Design a newsletter about the importance of green energy
- Design a community clean-up project
- Write a story about a community problem such as homelessness
- Write a short survey about a 21st century problem
- Write to the local MP about a community problem
- Create a street art mural about the benefits of diversity



ACADEMIC ENGLISH

Academic English lessons are designed to help students develop the language skills and academic strategies needed to succeed in English-speaking academic environments such as school or university.

- Critical reading & listening skills
- Academic writing & referencing
- Vocabulary & grammar
- Seminar discussions & presentations
- Written & spoken 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. Through a range of engaging projects, students develop the four core skills of 21st-century learning: Collaboration, Communication, Creativity and Critical Thinking. Examples may include:

- Build your own Country
- The Global Solutions Summit
- Future Scenario: "Year 2050"
- The "What If?" Project
- Beyond the Frame: Art Interpretation & Creation
- Design a School for the Future



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

These courses offer dedicated preparation and intensive exam practice exam practice instead of Core/Academic English & Learning & Innovation. Students sit the exam at an external testing centre at the end of their course.

Academics

Artists

Suitable for native speakers

Citizens

FOCUS ARTS

These lessons are designed to improve students' English and at the same time, stimulate their appetite for and sense of adventure, helping them to build their communication skills and self-confidence through a range of different practical outdoor activities.

The specialisms available are:

- Art
- Drama
- Dance
- Music

Students choose one specialism per week.

FOCUS ACADEMIC

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

The specialisms available are:

- Business
- Humanities
- Science
- Engineering
- Maths

Students choose one specialism per week.



Swansea University
Prifysgol Abertawe

Engineering is delivered in collaboration with Swansea University Students for the Exploration and Development of Space.

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

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	Academics Academic English	Academics Academic English	Academics Academic English	Academics Academic English	Academics Academic English	Continuing students
	ALL DAY EXCURSION	Artists & Citizens Core English or Community Projects (1¼ hrs)	Artists & Citizens Core English or Community Projects (1¼ hrs)	Artists & Citizens Core English or Community Projects (1¼ hrs)	Artists & Citizens Core English or Community Projects (1¼ hrs)	Artists & Citizens Core English or Community Projects (1¼ hrs)	ALL DAY EXCURSION
	City / Seaside Town Visit						
10:15	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Break	Break	Break	Break	Break	London
10:30		Focus Academic Focus Arts Focus Communication (1½ hrs)	Focus Academic Focus Arts Focus Communication (1½ hrs)	Focus Academic Focus Arts Focus Communication (1½ hrs)	Focus Academic Focus Arts Focus Communication (1½ hrs)	Focus Academic Focus Arts Focus Communication (1½ hrs)	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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	and / or
13:00		Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ 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.
14:15		Break	Break	Break	Break	Break	
14:45		Meeting	Meeting	Meeting	Meeting	Meeting	
15:00		Sports & Leisure (1½ hrs) Choose between: Football Volleyball Fitness Session Model Making Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Basketball Athletics Tennis Salsa Lesson Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Football Rounders Messy Games Landscape Painting	Sports & Leisure (1½ hrs) Choose between: Kwik Cricket Tennis Swimming Tie-dye t-shirt Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Football Basketball Circuits Challenge Yoga Pro Options (1½hrs)	
16:30		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! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) House Song/ Dance Work as a team to create a performance. Judges are looking for team participation, originality and creativity.	BSS Experience (1½ hrs) Talent Show Showcase your skills and talent in a fun and safe environment. You will also perform your house performance on this night.	BSS Experience (1½ hrs) Escape Room Work as a team in a live action-adventure game where you and your team will solve puzzles, find clues and complete tasks.	BSS Experience (1½ hrs) Olympic Games Compete in a range of sport competitions. The games are designed to test your skills, teamwork and agility.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	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
22:00	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs

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

COURSES AVAILABLE

Champions

Suitable for
native speakers

15 hours per week
of tennis training



AGES

Champions welcomes students from 12-17 years.



COURSE FORMAT

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



ENGLISH LEVELS

Champions welcomes students with English levels between A2 Elementary and C1 Advanced. Champions is also suitable for native speakers.



SPORT LEVEL

Players of all levels are welcome.



SPORTS AVAILABLE

- Tennis



COACHES

LTA-qualified coaches deliver small-group coaching in ability-based groups, with 1 coach per 6 players.



AN ACTIVE AWAY PROGRAMME BY JAMIE MURRAY

Tennis coaching is delivered in partnership with Active Away and their experienced coaches, using a training framework shaped by Jamie Murray, seven-time Grand Slam champion and Davis Cup winner. Jamie's expertise influences the coaching philosophy and training structure, giving students access to guidance inspired by one of Britain's successful tennis professionals.



TECHNICAL TRAINING

Technical training consists of 15 hours of tennis coaching per week and enables students to develop their technical skills and abilities and practise advanced match play strategies.



LESSONS/SPORTS TRAINING

28¾ hours per week:

CHAMPIONS

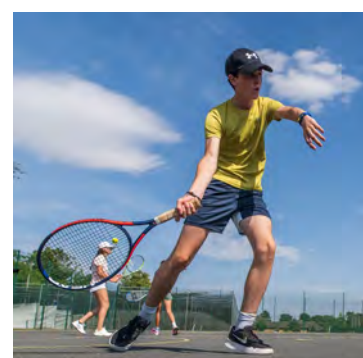
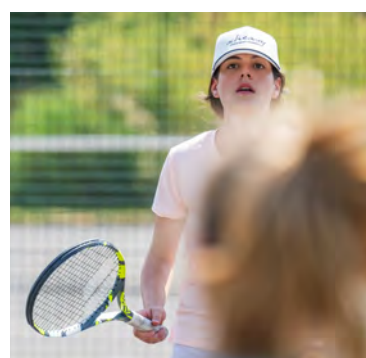
- Core English or Strength & Conditioning
- Focus Sports Science
- Technical Training – Tennis (15 hours)

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

Tennis is delivered in partnership with Active Away as an Active Away Programme by Jamie Murray.



Jamie Murray – Photo supplied by Active Away



LESSONS



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.



STRENGTH & CONDITIONING

These sessions, delivered by British Summer School staff, are designed to improve students' overall fitness, agility and speed to help them play better sports:

- Understand the principles of athletic training
- Develop self-discipline and professional training habits
- Enhance physical performance
- Increase aerobic and anaerobic capacity
- Improve core stability & functional movement



TECHNICAL TRAINING

These lessons enable students to develop their technical skills and abilities and practise advanced match play strategies in tennis:

- Improve physical fitness
- Develop technical skills and abilities
- Enhance footwork and agility
- Improve positioning
- Practise advanced match play strategies
- Strengthen teamwork and communication
- Set personal performance goals and monitor progress

Champions

Suitable for native speakers

15 hours per week of tennis training

FOCUS SPORTS SCIENCE

These lessons are designed to develop and expand knowledge and understanding of some key elements that affect playing sport at an advanced level and competing such as:

- Anatomy & Injury Prevention
- English for Competitive Sport
- Match Play Strategies
- Nutrition
- Sport Psychology
- Personal Responsibility
- Resilience



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	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Continuing students
10:15	ALL DAY EXCURSION	Break	Break	Break	Break	Break	ALL DAY EXCURSION
10:30	City / Seaside Town Visit Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Focus Sports Science (1½ hrs) Anatomy & Injury Prevention	Focus Sports Science (1½ hrs) Nutrition	Focus Sports Science (1½ hrs) English for Competitive Sport	Focus Sports Science (1½ hrs) Sport Psychology	Focus Sports Science (1½ hrs) Self-Analysis, Goal Setting & Performance Monitoring	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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	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.
13:00		Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	
14:30		Break	Break	Break	Break	Break	
15:00		Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	Technical Training Tennis (1½ hrs)	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) House Song/ Dance Work as a team to create a performance. Judges are looking for team participation, originality and creativity.	BSS Experience (1½ hrs) Talent Show Showcase your skills and talent in a fun and safe environment. You will also perform your house performance on this night.	BSS Experience (1½ hrs) Escape Room Work as a team in a live action-adventure game where you and your team will solve puzzles, find clues and complete tasks.	BSS Experience (1½ hrs) Olympic Games Compete in a range of sport competitions. The games are designed to test your skills, teamwork and agility.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	Chill and Chat
20:30	Free Time	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
22:00	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs	In Bedroom 12-17yrs

The tennis coaching framework is shaped by Jamie Murray, brother and doubles partner of Andy Murray, and 7-time Grand Slam Champion and Davis Cup winner.

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

UPPINGHAM SCHOOL

Champions

Suitable for
native speakers

Citizens

Footballers

Suitable for
native speakers

Professionals

Suitable for
native speakers

Uppingham School is a prestigious, 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.



LOCATION

Uppingham School, founded in 1584, is situated in the market town of Uppingham in the county of Rutland in central England, 87km northwest of Cambridge.



CAMPUS

This campus sits in the centre of Uppingham town and consists of historic buildings and modern academic and sports facilities. This campus is shared with other residential and non-residential groups.



MEALS

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



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.



SPORTS & LEISURE FACILITIES

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



WI-FI

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



UPPINGHAM TOWN

Students are allowed into Uppingham town in small groups during afternoon free time. See Parent Handbook for more details.



CENTRE OVERVIEW

- County of Rutland
- Capacity 100 students
- 13-17 years
- 1-4 beds per room
- Town setting
- No Smoking

uppingham.co.uk



COURSES AVAILABLE



AGES

Citizens welcomes students from 13-17 years. Professionals welcomes students from 15-17 years.



COURSE FORMAT

Students from both courses may share Core English or Learning & Innovation lessons. All students share BSS Experience and all recreational activities and cultural excursions.



ENGLISH LEVELS

Citizens welcomes students with English levels between A2 Elementary and C2 Proficiency. Professionals must have a minimum English level of B1 Intermediate. Professionals is also suitable for native speakers.



LESSONS

20 hours per week:

CITIZENS

- Choose between Core English or Community Projects
- Focus Communication
- Learning & Innovation

PROFESSIONALS

- Elective 1
- Focus Professional
- Elective 2

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.

Citizens

Professionals

Suitable for native speakers



PRO OPTIONS

Pro Options take place instead of the regular afternoon leisure programme and allow students to specialise in one sport per week. Sessions are delivered by suitably qualified and/or experienced coaches and enable students to increase their knowledge, improve their technique, and develop their skills in their chosen sport.

Available in:

- Basketball
- Gym & Fitness
- Tennis
- Volleyball



Students follow different lessons depending on the course they choose, giving them a focused and relevant learning experience.

LESSONS



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.



COMMUNITY PROJECTS

These projects are designed to promote language learning through real-life practice, while also engaging students in meaningful activities that address 21st century problems for the benefit of the wider community. Projects may include:

- Prepare a sketch and perform it
- Design a community clean-up project
- Write a short survey about a 21st century problem
- Create a street art mural about the benefits of diversity
- Design a newsletter about the importance of green energy
- Write a story about a community problem such as homelessness
- Write to the local MP about a community problem



LEARNING & INNOVATION

These task-based lessons enable students to work collaboratively to research, discuss and create projects that reflect their knowledge, skills and personality. Through a range of engaging projects, students develop the four core skills of 21st-century learning: Collaboration, Communication, Creativity and Critical Thinking. Examples may include:

- The Data Storytellers
- Future Scenario: “Year 2050”
- Ethical Dilemma Debates
- An Interview with an Historical Figure
- The “What If?” Project
- The Global Solutions Summit



EXAM COURSES

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

- C1 Advanced

This course offers dedicated preparation and intensive exam practice instead of Core English/Community Projects & Learning & Innovation. Students sit the exam at an external testing centre at the end of their course.

Citizens

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



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	Core English or Community Projects (1¼ hrs)	Core English or Community Projects (1¼ hrs)	Core English or Community Projects (1¼ hrs)	Core English or Community Projects (1¼ hrs)	Core English or Community Projects (1¼ hrs)	Continuing students
10:15	ALL DAY EXCURSION	Break	Break	Break	Break	Break	ALL DAY EXCURSION
10:30	City / Seaside Town Visit	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	London
12:00	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Lunch	Lunch	Lunch	Lunch	Lunch	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.
13:00		Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	Learning & Innovation (1¼ hrs)	and / or
14:15		Break	Break	Break	Break	Break	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.
14:45		Meeting	Meeting	Meeting	Meeting	Meeting	
15:00		Sports & Leisure (1½ hrs)	Sports & Leisure (1½ hrs)	Sports & Leisure (1½ hrs)	Sports & Leisure (1½ hrs)	Sports & Leisure (1½ hrs)	
		Choose between: Football, Volleyball, Fitness Session, Model Making	Choose between: Basketball, Athletics, Tennis, Salsa Lesson	Choose between: Football, Rounders, Messy Games, Landscape Painting	Choose between: Kwik Cricket, Tennis, Swimming, Tie-dye t-shirt	Choose between: Football, Table Tennis, Circuits Challenge, Yoga	
		Pro Options (1½hrs)	Pro Options (1½hrs)		Pro Options (1½hrs)	Pro Options (1½hrs)	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs)	BSS Experience (1½ hrs)	BSS Experience (1½ hrs)	BSS Experience (1½ hrs)	BSS Experience (1½ hrs)	BSS Experience (1½ hrs)	Chill and Chat
	Mission: Integration!	The Cube	Capture the Flag	Task Master	Lanterns	Let's Celebrate	
	Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	Showcase the projects you have been working on, receive awards and join the disco with friend.	
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
22:00	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs

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

LESSONS

LESSON OPTIONS

Student choose two Electives and their Focus Lesson.

Elective 1

- Core English
- Digital Marketing
- Employability Skills
- Life Skills

Focus Professional

- Entrepreneurship
- International Relations
- Leadership
- Media & Communications

Elective 2

- Academic English
- AI Skills
- Business English
- Learning and Innovation



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.

Professionals Suitable for native speakers



MEDIA & COMMUNICATIONS

These lessons are designed to prepare students for a future on this pathway. Students explore communication 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
- C1 Advanced

These courses offer dedicated preparation and intensive exam practice instead of Electives 1 and 2.

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

The course helps students develop the professional skills, qualities and knowledge they need to prepare for their future careers.

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 Employability Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Employability Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Employability Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Employability Life Skills	Elective 1 (1¼ hrs) Core English Digital Marketing Employability Life Skills	Continuing students ALL DAY EXCURSION
10:15	City / Seaside Town Visit	Break	Break	Break	Break	Break	
10:30	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	Focus Professional (1½ hrs) Entrepreneurship International Relations Leadership Media & Communications	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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Elective 2 (1¼ hrs) Academic English AI Skills Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English AI Skills Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English AI Skills Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English AI Skills Business English Learning & Innovation	Elective 2 (1¼ hrs) Academic English AI Skills Business English Learning & Innovation	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.
14:15		Break	Break	Break	Break	Break	
14:45		Meeting	Meeting	Meeting	Meeting	Meeting	
15:00		Sports & Leisure (1½ hrs) Choose between: Football Volleyball Fitness Session Model Making Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Basketball Athletics Tennis Salsa Lesson Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Football Rounders Messy Games Landscape Painting	Sports & Leisure (1½ hrs) Choose between: Kwik Cricket Tennis Swimming Tie-dye t-shirt Pro Options (1½hrs)	Sports & Leisure (1½ hrs) Choose between: Football Table Tennis Circuits Challenge Yoga Pro Options (1½hrs)	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) The Cube Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	BSS Experience (1½ hrs) Capture the Flag Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	BSS Experience (1½ hrs) Task Master Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	BSS Experience (1½ hrs) Lanterns Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friend.	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
22:00	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs

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

COURSES AVAILABLE

Champions

**Suitable for
native speakers**

**15 hours of training
in Basketball, Tennis,
or Volleyball**



AGES

Champions welcomes students from 13-17 years.



COURSE FORMAT

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



ENGLISH LEVELS

Champions welcomes students with English levels between A2 Elementary and C2 Proficiency. Champions is also suitable for native speakers.



SPORTS AVAILABLE

- Basketball
- Tennis
- Volleyball



SPORT LEVEL

Players of all levels are welcome.



BASKETBALL WITH LEICESTER RIDERS

Basketball coaching is delivered in partnership with Leicester Riders. Leicester Riders, founded in 1967, are the oldest professional basketball club in Britain and have a long and successful history in the sport. Their experienced coaches bring this professional expertise to our programme, giving students the opportunity to develop their skills, game understanding and confidence through high-level basketball training.



TENNIS WITH ACTIVE AWAY

Tennis coaching is delivered in partnership with Active Away and their experienced coaches, using a training framework shaped by Jamie Murray, seven-time Grand Slam champion and Davis Cup winner. Jamie's expertise influences the coaching philosophy and training structure, giving students access to guidance inspired by one of Britain's successful tennis professionals.



VOLLEYBALL

Our volleyball coaching is delivered by suitably qualified and/or experienced coaches, giving students the opportunity to learn from experts in the sport. Sessions focus on developing technical skills, game awareness and confidence, while helping students take their performance to the next level.



TECHNICAL TRAINING

Technical training consists of 15 hours of basketball, tennis, or volleyball coaching per week and enables students to develop their technical skills and abilities and practise advanced match play strategies.



LESSONS/SPORTS TRAINING

28¾ hours per week:

CHAMPIONS

- Core English or Strength & Conditioning
- Focus Sports Science
- Technical Training – Basketball, Tennis, or Volleyball (15 hours)

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



Leicester Riders team – Photo supplied by Leicester Riders



Jamie Murray – Photo supplied by Active Away

Students can develop their skills and specialise in their chosen sport, with Basketball, Tennis and Volleyball to choose from.

LESSONS



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.



STRENGTH & CONDITIONING

These sessions, delivered by British Summer School staff, are designed to improve students' overall fitness, agility and speed to help them play better sports:

- Understand the principles of athletic training
- Develop self-discipline and professional training habits
- Enhance physical performance
- Increase aerobic and anaerobic capacity
- Improve core stability & functional movement



TECHNICAL TRAINING

These lessons enable students to develop their technical skills and abilities and practise advanced match play strategies in their chosen sport:

- Improve physical fitness
- Develop technical skills and abilities
- Enhance footwork and agility
- Improve positioning
- Practise advanced match play strategies
- Strengthen teamwork and communication
- Set personal performance goals and monitor progress

Champions

Suitable for native speakers

15 hours of training in Basketball, Tennis, or Volleyball

FOCUS SPORTS SCIENCE

These lessons are designed to develop and expand knowledge and understanding of some key elements that affect playing sport at an advanced level and competing such as:

- Anatomy & Injury Prevention
- English for Competitive Sport
- Match Play Strategies
- Nutrition
- Sport Psychology
- Personal Responsibility
- Resilience



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	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Core English or Strength & Conditioning (1½ hrs)	Continuing students
10:15	ALL DAY EXCURSION	Break	Break	Break	Break	Break	ALL DAY EXCURSION
10:30	City / Seaside Town Visit Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Focus Sports Science (1½ hrs) Anatomy & Injury Prevention	Focus Sports Science (1½ hrs) Nutrition	Focus Sports Science (1½ hrs) English for Competitive Sport	Focus Sports Science (1½ hrs) Sport Psychology	Focus Sports Science (1½ hrs) Self-Analysis, Goal Setting & Performance Monitoring	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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Technical Training (1½ hrs) • Basketball • Tennis • Volleyball	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball	
14:30		Break	Break	Break	Break	Break	
15:00		Technical Training (1½ hrs) • Basketball • Tennis • Volleyball Continued	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball Continued	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball Continued	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball Continued	Technical Training (1½ hrs) • Basketball • Tennis • Volleyball Continued	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) House Song/ Dance Work as a team to create a performance. Judges are looking for team participation, originality and creativity.	BSS Experience (1½ hrs) Talent Show Showcase your skills and talent in a fun and safe environment. You will also perform your house performance on this night.	BSS Experience (1½ hrs) Escape Room Work as a team in a live action-adventure game where you and your team will solve puzzles, find clues and complete tasks.	BSS Experience (1½ hrs) Olympic Games Compete in a range of sport competitions. The games are designed to test your skills, teamwork and agility.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	Chill and Chat
20:30	Free Time	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
22:00	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs

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

COURSES AVAILABLE

Footballers

Suitable for native speakers

Tottenham Hotspur



AGES
 Footballers welcomes players from 13-17 years.



COURSE FORMAT
 Footballers share BSS Experience and some cultural excursions with Champions, Citizens and Professionals.



ENGLISH LEVELS
 Footballers of the future welcomes students with English levels between A2 Elementary and C2 Proficiency. This course is also suitable for native English speakers.



COURSE OPTIONS
 The Footballers course is available in two options:

OPTION 1
 15 hours of technical football training + Sports Science workshops

OPTION 2
 22½ hours of technical football training + Strength & Conditioning + Sports Science workshops



FOOTBALL LEVELS
 Footballers require some previous football training. This course is suitable for players who are passionate about football, who regularly play football and who want to take their game to the next level.



FOOTBALL FOR GOALKEEPERS
 While no specific goalkeeper training is available, goalkeepers are welcome to join the programme.



FOOTBALL FOR GIRLS
 Girls are welcome to join in all weeks.



TRAINING KIT
 All players receive a Nike in-line training kit.



COACHES
 All coaches undergo extensive Club training and are FA & UEFA-Qualified and work across both Academy and Player Development Programmes.



COACHING RATIO
 1 coach per 15 players maximum.



LESSONS/SPORTS TRAINING
 28¾ hours per week:

FOOTBALLERS

- Strength & Conditioning
- Sports Science Workshops
- Technical Training – Football (15 or 22½ hours)





TECHNICAL TRAINING
 Technical training consists of 15 or 22½ hours of football coaching per week and enables students to develop their technical skills, tactical knowledge and physical literacy.



TRAINING GROUPS
 Players train in groups in accordance with their age and ability.



STADIUM / TRAINING GROUND VISITS
 Visits to the Tottenham Hotspur Stadium and Training Ground are arranged in line with the Club's summer availability.



Suitable for players who are passionate about football, who regularly play football and who want to take their game to the next level.

TRAINING PROGRAMME

The course is designed and delivered in partnership with Tottenham Hotspur Football Development, and delivered by Tottenham Hotspur football coaches with a maximum ratio of 1 coach per 15 players.



SPORTS SCIENCE WORKSHOPS

These sessions, delivered by British Summer School staff, are designed to improve and expand knowledge and understanding of some key elements that affect playing football and sports at an advanced level and competing. Workshops include projects on the following subjects:

- Anatomy & Injury Prevention
- English for competitive sport
- Match Play Strategies
- Nutrition
- Personal Responsibility
- Resilience
- Sport Psychology
- Player development within the game environment



STRENGTH & CONDITIONING

These sessions, delivered by British Summer School staff, are designed to improve students' overall fitness, agility and speed to help them play better football:

- Understand the principles of athletic training
- Develop self-discipline and professional training habits
- Enhance physical performance
- Increase aerobic and anaerobic capacity
- Improve core stability & functional movement
- Develop agility, balance and coordination (ABC)



TECHNICAL TRAINING

These sessions, delivered by Tottenham Hotspur Football Development coaches, enable players to develop their technical skills and abilities and practise advanced match play strategies:

- Develop advanced football skills and techniques including dribbling, ball control, passing, shooting and 1v1 domination
- Practise advanced defensive and attacking tactics
- Participate in position-specific training
- Enhance tactical game play including play formations, spatial awareness and positioning
- Improve communication and teamwork through tactical briefings, team discussions, peer collaboration and match reviews
- Apply the rules and ethics of professional football

Footballers

Suitable for native speakers

Tottenham Hotspur

TOTTENHAM HOTSPUR FOOTBALL DEVELOPMENT

CLUB HIGHLIGHTS

- Tottenham Hotspur Football Development is present in 20 countries around the world
- The Club's Global Football Development programmes combined welcome 90k participants annually
- The club plays in a league that is bigger than F1 and the NBA combined
- Tottenham Hotspur has 612m supporters globally
- The club has 123m social media followers

VISION

To be one of the world's leading football Clubs renowned for a strong association with its community and a long tradition of developing young talent.

VALUES

- Team Spirit
 - Friendship
 - Excellence
 - Co-operation
- Effort
 - Persistence
 - Respect



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	Option 1 Players Sports Science Workshop 1 Option 2 Players Sports Science Workshop 1 (1½ hrs)	Option 1 Players Sports Science Workshop 1 Option 2 Players Strength & Conditioning (1½ hrs)	Option 1 Players Sports Science Workshop 1 Option 2 Players Sports Science Workshop 1 (1½ hrs)	Option 1 Players Sports Science Workshop 1 Option 2 Players Strength & Conditioning (1½ hrs)	Option 1 Players Sports Science Workshop 1 Option 2 Players Sports Science Workshop 1 (1½ hrs)	Continuing students ALL DAY EXCURSION Tottenham Hotspur Stadium Tour*
10:15	City / Seaside Town Visit	Break	Break	Break	Break	Break	Visit the Tottenham Hotspur Stadium located in Tottenham, north London, and have an exclusive behind the scenes guided tour.
10:30	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.	Option 1 Players Sports Science Workshop 2 Option 2 Players Introduction & Skills Assessment (1½ hrs)	Option 1 Players Sports Science Workshop 2 Option 2 Players Theme 1: 1v1 Domination cont. (1½ hrs)	Option 1 Players Sports Science Workshop 2 Option 2 Players Theme 2: 1v1 Domination cont. (1½ hrs)	Option 1 Players Sports Science Workshop 2 Option 2 Players Theme 3: Brilliant Basics cont. (1½ hrs)	Option 1 Players Sports Science Workshop 2 Option 2 Players Theme 4: Overloads cont. (1½ hrs)	or 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.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		All players Theme 1: 1v1 Domination (1½ hrs)	All players Theme 2: 1v1 Domination (1½ hrs)	All players Theme 3: Brilliant Basics (1½ hrs)	All players Theme 4: Overloads (1½ hrs)	All players Theme 5: Finishing (1½ hrs)	
14:30		Break	Break	Break	Break	Break	
15:00		All players Tactical Game Play (1½ hrs)	All players Tactical Game Play (1½ hrs)	All players Tactical Game Play (1½ hrs)	All players Tactical Game Play (1½ hrs)	All players Tactical Game Play (1½ hrs)	* Arranged in line with the Club's summer availability.
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage Friendship, have fun and get to know your setting.	BSS Experience (1½ hrs) The Cube Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	BSS Experience (1½ hrs) Capture the Flag Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	BSS Experience (1½ hrs) Task Master Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	BSS Experience (1½ hrs) Lanterns Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	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
22:00	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs	In Bedroom 13-17yrs

“It’s pretty amazing. The pitches are so good and the coaches and staff are amazing”

JOSE TOMAS, STUDENT, CHILE, 2026

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

LONDON EXPERIENCE

Extend a student's course with three nights in central London at the end of their stay to discover all that England's vibrant capital has to offer.



Students stay in suitable accommodation with British Summer School staff for 3 nights from Saturday to Tuesday and enjoy 3 full days of sightseeing, exploration, and other tourist activities. Students eat in several different cafés, eateries and restaurants and try some typical British meal options such as a full English breakfast, fish and chips, and a Sunday roast. The London Experience includes visits to some of London's most famous landmarks, attractions and neighbourhoods, as well as other tourist and recreational activities, such as:

Museums and Culture

- British Museum
- Natural History Museum
- Science Museum
- Tower of London
- V&A Museum

Landmarks

- Buckingham Palace & St James's Park
- Sky Garden
- The London Eye
- Tower Bridge
- Trafalgar Square and the National Gallery

Neighbourhoods

- Camden Market
- Covent Garden
- Notting Hill
- South Bank

Tourist Activities

- Boating in Hyde Park
- Glass floor walkway at The Shard
- London Bus Tour
- London Cable Car
- Riverboat Cruise along the Thames

Must-see Shops

- Hamleys Toy Store on Regent's Street
- Harrods Luxury Department Store in Knightsbridge
- Harry Potter Shop on Oxford Street

Only some of these visits and activities can be included.



LONDON EXPERIENCE OVERVIEW

- 12-17 years
- All centres
- 3 nights (Saturday | Sunday | Monday)
- Departure Tuesday
- Select dates only
- Accommodation in hotel or student residence
- Meals included
- Fully supervised



ACADEMIC PROGRAMME



We select our academic team very carefully to make sure that all students feel happy, engaged and energised in the lessons, as this is how they learn best.



CLASS SIZE

The maximum class size is 14.

PLACEMENT TEST

Students are asked to complete an online grammar/vocabulary test 2-4 weeks before arrival. On arrival, they take a short speaking and writing test to confirm all aspects of their English level.

LEVELS OF ENGLISH

Seven levels of English are available from A1 (Beginners) to C2 (Proficiency), depending on the course.

TEACHING METHODOLOGY

Our teachers teach in a communicative, open and friendly way. They plan and deliver interesting lessons using relevant and current topics that encourage active and authentic participation from all students.

TEACHING STAFF

All teachers, senior teachers and directors of studies are suitably qualified and / or experienced for the role.

EVALUATION

Students' understanding and progress are monitored by the teachers during the week and every Friday, there is a short assessment to make sure students are improving. The results of this assessment are reviewed by the academic management team in case any adjustments are required for the following week.

CERTIFICATION

A digital course attendance certificate, teacher's report and any awards certificates won by the student are sent to parents and/or their representative by email after completion of the course.

LEISURE PROGRAMME



We know that learning happens most effectively when interactions are natural and authentic and when students are actively involved. Not only do they learn from their teachers and coaches they also learn from each other - and fast. The time our students spend on their sporting and leisure activities is just as valuable as the time spent on the more academic aspects of our courses.



SPORTS AND LEISURE

Every day after lessons, students participate in a choice of different sports and recreational activities. These sessions, which are organised and supervised by staff, enable students to continue practising their listening and speaking skills while doing something they enjoy. Examples are:

Sports

- Athletics
- Badminton
- Basketball
- Football
- Kwik Cricket
- Rounders
- Squash
- Table Tennis
- Tennis
- Touch Rugby
- Volleyball

Recreational Activities

- Art
- Board Game Challenge
- Bracelet Making
- Cake Baking
- Chess
- Circuit Training
- Countryside Trek
- Dance Choreography
- Drama Workshop
- Karaoke
- Kite Flying
- Landscape Painting
- Lego Competition
- Make-up Workshop
- Messy Games
- Model Making
- Origami
- Quiz
- Party Decorations Making
- Swimming
- Table Football Tournament
- Tie-dye T-shirt Printing
- Train Set Building
- Ultimate Frisbee
- Yoga



These sessions enable students to practise their listening and speaking skills while doing something they enjoy.

PRO OPTIONS

These sessions are delivered by a suitably qualified and/or experienced coach or teacher and are available to students of all levels of proficiency.

Pro Options take place instead of the regular afternoon leisure programme and allow students to specialise in one sport per week. Sessions are delivered by suitably qualified and/or experienced coaches and enable students to increase their knowledge, improve their technique, and develop their skills in their chosen sport.

PRO OPTIONS	HOURS	WORTH	OUNDE	UPPINGHAM
Aviation Simulator	6	X	✓	X
Basketball with Leicester Riders	6	X	X	✓
Gym & Fitness (14+)	6	X	✓	✓
Horse Riding	6	✓	X	X
Tennis with Active Away	6	✓	✓	✓
Volleyball	6	X	X	✓



BSS EXPERIENCE

BSS Experience is an integral part of the full programme. Through a series of carefully selected ice-breaker activities, challenges, games and social events, students have the opportunity to meet their peers, build friendships and develop confidence. By stepping outside their comfort zones, trying new things and working together, students also develop valuable personal skills, independence and self-belief – all while having fun and finding their flow.

SUNDAY MISSION: INTEGRATION!	MONDAY CHALLENGES, GAMES & SOCIAL EVENTS	TUESDAY CHALLENGES, GAMES & SOCIAL EVENTS	WEDNESDAY CHALLENGES, GAMES & SOCIAL EVENTS	THURSDAY CHALLENGES, GAMES & SOCIAL EVENTS	FRIDAY LET'S CELEBRATE	SATURDAY CHILL & CHAT
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On Sundays, students take part in a series of ice-breaker activities to allow and encourage them to meet new people on the campus.

From Monday to Thursday, to cement friendships and build confidence and trust, they take part in team-based challenges, competitions and social activities such as:

- Escape Room Challenge
- International Week
- Murder Mystery
- Olympics Project
- Talent Show
- The Cube

On Friday, we celebrate! This gives students an opportunity to showcase the projects they have been working on, receive awards and achievements, and celebrate their BSS experience in a relaxed and safe environment.



“It makes you feel unique. It makes you find your strength and weaknesses, and it is just a really fun activity. You’ll have lots of fun.”

RARES, STUDENT, ROMANIA, 2022

CULTURAL PROGRAMME



Excursions are an important and compulsory part of the programme and enable students to visit London and other places of cultural and historical interest, go to the seaside as well as provide an opportunity for recreational activities and shopping.

SATURDAYS

These excursions are usually to London (not guaranteed) and can consist of a walking tour to see some of the famous sites and / or a visit a famous tourist attraction, depending on the schedule and time available. Examples of places students may visit:

Walking Tour

- Big Ben
- Buckingham Palace
- Covent Garden
- Houses of Parliament
- Oxford Street
- Piccadilly Circus
- Regents Street
- Trafalgar Square

Tourist Attractions

- London Eye
- London Transport Museum
- Madame Tussaud's
- Natural History Museum
- Riverboat Cruise
- Science Museum
- Tower of London

SUNDAYS

This excursion usually consists of a visit to a local city or seaside town and students may:

- Explore the town / city
- Visit any local attractions
- Have a walk along the promenade
- Visit the pier
- Go to a café
- Go shopping



FOOTBALLERS

Footballers may visit the Tottenham Hotspur Stadium or Training Ground as part of their programme, depending on the Club's summer availability.



Excursions allow students to enjoy their new friendships in a relaxed setting.



TRUE ME PHILOSOPHY

True Me is an internal philosophy that underpins everything that we do at British Summer School.

True Me is a feeling, a message, an ambition, a vibe and a place of safety and mutual respect to allow students to express themselves, understand themselves, be themselves and live confidently and authentically.

True Me allows students to:

- Improve communication
- Improve self-confidence
- Enhance creativity
- Accept others
- Develop critical thinking skills
- Respect diversity
- Understand the importance of collaboration
- Celebrate difference
- Increase flexibility and adaptability
- Live authentically

EVALUATION & REFLECTION

On Fridays during class time, students receive some self-evaluation time, supervised by their teacher. They reflect on what they have learned about themselves, their performance and how their personal skills, social skills, self-confidence, and authenticity have improved.



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

LUCA, STUDENT, ROMANIA, 2023

Different supervision rules apply according to students' ages and different rules apply on different courses.

CARE OF OUR STUDENTS

At British Summer School, we place huge importance on the level of care we provide to all our students while they are away from home. We also understand that different age groups require and benefit from different levels of care and support.

SAFETY

All students receive a safety induction, relevant to their age, on the first or second day after arrival. Most staff are residential and sleep in the same boarding houses as the students.

Every student has a House Parent, who is responsible for their wellbeing not only in the house but at all times during their stay. The Welfare Manager is overall responsible for students' safety and wellbeing.

SUPERVISION

Students are supervised in all lessons and sports and organised leisure activities. Different supervision rules apply according to students' ages and different rules apply on different courses. On campus, students are not supervised at all times, for example during breaks and free time. Off site, some students have free time away from British Summer School staff. See Student Handbook for more details.

STAFFING RATIOS

British Summer School offers a generous staff to student ratio to ensure the safety and happiness of all students. Our overall general ratio (staff/students) at each centre is at least 1:5.

MEDICAL

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

FIRST AID

Each centre has a number of First Aiders who are trained to deal with accidents and medical emergencies in the first instance. Each centre is within easy reach of a hospital.

CONTACT

When courses are in session, you can contact British Summer School at any time via our 24-hour emergency number.

AT A GLANCE



Student numbers, nationalities and language quotas are controlled to provide a personal and carefully managed experience for every student on every course.

CENTRE	CENTRE CAPACITY*	BEDS/ ROOM	COURSE	TUITION	ENGLISH LEVELS	AGES	LESSONS	FOCUS OPTIONS	SPORTS SPECIALISMS	PRO OPTIONS
WORTH	100	1-2	Adventurers	20hrs	A1-C1	11-15	Core English Focus Adventure Learning & Innovation	Adventure	-	Horse Riding Tennis with Active Away
			Citizens	20hrs	A2-C1	11-15	Core English or Community Projects Focus Communication Learning & Innovation	Communication	-	
			Explorers	20hrs	A1-C1	6-11 Day / 8-11 Res	Core English Focus Exploration Learning & Innovation	Exploration Creation	-	
OUNLE	200	1-4**	Academics	20hrs	B1-C1	12-17	Academic English Focus Academic Learning & Innovation	Business Engineering Humanities Maths Science	-	Aviation Simulator Gym & Fitness Tennis with Active Away
			Artists	20hrs	A2-C1	12-17	Core English or Community Projects Focus Arts Learning & Innovation	Art Dance Drama Music	-	
			Champions	28½hrs	A2-C1	12-17	Core English or Strength & Conditioning Focus Sports Science Technical Training	Sports Science	Tennis	
			Citizens	20hrs	A2-C1	12-17	Core English or Community Projects Focus Communication Learning & Innovation	Communication	-	
UPPINGHAM	100	1-4	Champions	28½hrs	A2-C2	13-17	Core English or Strength & Conditioning Focus Sports Science Technical Training	Sports Science	Basketball Tennis Volleyball	Basketball with Leicester Riders Gym & Fitness Tennis with Active Away Volleyball
			Citizens	20hrs	A2-C2	13-17	Core English or Community Projects Focus Communication Learning & Innovation	Communication	-	
			Footballers	28½hrs	A2-C2	13-17	Sports Science Workshops Strength & Conditioning Technical Training	Sports Science	Football	
			Professionals	20hrs	B1-C2	15-17	Elective 1 Focus Professional Elective 2	Entrepreneurship International Relations Leadership Media & Communications	-	

* Capacity might be lower or higher depending on the weeks attended. ** Larger rooms available.



WHO CAME TO BSS LAST YEAR?

45 different nationalities attended British Summer School in 2026 (across all courses).



PARENT TESTIMONIALS

“I would like to thank you once again for the wonderful two weeks my daughter spent at your school this summer. She was welcomed so warmly and felt happy, safe and comfortable from the very beginning. Most importantly, she genuinely enjoyed the experience – the English classes, the boarding environment, the activities and the opportunity to meet other children. She returned home with very fond memories and has been talking about coming back ever since. For me as a parent, it was also very reassuring to know that she was in a place where she felt so well looked after.”

YANA, PARENT, BULGARIA, 2026

“I want to thank you so much, [my daughter] is super happy for the experience she had in your school and she will for sure repeat next year maybe in another location just to try a new place! She is very enthusiastic about your way of teaching and taking care of students!”

CHIARA, PARENT, ITALY, 2026

“I just wanted to write and thank you for making [my son]’s stay such a wonderful experience! He has enjoyed the classes, the activities and the facilities, and he has spoken so highly of all the staff. He felt very well looked after, and everyone was so kind and caring. Thank you all for making his first trip away from home a success. He has come back full of happy memories and much more confident. I would also like to thank you for all the awards he received. He was really happy, and we were very proud of him!”

PALOMA, PARENT, SPAIN, 2026

“I would like to express my sincere gratitude to Summer British School for the positive impact you have had on my son. [He] continues to achieve remarkable accomplishments, and I truly believe that your program played an important role in shaping his character, building his confidence, and nurturing his passion for learning. Thank you for your dedication, care, and commitment to your students. Your efforts continue to make a lasting difference, and we are deeply grateful for everything you have done.”

ALI, PARENT, SAUDI ARABIA, 2024

“[My daughter] had a safe trip back home. She had a wonderful time at Summer British School and came home super enthusiast of the place, the friends, the teachers, the staff.... We would like to thank you from the bottom of our hearts for giving [our daughter] the opportunity to have this experience. It is not granted for someone in her condition to be welcomed and cared for as you did. I truly believe that this staying with you has done more for her and her self-esteem than any sort of therapy.”

CECILIA, PARENT, ITALY, 2025

“We couldn’t be more grateful for the incredible experience our son had at BSS. At first, he was understandably anxious about being away from us, and the separation was tough on all of us. But the staff showed such kindness, patience, and empathy—not just toward him, but toward our whole family. Their support made all the difference. By day four, he was already asking to extend his stay, which speaks volumes about how welcomed and connected he felt. We wholeheartedly credit the staff for helping him settle in and build friendships. We’re already looking forward to coming back.”

JODI, PARENT, BERMUDA, 2025







Students build confidence, independence and social skills, supporting their personal development and helping them prepare for a successful future.

+44 (0) 1323 312 020

admin@britishsummerschool.co.uk

www.britishsummerschool.co.uk

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