



IH Sample TEENS Programme WEEK 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake-up call	8.30	8.30	8.30	8.30	8.30	8.30	8.30
Breakfast	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
Assembly	N/a	09.15	09.15	09.15	09.15	09.15	09.15
Morning	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
	Rest	Lessons	Lessons	Lessons	Lessons	Lessons	Heart of Malta Tour
Lunch	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
Assembly	14.15	14.15	14.15	14.15	14.15	14.15	N/a
Afternoon	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
	Marfa Bay	Kayaking	Comino Boat Trip	Paradise Bay	Valletta Outing	Pool Games	Rest
Dinner	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
Assembly	20.00	20.00	20.00	20.00	20.00	20.00	20.00
Evening	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
	Ice-Breaker	Beach Party	Football tournament	Feltom Party	Paceville Night Out	Bonfire Night	International Party
Lights Out	23.00	23.30	23.00	23.30	23.30	23.00	00.00

*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
Wake-up call	8.30	8.30	8.30	8.30	8.30	8.30	8.30
Breakfast	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
Assembly	N/a	09.15	09.15	09.15	09.15	09.15	09.15
Morning	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
	Rest	Water Park	Gozo Boat Trip	Rocky Beach	Mdina Treasure Hunt	Waterpolo Games	Gozo Hop On Hop Off
Lunch	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
Assembly	14.15	14.15	14.15	14.15	14.15	14.15	N/a
Afternoon	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
	Sandy Beach	Lessons	Lessons	Lessons	Lessons	Lessons	Rest
Dinner	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
Assembly	20.00	19.15	20.00	20.00	20.00	20.00	20.00
Evening	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
	Orientation Evening	Boat Party	Volleyball Tournament	Felton Party	Bugibba Night Out	Night Swim	International Party
Lights Out	23.00	00.00	23.00	23.30	23.30	23.00	00.00

*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 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake-up call	8.30	8.30	8.30	8.30	8.30	8.30	8.30
Breakfast	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
Assembly	N/a	09.15	09.15	09.15	09.15	09.15	09.15
Morning	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
	Rest	Lessons	Lessons	Lessons	Lessons	Lessons	Journey Back in Time
Lunch	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
Assembly	14.15	14.15	14.15	14.15	14.15	14.15	N/a
Afternoon	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
	Rocky Beach	Popeye's Village	Preparation of Talent Night	Mellieha Bay	3 Cities Treasure Hunt	Private Beach	Rest
Dinner	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
Assembly	20.00	19.15	20.00	20.00	20.00	20.00	20.00
Evening	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
	Movie Night	Student Night	Sports Evening	Talent Night	Discover Malta by Night	Night Under the stars	Feltom Student Party
Lights Out	23.00	00.00	23.00	23.30	23.30	23.00	00.00

*Programme subject to changes

*Lessons could be offered in the morning or afternoon

*Activities could be offered in the morning or afternoon