

## IH Sample TEENS Programme WEEK 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Wake-up call</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>
<b>Breakfast</b>	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00
<b>Assembly</b>	N/a	09.15	09.15	09.15	09.15	09.15	09.15
<b>Morning</b>	09.30-13.30	09.30-12.45	09.30-12.45	09.30-12.45	09.30-12.45	09.30-12.45	09.30-17.30
	<b>Rest</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Heart of Malta Tour</b>
<b>Lunch</b>	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	Packed lunch
<b>Assembly</b>	14.15	14.15	14.15	14.15	14.15	14.15	N/a
<b>Afternoon</b>	14.30-18.30	14.30-18.30	14.30-18.30	14.30-17.30	14.30-18.30	14.30-17.30	17.30-19.00
	<b>Marfa Bay</b>	<b>Kayaking</b>	<b>Comino Boat Trip</b>	<b>Paradise Bay</b>	<b>Valletta Outing</b>	<b>Pool Games</b>	<b>Rest</b>
<b>Dinner</b>	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45
<b>Assembly</b>	20.00	20.00	20.00	20.00	20.00	20.00	20.00
<b>Evening</b>	20.15-22.45	20.15-23.15	20.15-22.45	20.15-23.15	20.15-23.15	20.15-22.45	20.15-23.45
	<b>Ice-Breaker</b>	<b>Beach Party</b>	Football tournament	<b>Feltom Party</b>	Paceville Night Out	<b>Bonfire Night</b>	International Party
<b>Lights Out</b>	<b>23.00</b>	<b>23.30</b>	<b>23.00</b>	<b>23.30</b>	<b>23.30</b>	<b>23.00</b>	<b>00.00</b>

\*Programme subject to changes

\*Lessons could be offered in the morning or afternoon

\*Activities could be offered in the morning or afternoon

## IH Sample TEENS Programme WEEK 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Wake-up call</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>
<b>Breakfast</b>	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00
<b>Assembly</b>	N/a	09.15	09.15	09.15	09.15	09.15	09.15
<b>Morning</b>	09.30-13.30	09.30-13.30	09.30-13.30	09.30-12.30	09.30-13.30	09.30-12.30	09.30-17.30
	<b>Rest</b>	<b>Water Park</b>	<b>Gozo Boat Trip</b>	<b>Rocky Beach</b>	Mdina Treasure Hunt	<b>Waterpolo Games</b>	Gozo Hop On Hop Off
<b>Lunch</b>	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	Packed lunch
<b>Assembly</b>	14.15	14.15	14.15	14.15	14.15	14.15	N/a
<b>Afternoon</b>	14.30-18.30	14.30-17.45	14.30-17.45	14.30-17.45	14.30-17.45	14.30-17.45	17.30-19.00
	<b>Sandy Beach</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Rest</b>
<b>Dinner</b>	19.15-19.45	18.45-19.15	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45
<b>Assembly</b>	20.00	19.15	20.00	20.00	20.00	20.00	20.00
<b>Evening</b>	20.15-22.45	19.30-23.45	20.15-22.45	20.15-23.15	20.15-23.15	20.15-22.45	20.15-23.45
	<b>Orientation Evening</b>	<b>Boat Party</b>	Volleyball Tournament	<b>Feltom Party</b>	Bugibba Night Out	<b>Night Swim</b>	International Party
<b>Lights Out</b>	<b>23.00</b>	<b>00.00</b>	<b>23.00</b>	<b>23.30</b>	<b>23.30</b>	<b>23.00</b>	<b>00.00</b>

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## IH Sample TEENS Programme WEEK 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Wake-up call</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>	<b>8.30</b>
<b>Breakfast</b>	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00	8.30-9.00
<b>Assembly</b>	N/a	09.15	09.15	09.15	09.15	09.15	09.15
<b>Morning</b>	09.30-13.30	09.30-12.45	09.30-12.45	09.30-12.45	09.30-12.45	09.30-12.45	09.30-17.30
	<b>Rest</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Journey Back in Time</b>
<b>Lunch</b>	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	13.30-14.00	Packed lunch
<b>Assembly</b>	14.15	14.15	14.15	14.15	14.15	14.15	N/a
<b>Afternoon</b>	14.30-18.30	14.30-18.30	14.30-18.30	14.30-17.30	14.30-18.30	14.30-17.30	17.30-19.00
	<b>Rocky Beach</b>	<b>Popeye's Village</b>	Preparation of Talent Night	<b>Mellieha Bay</b>	3 Cities Treasure Hunt	<b>Private Beach</b>	<b>Rest</b>
<b>Dinner</b>	19.15-19.45	18.45-19.15	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45	19.15-19.45
<b>Assembly</b>	20.00	19.15	20.00	20.00	20.00	20.00	20.00
<b>Evening</b>	20.15-22.45	19.30-23.45	20.15-22.45	20.15-23.15	20.15-23.15	20.15-22.45	20.15-23.45
	<b>Movie Night</b>	<b>Student Night</b>	Sports Evening	<b>Talent Night</b>	Discover Malta by Night	Night Under the stars	<b>Feltom Student Party</b>
<b>Lights Out</b>	<b>23.00</b>	<b>00.00</b>	<b>23.00</b>	<b>23.30</b>	<b>23.30</b>	<b>23.00</b>	<b>00.00</b>

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