International Summer School

SEDBERGH SCHOOL
FOUNDED 1525

JUNIORS
8 – 12 YEARS

SENIORS
13 - 17 YEARS

Accredited by the BRITISH COUNCIL for the teaching of English in the UK
Set between the UNESCO World Heritage Site of the Lake District National Park and the Yorkshire Dales, Sedbergh International Summer School is the perfect 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. Sedbergh International Summer School is accredited by the British Council.

**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 17), 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)**

One to seven-week programmes in July and August

**SENIOR INTERNATIONAL COURSES (AGES 13 TO 17)**

One to seven-week programmes in July and August

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

- British Council Accredited
- 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 dedicated native-level teachers

Very good school and my experience here is amazing

Hugo
from Spain
SAILING AND GAMES AT KILLINGTON LAKE
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 17) course. Our dedicated and experienced native 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 experienced, enthusiastic native speakers who are dedicated to providing you with engaging, fun and interesting lessons every day.

ACTIVE COMMUNICATION (AGES 13 TO 17)
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.

YOUR IELTS QUALIFICATION
We also offer an intensive Academic IELTS course, which replaces 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.

IELTS AVERAGE RESULTS 2019 2 WEEK COURSE
LISTENING - 43% ACHIEVED 7.0 OR HIGHER
READING - 30% ACHIEVED 7.0 OR HIGHER
SPEAKING - 70% ACHIEVED 6.5 OR HIGHER
WRITING - 30% ACHIEVED 6.0 OR HIGHER

100% of pupils achieved an overall IELTS score of 5.0 or higher and 30% of pupils achieved a score of 7.0 or higher.
The lessons were fun and useful - I loved the themes

ORFEAS
from Greece
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.

**ARTS & CRAFTS**  **BALL GAMES**  **BASKETBALL**

**BOARD GAMES**  **CLIMBING WALL**  **COOKING**

**CRICKET**  **DANCE**  **DODGEBALL**

**FENCING**  **FOOTBALL**  **GOLF**

**HILL-WALKING**  **HORSE RIDING**  **MUSIC**

**RUGBY**  **SAILING**  **SWIMMING**

**TENNIS**  **TRADITIONAL GAMES**  **VOLLEYBALL**

**SPIRIT Activities**

Find out if you have any of the skills that Sedbergh School looks for (Self-motivation, Perseverance, Independence, Responsibility, Imagination + Teamwork or “SPIRIT”) in one of our SPIRIT activities. These include:

**HIKING**  **MASTERCHEF**  **ZORBING**

**ORIENTEERING**
Your evening social programme involves you coming together with both Juniors and Seniors to enjoy activities as a family.

**MOVIE NIGHTS**  **QUIZZES**  **BBQ & CAMP FIRE**
**MTV MUSIC AWARDS**  **TRADITIONAL GAMES**  **ARTS & CRAFTS**
**DISCOS**  **FASHION SHOWS**  **KARAOKE**
**TALENT SHOW**  **WATER GAMES**  **SWIMMING**

**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. We will also issue SPIRIT awards to students who have shown one or more of the skills we look for in the SPIRIT activities. You will continue the celebration with the weekly themed disco, where you can dance the night away.

Lovely staff - it feels like home

MARIE
from Germany
LAKE DISTRICT

YORK

CHESTER ZOO

LONDON

EDINBURGH

MANCHESTER
Discover Your UK

FROM THE HIGHLANDS TO THE HIGH ROPES

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.

CITY EXCURSIONS (THURSDAYS)

<table>
<thead>
<tr>
<th>York Dungeons &amp; Shambles</th>
<th>Museum of Science and Industry</th>
<th>Liverpool Beatles Story</th>
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<tbody>
<tr>
<td>Chester Zoo</td>
<td>Edinburgh Castle and the Royal Mile</td>
<td>Boating on the Thames in London</td>
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<td>Manchester United Football Club</td>
<td>Jodrell Bank Observatory</td>
<td>York Minster &amp; Chocolate Story</td>
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<td>Newcastle Castle</td>
<td>Europe’s Largest Indoor Shopping Centre</td>
<td>Treetop Trek High Ropes</td>
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<td>The London Eye</td>
<td>Manchester Police Museum</td>
<td>University of Cambridge</td>
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LOCAL OUTDOOR EXCURSIONS AND ACTIVITIES

These are based around the Lake District and Yorkshire Dales

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<tr>
<th>Archery</th>
<th>Treetop Trek High Ropes</th>
<th>Muncaster Castle</th>
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<tbody>
<tr>
<td>Boat Building</td>
<td>River Swimming</td>
<td>Paddle Boarding</td>
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<td>Lake Windermere</td>
<td>Coniston Lake</td>
<td>Caving &amp; Bushcraft</td>
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<tr>
<td>Outdoor Pizza Making</td>
<td>Canoeing &amp; Water Sports</td>
<td>Kirkby Lonsdale</td>
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SEDBERGH SCHOOL  13
Become Part of our Community

We strive to provide the best teaching, sports and creative arts facilities across our 3 campuses.

BRATHAY HALL CAMPUS - WEEK ONE

SEDBERGH PREP SCHOOL CAMPUS - WEEKS 2 TO 7

SEDBERGH SENIOR SCHOOL CAMPUS

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, satellite TV, games, Wi-Fi and a range of double and multi-bed rooms. A full laundry service is provided twice weekly.
I sleep well every night and the teachers are very fun and kind

**AXEL**

from France
FIND YOUR PLACE IN OUR FAMILY

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 matron, who is there 24 hours a day. Our team are onsite 24 hours a day to supervise and look after you 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.

CHOCOLATE TIME

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

MATRON

CLEANERS

BUS DRIVERS

ROOMMATES

COURSE DIRECTOR

CLASSMATES

CHEFS

ACTIVITY STAFF

Sedbergh School
Every year at Sedbergh, we run a well-established summer sports and activities programme, with international sports men and women providing professional coaching. You can combine these with the Sedbergh International Summer School for an additional charge of £150.00.

**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

The sports courses are not accredited by the British Council.
The Beginning Of Your Journey

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 National Park.

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.

A nice location with the hills and the lake

**CHRISTIAN**
from Germany

**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 Sedbergh pastoral team.
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<th>Time</th>
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<td>13.30 - 16.30</td>
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<td>19.00 - 21.00</td>
<td>Dinner</td>
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<td>BBQ</td>
<td>Awards assembly</td>
<td>Evening entertainment and activities</td>
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<td>evening fire &amp;</td>
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<td>bedtime juniors</td>
<td>(lights out 22.00)</td>
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### Weeks 2-7 Schedule

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<th>Time</th>
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<tbody>
<tr>
<td>7.30-8.00</td>
<td>Arrivals and airport pickups</td>
<td>English lesson</td>
<td>Breakfast</td>
<td>Full day excursion</td>
<td>Full day excursion</td>
<td>Breakfast</td>
<td>Arrivals and airport pickups</td>
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<tr>
<td>8.00</td>
<td>Wake up</td>
<td>English lesson</td>
<td>Roll call</td>
<td>English lesson</td>
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<td>8.15</td>
<td>Roll call</td>
<td>Short break</td>
<td>Breakfast</td>
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<td>Breakfast</td>
<td>English lesson</td>
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<td>13.00</td>
<td>Formal Lunch/ Allocated seating</td>
<td>English lesson</td>
<td>Lunch break</td>
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<td>13.45-14.45</td>
<td>Group language activities</td>
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<td>15.15-17.45</td>
<td>Community Engagement &amp; Active Communication</td>
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<td>17.45-18.30</td>
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How To Find Us

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.

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.*

BY RAIL

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

- London - 2hrs 40mins
- Birmingham - 2hrs 30mins
- Glasgow - 1hr 40mins
- Manchester - 1hr 20mins

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

KEY

- Airport transfers
- Campus

FIND OUT MORE

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

The transfers from the airport are fast and well organised.

ROSE
from France
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
Sedbergh School, Sedbergh, Cumbria, LA10 5HG, United Kingdom

Casterton, Sedbergh Preparatory School, Kirkby Lonsdale, Cumbria, LA6 2SG, United Kingdom

Brathay Hall, Ambleside, Cumbria, LA22 0HP, United Kingdom

ISS.SEDBERGHSCHOOL.ORG

Find out more about Sedbergh School

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