International Summer School

JUNIORS
8 – 12 YEARS

SENIORS
13 – 16 YEARS
Your Adventure Begins Here

Set beside the UNESCO World Heritage Site of the Lake District National Park, Sedbergh International Summer School is your opportunity to fully immerse yourself in an English and activities-based programme with other children from across the world. By choosing us, you will make lifelong friends and join the Sedbergh School family. With nearly 500 years of history and taking advantage of our stunning 200-acre campus, you will fully immerse yourself in one of the top full boarding schools in the UK and experience the best of British boarding.

DESIGNED FOR YOU

We offer a unique indoor and outdoor learning experience, which is designed to suit your needs and interests. Whether you are a Junior (aged 8 to 12) or a Senior (aged 13 to 16), there is something for everyone to enjoy.

LIFELONG FRIENDSHIPS

On day one you will become part of the Sedbergh family and during your stay you will make lifelong friendships with children from across the world. It’s not just about developing your English, you will also learn about different cultures and experience a huge range of exciting new activities.

JUNIOR INTERNATIONAL COURSES (AGES 8 TO 12)

Two to seven-week programmes in July and August

SENIOR INTERNATIONAL COURSES (AGES 13 TO 16)

Two to seven-week programmes in July and August

WHAT ARE YOU WAITING FOR?
Why Should You Choose Sedbergh?

For individual students

Multi cultural learning experience over 7 weeks

Weekly city and outdoor excursions

All-inclusive price

Up to 22 hours of English tuition per week

Owned and operated by Sedbergh School

24/7 Pastoral Care in a safe environment

Exciting afternoon and evening activities programme

English with qualified native teachers
An Intensive English Course Built Around You

Our programme provides up to 22 hours of English lessons each week, for which you will be placed onto either the Junior (aged 8 to 12) or Senior (aged 13 to 16) course. Our highly qualified and experienced native English teachers use a wide variety of the latest pedagogical methods and multimedia tools and resources to provide you with the best tuition, allowing you to develop your English in context. Our small class sizes and 1:15 teacher-pupil ratio means that your teacher can give you their time and attention.

THE RIGHT LEVEL FOR YOU

You will complete a short test on arrival to allocate you to the most appropriate class for your ability.

COMMUNITY ENGAGEMENT
(AGES 8 TO 12)

At Sedbergh, we value the importance of community engagement and as a junior you will have the opportunity to visit surrounding towns and villages to complete class projects. By speaking to the local British people, you will develop your spoken and written English.

YOUR LEARNING MENTOR

All Sedbergh teachers are highly qualified, enthusiastic native English speakers who are dedicated to providing you with engaging, fun and interesting lessons every day.

ACADEMIC SUBJECTS

In addition to our General English and Activities programme, we are offering an academic course for English combined with practical Physics experiments, following the British science curriculum. By choosing this course, you will also take advantage of our tailor-made, pre-course distance learning materials package which will optimise your learning during the course.

YOUR IELTS QUALIFICATION

We also offer intensive IELTS courses, which replace your English lessons. At the end of the IELTS course you will take an official exam. Please contact us for dates and prices. This course is subject to availability.

ACTIVE COMMUNICATION
(AGES 13 TO 16)

As a Senior, you will develop your independent learning and research skills by completing individual and group projects with support and guidance from your teachers.
An Activity For All

After your lessons, you can choose from a variety of exciting sports, activities, outdoor pursuits and artistic and musical workshops. This is the perfect opportunity to relax with your friends and try something new.

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DID YOU KNOW?

Sedbergh School’s famous Wilson Run began in 1881!
Your evening social programme involves you coming together with both Juniors and Seniors to enjoy activities as a family.

CELEBRATING SUCCESS

At Sedbergh, we recognise the achievements of all our students, so each week is celebrated with an Awards Ceremony which congratulates your academic and house contributions. If you have worked hard, put in effort and shown a desire to help others, you may be selected for the Student of the Week certificate. You will continue the celebration with the weekly disco, where you can dance the night away.

I really enjoyed the awards ceremony because I got a ‘Student of the Week’ certificate.

PABLO
from Spain
Our unique location offers you the chance to explore historical and contemporary landmarks from London to the Lake District. Two full-day excursions each week offer the opportunity to experience British culture and see world class sports, heritage, architecture, fashion, style and art.

Our excursions take in museums, castles, shopping centres, cathedrals, galleries, observatories and football grounds.

**FROM THE HIGHLANDS TO THE HIGH ROPES**

York Dungeons & Shambles  
Chester Zoo  
Manchester United Football Club  
Newcastle Castle  
The London Eye

Blackpool Pleasure Beach  
Edinburgh Castle and the Royal Mile  
Jodrell Bank Observatory  
Europe’s Largest Indoor Shopping Centre  
Muncaster Castle

Liverpool Beatles Story  
Boating on the Thames in London  
Lake District  
Treetop Trek High Ropes  
University of Cambridge

The excursions are great! I really liked Treetop Trek. Shopping in Liverpool was the best!

**ANASTASIA**  
from Russia
Become Part of our Community

We strive to provide the best teaching, sports and creative arts facilities. Some of these include:

A Home Away From Home

No matter how far you have travelled, you will soon feel at home in our relaxed and friendly boarding houses. Each house is well equipped with its own common room, kitchen, satellite TV, games, Wi-Fi and a range of double and multi-bed rooms. A full laundry service is provided twice weekly.
Everyone at Sedbergh is committed to establishing a safe and homely environment throughout the course. We want you to return home with lots of wonderful memories, and our live-in house parents achieve this by creating a fun, friendly and happy community. Any medical needs will be dealt with by our experienced matron, who is there 24 hours a day to ensure you are happy, healthy and well looked after during your time with us.

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

**CELEBRATE YOUR BIRTHDAY IN SEDBERGH STYLE!**

If you are fortunate enough to have your birthday during summer school, you won’t be disappointed! Your own birthday cake and party games will make you feel at home.

**DID YOU KNOW?**

At Sedbergh International Summer School, we enjoy Chocolate Time every evening, with hot chocolate and biscuits for everyone. It’s the perfect time to unwind after a fun-filled day!

**WE ARE HERE FOR YOU**

- English Teachers
- House Parents
- Course Director
- Matron
- Classmates
- Activity Staff
- Chefs
- Cleaners
- Bus Drivers
- Roommates
World Class Courses For All

Every year at Sedbergh, we run a very well-established summer sports and activities programme, with international sports men and women providing professional coaching. You can combine these with three weeks of Sedbergh International Summer School free of charge.

**OPTIONS FOR AGES 10 TO 15:**

- Athletics
- Cricket
- Hockey
- Horse-riding
- Netball
- Rugby

**OPTIONS FOR AGES 6 TO 11:**

- Pony Camp
- S.T.E.A.M (Science, Technology, Engineering, Arts and Mathematics)

Also available:

- Elite 16s rugby
  (depending on ability)

These are residential courses attended by native English pupils from across the UK. You will benefit from prolonged integration with these pupils during the activities, in the boarding houses and in your free time.

For further information on courses and dates, please visit summercourses.sedberghschool.org.

For combining sports courses with Sedbergh International Summer School, please email us at iss@sedberghschool.org.

‘Once again my daughter has talked non-stop about the horse riding course and the friendships she made. Despite the distances involved, the girls chat regularly about their shared experiences. The staff have made this a magical trip for our daughter.’

**PARENT**

from 2018 Sports Courses
Week One of Sedbergh International Summer School will be a one-week adventure, discovery and activities programme with English, located in a safe, private English country estate in the Lake District.

With Sedbergh’s own staff and additional support from on-site specialists, you will enjoy exciting activities including water sports, outdoor climbing, bush craft, high ropes and teambuilding exercises. Other activities include swimming, arts and crafts, football, drama, music and a full range of evening entertainment.

**ENGLISH IN THE OUTDOORS**

The first week’s programme is built around 15 hours of intensive English in a variety of outdoor and indoor learning environments, including yurts. These lessons will develop your confidence when speaking and writing in English and improve your comprehension skills with targeted lessons designed specifically for your own age and ability level.

**PARTICIPATE IN OUR COMMUNITY**

On top of this, Sedbergh School’s own pupils will organise activities as part of their Challenge Week programme, giving you the opportunity to engage with British native pupils on fun, practical activities.

**DID YOU KNOW?**

Set in 360 acres of stunning parkland on the edge of Lake Windermere, this is the perfect location to challenge the pupils’ determination, creative thinking and resilience, while supported by the outstanding Sedbergh pastoral team.
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<td>Awards assembly evening fire &amp; social: Disco, karaoke...</td>
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**Week 1 Schedule**

**English lesson**

- Monday to Thursday: 09.00 - 10.30
- Monday to Thursday: 11.00 - 12.30
- Monday to Thursday: 16.30 - 17.30
- Monday to Thursday: English lesson

**Activities**

- Monday to Thursday: Lunch
- Monday to Thursday: Lunch
- Monday to Thursday: Lunch
- Monday to Thursday: Activities
- Monday to Thursday: Activities
- Monday to Thursday: Activities

**Breakfast**

- Monday to Thursday: Breakfast

**Free Time**

- Monday to Thursday: Free Time
- Monday to Thursday: Free Time
- Monday to Thursday: Free Time

**Dinner**

- Monday to Thursday: Dinner

**BBQ**

- Monday to Thursday: BBQ
- 19.00 - 21.00

**Awards assembly evening fire & social: Disco, karaoke...**

- Monday to Thursday: Awards assembly evening fire & social: Disco, karaoke...

**Chocolate time**

- Monday to Thursday: Chocolate time

**Bedtime juniors (lights out 22.00)**

- Monday to Thursday: Bedtime juniors (lights out 22.00)

**Bedtime seniors (lights out 22.30)**

- Monday to Thursday: Bedtime seniors (lights out 22.30)
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<th>Day</th>
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<td>7.30-8.00</td>
<td>Arrivals and airport pickups</td>
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**How To Find Us**

**KEY**
- Airport transfers
- Campus

Oxenholme Lake District station can be reached by direct trains from London within 2 hours 40 minutes. Transfers from Oxenholm are included in the all-inclusive course fee.*

**FIND OUT MORE**

To make a booking or enquiry:
Email: iss@sedberghschool.org
Website: iss.sedberghschool.org
Tel: +44 1524 79220

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**CHAPERONE**

We are now offering a full chaperone service to families; this is where a staff member from Sedbergh will fly to and from the child’s country. Please contact us for availability. Additional costs apply.

**BY RAIL**

Oxenholme Lake District station can be reached by direct trains from London within 2 hours 40 minutes. Transfers from Oxenholm are included in the all-inclusive course fee.*

**LONDON**

We provide transfers from London Airport - these are arranged as group pickups and a minimum number of children are required for this service to run. Please contact us for availability. Additional transfer costs apply.

**BY AIR**

Transfers are provided from many major airports including Manchester, Liverpool, Glasgow, Newcastle and Leeds/Bradford.*

*Arriving between 11am and 6pm and departing between 10am and 5pm. Private transfers can be arranged at an additional cost.
Testimonials

My daughter came back from ISS very happy. She genuinely enjoyed it and I wanted to thank you and all the staff for organising her three fantastic weeks.

PARENTS
from Switzerland

Thank you to all the Sedbergh staff for welcoming our son, who told us that everyone was so kind to him and helpful all the time. He really enjoyed his stay at Sedbergh and we feel his English has really improved!

PARENTS
from France

This is just to let you know that my daughter had a very good time in Sedbergh. She made lots of friends, made fantastic progress in English and really enjoyed herself during her stay at Sedbergh ISS. Thanks for making her so happy!!

PARENTS
from Germany

It is amazing to hear how much he has experienced and see how much he has improved his awareness of himself, people and things around him. Thank you very much for educating and taking care of him.

PARENTS
from China

I am writing to express my appreciation for all your helps and kindness in the last two weeks. My son really enjoyed the experience in the Summer School.

PARENTS
from China