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| Wk One | Morning | Afternoon | Evening | Location |
| Day 1 | Arrival | Arrival | Welcome Games | London |
| Day 2 | Coach to York | York Minster, Walls and the Shambles | Film Night | York |
| Day 3 | Coach to Edinburgh | Tour of the Historic City Centre & Royal Mile | English Tea Party | Edinburgh |
| Day 4 | Placement Test (1.5 hrs)  English Class (1.5 hrs) | Holyrood Park & Arthur’s Seat | Great British Historical Figures (2 hrs) | Edinburgh |
| Day 5 | English Class 1 (1.5 hrs)  English Class 2 (1.5 hrs) | Edinburgh Castle | Ceilidh  (Traditional Scottish Dance) | Edinburgh |
| Day 6 | English Class 1 (1.5 hrs)  English Class 2 (1.5 hrs) | English Class 1 (1.5 hrs)  English Class 2 (1.5 hrs) | Highland Games | Edinburgh |
| Day 7 | English Class 1 (1.5 hrs)  English Class 2 (1.5 hrs) | Sports Choice  Dance / Drama | Edinburgh Fringe Show | Edinburgh |
| Wk Two |  |  |  |  |
| Day 8 | English Class 1 (1.5 hrs)  English Class 2 (1.5 hrs) | The Edinburgh Fringe Experience  Free time in Edinburgh City Centre | Edinburgh Farewell Disco | Edinburgh |
| Day 9 | Coach to the Lake District (Ambleside) | Boat Tour of the Lakes | The Romantic Poets  (2 hrs) | Lake District |
| Day 10 | Coach to Manchester  Guided tour of Old Trafford | Coach to Cardiff | Sports Choice | Cardiff |
| Day 11 | Cardiff Castle & Tour of the city centre | Guided Tour of The Millennium Stadium | 3 Capitals Project Work (2 hrs) | Cardiff |
| Day 12 | Entrance to Stonehenge | Coach to London | 3 Capitals Quiz Night | London |
| Day 13 | The Tower of London | Shopping in Oxford Street | West End Musical | London |
| Day 14 | South Bank & Shakespeare’s Globe | 3 Capitals Project Presentations  (2 hrs) | Farewell Party | London |

**TYPICAL 2 WEEK PROGRAMME – 3 Capitals**