





Sunday	WEEK 1	Monday	WEEK 1	Tuesday	WEEK 1	Wednesday	WEEK 1
8:00 AM - 4:30 PM Arrivals Day	▼	8:00 - 8:30 AM Breakfast	▼	8:00 - 8:30 AM Breakfast	▼	8:00 - 8:30 AM Breakfast	▼
3:00 - 5:00 PM Welcome reception	▼	8:30 - 9:00 AM Getting ready	▼	8:30 - 9:00 AM Getting ready	▼	-Get ready for the day ahead with breakfast in College -Breakfast is included for all ORA students	
5:00 - 6:00 PM Welcome Talk	▼	9:00 - 10:00 AM Morning lessons	▼	9:00 - 10:00 AM Morning lessons	▼	8:30 - 9:00 AM Getting ready	▼
6:00 - 7:00 PM Dinner	▼	10:00 - 10:15 AM Break	▼	10:00 - 10:15 AM Break	▼	-Prepare for the day ahead by getting ready for lessons and activities	
7:00 - 7:30 PM Induction Talk	▼	10:15 AM - 11:15 AM Morning lessons	▼	10:15 - 11:15 AM Morning lessons	▼	9:00 AM - 6:00 PM Trip to Legoland resort	▼
7:30 - 8:00 PM Icebreakers	▼	11:15 - 11:30 AM Break	▼	11:15 - 11:30 PM Break	▼		
8:00 - 8:30 PM Curfew	▼	11:30 AM - 12:30 PM Morning Lessons	▼	11:30 AM - 12:30 PM Morning Lessons	▼	-Students take a day trip together to the exciting theme park Legoland Windsor Resort!	
		12:30 - 2:00 PM Lunch hour	▼	12:30 - 2:00 PM Lunch hour	▼	6:00 - 7:00 PM Dinner	▼
		2:00 - 3:00 PM Afternoon lessons	▼	2:00 - 3:00 PM Afternoon Lessons	▼		
		3:00 - 5:00 PM Team Building	▼	3:00 - 6:00 PM Science in Schools	▼	-Eat dinner together every night -Dinner is included for all students aged 8 to 12	
		5:00 - 6:00 PM Interactive lesson	▼	6:00 - 7:00 PM Dinner	▼	7:00 - 8:00 PM Sports	▼
		6:00 - 7:00 PM Dinner	▼	7:00 - 8:00 PM Counsellor led	▼		
		7:00 - 8:00 PM Sports	▼	8:00 - 8:30 PM Curfew	▼		
		8:00 - 8:30 PM Curfew	▼				

Thursday	WEEK 1	Friday	WEEK 1	Saturday	WEEK 1
8:00 - 8:30 AM Breakfast	▼	8:00 - 8:30 AM Breakfast	▼	8:00 - 8:30 AM Breakfast	▼
8:30 - 9:00 AM Getting ready	▼	8:30 - 9:00 AM Getting ready	▼	8:30 AM - 9:00 PM Getting ready	▼
9:00 - 10:00 AM Morning lessons	▼	9:00 - 10:00 AM Morning lessons	▼	9:00 AM - 10:00 AM *Departures (for students leaving)	▼
10:00 AM - 10:15 AM Break	▼	10:00 AM - 10:15 AM Break	▼	9:00 AM - 12:30 PM Enrichment programme	▼
10:15 - 11:15 AM Morning Lessons	▼	10:15 - 11:15 AM Morning Lessons	▼	 <p>-Team building and interactive exercises are part of these enrichment workshops</p>	
11:15 - 11:30 AM Break	▼	11:15 - 11:30 AM Break	▼		
11:30 AM - 12:30 PM Morning Lessons	▼	-Time for students to have refreshments and a short break		12:30 - 1:30 PM Lunch hour	▼
12:30 - 2:00 PM Lunch hour	▼	11:30 AM - 12:30 PM Morning Lessons	▼	1:30 - 3:30 PM Sports	▼
2:00 - 3:00 PM Afternoon lessons	▼	12:30 - 2:00 PM Lunch hour	▼	3:30 - 6:00 PM Counsellor led	▼
3:00 - 5:00 PM Problem solving	▼	2:00 - 3:00 PM Afternoon Lessons	▼	6:00 - 7:00 PM Dinner	▼
5:00 - 6:00 PM Team building	▼	3:00 - 5:00 PM Leisure time	▼	7:00 - 8:00 PM Film night	▼
6:00 - 7:00 PM Dinner	▼	5:00 - 6:00 PM Graduation		8:00 - 8:30 PM Curfew	▼
7:00 - 8:00 PM Arts and Crafts	▼	6:00 - 7:00 PM Dinner	▼		
8:00 - 8:30 PM Curfew	▼	7:00 - 8:00 PM Party!	▼		
		8:00 - 8:30 PM Curfew	▼		

Sample Activity Lists

活動列表



Sports & Relaxation

運動及娛樂

Badminton 羽毛球
Basketball 籃球
Football 足球
Tennis 網球
Swimming 游泳
Cricket 板球
Rounders 圓場棒球
Volleyball 排球
Ultimate frisbee 終極飛盤
Olympics 奧運
Jazz aerobics 爵士有氧舞
Meditation 冥想
Movie 電影
Bingo 賓果
Board games 桌上遊戲



Cultural Activities

文化活動

Friendship bracelet making 友誼手鐲製作
Mask making 面具製作
Postcard making 明信片製作
Decoupage design 剪紙設計
Felt puppet making 手指公仔製作
Origami 摺紙



Arts Activities

藝術活動

Charcoal sketching 炭筆素描
Clay modelling 粘土模型
Cake decorating 蛋糕裝飾
T-shirt design T恤設計
Newspaper catwalk 報紙時裝表演
Bag design 袋子設計
Cookie decorating 曲奇餅裝飾

Example Excursions 短途旅程



Legoland Windsor Resort
溫莎樂高樂園

Students take a day trip together to the exciting theme park Legoland Windsor Resort !

學生們一起前往令人興奮的Legoland Windsor Resort 主題公園！



Kidzania!
Kidzania 樂園！

At this venue, students will be able to take part in a choice of 'jobs' which will help them to experience what it's like to have a career, as well as earn fake money to spend as they please. This forms a fun and educational way to teach children key life skills.

在這裏，學生將能夠體驗一些自己選擇的“職業”，這將有助於他們體驗職業生涯，並賺取“假錢”，隨心所欲地“花錢”。這形成了一種教育孩子關鍵生活技能的有趣及有教育意義方式。



London Zoo
倫敦動物園

The famous London Zoo keeps an exciting number of exotic animals. A range of lions, tigers, reptiles, insects, monkeys and more all live in specially built exhibits. Students will enjoy the opportunity to see these magnificent animals, alongside learning crucial information about their lifestyles.

著名的倫敦動物園飼養著許多特別不常見的動物。獅子，老虎，爬行動物，昆蟲，猴子等都生活在特別打造的“家”中。學生將有機會看到這些動物，同時學習關牠們的重要知識。



Cambridge with punting on the river 劍橋康河上撐船

An afternoon visit to the river Cam next to the University of Cambridge and punt on the river.

下午參觀劍橋大學旁的康河和在河上撐船。



London Sightseeing 倫敦觀光

A visit to London including a walking tour of the city. Entrance to the National Gallery to see world-class painting by artists such as Van Gogh and Picasso. Followed by some free time for shopping in the beautiful Covent Garden.

參觀倫敦，包括步行遊覽城市。進入國家美術館，觀看梵高和畢加索等世界級的藝術家的作品。隨後，有一些時間在美麗的Covent Garden露天廣場購物。



Windsor 溫莎

A visit to the town and castle at Windsor - the oldest and largest inhabited castle in the world. Students will see the State Apartments; St George's Chapel and Queen Mary's Doll's House. It has been the family home of British Royals for almost 1,000 years and is still an official residence of Her Majesty The Queen.

參觀溫莎鎮和城堡 - 世界上最古老最大的有人居住的城堡。學生將看到溫莎堡聖喬治教堂和Queen Mary's Doll's House。它已成為英國皇室的家庭住宅近1000年，現在仍然是女王陛下的官方官邸。