

Sample weekly schedule in Düsseldorf – Intensive Course 30*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45 – 08:15	Breakfast						Breakfast
08:30 – 10:00	Lessons						
10:00 – 10:30	Break					Excursion (packed lunch)	Room cleanup time
10:30 – 12:00	Lessons						DIY: Creating scrapbooks
12:00 – 12:15	Break						
12:15 – 13:00	Lessons				Weekly test		
13:00 – 13:30	Lunch					Cologne with a visit to the Cologne Cathedral and the Chocolate Museum	Lunch
14:00 – 14:45	Lessons	Lessons	Excursion Oberhausen with a visit to the Gasometer (exhibition)	Lessons	Bicycle tour		Sports, games & relaxation on the banks of the Rhine
14:45 – 15:30	Spotlight D'dorf: Old town and “Little Tokyo”			Slackline and Viking chess			
15:45 – 18:00							
18:00 – 19:00	Dinner			Dinner		Dinner	
19:00 – 20:00	Homework		Dinner	Homework		Dinner	Homework
20:00 – 21:00			Homework				
21:00 – 22:30	Community evening: Quiz show	Creative workshop: Origami and henna tattoos	Karaoke evening	Sports evening with basketball, frisbee and twister	Neon party with talent show	Student wish of the week: Campfire with twist bread and marshmallows	Casino evening
22:30	Night rest						Night rest
23:30	Night rest						

* Leisure activities vary each week, i.e. there is no standardized leisure program. Activities depend on the interests of our students as well as the weather conditions. Usually, our students can choose from a parallel range of sports, creative and social activities during daily activities.

** During the city walk, our students can go into the city in small groups, unaccompanied by a team of supervisors, with signing out and signing in. A city walk can be scheduled once or twice a week.