



EST. 1525

# Sedbergh

INTERNATIONAL  
SUMMER SCHOOL



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## HELLO THERE!

**After a hugely successful programme in 2024, we are delighted to share with you our exciting courses for summer 2025.**

In 2024, we welcomed over 300 children aged from 8 to 17 to Sedbergh to take part in a huge range of inspiring courses with international children from around the world. Children experienced one of the most genuine British Boarding Schools in the UK which celebrates its 500th anniversary in 2025.

Children were taken on a journey of discovery, developing their English, learning about British culture through excursions

importantly making lifelong friendships with children from all over the world. In 2024, there was over 25 different nationalities represented.

Due to worldwide demand we are delighted to launch our new and extended 7 week programme starting on **Saturday 28th June** through to **Saturday 16th August 2025**. With a minimum 2 week stay and different arrival dates, your child will make memories to last a lifetime...

*My favourite thing about Sedbergh was doing activities I hadn't done before, like fly fishing and sailing.*

Felix | Germany





## WELCOME FROM THE DIRECTOR

**We are really looking forward to welcoming our pupils back to Sedbergh to take part in another action-packed International Summer School programme.**

As part of the Sedbergh School family, we are proud to boast a reputation that reflects 500 years of tradition and heritage. The Sedbergh SPIRIT is at the heart of all we do, reflecting our School's ethos as we inspire, empower and develop our students throughout their Summer School journey.

Our English language courses support everyone from the most fluent of English speakers to the least proficient and with an ambitious activity programme, alongside exciting excursions and an engaging evening social programme, pupils are encouraged to take full advantage of the wealth of opportunities available to them.

Our dedicated team is committed to providing our pupils with a rich educational experience within an environment that encourages them to flourish. Pupils navigate their way through their chosen programmes, communicating, collaborating and developing in confidence as they make the most of the vast array of exciting opportunities available to them.

I think it's safe to say that our pupils will return home with far more than an improved ability to communicate in English and I look forward to welcoming them to Sedbergh 2025.

Gemma Newton  
Summer School Course Director







Your journey  
begins at  
Sedbergh  
International  
Summer  
School



# THE SEDBERGH PHILOSOPHY

## SPIRIT & THREAD OF GOLD

Enabling children to develop positive attitudes and behaviour is vitally important to us. SPIRIT and Sedbergh's Thread of GOLD form the backbone to the Sedbergh International Summer School programme.

**Self-motivating** – a pupil who works hard, is enthusiastic about what they do, actively engaging in their lessons, activities and in life in the boarding house;

**Persevering** – a pupil who tries their best, even when the task ahead is difficult;

**Independent** – a pupil who is self-reliant and able to take responsibility for themselves in all that they do;

**Resilient** – a pupil who can adapt to new environments, asking for help when needed and embracing challenges they are faced with;

**Imaginative** – a pupil that can think of new and different ways of doing things and can use this to be creative;

**Teamwork** – a pupil that demonstrates respect and empathy towards the wider group, working effectively towards a common goal;

We aim to create a unique environment for the development of our young people and believe that children best develop skills and attitudes when they are inspired. With fun and enjoyment at the very heart of delivery, pupils are supported throughout their stay as they develop the behaviours inspired by **GOLD**, namely:

**G**ROWTH  
**O**RIGINALITY  
**L**EADERSHIP  
**D**ETERMINATION





“ My first experience in the UK was very good and I can't wait to come back next year with my sister. ”

Federico | Argentina







# YOUR JOURNEY BEGINS HERE

SATURDAY 28TH JUNE - SATURDAY 16TH AUGUST  
JUNIORS (8 to 11) | SENIORS (12-17)

Located between the UNESCO World Heritage Site of the Lake District National Park and the Yorkshire Dales National Park, Sedbergh International Summer School provides pupils with the perfect opportunity to fully immerse themselves in an English and activitiesbased programme with other young people from across the world.

		Sedbergh Campus			Casterton Campus			
	Week 1 28 June - 01 July	Week 1 01 July - 05 July	Week 2 05 July - 12 July	Week 3 12 July - 19 July	Week 4 19 July - 26 July	Week 5 26 July - 02 August	Week 6 02 August - 09 August	Week 7 09 August - 16 August
London Experience	Junior & Senior Pupils							
English + Multi Activities		Junior & Senior Pupils						
English + Multi Sports		Junior & Senior Pupils						
English + Creative Arts			Junior & Senior Pupils					
English + Outdoor Adventure		Junior & Senior Pupils						
Leadership (LIRA)			Seniors Only 14 to 17 years					





# WHY CHOOSE SEDBERGH?

Multicultural learning experience over 7 weeks across two safe campuses



NEW FOR 2025  
Optional 3 night stay in London in Week 1



Owned and operated by Sedbergh School, a full boarding school celebrating its 500th anniversary in 2025



Minimum of 15 hours of formal English tuition with specialist, qualified teachers



Extensive activities and excursion programme giving pupils the chance to try something new



# CHOOSING A COURSE

Run by our dedicated team of specialist staff, pupils can tailor their Summer School experience to reflect their own specific interests. Each course runs for a period of one week with pupils selecting their chosen option during the registration process. Pupils are encouraged to participate in a different activity programme each week in order to provide a more rounded experience:

## The London Experience + Multi Activities

### London

28th June - 1st July

### Sedbergh

1st - 5th July

Price: £2250.00

Transfers from London Heathrow only

## English + Multi Activities

1st - 5th July

5th July - 16th August

Price: £1500/week

Transfers included from Manchester & Liverpool Airport

## English + Multi Sports

5th July - 2nd August

Price: £1500/week

Transfers included from Manchester & Liverpool Airport

## English + Creative Arts

5th - 19th July

Price: £1500/week

Transfers included from Manchester & Liverpool Airport

## English + Outdoor Adventure

5th July - 2nd August

Price: £1700/week

Transfers included from Manchester & Liverpool Airport

## Leadership & International Relations

5th July - 19 July

Price: £3500  
(2 weeks)

Transfers included from Manchester & Liverpool Airport



# London + Multi Activities

**NEW FOR 2025 - Available in Week 1**

An exciting 3-day adventure through the heart of London!

Discover iconic landmarks, explore rich history, and immerse yourself in the vibrant culture of this incredible city. Our final trip will be to the Warner Bros. Studio Tour – The Making of Harry Potter where you'll step into the wizarding world to relive the magic of these beloved films, before travelling to Sedbergh to continue your Summer School journey.



# English + Multi Activities

Making the most of our idyllic surroundings and outstanding facilities, our multi activities programme provides pupils with the perfect opportunity to experience a range of our most popular activities.

With everything from Cookery and Coracle Building to Ultimate Frisbee and Zorbing, pupils make the most of both school campuses, sampling a range of different activities led by our dedicated team of activity staff.





# English + Multi Sports

**NEW FOR 2025 - Available in Weeks 2, 3, 4, 5**

With an emphasis on all things 'sport', pupils make the most of our on site facilities as well as spending time at the driving range and indoor climbing wall.

Open to all ages and abilities, and with everything from football and fencing to tag archery and tennis, our sessions cover a wide range of sports and activities, promoting physical fitness, teamwork, and fun in a supportive environment. Instruction will be tailored to different skill levels, ensuring everyone can enjoy and benefit from the experience.



# English + Creative Arts

Prepare for an action-packed week that will transport you into the heart of artistic expression igniting your passion for self-expression through the mediums of art, drama, music, and dance.

Our multidisciplinary program is tailored to pupils of all ages and language abilities, using hands-on projects, and specialist workshops to develop artistic skills and broaden creative horizons.

This inspiring course will help you develop your talents and express your unique artistic voice in a hands-on learning and exciting, collaborative environment.





# English + Outdoor Adventure

At Sedbergh, the fells, hills, lakes, and rivers provide the backdrop for adventure and discovery.

Our exciting outdoor adventure programme challenges both body and mind, taking full advantage of the stunning natural landscape that surrounds us with pupils engaging in a variety of thrilling activities including abseiling, caving, climbing, kayaking and ghyll scrambling.

Whether you're navigating rugged hills, paddling across serene lakes or abseiling down a waterfall, this course provides an unforgettable experience, connecting you to nature as you grow in confidence developing resilience, teamwork, and leadership skills supported by our team of experts.

\*Please be aware that pupil safety is paramount. We reserve the right to make changes to our programme due to any unforeseen circumstances such as inclement weather. Alternative activities will be arranged.



# Leadership & International Relations

LIRA is a transformative, 2-week development programme for 14-17 year olds. Leadership develops through a combination of knowledge, tools and experience.

Designed as a progressive curriculum that continuously stretches the pupils in a supportive and encouraging environment, LIRA enables young people to learn, explore and practice the foundations of how to lead themselves and others through a combination of personal coaching, experiential learning and fun excursions.











## EXCURSIONS & TRIPS

With 3 excursions each week, pupils experience British culture first hand as they visit well known British cities across the North of England. Manchester, York, Newcastle and Liverpool feature in our programme alongside world renowned landmarks and visitor attractions such as the Lake District National Park, Blackpool Pleasure Beach and Old Trafford Football Stadium.

Pupils will enjoy a wide variety of exciting experiences in one of the most remarkable areas of the British Isles. Our unique location provides an opportunity to explore both historical and modern landmarks throughout Northern England.

Each week, students embark on one full-day city excursion and two half-day trips, immersing themselves in British culture through visits to iconic cities, world-class heritage sites, and popular attractions. Traveling by coach with a packed lunch, pupils are encouraged to engage fully in each excursion, with additional resources such as leaflets, treasure hunts, information packs, and maps provided to enhance their experience.

Excursions typically depart at 9 am (earlier when travelling further from the school) and return by dinner. After a full-day trip, students can unwind in the evening with a relaxed movie night and snacks.









# ENGLISH LESSONS

## A Summer School Built Around You

With a minimum of 15 hours of formal English lessons each week, pupils are placed onto the Junior (Ages 8-11) or Senior Course (Ages 12-16). All Sedbergh teaching staff are experienced, enthusiastic native level speakers and our 1:15 teacher-pupil ratio ensures pupils benefit from their teacher's dedicated time and attention.

Pupils complete a short placement test in advance of arrival, the results of which enable teachers to allocate them to the most appropriate class for their ability. Lessons feature a diverse mix of nationalities with classes based on pre-course assessments of grammar, vocabulary, and speaking ability.

Formal lessons are timetabled on Monday, Tuesday, Wednesday and Friday mornings. Thursdays, Saturdays and Sundays are excursion days.

Our syllabus, grounded in the latest research in young learner language education, adopts a dynamic, communicative approach to encourage pupils to engage with one another and Sedbergh staff in English as much as possible. Our curriculum aligns with CEFR guidelines, focusing on the four core skills: reading, listening, speaking, and writing. CEFR descriptors are used to help pupils develop the skills and knowledge required for effective communication in English and weekly collaborative projects help students develop valuable life skills, such as research, presentation, negotiation, and debating skills.

Lesson materials are provided and include customised materials tailored to the needs of each student. A detailed report is provided outlining the pupils' progress and English level at the end of the course.

### Community Engagement

Pupils will have the opportunity to engage with our local and wider communities, visiting our neighbouring towns and engaging in specific activities that have been developed to encourage our pupils to practice their newly acquired language skills.



# SAMPLE TIMETABLES

## JUNIOR TIMETABLE

	7.30-9am	9am - 12.45pm	12.45pm - 2pm	2pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 8.30pm	8.30pm - 9pm	9pm - 9.30pm
Sunday	Wake Up, Breakfast & Morning Registration	EXCURSION				Supper & Evening Registration	Evening Activities	Hot Chocolate & Reflection Time	Bed Time & Lights Out
Monday		English Lessons & 2 short breaks	Lunch & Afternoon Registration	Academy Time	Free Time				
Tuesday									
Wednesday									
Thursday		EXCURSION							
Friday		English Lessons & 2 short breaks	Lunch & Afternoon Registration	Academy Time	Free Time				
Saturday									

## SENIOR TIMETABLE

	7.30-9am	9am - 12.45pm	12.45pm - 2pm	2pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 9pm	9pm - 10pm	10 - 11pm
Sunday	Wake Up, Morning Registration, Breakfast	EXCURSION				Supper & Evening Registration	Evening Activities	Hot Chocolate & Reflection Time	Bed Time & Lights Out
Monday		English Lessons & 1 short breaks	Lunch & Afternoon Registration	Academy Time	Free Time				
Tuesday									
Wednesday									
Thursday		EXCURSION							
Friday		English Lessons & 1 short breaks	Lunch & Afternoon Registration	Academy Time	Free Time				
Saturday									





## EVENING ACTIVITIES

Our extensive evening activity programme promotes fun and friendship across all ages and nationalities with pupils taking part in a wide variety of activities.

The International Summer School offers a range of evening activities to ensure pupils from all of our English Plus courses come together to enjoy a lively and social experience. Activities include discos, fashion shows, karaoke nights, talent shows, treasure hunts, music quizzes, mini-Olympics, water fights, movie nights, and more.

Pupils attending from the 19th July also have the opportunity to join British pupils attending our summer courses for their Wednesday night BBQ and inflatables.







parent, Germany

“

*Our daughter still talks about Sedbergh, her experiences and friends and teachers every day and has come home really inspired and above all, happy! The children benefit incredibly from this time and enriching experience – your great commitment to the children makes that great experience possible!*

”



# A HOME AWAY FROM HOME

No matter how far you have travelled, you will soon feel at home in our relaxed, comfortable boarding houses. Each house is well equipped with its own common room, satellite TV, games, WiFi and a range of single, twin and multi-bedrooms. A full laundry service is provided twice weekly.

Everyone at Sedbergh is committed to establishing a safe and homely environment. Our pupil's wellbeing is paramount and we want you to return home with lots of wonderful memories. Boarding Houses on both campuses are welcoming and comfortable and feel like a real 'home from home'. Our live-in house parents achieve this by creating a fun, friendly community where every child feels safe, secure and valued. Medical needs are dealt with by our Welfare Officers who are on hand 24 hours a day with support from our dedicated school nursing staff and local medical centre.

## Challenge Your Taste Buds

We are proud of our excellent catering staff, superb on-site dining facilities and the varied, international-style menu provided by our own team of in-house chefs. All tastes and dietary requirements are catered for with meals cooked in house by our in-house catering teams and served within the house dining room.

A range of hot and cold dishes, including vegetarian options and a salad bar, are available at breakfast, lunch and dinner.





## ESCORTED ARRIVALS & TRANSFERS

### By Air

Pupils will be met on arrival at the airport by a member of staff. Once within our care, pupils will be provided with refreshments before being transferred from the airport to Sedbergh or Casterton via our fleet of minibuses or via transport arranged by our in-house transport department.

Escorted shared transfers are provided at no additional cost when arriving on the designated arrival and departure dates from Manchester and Liverpool airports. Transfers outside these times and from other airports can be arranged at an additional cost.

### By Rail

Oxenholme Lake District station can be by direct train from the following cities:

London: 2 hours 40 mins

Manchester: 1 Hour 20 mins.







# FREQUENTLY ASKED QUESTIONS

## **What is included in the cost?**

The weekly cost of the course covers all accommodation, meals, English lessons, all sports and activities, excursions, internet access and a laundry service as well as airport transfers on Saturdays, between 8am and 6pm to and from Manchester International Airport.

## **Does my child require a VISA?**

Please follow the link to the GOV.UK website to find out if your child will need a visa to attend Sedbergh International Summer School. In the event that a Visa is required, we will be able to provide you with a letter confirming your child's visit to the UK in order to study at Sedbergh International Summer School.

## **How does my child get from and to the airport?**

The school provides airport transfers every Saturday from Manchester International Airport, the cost for which is included in the course fee provided that pupils arrive between the hours of 8am and 6pm. Transfers from other airports may be available upon request for an additional fee.

## **Where does my child live and who will look after my child?**

Sedbergh School is renowned for its pastoral care, this is replicated during the ISS. Boys and girls live separately in one of our beautiful boarding houses. Staff provide a happy, supportive environment for your child during their stay and pupils are looked-after by an experienced team of staff including a Houseparent, Assistant House Parent, support staff and the welfare team.

## **What does my child need to bring with them?**

Clothing should be casual, practical, machine washable and labelled with their name. The average temperature during July is between 16 – 23 degrees. Your child should come prepared for both warm and cool weather. Bedlinen and bath towels are provided but your child should bring a swimming towel with them. A detailed kit list is provided in the Student Handbook.

## **How can I send Pocket Money?**

The best and safest way to provide pocket money is with a prepaid cash card (most commonly Visa or Mastercard). Alternatively, pupils may use their phone with a credit/debit card uploaded onto it.

## **My child has specific dietary requirements. Can Sedbergh ISS cater for this?**

Absolutely! Parents must ensure that we are informed of any special dietary needs prior to arrival. These can be recorded on the dietary form provided upon receipt of your booking.

*Further frequently asked questions can be found on the school website.*



# Pricing & Booking

Programme		Weeks Available	Fee
London Experience & English + Multi Activities	Juniors & Seniors	1	£2250/week
English + Multi Activities	Juniors & Seniors	1,2,3,4,5,6,7	£1500/week
English + Multi Sports	Juniors & Seniors	2,3,4,5	£1500/week
English + Creative Arts	Juniors & Seniors	2 & 3	£1500/week
English + Outdoor Adventure	Juniors & Seniors	2,3,4,5	£1700/week
Leadership & International Relations Academy (LIRA)	Seniors Only (14 - 17)	2 & 3	£1750/week (two week fixed programme)

## Extras

Available to pupils taking part in English + Multi Activities and English + Multisport, pupils can tailor their experience to include 2 afternoons per week of focusing on the following:

Horse Riding	£170
Watersports: Sailing & SUPs	£170
Field Sports: Fly Fishing & Shooting	£195

## How do I register my child?

All bookings should be made via the online portal available on our website. Select the gold, 'BOOK NOW' button to complete your booking. We ask for a deposit of £600 to secure your registration. This is non-refundable for pupils enrolled on the London experience. Invoices are automatically generated within the portal.





**Sedbergh School**

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United Kingdom

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