



SEDBERGH  
SCHOOL

FOUNDED 1525

# International Summer School

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**JUNIORS | 8 - 11 YEARS | SENIORS | 12 - 16 YEARS**  
6th July to 10th August 2024

Accredited by the



for the teaching  
of English in the UK

# DIRECTOR'S INTRODUCTION

We are really looking forward to welcoming our students back to Sedbergh to take part in another action-packed International Summer School programme.

As part of the Sedbergh School family, we are proud to boast a reputation that reflects almost 500 years of tradition and heritage. The Sedbergh SPIRIT is at the heart of all we do, reflecting our School's ethos as we inspire, empower and develop our students throughout their Summer School journey.

Our English language courses support everyone from the most fluent of English speakers to the least proficient and with an ambitious activity programme, alongside exciting excursions and an engaging evening social programme, pupils are encouraged to take full advantage of the wealth of opportunities available to them.

Our dedicated team is committed to providing our pupils with a rich educational experience within an environment that encourages them to flourish. Pupils navigate their way through their chosen programmes, communicating, collaborating and developing in confidence as they make the most of the vast array of exciting opportunities available to them.

I think it's safe to say that our pupils will return home with far more than an improved ability to communicate in English and I look forward to welcoming them to Sedbergh 2024.

Kirsten Bentley  
Course Director



# SPIRIT & THREAD OF GOLD

## THE SEDBERGH PHILOSOPHY

Enabling children to develop positive attitudes and behaviour is vitally important to us. SPIRIT and Sedbergh's Thread of GOLD form the backbone to the Sedbergh International Summer School programme.

**S**elf-motivating – a pupil who works hard, is enthusiastic about what they do, actively engaging in their lessons, activities and in life in the boarding house;

**P**ersevering – a pupil who tries their best, even when the task ahead is difficult;

**I**ndependent – a pupil who is self-reliant and able to take responsibility for themselves in all that they do;

**R**esilient – a pupil who can adapt to new environments, asking for help when needed and embracing challenges they are faced with;

**I**maginative – a pupil that can think of new and different ways of doing things and can use this to be creative;

**T**eamwork – a pupil that demonstrates respect and empathy towards the wider group, working effectively towards a common goal;



We aim to create a unique environment for the development of our young people and believe that children best develop skills and attitudes when they are inspired. With fun and enjoyment at the very heart of delivery, pupils are supported throughout their stay as they develop the behaviours inspired by **GOLD**, namely:

**GROWTH | ORIGINALITY | LEADERSHIP | DETERMINATION**



# YOUR ADVENTURE BEGINS HERE

Set between the UNESCO World Heritage Site of the Lake District National Park and the Yorkshire Dales National Park, Sedbergh International Summer School provides pupils with the perfect opportunity to fully immerse themselves in an English and activities-based programme with other young people from across the world.

## 6 JULY - 20 JULY SEDBERGH CAMPUS WEEKS 1 & 2

### JUNIOR COURSES (Ages 8 to 11)

English + Multi-Activities  
English + Outdoor Adventure

### SENIOR COURSES (Ages 12 to 16)

English + Multi-Activities  
English + Outdoor Adventure  
English + Football  
Leadership & International Relations  
(LIRA)

## 20 JULY - 10 AUGUST CASTERTON CAMPUS WEEKS 3 TO 5

### JUNIOR COURSES (Ages 8 to 11)

English + Multi-Activities  
English + Outdoor Adventure

### SENIOR COURSES (Ages 12 to 16)

English + Multi-Activities  
English + Outdoor Adventure

Pupils will be accommodated in our comfortable boarding houses. Both campuses boast an array of facilities, including state-of-the-art sports facilities, art and design studios and music and performing arts centres as well as a huge range of classrooms and IT suites.

# WHY CHOOSE SEDBERGH?

- British Council accredited
- Multicultural learning experience over 5 weeks
- Owned and operated by Sedbergh School
- Minimum of 15 hours of formal English tuition per week
- Extensive activities and social programme
- Specialist programme: Leadership & International Relations Academy (LIRA)
- 2 full day excursions per week
- 24/7 pastoral care in a safe environment



# A SUMMER SCHOOL BUILT AROUND YOU

With a minimum of 15 hours of formal English lessons each week, pupils are placed onto the Junior (Ages 8-11) or Senior Course (Ages 12-16). All Sedbergh teaching staff are experienced, enthusiastic native level speakers. Our 1:15 teacher-pupil ratio ensures pupils benefit from their teacher's dedicated time and attention.

Formal lessons are timetabled on Monday, Tuesday, Wednesday, Friday and Saturday mornings. (Thursdays and Sundays are excursion days). Active Communication is encouraged throughout the course and language skills continue to develop as our pupils take part in a wide and varied range of excursions and activities. Speaking, listening and reading skills are continually assessed and improved alongside their general comprehension and understanding of English grammar.

During lessons, students are divided into groups by age and ability, based on their placement test results. Lessons are tailored to the needs of the group, thus maximising pupil engagement, enjoyment and language development.

Every student receives a full academic report and certificate at the end of the course with comments from their Teacher, Houseparent and the Course Director.

## The Right Level For You

Pupils will complete a short online placement test in advance of the course, the results of which enable teachers to allocate them to the most appropriate class for their ability.









# JUNIOR TIMETABLE

	7.30am - 9am	9am - 12pm	12pm - 1pm	1pm - 1.45pm	2pm - 4.30pm	4.30pm - 6pm	6pm - 7pm	7pm - 8.30pm	8.30pm - 9.45pm
Sunday	Morning Registration & Breakfast	EXCURSION					Dinner	Registration & Evening Activities	Evening Snack, Time in House, Bed Time
Monday		English Lessons inc. break	Lunch & Afternoon Registration	English Lesson	Activities	Free Time			
Tuesday									
Wednesday									
Thursday		EXCURSION						Celebration Assembly & Disco	
Friday		English Lesson inc break	Lunch & Afternoon Registration	English Lesson	Activities	Free Time			
Saturday		Community Engagement <small>(except 6 July &amp; 10 August)</small>		Activities				Registration & Evening Activities	



# SENIOR TIMETABLE

	7.30am - 9am	9am - 12pm	12pm - 1pm	1pm - 1.45pm	2pm - 4.30pm	4.30pm - 6pm	6pm - 7pm	7pm - 9pm	9pm - 11pm
Sunday	Morning Registration & Breakfast	EXCURSION					Dinner	Registration & Evening Activities	Evening Snack, Time in House, Bed Time
Monday		English Lessons inc. break	Lunch & Afternoon Registration	English Lesson	Activities	Free Time			
Tuesday									
Wednesday									
Thursday		EXCURSION						Celebration Assembly & Disco	
Friday		English Lesson inc break	Lunch & Afternoon Registration	English Lesson	Activities	Free Time			
Saturday		Community Engagement <small>(except 6 July &amp; 10 August)</small>		Activities				Registration & Evening Activities	

NB: Timetables can vary depending on chosen programme.

# COMMUNITY ENGAGEMENT

At Sedbergh, we value the importance of community engagement. Regular conversation with local British people will help to develop a pupil's spoken English.

Pupils will have the opportunity to engage with our local and wider communities, visiting our neighbouring towns and engaging in specific activities that have been developed to encourage our pupils to practice their newly acquired language skills.





# A COURSE FOR ALL

Run by our dedicated team of specialist staff, pupils can tailor their Summer School experience to reflect their own specific interests. Each course runs for a period of one week with pupils selecting their chosen option during the registration process. Pupils are encouraged to participate in a different activity programme each week in order to provide a more rounded experience:

## 6th July to 10th August 2024

English + Multi Activity (Junior & Senior)

English + Outdoor Adventure (Junior & Senior)

## 6th July to 20th July 2024

English + Football - 12 to 16 years old

Leadership & International Relations Academy (LIRA) - 14 to 16 years old  
LIRA is a fixed two week programme

# ENGLISH + MULTI-ACTIVITIES

## JUNIORS & SENIORS

WEEKS 1 & 2 - SEDBERGH CAMPUS  
WEEKS 3 TO 5 - CASTERTON CAMPUS

Making the most of the facilities available on both our campuses, our multi-activities programme provides the perfect opportunity to experience a range of our most popular activities. This action-packed programme provides the perfect opportunity to relax with your friends and try something new. Typical activities may include, but are not limited to:

- Archery
- Basketball
- Cookery
- Dance
- Fly Fishing
- Hockey
- Netball
- Team Building
- Volleyball
- Arts & Crafts
- Circus Skills
- Coracle Building
- Drama
- Football
- Horse Riding
- Rounders
- Tennis
- Water Sports
- Badminton
- Climbing
- Cricket
- Fencing
- Golf
- Music
- Swimming
- Touch Rugby
- Zorbing



# ENGLISH + FOOTBALL

12 - 16 YEARS OLD

6 - 20 JULY 2024

SEDBERGH CAMPUS

Following the success of our football programme in 2023, we are delighted to be able to offer English + Football as part of our programme in 2024. Open to all abilities, pupils will combine English language tuition with up to 12 hours (4 afternoons) of football each week.

Pupils will be divided into teams according to age, and will spend their time developing their skills, tactics and game play in a dynamic, fun environment.

*Please note, places are limited and available on a first come first served basis.*



# ENGLISH + OUTDOOR ADVENTURE

## JUNIORS & SENIORS

WEEKS 1 & 2 - SEDBERGH CAMPUS  
WEEKS 3 TO 5 - CASTERTON CAMPUS

Our stunning location between the Lake District National Park and the Yorkshire Dales allows us to take full advantage of the wealth of outdoor pursuits on offer. Our team of expert instructors offer a number of exciting activities that can include, but are not limited to\*:

- Abseiling
- Bushcraft
- Caving
- Fell Walking
- Ghyll Scrambling
- Kayaking/Canoeing
- Orienteering
- Rafting
- Rock Climbing



*\*Please be aware that pupil safety is paramount. We reserve the right to make changes to our programme due to any unforeseen circumstances. Where inclement weather precludes us from taking part in a planned activity, an alternative will always be available.*

*Please note, places are limited and available on a first come first served basis.*







# ENGLISH + CREATIVE ARTS

## JUNIORS & SENIORS

WEEKS 1 & 2 - SEDBERGH CAMPUS  
6 JULY - 20 JULY 2024

NEW  
FOR  
2024



Embark on an exhilarating journey into the enchanting realms of theatre, media, and film with our vibrant and dynamic programme! Tailored for pupils of all ages and language abilities, this immersive experience is set to ignite the spark of creativity within each participant.

Prepare for an action-packed week filled with thrilling workshops that will transport you into the heart of artistic expression. From the art of characterisation to the intricacies of staging and the magic of building a performance, our expert-led sessions will unravel the secrets of the stage, one captivating lesson at a time.

But that's not all! Guided by specialists in puppetry, stage combat, circus skills, and dance, unleash your imagination as you learn from the very best!





# LEADERSHIP & INTERNATIONAL RELATIONS ACADEMY (LIRA)

14 - 16 YEARS OLD

6 JULY - 20 JULY 2024, SEDBERGH CAMPUS

"A once in a lifetime experience!" *Student (Luxembourg)*



LIRA is a transformative, 2-week development programme for 14-16 year olds.

Leadership develops through a combination of knowledge, tools and experience.

Designed as a progressive curriculum that continuously stretches the pupils in a supportive and encouraging environment, LIRA enables young people to learn, explore and practice the foundations of how to lead themselves and others through a combination of personal coaching, experiential learning and fun excursions.

Programme content is delivered using in-person priming sessions followed by individual and group exercises, all of which focus and relate back to our four themes: leading; caring; connecting and exploring.

LIRA is run by a team of subject matter experts more usually found working within the corporate environment. Week one focuses on leadership skills acquisition which are then put into practice over the weekend in a 'real life simulation' experience. Week two allows students to explore global challenges, applying their newly acquired skills to lead change.





# EXCURSIONS & TRIPS

## BEYOND THE CLASSROOM...

Pupils are sure to enjoy the huge range of experiences available in this incredible part of the British Isles. Our unique location offers pupils the chance to explore historical and contemporary landmarks across the north of England.

With 2 full-day excursions each week, pupils experience British culture first hand as they visit well known British cities across the North of England, world class heritage sites such as Alnwick Castle (Hogwarts School of Witchcraft and Wizardry in the Harry Potter films), the Lake District National Park and famous visitor attractions such as Blackpool Pleasure Beach and Old Trafford Football Stadium.

## CITY EXCURSIONS & ACTIVITIES

- Alnwick Castle
- Blackpool Pleasure Beach
- Chester
- Lake District National Park
- Liverpool
- Manchester
- Newcastle
- Liverpool Football Club
- Windermere
- York
- Yorkshire Dales National Park







# EVENING ACTIVITIES

We run a full and varied programme of evening activities throughout the 5 weeks of the International Summer School. Activities can include:

- BBQ & Firepit
- Bowling
- Creative Arts
- Discos
- Foot Golf
- Inflatable Obstacle Course
- Karaoke
- Movie Nights
- Quiz Nights
- Sports Tournaments
- Staff vs Pupil Tournaments
- Swimming
- Talent Shows
- Team Challenges
- Tennis
- Trashion Shows
- Traditional Games
- Water Wars



# YOUR SEDBERGH FAMILY

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, WiFi and a range of double and multi-bedrooms. A full laundry service is provided twice weekly.

## A HOME AWAY FROM HOME

Everyone at Sedbergh is committed to establishing a safe and homely environment. Our pupil's wellbeing is paramount and we want you to return home with lots of wonderful memories. Boarding Houses on both campuses are welcoming and comfortable and feel like a real 'home from home'. Our live-in house parents achieve this by creating a fun, friendly community where every child feels safe, secure and valued. Medical needs are dealt with by our Welfare Officers who are on hand 24 hours a day with support from our dedicated school nursing staff and local medical centre.



## 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 team of in-house chefs. All tastes and dietary requirements are catered for with meals cooked in house by our in-house catering teams and served within the house dining room.

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

## REFLECTION

After evening activities, pupils have the time to relax and reflect on the day over a pre-bedtime snack, sharing stories and experiences, cementing friendships and unwinding together.





# OUR LOCATION

Sedbergh International Summer School is uniquely placed within the heart of Northern England. The Summer School occupies both Sedbergh School and Sedbergh Preparatory School campuses with the first two weeks (6-20 July 2024) held in Sedbergh. The second half of the programme (20 July – 10 August) is held at Sedbergh Preparatory School which is located a short 15 minute drive from Sedbergh in Casterton, on the outskirts of the attractive Cumbrian town of Kirkby Lonsdale.

Sedbergh and Casterton both benefit from excellent road and rail links. Manchester International Airport is within easy distance and Oxenholme Lake District railway station can be reached from London Euston in 2 hours 40 minutes via regular direct trains.



# SEDBERGH ON THE MAP!

**Manchester Airport: 1hr 30mins**  
**Liverpool Airport: 1hr 45mins**  
**Leeds/Bradford Airport: 1hr 45mins**



# ESCORTED ARRIVALS AND TRANSFERS

## BY AIR

Pupils will be met on arrival at the airport by a member of staff. Once within our care, pupils will be provided with refreshments before being transferred from the airport to Sedbergh or Casterton via our fleet of minibuses or via transport arranged by our in-house transport department.

Escorted shared transfers are provided at no additional cost when arriving on the designated arrival and departure dates from Manchester and Liverpool airports. Transfers outside these times and from other airports can be arranged at an additional cost.

## BY RAIL

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

- Manchester: 1 hour 20 mins.
- London: 2 hours 40 mins
- Glasgow: 1 hour 40 mins

*"Thanks to you and all the staff of the school, our children had a wonderful and interesting time and progressed well in their English. You spared no effort and time to ensure that they did not need anything and got the maximum pleasure and benefits from being at your wonderful school." PARENT*



# TESTIMONIALS

## PARENTS

“Thanks to you and all the staff of the school, our children had a wonderful and interesting time and progressed well in their English. You spared no effort and time to ensure that they did not need anything and got the maximum pleasure and benefits from being at your wonderful school.”

“Our daughters really appreciated the sports and entertainment activities in the afternoon, especially the more exotic things like fly fishing, cricket, rugby, archery and cheerleading.”

“I would like to thank you for your incredible care of (our son) and the atmosphere you have created for him. Not only his English has improved but we have noticed that he has matured and now is more helpful at home. He has even encouraged his little brother to go with him next year!”

## PUPILS

“I learned a lot and I met a lot of nice and kind people so I’m very, very happy!”

“The experience in Sedbergh was fantastic! Thank you for these two magnificent weeks.”

“I love my experience at Sedbergh ISS. The staff members were so friendly. Thank you for this amazing experience with the Sedbergh family. I want to come next summer!”

“It’s an opportunity to learn new leadership skills, to communicate with people, to step out of your comfort zone and to meet and create relationships with people from different places and cultures.”







Leading  
Independent  
Schools



Accredited by the  
 **BRITISH  
COUNCIL**  
for the teaching  
of English in the UK

#### **Sedbergh School**

Sedbergh  
Cumbria  
LA10 5HG  
United Kingdom

#### **Casterton, Sedbergh Preparatory School**

Kirkby Lonsdale  
Cumbria  
LA6 2SG  
United Kingdom

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[www.internationalsummercourses.org](http://www.internationalsummercourses.org)  
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