Sample of a weekly schedule in Lindenberg – Intensive course 30

Night rest

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:25			Breakfast				
08:30 - 10:00			Class				
10:00 - 10:30	Break – Fruit basket Class Break Class Weekly Test					Fullday excursion to Munich (packed lunch): Visiting the "Deutsches	
10:30 - 12:00							Brunch (10:00-14:00)
12:00 – 12:15							
12:15 - 13:00							Cleaning the rooms
13:00 – 14:00	Lunch						Outdoor climbing wall or yoga
14:15 - 15:00	Class Mountain biking*** or miniature golf	Class	Halfday excursion to Ravensburg:	Class	Hiking tour around Lindenberg***	Museum" City tour free time (~1 hour)	"Welcome Day" funny games to get to know each other in- and outdoor
15:00 - 15:45							
16:00 – 17:00		City walk **	Visiting the Humpis Quartier	City walk **			
17:00 – 18:00			City rally	Only Walk			
18:00 – 19:00	Dinner			Di	Dinner		Dinner
19:00 – 20:00	Homework		Dinner	Homework		Dinner	Homework
20:00 – 21:00	Handicrafts: batik arts or volleyball	School rally with different kind of exercises	Homework	Handicrafts: creating bracelets out of peris or soccer	School disco create your own non-alcoholic cocktails	Workshop: juggling walking on stalks or	Billiard, darts and ping-pong
22:00			Zumba or board games				
23:00	Night rest					handicrafts: soap stones	Night rest

Please note that free-time activities vary from week to week, i.e. they do not follow standardized leisure programs. Activities depend on the student's interests and the weather conditions. Most of the free-time activities like basketball, volleyball, badminton, football, table tennis, darts, handicrafts and workshops, etc. are pursued on the school's premises.

** In small groups with sign out and -in ***off campus

00:00