

## **A Typical Day**

**7.30 Breakfast**

**8.30-11.50 Language lessons in small groups**

**12.00-12.30 Lunch**

**13.15-17.00 Sports programme or golf practice**

**17.30-18.15 Study period**

**18.30-19.00 Dinner**

**19.00-21.30 Evening fun programme**

**22.00 Bedtime**

## **Weekend**

**9.00 Breakfast**

**Saturday or Sunday -river, Rafting on Scuol**

**-Barbeque day with swimming at Staz mountain lake**

**18.30-19.00 Dinner**

**22.00 Bedtime**