

FOUNDED 1988

# exportise

SUMMER SCHOOLS



**LEADING UK SUMMER SCHOOLS FOR ENGLISH LANGUAGE  
PLUS SPORT, MUSIC & DANCE** FOR STUDENTS AGED 9-17



## CONTENTS

<b>Welcome to Exsportise</b> Why Exsportise?	3
<b>Our Schools</b> Locations Clayesmore, 9-14 years Seaford, 10-16 years Worth, 10-16 years Oundle, 11-17 years	6
<b>Academic Programme</b> Lessons: The Basics Types of Lessons Sample Lesson Assessment and Quality Assurance	11
<b>Specialist Options</b> Basketball Dance Football - Arsenal Development Golf Hockey Horse Riding Music Rugby Tennis Multi Activity	16
<b>Leisure Programme</b> Evening Entertainment Excursions and Trips	38
<b>Life on Campus</b>	40
<b>Pastoral Care</b>	41
<b>Learning Lifeskills</b>	42
<b>Getting to Exsportise Summer School</b>	43
<b>Choosing the Right Course</b> How to book	44

TELL ME AND I FORGET.  
TEACH ME AND I REMEMBER.  
INVOLVE ME AND I LEARN.

# Welcome to Exsportise

A stay at Exsportise Summer School is a great experience that children rarely forget.

Our bespoke programme is carefully designed for those students who want to improve their English but also their skills and technique in a chosen Specialist Option of sport, music or dance.

The English language programme is delivered by qualified English teachers and involves three hours of study per day. Different types of lessons combine to improve students' language skills, extend their vocabulary, increase their spoken fluency and develop their 21st century learning skills.

Students' English is further improved during three hours per day of professional coaching or tuition, which aims to increase students' skills, technique and knowledge of their chosen Specialist Option.

### English THROUGH

Exsportise has been running summer camps since 1988 and we know that the programme and experience we offer really works.

We provide a nurturing, safe, friendly and fun-packed environment for students to study, play and live, and where, most importantly, they are allowed to be themselves.

Most of our staff live on campus to supervise the students 24 hours a day and we offer one of the best staff-to-student ratios in the UK.

Our goal is to ensure that all students leave Exsportise with improved language confidence, motivation to participate in their Specialist Option, and with friendships and memories that will last a lifetime.

“

At Exsportise, we know that if you offer children the opportunity to practise their English whilst doing something that they really love, alongside other children sharing a common interest, they will naturally improve their English language confidence and skills.

BRAM VAN ASSELT,  
FOUNDER & MANAGING DIRECTOR

”





## A Typical Day



Example only and may vary depending on venue.  
Timings of breaks are at the discretion of the individual teachers / coaches.

# Why Exsportise?

Exsportise combines language tuition with Specialist Options to improve students' English and their skills and technique in the chosen Specialist Option.

## DUAL APPROACH

Exsportise uses a dual approach to improve students' English: English tuition + Specialist Options, which are all delivered in English by qualified teachers and coaches.

Our programme offers students the opportunity to pursue an interest, discover a talent or feed their passion in sport, music or dance and use that to simultaneously improve their English language skills.

By doing something they enjoy with others who share a common interest, students will practise and improve their spoken English without even realising it! This is the natural way and replicates how native speakers learn.

## MAGICAL ENVIRONMENT

We welcome children from over 65 different countries each year which provides a truly multinational environment in which students study, train and live together.

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

**ELgazette**  
CENTRE OF EXCELLENCE 2015

**YOUNG LEARNERS**  
**ENGLISH UK**

**ENGLISH UK**

By spending all day together and sharing mutual interests, we watch genuine and beautiful friendships form, grow and blossom. We create a learning and social environment that is truly magical.

Many students stay in touch and meet up again at one of our schools the following summer, and some even return as staff members.

## EXCELLENT CARE

Exsportise offers one of the best over staff-to-student ratios in the UK as well as 24-hour supervision to meet the personal and welfare needs of every student.

Many of the teachers, sports coaches, house parents, medical officers and course assistants return year after year to create continuity for our students and the feeling of a home-from-home.

Most staff live on site to provide care day and night and, where necessary, they have specialist training and qualifications such as lifeguarding and First Aid.

“ Many of our staff return year after year creating continuity and an outstanding quality of care. ”



## EXSPORTISE SUMMER SCHOOL

- 15 hours of English language tuition per week
- 15 hours of a chosen Specialist Option per week in sport, music or dance
- Small English classes with a maximum ratio of 1:14
- Qualified English teachers and sports coaches
- Residential staff to care for students 24 hours per day
- A varied and comprehensive evening entertainment programme
- Boarding School campuses with excellent sporting and leisure facilities
- Three buffet-style meals per day or packed lunches for excursions\*
- Two full-day excursions per weekend\*\*
- An Exsportise t-shirt and drinking bottle
- Arsenal Development Football students receive an Arsenal t-shirt and drinking bottle

\* Special diets can be catered for by prior arrangement - see page 38 for a sample menu.  
\*\* For stays of two weeks or longer.

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

“ Exsportise is the only private language school specialising in sport and English ever to have become an EL Gazette Centre of Excellence based on the results of their British Council inspection. ”

**MELANIE BUTLER**, EDITOR EL GAZETTE



FOUNDED 1988  
**exsportise**  
Over 30 years of experience



**15 HOURS**  
ENGLISH TUITION  
per week



**15 HOURS**  
SPECIALIST OPTION  
per week

**English THROUGH**

Overall staff to student ratio

**1:4**

Max teacher to student ratio

**1:14**



House Parents & Welfare Manager oversee  
**STUDENT WELL-BEING**



All staff live on site



On site Medical Officers



All staff police checked



All staff child protection trained



High quality Schools



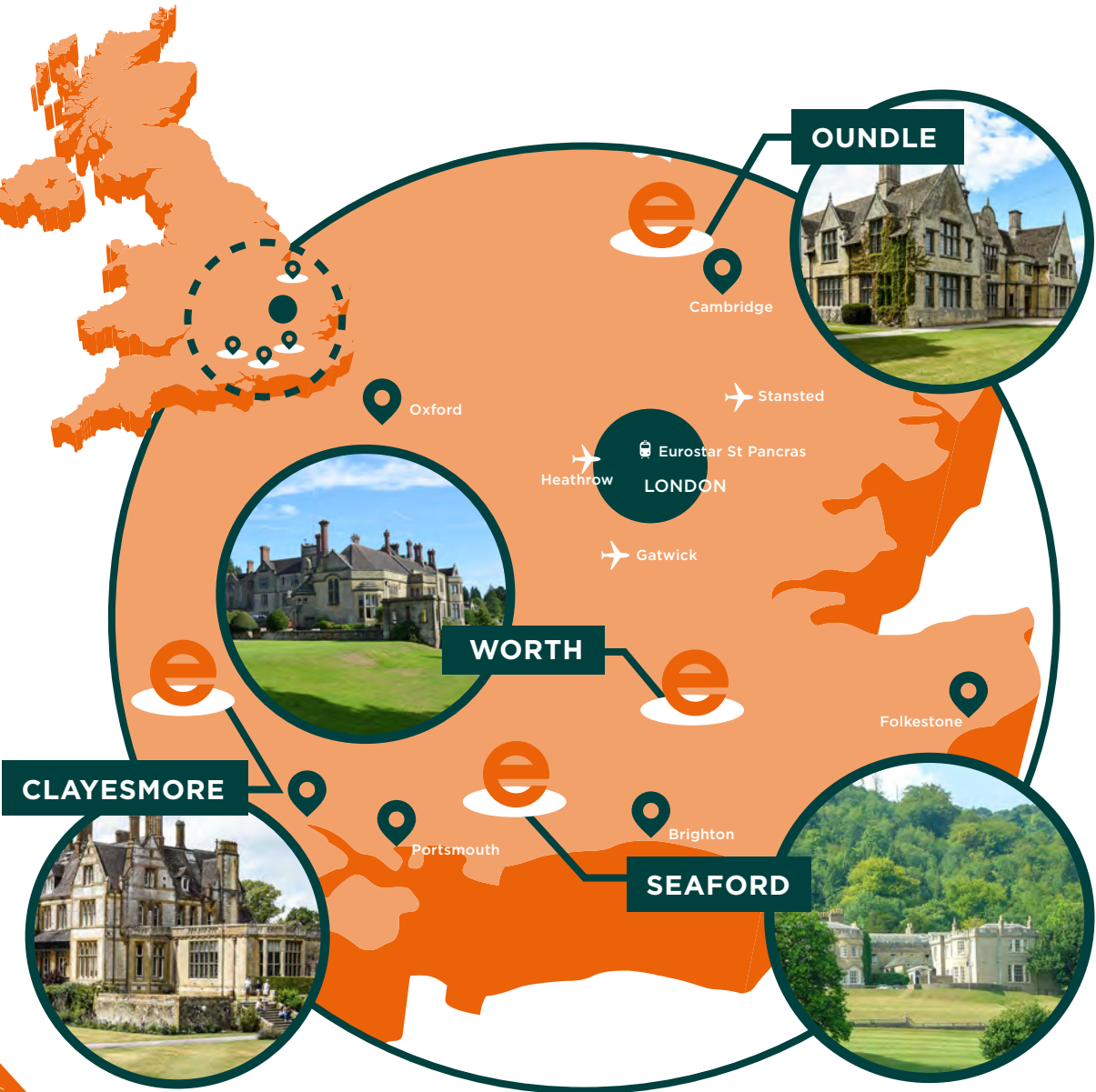
**ACCOMPANIED TRANSFERS**  
from and to international airports & train station



65+ nationalities



# Our Schools



## CLAYESMORE

POSTCODE FOR SAT NAV: NT11 8LL

### NEAREST TOWNS:

Blandford Forum: 12 km  
Bournemouth: 42 km  
Bath: 61 km

Nearest Train Station:  
Gillingham (Dorset)

### DISTANCE FROM:

✈ London Heathrow:  
160 km - 2 hrs 30 mins  
✈ London Gatwick:  
200 km - 2 hrs 30 mins  
🚅 Eurostar London:  
190 km - 3 hrs

## OUNDE

POSTCODE FOR SAT NAV: PE8 4AQ

### NEAREST TOWNS:

Peterborough: 24 km  
Cambridge: 63 km  
Birmingham: 116 km

Nearest Train Station:  
Peterborough

### DISTANCE FROM:

✈ London Heathrow:  
160 km - 2hrs 15 mins  
✈ London Stansted:  
105 km - 1 hr 30 mins  
🚅 Eurostar London:  
140 km - 2 hrs 15 mins

## SEAFORD

POSTCODE FOR SAT NAV: GU28 0NB

### NEAREST TOWNS:

Chichester: 20 km  
Portsmouth: 50 km  
Brighton: 65 km

Nearest Train Station:  
Pulborough

### DISTANCE FROM:

✈ London Heathrow:  
75 km - 1 hr 30 mins  
✈ London Gatwick:  
55 km - 1 hr 15 mins  
🚅 Eurostar London:  
95 km - 2 hrs 20 mins

## WORTH

POSTCODE FOR SAT NAV: RH10 4SD

### NEAREST TOWNS:

Guildford: 60 km  
London: 75 km  
Brighton: 36 km

Nearest Train Station:  
Three Bridges

### DISTANCE FROM:

✈ London Heathrow:  
77 km - 1 hr 30 mins  
✈ London Gatwick:  
12 km - 25 mins  
🚅 Eurostar London:  
110 km - 2 hrs 15 mins

exportise

# Clayesmore

SUMMER SCHOOL AGES: 9-14 years

Clayesmore is located in the picturesque village of Iwerne Minster in the South West of England.

Clayesmore offers an intimate environment and provides a relaxed and friendly atmosphere. It is the only centre where we accommodate 9 year olds.

All Specialist Options take place on-site apart from horse riding which is held at a specialist stable off-site. Modern English language facilities provide a pleasant environment for students to learn in. Tennis courts and football pitches, a theatre and a sports hall are all available, as well as an indoor swimming pool.

ACCOMMODATION/FACILITIES		
	YES	NO
Shared Rooms	✓	
Dormitories	✓	
Single Rooms		✓
Swimming Pool	✓	
Sports Hall	✓	
Shared Bathroom Facilities	✓	
Wi-Fi	✓	
Maximum number of students per week	80	

## SPECIALIST OPTIONS



“

Our daughter Saskia had the most wonderful time at Clayesmore last week playing tennis, singing and meeting people from all over the world

”





exsportise  
**Oundle**  
SUMMER SCHOOL

SENIOR SCHOOL  
AGES: 11-17 years

Oundle is located in the heart of the beautiful market town of Oundle near Peterborough.

Oundle offers excellent facilities for sports, extensive playing fields and two sports halls. There are also several floodlit astroturf pitches, tennis courts and an indoor swimming pool. All sports facilities are on-site except for horse riding which is held at a specialist stable nearby.

Oundle also offers a modern language centre and contemporary, comfortable accommodation.

ACCOMMODATION/FACILITIES		
	YES	NO
Shared Rooms	✓	
Dormitories	✓	
Single Rooms		✓
Swimming Pool	✓	
Sports Hall	✓	
Shared Bathroom Facilities	✓	
Wi-Fi	✓	
Maximum number of students per week	160	

SPECIALIST OPTIONS



“

I found the camp very nice and homely whilst I was here. The football is fantastic and it's a great experience compared to home.

”



exsportise  
**Seaford**  
SUMMER SCHOOL

AGES: 10-16 years

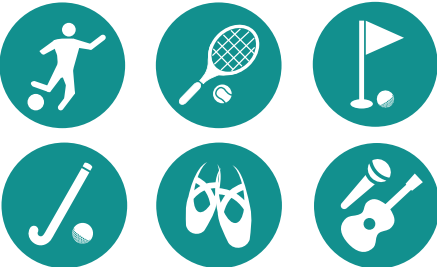
Located in the heart of the Sussex countryside, Seaford College offers extensive facilities in a beautiful and secure location.

Seaford has five boarding houses, as well as a dedicated music studio, and high-tech language facilities.

It is also equipped with tennis courts, football and hockey pitches and its very own 9-hole golf course. There is a newly refurbished swimming pool and sport centre on-site. It is the only centre where we offer golf.

ACCOMMODATION/FACILITIES		
	YES	NO
Shared Rooms	✓	
Dormitories	✓	
Single Rooms		✓
Swimming Pool	✓	
Sports Hall	✓	
Shared Bathroom Facilities	✓	
Wi-Fi	✓	
Maximum number of students per week	170	

SPECIALIST OPTIONS



“

She has so much fun with hockey and came back asking if we could change our lawn to artificial grass and put in a hockey goal!!!

”





The school is situated in 500 acres of beautiful Sussex countryside, within the grounds of Worth Abbey.

Located in the High Weald Area of Outstanding Natural Beauty, Worth has housed the Benedictine School since the early 1930s. It is within easy reach of London and Brighton and only 25 minutes from Gatwick Airport. With great facilities and boarding houses providing a wonderful and safe environment for our students to experience and enjoy.

Facilities include football pitches, an artificial pitch, hard tennis courts, sports hall, theatre, music rooms and dance studio. The horse riding stables are a short drive away.

ACCOMMODATION/FACILITIES		
	YES	NO
Shared Rooms	✓	
Dormitories	✓	
Single Rooms		✓
Swimming Pool		✓
Sports Hall	✓	
Shared Bathroom Facilities	✓	
Wi-Fi	✓	
Maximum number of students per week	150	

**SPECIALIST OPTIONS**



“  
I can speak English in a very good camp  
and with very kind and good people  
in a very beautiful place.  
”



**> OUR OBJECTIVE IS....**

to provide real English language development through a structured and engaging programme aimed at building language proficiency and confidence.

# Academic Programme

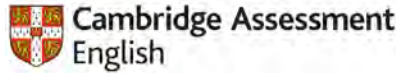




# Lessons: The Basics

Our academic programme, which offers a minimum of 15 hours of English language tuition per week, is carefully designed to improve students' receptive and productive language skills with a strong focus on oral communication.

## PLACEMENT TEST



Students take a pre-course Cambridge Assessment English online placement test a few weeks before arrival, as well as a short speaking test on arrival, to make sure they are placed into the most suitable class based on their English level and age.

## CLASS SIZE

Most classes have 10-12 students on average and, where possible, from different countries. The maximum class size is 14 students.

## TEACHING METHODOLOGY

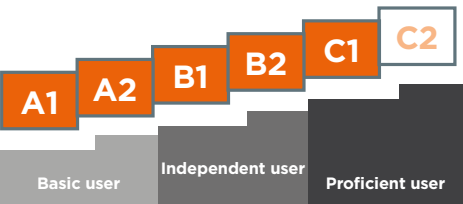
Our teachers deliver interactive, engaging and interesting lessons, designed to make students feel comfortable and maximize participation. All teachers are suitably qualified according to the criteria of Accreditation UK.

## LEVELS

We offer 5 different levels of tuition from A1 to C1 according to the CEFR (Common European Framework Reference).

- A1 (Beginner - Elementary)
- A2 (Pre-Intermediate)
- B1 (Intermediate)
- B2 (Upper Intermediate)
- C1 (Advanced)

Students need to have had at least one year of English tuition.



“Exsportise offers good size classrooms with plenty of natural light, furnished for flexibility of layout and a suitable environment to promote learning.”

DIRECTOR OF STUDIES



# Types of Lessons

All students study three different complementary lesson topics every day.

These work on all of their language skills, improve their accuracy, extend their vocabulary and increase their fluency. They include:

## CORE ENGLISH

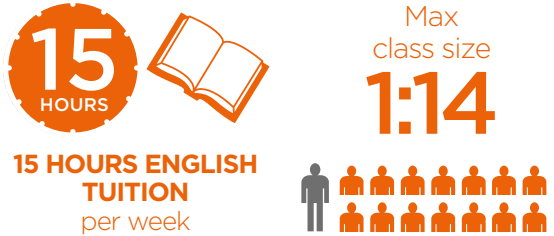
This lesson topic is designed to improve students' accuracy when producing spoken and written language by improving their grammar and extending their vocabulary to better express themselves in English.

## INTEGRATED SKILLS

This lesson focuses on improving the four main receptive and productive competencies of reading/listening and writing/speaking using topics that are interesting and relevant to the students.

## COLLABORATION

This language fluency and active project-based lesson enables students to work together to achieve a common goal, developing their 21st Century Learning skills (Creativity, Collaboration and Communication).



“I love Exsportise because I can play tennis and improve my English.”





# Sample Lesson

## CORE ENGLISH

**TOPIC:** Expressing preferences.

**GRAMMAR:** Would rather / would prefer.

**VOCABULARY:** Hopes and ambitions.

**CONTEXT:** Teenage online blog 'Aim High'.

**CONTROLLED PRACTICE:** Match words and definitions. Gap-fill exercises (vocabulary and grammar). Flashcards – famous people and their ambitions.

**FREE PRACTICE:** Discussion: Your dreams, hopes and future aspirations. Write your bucket list of things to achieve by the time you are 25 years old.

## INTEGRATED SKILLS

**TOPIC:** Exploring the country (UK).

**CONTEXT:** Top ten cities in the UK according to Trip Advisor.

**READING:** Webquest race. Find and identify locations of the cities. Find five main characteristics of each city.

**LISTENING:** Trip Advisor reviews. Identify which cities are mentioned and why.

What are the positive and negative aspects mentioned of each city?

**WRITING:** In groups, using the internet, prepare a short written presentation on one of the cities of your choice.

**SPEAKING:** Preparation for group discussion. Explain your favourite city to visit and why?

## COLLABORATION

**PROJECT:** Benefits of bilingualism.

**MOTIVATION:** How many languages do you speak? Are you fluent in more than one language?

**INTRODUCTION:** True/false exercise - statements about bilingualism.

In groups, review different newspaper articles to discuss pros and cons of bilingualism (communication).

Research other online sources to find out facts that support the pros and cons of bilingualism.

Plan and write a video clip promoting bilingualism (creativity / collaboration).

Record video clip (creativity).

Present video clip to class (communication).

## CAMBRIDGE ASSESSMENT (OPTIONAL)

All students can choose to sit the Cambridge Assessment English Linguaskill Reading and Listening test at the end of their course to certify their English level according to the CEFR. On completion of this students will receive a CAE test report.



Additional cost: £50



“

Our English language programme is designed by our Academic Manager to be consistent across all camps and is managed by a Director of Studies at each site. ”



# Assessment and Quality Assurance

At Exsportise, English learning is not limited to the classroom. English is heard, spoken and practised during all Specialist Options and recreational activities. The use of English is encouraged by staff at every opportunity to immerse students in the language.

## ASSESSING ENGLISH

Teachers monitor, review and assess students' progress by way of a short progress test at the end of each week.

## FINAL ASSESSMENT TEST AND CERTIFICATE

Students leave Exsportise with an end-of-course certificate and academic report from their teacher. This can either be the optional Cambridge Assessment English Language Reading and Listening test (additional cost £50) or the Exsportise assessment test.

## ACADEMIC QUALITY ASSURANCE

At Exsportise, the academic element of our courses is very important - we expect all teachers and students to work hard. We assure the quality of our lessons in the following ways:

- Our teachers are qualified according to the criteria of English UK
- Diploma-qualified Director of Studies oversees teaching and learning
- Small classes (average 10-12; maximum 14)
- Weekly assessments to ensure learning and progress
- Teaching materials are reviewed annually
- Students are grouped by ability and constantly monitored



## CONTINUOUS LEARNING

By providing the opportunity for students to practise their spoken English whilst doing something that they love, we provide an environment where students improve not only their language confidence, but also their skills in their chosen Specialist Option.

English  
THROUGH™



# Specialist Options

15  
HOURS

SPECIALIST OPTION  
15 hours per week

ALL  
SPECIALIST  
OPTIONS  
ARE  
TAUGHT IN  
ENGLISH

At Exsportise we offer a range of Specialist Options designed to complement our classroom English language tuition.

We do this to offer the opportunity for practical use of spoken English in a familiar environment alongside other students with a common interest.

We employ professional coaches and teachers in order to ensure every child makes progress whatever their talent or experience.

Students can choose a Specialist Option that they would like to improve, or one in which they are highly experienced but would like to improve even further.

We cater for all levels of experience at Exsportise.

All students will receive an initial skills assessment and evaluation on their first day at camp. They will then be placed in the optimum group or programme level for them. In order to ensure that all levels are catered for, we send out a pre-camp Specialist Option questionnaire to parents to assist us.

## EXSPORTISE COACHING

We offer a multi ability coaching programme for all Specialist Options which gives students the opportunity to be coached by top level coaches and play with similarly motivated students from around the world. For the more advanced students, we offer an enhanced and intense programme which includes additional aspects of the Specialist Option.

Since 1988 Exsportise's aim has been to offer students the chance to gain access to the best coaching available in order to improve and develop their skills in a professional, fun and energised environment. The two founders of Exsportise have both coached and played at a high level themselves and speak from experience.



## Specialist Options



Basketball  
P18



Dance  
P20



Football  
P22



Golf  
P24



Hockey  
P26



Horse Riding  
P28



Music  
P30



Rugby  
P32



Tennis  
P34



Multi  
P36

### > WE BELIEVE THAT...

proficiency and enjoyment in sports and other pursuits provide an important key to language learning, by involving students in an activity in which they are engaged and in an environment in which they are relaxed.





English  
THROUGH

# Basketball

Our basketball programme is suitable for students who love to play basketball and want to improve their skills. We provide focused, intensive training aimed at improving self-confidence and overall appreciation of the game.

We want students to have fun when playing the game - professional players take the game seriously but also have fun playing.

We aim to build on players' confidence and abilities, and improve their fitness level. We expect students to put in lots of hard work and we aim for all students to leave with at least one

skill that they did not have before they came to the camp. We focus on fitness and agility, basic skills including dribbling and shooting, tactical game play, team work and communication. Every day features small sided games and shooting practice.

All players will be assessed at the beginning of the programme to ensure that real progress will be made.

English  
THROUGH  
Basketball

> OUR OBJECTIVE IS....

to encourage  
teamwork,  
co-ordination and  
communication.



“

Basketball is an exciting fast paced game. It can keep you fit and healthy and I love the fact that a ball can make a difference in my life.

”

EXSPORTISE HEAD  
OF BASKETBALL



## COURSE DETAILS

- Suitable for all levels of ability
- Focus on fitness and agility
- Core skills and drills including shooting, passing, dribbling, rebounding and defence
- Tactical game play

Available at:

OUNBLE



15  
HOURS

15 HOURS  
COACHING  
per week

Average Coaching Ratio

1:10





# Dance

Our dance programme is designed for enthusiastic dancers of any level and dance background. Dancers will experience a varied programme of dance disciplines and styles, such as Jazz, Contemporary and Street.

Led by professional dance teachers, students will develop their fitness level, flexibility, technique and strength as well as performance skills.

Each session starts with a warm up which includes fitness and flexibility training, followed by exercises for technique, choreography and a cool down. Students are taken through exercises to improve dance technique and step execution with correct body alignment and placement. We also encourage students to draw on classical dance principles.

The dance programme is performance driven with an end of week show in front of the whole camp.

All of our teachers are professionals from top performing arts schools in the UK.



“

My dance teacher  
is really cool.

”



> OUR OBJECTIVE IS....

for students to leave the course feeling fitter, stronger and more flexible as well as gaining invaluable knowledge for their own dance practices.



## COURSE DETAILS

- Suitable for all levels
- Led by professional dance teachers from top performing arts schools
- Focus on fitness levels, flexibility, technique and strength
- Includes performance skills across a multi discipline programme
- Specialist training in dance technique, step execution, body alignment and placement
- Weekly performance to camp



Available at:

CLAYESMORE • OUNDLE • SEAFORD • WORTH



15 HOURS  
TUITION  
per week

Average Coaching Ratio

1:10





English  
THROUGH

# Football

We are proud to offer Football in association with Arsenal Football Development Coaching.

The Arsenal Football Development coaching philosophy matches our own - to bring out the best in every individual.

Exsportise is the exclusive English language learning partner to Arsenal Football Development. Our programme offers boys and girls of all abilities the opportunity to enhance their football skills while learning to “Play the Arsenal Way”.

Arsenal Football Development has designed a philosophy and training programme that recreates the experiences of the Arsenal Academy players.



The programme, designed by the Arsenal Development Lead Coach, focuses on a range of skills and drills, tactics and match play as well as other elements including sport science, nutrition, physical conditioning and building confidence.

We have developed a standardised skills test in partnership with Arsenal Football Development enabling players to identify their own performance goals and areas for improvement.

The skills test is age group specific and all players - boys and girls - will have the opportunity to take the test and compare themselves to every player attending the same course. Each player will receive an official Arsenal Football Development end-of-course certificate.

## HAVE YOU GOT WHAT IT TAKES?

All players will get the opportunity to check their level of skill against their age group peers in the Exsportise designed Football Ability Test.



In 2019 Arsenal FC re-branded Arsenal Soccer Schools to Arsenal Football Development

“

Exsportise has worked with Arsenal for many years and were the first to provide unique English Language programmes alongside specialised Arsenal coaching.

”

[www.arsenal.com/arsenal-football-development](http://www.arsenal.com/arsenal-football-development)

## COURSE CONTENT

- Learn to ‘Play the Arsenal Way’
- Designed by Arsenal Football Development and delivered by an Arsenal Football Development Lead Coach supported by Assistant Coaches
- Suitable for all levels of ability
- Available for boys aged up to 17 and girls aged up to 16
- Skills and drills aimed at improving physical agility, dribbling, turning, passing and receiving, defending, shooting and finishing
- Tactical sessions on patterns of play, phases of play, team shape, counter attacking and pressing
- Arsenal Football drinking bottle and playing kit pack
- Excursion to the Emirates Stadium- home of Arsenal Football Club (if staying for two or more weeks)

Available at:

CLAYESMORE • OUNDLE • SEAFORD • WORTH

## MATCH PLAY

- Opportunity to be selected to play against a local development team

## GIRLS’ FOOTBALL WEEKS

Reflecting the growing popularity and rapid development of women’s football, we run four Girls’ Football Weeks in partnership with Arsenal Football Development. We organise these weeks to encourage more girls to participate and experience the Exsportise and Arsenal Football Development collaborative approach to football.

We coach and train boys and girls together based on their skill level and motivation. We have seen how this builds confidence, creates a mutually beneficial atmosphere, breaks down age and cultural barriers and enhances performance and enjoyment levels for everyone involved.



15 HOURS  
COACHING  
per week

Average Coaching Ratio

1:10







English<sup>TM</sup>  
THROUGH

# Golf

Our golf programme is aimed at students of all standards, whether they are seeking to improve their technique and on-course performance, or are beginners at the sport.

We provide a multi ability golf programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group or programme.

Our coaching programme covers all aspects of the game including pitching and chipping, bunker play, putting and the long game, as well as course management, the rules of golf and etiquette.

For advanced players, those with a single handicap, we offer a more intense and advanced level of coaching, as well as video swing analysis using the latest V1 golf coaching software and Trackman profiling. Single handicap players will also be taken off campus to play at some of the more challenging 18-hole golf courses in the area. Fitness, nutrition and injury prevention are also included.

“ The game of golf is wonderful for building character, encouraging integrity and patience.

EXPORTISE HEAD OF GOLF

”



> THE PROGRAMME IS....

designed and delivered by an experienced team of qualified PGA Golf Professionals and former tour players.



English  
THROUGH  
Golf

## COURSE DETAILS

- Suitable for all levels of ability including beginners
- PGA coaches and Class A Professionals with European Tour experience
- Dedicated on-site golf facility with 9-hole course, driving range and teaching area
- Basic skills including the long game, pitching, bunker play, chipping and putting tuition
- On course skills such as course management, rules of golf and etiquette
- Grouping according to ability

### FOR ADVANCED PLAYERS:

- More in-depth technical coaching through use of swing analysis software
- Opportunity to play at 18-hole golf courses in the area
- Must have registered club handicap of less than 10

Available at:

SEAFORD

15  
HOURS

15 HOURS  
COACHING  
per week

Average Coaching Ratio

1:5





# English THROUGH Hockey

Our hockey programme is designed to improve individual skills and knowledge of the game.

We provide a multi ability coaching programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group.

Our coaching programme concentrates on physical and technical improvement through drills that emphasise the core skills and knowledge of the game. We play plenty of matches and do exercises that focus on the enjoyment of the game.

For advanced and experienced players we offer a more intense level of coaching which may include elements of video analysis and theory that promotes a fuller understanding of hockey. Players are challenged to analyse their game, improve their decision making in match play and set objectives for the season ahead.

Exsportise courses are attended by young players of all abilities including high level players from top European clubs. This gives students the opportunity and experience to play hockey at a truly international level.

> OUR OBJECTIVE IS....

to send players back to their clubs ready for the new season having improved and developed as hockey players and feeling more motivated than ever!

EXPORTISE HEAD OF HOCKEY

English THROUGH Hockey

## COURSE DETAILS

- Suitable for all levels of ability
- Full time FIH and EHA qualified coaches with international and Olympic coaching experience
- Focus on technical improvement and core skills of the game, plus fitness, agility, skills and match play
- Conditioned games and match play

## FOR ADVANCED PLAYERS :

- More intense coaching focusing on technique and decision making
- Self analysis and objective setting

Available at:  
**SEAFORD**

“  
I love Exsportise because I can learn English and play hockey.  
”

15 HOURS

15 HOURS COACHING per week

Average Coaching Ratio

1:10



# Horse Riding

Our horse riding programme caters for most levels of ability, from those who have limited riding experience, to students who are accomplished riders.

Our team of experienced riding instructors take great care in matching riders and horses, so that during their stay students gain in confidence and riding ability, as well as improve their English language skills in and around the stable yards.

Riders are assessed and, depending on their ability, spend the week receiving tuition in dressage and show jumping, as well as hacking across the beautiful English countryside.

All our training builds towards competition day each Friday, when riders compete in a dressage test and on a show jumping

course (ability specific), starting with poles on the ground and building upwards for the more experienced riders.

A key element of our programme is stable and horse management. It is part of the daily routine and students learn to groom and prepare their horses for riding, as well as studying the names of the equipment they are using and the points of the horse - all in English.

**NB: Students require a minimum of one year's riding experience**

“

We take great care in matching up our riders and horses so that the children improve both in confidence and riding ability, as well as English language.

”

EXSPORTISE HEAD RIDING INSTRUCTOR

English  
THROUGH  
Horse Riding



> OUR OBJECTIVE IS...

to enhance students' confidence around horses and in everyday life.



## COURSE DETAILS

- Participants are required to bring BHS standard helmet and horse riding boots
- UK accredited stables and qualified riding instructors
- Focus on building riding confidence and horse handling including walking, trotting, cantering and riding on uneven terrain
- Training in dressage and show jumping to basic competition level
- Horse management including tacking up, grooming, horse preparation, equipment choice
- Stables conform to the latest UK health and safety regulations
- Advance tutoring in posture and fine control for experienced riders
- Weekly competition

Available at:

CLAYESMORE • OUNDLE • WORTH

15  
HOURS

15 HOURS  
TUITION  
per week

Average Coaching Ratio

1:6





# Music

Whether students play a musical instrument or like to sing, we have the right music programme for them. At Exsportise students can improve their skills whilst learning alongside talented musicians from around the world.

Our music team are all professional musicians as well as experienced teachers. They are passionate about music and encourage students to express themselves freely whilst having fun.

We offer a generous average teaching ratio of 1:8, which allows our teachers to focus on individual students' strengths and provide them with the attention they require.

Most of our sessions are in groups and include musical games, songwriting and recording. For more experienced musicians, we may supplement with specialist tutorials according to requirements and by pre-arrangement.

With a focus on popular contemporary musical styles such as Pop, Rock, Funk, Soul and Jazz, we aim to inspire students to express their individuality and creativity as well as train them to work together as a band.

At the end of every week, the students perform for the whole camp. Together we choose the songs we love most and rehearse them over the course of the week.

**NB: Students require a minimum of one year's instrumental tuition.**



## > OUR OBJECTIVE IS....

to inspire students to express their individuality and creativity as well as train them to work together as a band.



“

We believe that music, like English, is a universal language, but like any language it can only be appreciated by those that will engage with it. By collaborating with other musicians, we offer this opportunity.

”

EXSPORTISE HEAD OF MUSIC



## COURSE DETAILS

- Most instruments welcome
- Run by professional musicians and experienced teachers
- Group sessions in a studio environment with individual attention
- Improvisation and collaboration
- Songwriting and recording
- Students choose to do either our vocal course or our instrumental course
- Popular contemporary music styles
- Weekly performances to camp
- Students can hire instruments from us if they are not able to bring their own

Available at:

SEAFORD • WORTH



15  
HOURS

15 HOURS  
TUITION  
per week

Average Teaching Ratio

1:8







English  
THROUGH

# Rugby

Our boys' rugby programme has been developed to meet the needs of every type of rugby player. We take pride in establishing a strong sense of team spirit.

We cover both physical skills and the mental aspect of rugby. This includes ball handling, kicking, tactical aspects of the game, game awareness and strategy. We also focus specifically on teamwork and communication.

Every player is given the chance to lead and take control of training and transfer what they have learnt in an exercise or drill into an actual game situation.

All players will be assessed at the beginning of the programme to ensure that they are appropriately grouped and that real progress will be made.

English skills develop quickly on the pitch as players have to communicate their ideas, needs and opinions to fellow players in a pressurised environment.

Above all, students leave Exsportise with a strong sense of confidence as individuals and as valued rugby players.

“

Our coaches strongly believe that lessons learnt on the pitch should transfer into life, and there is a focus on helping young players to develop into responsible, thoughtful and courteous leaders.

EXSPORTISE HEAD OF RUGBY

”



> OUR OBJECTIVE IS....

to develop players in terms of their skills and fitness, but also their mental attitude and discipline.

English  
THROUGH  
Rugby



## COURSE DETAILS

- Suitable for boys of all ability levels
- Physical skills including handling, speed, general fitness, creating and attacking space, footwork and kicking
- Technical skills including strategy, game awareness, teamwork and communication
- Mental skills including decision-making, leadership and mental strength

Available at:  
**WORTH**



15 HOURS  
COACHING  
per week

Average Coaching Ratio

1:10





English  
THROUGH

# Tennis

Suitable for all levels of tennis player, Exsportise offers a programme aimed at improving the skill level of every one of its students.

We provide a multi ability tennis programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group.

Our coaching programme covers all physical and mental aspects of the game. We look to improve basic techniques, as well as shot selection and increasing power and consistency. We will cover fitness, agility and overall match play.

For advanced and experienced players we offer a more intense and advanced level of coaching, which may include video analysis, game and match tactics, fitness planning, nutrition and injury prevention.

## > OUR OBJECTIVE IS....

to develop players in terms of their skills, fitness, confidence and social enjoyment. English skills develop quickly on the court as players take instruction in English from coaches on individual aspects of their game.



“

Tennis offers many wonderful social opportunities. The ability to walk onto a tennis court with confidence in a multi national environment is a truly great asset in life.

”

EXSPORTISE HEAD OF TENNIS



English  
THROUGH  
Tennis

## COURSE DETAILS

- Suitable for all levels of experience and ability
- LTA and PTR qualified coaches with international playing experience and world rankings
- Core technique including all strokes, shot selection, increasing power and consistency
- Mental aspects of the game including confidence, match and competition practice

### FOR ADVANCED PLAYERS:

- Higher intensity coaching and technical assistance
- Opportunity to play on different surfaces
- Video analysis
- Nutrition, fitness, strength and injury prevention
- May include early morning fitness training



Available at:

CLAYESMORE • OUNDLE • SEAFORD • WORTH

15  
HOURS

15 HOURS  
COACHING  
per week

Average Coaching Ratio

1:6





English  
THROUGH

# Multi Activity

Suitable for those youngsters who are not yet ready to specialise in a single sport all week or are not sure which sport would be best for them.

The course consists of a set programme which allows students to experience many different sports during the week with the purpose to motivate the students and encourage the development of fundamental skills and confidence required for participation in future specialist sport choices. Each sport introduced on the course will have a purpose of introducing different aspects of the skills required for playing sport to develop players in terms of their skills, fitness, confidence and social enjoyment.

English skills develop quickly on this varied programme as students receive all instructions in English from the coaches on each aspect of the course.

> OUR OBJECTIVE IS....

to develop players in terms of their skills, fitness, confidence and social enjoyment. English skills develop quickly as students take instruction in English on individual aspects of their activity.



“

Multi-activities offers a wonderful opportunity for youngsters to be motivated and introduced to the physical tools and confidence required to find a specialist sport to pursue in the future.

EXSPORTISE HEAD OF MULTI-ACTIVITIES

English  
THROUGH  
Multi Activities



## COURSE DETAILS

- Suitable for active youngsters that prefer a more varied sport programme.
- Each sport introduced on the course will have a purpose of introducing different aspects of the skills required for future participation in sport.
  - Team sports (football, basketball) to teach about the importance of playing in a team
  - Individual sports (tennis) to learn about themselves
  - Sports with equipment (squash, tennis) to improve hand-eye coordination
  - Athletic sports to improve fitness and the foundation for movement, running, jumping and throwing
  - Dance to develop coordination
  - Climbing to develop coordination and strength



Available at:

CLAYESMORE



15  
HOURS

15 HOURS  
COACHING  
per week  
75 hours if doing  
Intensive English

Average Coaching Ratio

1:10







# Excursions & Trips

Students staying for more than one week will be offered a full-day excursion and a full-day trip.

## RECREATIONAL TRIPS (SATURDAYS)

The Saturday trip is more recreational and offers students the chance to relax, enjoy their new friendships and have a day of adventure or fun, such as:

- Alton Towers Theme Park
- Chessington World of Adventures
- Legoland
- THORPE PARK

*All excursions are fully supervised by Exsportise staff. Packed lunches will be provided on the day of the excursion. London excursions may also be available at an additional cost, subject to availability.*

## CULTURAL EXCURSIONS (SUNDAYS)

This excursion consists of a city visit to a place of interest where students get the chance to experience historical British culture, natural attractions and famous landmarks. Examples include:

- Bath
- Brighton
- Cambridge
- Oxford
- Portsmouth

Students have some free time during the day to take a leisurely walk around the city centre, go to a café or go shopping.



# Evening Entertainment

## EVENING ENTERTAINMENT

Every course includes a fun and varied entertainment programme every evening organised and supervised by Exsportise staff. This allows students at camp to get to know each other, mix and practise their English in a relaxed way and for real and genuine purposes. Examples include:

- Disco
- Dodgeball
- Exsportise Has Got Talent
- International Night
- Race Night
- Scavenger Hunt
- Showcase by Music and Dance students

## CLUBHOUSE

In every school, students have access to the Clubhouse in their afternoon and evening free time. This consists of an indoor and outdoor social space where students can relax, socialise and chat with their friends in an informal and comfortable setting:

- Board games
- Magazines
- Sofas
- Table football
- Table tennis
- Television
- Tuck-shop



Arsenal Football Development students staying for two weeks or more are offered the opportunity to replace one of the above excursions with a visit to the Emirates Stadium, home of Arsenal Football Club, including a full tour of the stadium and behind-the-scenes of an international football club, plus a visit to the Club shop and museum.





# Life on Campus

## ACCOMMODATION

Students are accommodated in separate areas for boys and girls and usually share their bedrooms with 2-3 students of their own age. We have a limited number of single bedrooms that are prioritised for students with a special need for privacy.

Younger students may be accommodated in bigger dormitories of up to eight students.

Special requests are considered and met where possible but are subject to availability on arrival and cannot be guaranteed.

Every house is managed by a dedicated House Parent who is responsible for students' safety, well-being and happiness. Exsportise staff are available 24 hours a day.

## BEDTIMES

Exsportise on-site staff make sure that students respect their bed time so that they get a good night's sleep ready for the next day. Bed times are from 21:30 to 23:00 according to students' ages.

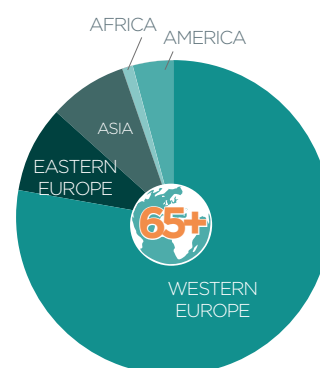
## MEALS AND SNACKS

Breakfast, lunch and dinner are served in the dining room and there is always a wide variety of British and international options to choose from in a buffet-style format. A vegetarian option is always available and special diets such as gluten-free can be arranged with prior notice.

Outside of meal times, students have access to fresh fruit (free of charge) and every evening, they can purchase extra drinks and snacks from the school tuck shop. Healthy snacks are available.

## NATIONALITY MIX

Nationality mix is crucial to the success of our camps. We limit the number of students from any one nationality to ensure that English is the primary language spoken.



### EXAMPLE DAILY MENU

#### BREAKFAST

Hot Breakfast, Pastries,  
Fresh Fruit, Cereal, Toast,  
Fruit Juice/Milk

#### LUNCH

Meat, Chicken or Fish Dish  
Baked Potato plus Topping  
Pasta Bar, Salad Bar  
Fresh Vegetables

Fresh Fruit & Yogurt  
Dessert

#### DINNER

Meat, Chicken or Fish Dish  
Pasta Bar, Salad Bar  
Fresh Vegetables

Fresh Fruit & Yogurt  
Dessert

Vegetarian options are always available.  
Special diets can be catered for with  
advance notice.

Menus will vary from school to school.



# Our Camp

## OUTSTANDING PASTORAL CARE

### STAFF SUPERVISION

Exsportise offers one of the most generous staff to student ratios available. We ensure the safety, happiness and well-being of all of our students, and provide an overall average ratio of one staff member to four students.

All of our staff are police checked and have received Child Protection training with many staff members returning year after year to Exsportise.

All staff are residential and live on site, sleeping in the same houses as our students. Each student is allocated a House Parent upon arrival, who will take care of their welfare and happiness for the duration of their stay.

Students are supervised 24 hours a day and parents can contact the camp at anytime. We have a 24 hour camp phone that is always available.

**NOTE:** Parents can access weekly pictures on our secure social media platforms and gallery - passwords will be provided.

### ARRIVAL AT CAMP

Upon arrival, students are checked in by the Course Administrator and Medical Officer before meeting their House Parent and being taken to their bedroom where they can unpack and meet their roommate/s. They attend a Welcome Meeting where they meet the Course Director and other key staff and participate in special introductory activities designed to help students settle in, feel relaxed and make new friends.

### MEDICAL CARE

Each school has two on-site Medical Officers as well as a number of First Aiders who are trained to deal with accidents and medical emergencies in the first instance. It is important that we receive students' medical information, allergies and dietary requirements before arrival at camp.



Overall staff to student ratio  
**1:4**

House Parents & Welfare Manager oversee  
**STUDENT WELL-BEING**



All staff live on site



On site medical officers



All staff police checked



All staff child protection trained





# Learning Lifeskills

Our multi-cultural programmes attract children and teenagers from all corners of the globe. We teach our students to recognise, respect and celebrate personal and cultural diversity and they learn how to develop healthy and sustainable relationships. We help our students grow their self-knowledge and their self-confidence, carefully nurturing their talent in sport, music or dance wherever we see it.

At Exsportise we work hard to make sure everybody is respected and involved at all times: in the classroom,

while doing their chosen Specialist Option and during social activities. We know it is the best way to learn and it makes everything more fun for everybody. We encourage everyone to listen and talk to each other; to laugh and to ask questions; to pay attention to and respect each other; and to work and play hard together. We want everybody to grow their social skills, interact with the people around them, learn about themselves and others, and make great, real-time connections and friendships.



## OUR ELECTRONIC DEVICE POLICY

Phones and other electronic devices are part of our lives. But sometimes they get in the way of us really connecting with others and they can also stop us from paying attention when we should be.

At Exsportise we use the term “phubbing” to describe the action of ignoring the people around you and instead paying more attention to your phone. We actively encourage students to *Connect for Real* when socialising with their peers and friends, without needing their phones.

We have clear No Phubbing zones and times - notably during English lessons, Specialist Option activity and at mealtimes - in order to encourage students to concentrate on what they are doing and to connect with each other without their phones. We also have designated Phub Spots where it is okay to use phones. It's a policy that works well. (And it also applies to all our staff because we know how important it is to lead by example in everything that we do).

# Travelling to Exsportise

Exsportise offers an accompanied transfer service on arrival and departure from/to the main London airports and Eurostar train station, to ensure students' safe transfer. If they prefer, parents can also bring their children to the school.

## TRANSFER SERVICE

### ARRIVAL

An Exsportise representative arrives at the airport/station in time for the arrival of the flight/train and meets the student at the international exit in the Arrivals Hall. They wear their easy-to-recognise bright orange Exsportise tops and are holding an Exsportise sign.

### DEPARTURE

On departure, Exsportise organises an accompanied transfer from the school to arrive at the airport at least two hours before the flight or at least one hour for a train departure. Staff help students to check in and they accompany them to the Security Point, making sure they go through to the Departures Hall. Please note that in the case of a flight, Exsportise staff are not allowed to accompany students to the departure gate (airside) but staff will not leave the airport until the flight has taken off.

### TRANSPORT

Exsportise uses the most appropriate and efficient means of private or public transport to transfer students from/to school depending on the number of students in the group and anticipated journey times for example: hire car, taxi, minibus, bus or train.

### WAITING TIMES

We offer an individualised transfer service at any time of the day to give students and parents the most flexibility when booking flights/trains.

Sometimes it may be necessary for students to wait at the airport for students arriving on another flight. In this case, Exsportise makes every attempt to limit the waiting time to a maximum of 90 minutes. In this case, students are accompanied by a staff member at all times and if waiting for longer than expected, water and a snack will be offered.

Airports are extremely busy during the summer which means there can sometimes be long delays for our transport to reach the pick up zones at the terminals. Unfortunately, this is outside of our control but students will be supervised at all times.



**ACCOMPANIED TRAVEL**  
from and to international  
airports & train station

## STANDARD ARRIVAL AND DEPARTURE POINTS

We offer our Standard Transfer service from/to the following airports/train station:

### CLAYESMORE

✈ London Gatwick, London Heathrow  
🚆 Eurostar St Pancras

### OUNDL

✈ London Stansted, London Heathrow  
🚆 Eurostar St Pancras

### SEAFORD

✈ London Gatwick, London Heathrow  
🚆 Eurostar St Pancras

### WORTH

✈ London Gatwick, London Heathrow  
🚆 Eurostar St Pancras

## RECOMMENDED TRANSFER TIMES



**Arrival at airport/Eurostar terminal:**  
Sundays between 09.00 - 15.00



**Departure from airport/Eurostar terminal:**  
Saturdays between 12.00 - 17.00

**Students can only make use of the Standard Transfer if they arrive/depart within our standard arrival and departure points above. UK Border Control (Immigration) may stop any child traveling alone and will only release them into the care of an adult. Therefore, students cannot wait by themselves.**

Travel outside of our Standard Arrival and Departure Points will be charged on an individual basis.



## VISAS

If a visa is required Exsportise will provide a visa support letter\* at the time of booking once provided with a copy of the student's passport.

## TRAVELLING DIRECTLY TO SCHOOL

You may wish to bring your child to camp yourself. You are very welcome to do so but we do ask that you observe the following drop-off and collection times.



**ARRIVAL AT  
EXSPORTISE VENUE:**  
Sundays between  
15.00 - 16.30



**DEPARTURE FROM  
EXSPORTISE VENUE:**  
Saturdays between  
09.00 - 11.00

## MINORS TRAVELLING UNACCOMPANIED

If the student is travelling without an adult, make sure you check with the airline for any minimum age restrictions before booking. Some airlines require students to be at least 16 years old to fly alone.

A number of major airlines offer an Unaccompanied Minor (UM) service which must be booked directly with the airline and paid for in advance. In this case, the airline accepts responsibility for the child by looking after him/her at the airport and on the flight and personally handing him/her over to Exsportise staff on arrival in the UK.

Any student not requiring a transfer arranged by Exsportise must be accompanied by an authorised adult in accordance with the Exsportise Duty of Care policy.

\*Please note Exsportise can only provide a visa support letter for students, not for accompanying parents.

## PRIOR TO TRAVEL

1. Check local requirements for children travelling without their parents or legal guardian – each country has specific requirements and may require written consent and/or identity documents.
2. Check visa and health insurance requirements, and that your child has a valid passport.
3. Book travel and confirm details and transfer requirements to Exsportise as soon as possible.
4. If you are using an Unaccompanied Minor service, complete the UM form provided by your airline for both journeys.
5. Complete the Exsportise Parental Consent Form and store it with your child's other travel documents. This must be with your child at the time of their travel.

### > ONLINE BOOKING...

Please note that we have a complete online booking system available to you. This allows you to manage your booking online.



**To use this service please go to  
[www.exsportise.co.uk/book-now](http://www.exsportise.co.uk/book-now)**

# Choosing the Right Course



All of our schools offer something different, and have a varied range of Specialist Options available. If you would like more information to assist you with your decision, please do not hesitate to contact us.



**15 HOURS ENGLISH  
+  
15 HOURS OF  
ONE SPECIALIST  
OPTION**  
per week

### GENERAL ENGLISH LANGUAGE PLUS ONE SPECIALIST OPTION

Our General English Language Plus programme is our most popular choice as it forms the foundation on which our language programme is built. The combination of English language classes and the ability to put that theory into practice through a familiar and enjoyable Specialist Option, is a very successful formula. With three hours of English and three hours of one chosen Specialist Option each week day, there is an opportunity for real improvement in both aspects.



**15 HOURS OF ONE  
SPECIALIST OPTION  
+  
15 HOURS OF  
A SECOND  
SPECIALIST OPTION**  
per week

### ENGLISH THROUGH SPORT WITH TWO SPECIALIST OPTIONS

For those that thrive more on practical application than classroom learning, this programme may be the better choice especially if the main language requirement is practical everyday use of English. This programme consists of three hours of one Specialist Option in the morning and three hours of another one in the afternoon each weekday.

Exsportise runs high-quality intensive sports, music and dance courses with language.

If you are looking for more intensive language courses, look no further than our sister company British Summer School. [www.britishsummerschool.co.uk](http://www.britishsummerschool.co.uk)



For further information about travelling to our camp locations, please refer to our website where full directions are available.

[www.exsportise.co.uk](http://www.exsportise.co.uk)



## BOOK NOW!

### BOOK ONLINE

[www.exsportise.co.uk/book-now](http://www.exsportise.co.uk/book-now)

**BOOK BY PHONE +44 (0) 1444 444777**

**BOOK BY EMAIL [info@exsportise.co.uk](mailto:info@exsportise.co.uk)**  
(Attach a scan of this completed form)

### BOOK BY POST **Exsportise Ltd**

Aberdeen House, South Road,  
Haywards Heath, West Sussex  
RH16 4NG, United Kingdom

For further information, please check out  
our comprehensive website:  
[www.exsportise.co.uk](http://www.exsportise.co.uk)



Check out our secure online  
photo gallery - you will be given  
a password to access this.



Sign up for  
regular newsletters

### FOLLOW US ON:



 Wij spreken ook Nederlands

 Wir sprechen Deutsch

 Nous parlons Français



“

At Exsportise we believe that if you engage students in activities that they love, they will naturally improve their English language skills.”



**exsportise**  
SUMMER SCHOOLS

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info@exsportise.co.uk www.exsportise.co.uk



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