

## Extra Activities

Add another dimension to your full immersion course - by adding on some **English Naturally** extra activities.

We offer a wide range of extra activities: including sports coaching, art lessons, outdoor adventures and cultural excursions.

All our extra activities will enrich your stay and provide a great opportunity for you to continue to practice your English while doing the things you love.

Some activities are for Adults and Juniors, some are only for Adults.

Transport to and from activities, where you are not accompanied by a guide, is included for Juniors as part of the Junior supplement. It is not included for Adults.



## SPORTS

### GOLF

#### Golf coaching

**Where:** Winchester

**Who:** Adults and Juniors – Beginner or Intermediate level of golf

**Programme:** Golf lessons with a professional at a beautiful course to the South of Winchester. The undulating slopes offer easy walking and excellent views. It's a perfect opportunity to improve your golf and learn some English golfing terminology. The course provides tailored tuition encompassing long game, chipping/pitching and putting.

The format of the lessons is adapted to the experience of the golfer. For the more experienced golfer, the instruction is tailored to the individuals strengths/weaknesses or specific requests to work on specific areas.



**Included:** 3 hours of Golf tuition with a first class professional  
Hire of equipment  
Unlimited access to the driving range and putting green after the lesson  
Transport for Juniors

**Not included:** Any food and beverages purchased at the golf club  
Transport for Adults

**Price:** £275

#### Advanced golfers – find a Partner service

For the golfer with a handicap certificate, who would like to take advantage of the golf courses in Winchester without the need for lessons, we provide a "find a partner" service so that you can continue learning and practicing English while you play.

We match you with a golf partner of similar standard who will be available to play three rounds of golf with you at local 18 hole Golf Courses.

**Where:** Winchester

**Who:** Juniors and Adults with a handicap certificate

**Included:** A partner with a similar level of golf who will be available for three 18 hole rounds of golf. Transport for Adults and Juniors. You will be collected from your host family by your Golf partner and returned after each round of golf.

**Not included:** Green Fees (approximately £50) Trolley and club hire.  
Any food and beverages purchased at the Golf Club

**Price:** £200

## TENNIS

**Where:** Winchester

**Who:** Adults and Juniors

**Programme:** Combine learning English with your love of tennis. Whether you are a beginner or a more advanced player, enjoy improving your tennis and learning some new vocabulary at a tennis club in Winchester. The individual tennis lessons with a professional coach will be tailored to your experience, strengths, weaknesses and personal goals.

**Included:** 3 hours of private one to one tennis tuition with a professional coach.  
Racquets and balls  
Transport for Juniors

**Not included:** Any food and beverages purchased at the Tennis Club  
Transport for Adults

**Price:** £160



## HORSE RIDING

**Where:** Winchester area

**Who:** Adults and Juniors

**Programme:** Combine learning English with your love of horse riding. We can organise private lessons with a qualified instructor even if you are a complete beginner. We are blessed with some beautiful riding stables around the Winchester area. All of which provide an indoor arena, which is perfect for inclement weather. Our riding programme includes three lessons per week which can be taken during the afternoon.

**Included:** Three half hour riding lessons  
All riding equipment  
Transport for Juniors

**Not included:** Any food and beverages purchased  
Transport for Adults

**Price:** £175



## OUTDOOR ADVENTURES

### MOUNTAIN BIKING & TEA AND CAKES

**Where:** Winchester

**Who:** Adults

**Programme:** A three hour mountain biking tour beginning and ending in Winchester. Hampshire has a wealth of cycle routes through beautiful countryside to suit all abilities.

You can either take the South Downs Way, where you get a wonderful view of the Isle of Wight, or take a route to the west of Winchester within the beautiful Test Valley. You will be accompanied by an experienced mountain bike leader. Tea and cakes in Winchester will provide a leisurely end to an exhilarating afternoon, offering the chance to discuss your experiences in English with your guide.

**Included:** Bike and helmet hire  
Cycling guide for three hours  
Tea and cakes  
Collection and return to the host family by the guide.

**Not included:** Any additional food and beverages

**Useful notes:** This activity is undertaken at your own risk. A good level of fitness is recommended.

**Price:** £150



### CYCLING

**Where:** Bath

**Who:** Adults

**Programme:** Cycling by the Avon and Kennett canal. The towpath by this beautiful canal offers easy traffic-free cycling. Stretching from Bath to Devizes through the Avon valley, The Avon and Kennet canal is idyllic with its colourful narrowboats, old stone bridges and two aqueducts. The cities and towns along the way offer an interesting backdrop to this wonderful country path.

A good half day trip will take you from Bradford on Avon to Bath, returning to Bradford on Avon, a total of 20 miles. There are many canalside pubs on the way in which to take a well earned rest and a chance to talk about your experiences and learn about the surrounding area with your teacher guide

**Included:** Bike hire from Bradford on Avon and teacher guide for half a day

**Not included:** Helmet hire  
Any food and beverages purchased during the cycle ride  
Transport to canal

**Price:** £120



## FLY FISHING

**Where:** Winchester

**Who:** Adults and Juniors

**Programme:** A half or full day of river and lake fishing with an experienced local fishing coach. Winchester's River Itchen is one of the very best English chalk stream rivers. Prolific insect and shrimp life make this river a very fertile environment for fish – trout and grayling in particular.

There are also a number of beautiful, well-stocked fishing lakes in the area. No wading is available

**Included:** Rod hire and fishing licence  
Tea and coffee will be provided by the guide  
Transport for Adults and Juniors. You will be collected and returned to the host family by the guide

**Not included:**

Any additional food and beverages purchased during the day.  
Any fish caught on the lake you would like to keep

**Price:** Half Day £140  
Full Day £180



## CANOEING

**Where:** Bath

**Who:** Adults

**Programme:** Explore the Avon and Kennett Canal one morning or afternoon by canoe with a teacher guide. You can travel through quiet hamlets to the Georgian city of Bath through the romantic tunnels of Sydney gardens. Travel through the beautiful Limpley Stoke Valley which offers many places of historical interest and the opportunity to spot a variety of local wildlife in its natural habitat.

You will have plenty of opportunities to learn more from your teacher guide, providing an excellent opportunity to extend your English learning.

**Included:** Half a day with teacher guide  
Hire of canoe

**Not included:** Any food and beverages purchased  
Transport to canal

**Price:** £160



## ART

### SKETCHING, DRAWING AND WATERCOLOUR PAINTING

**Where:** Winchester and Bath

**Who:** Adults and Juniors – beginner or experienced artists

**Programme:** Combine learning English with your passion for art. Winchester, Bath and the surrounding countryside offer a host of interesting locations to explore from an artistic viewpoint. There are many historic buildings and scenic locations to paint and sketch - such as the River Itchen flowing through the watermeadows in Winchester or the beautiful Pulteney Bridge in Bath. The painting package will include 4 hours of tuition by a professional local artist over two afternoons and tuition will focus on sketching, drawing and painting. The tuition is suitable for the beginner or experienced artist. You will learn valuable vocabulary and enjoy a shared interest with our art teachers. This is a great opportunity to explore Winchester or Bath from an artistic point of view

**Included:** 4 hours of art tuition with a professional local artist over 2 afternoons  
Transport to meet the art tutor for Juniors

**Not included:** Food and beverages purchased during the afternoon  
Transport to meet the art tutor for Adults

**Price:** £200



## CULTURAL EXCURSIONS with a friendly educated guide

Our cultural excursions provide a wonderful opportunity to experience some of England's most famous landmarks with a friendly, educated guide.

Practice your English all day while you find out more about the culture and history of the country.

### DAY TRIP TO LONDON

**Where:** Winchester

**Who:** Adults and Juniors

**Programme:** A day trip to London with a friendly, educated guide. Continue to practice your English all day while experiencing some of London's famous tourist attractions. The day trip includes a day pass on a River Thames Sightseeing Cruise. As the river weaves itself around London, there is history at every bend. The stop-off points on the route provide easy access to some of London's most historic sites. If you don't know London well, you can opt for our **Classic Tour**. If you already have a knowledge of London, you can choose our **Hidden London Tour**.

If you would like to plan your own Itinerary, we can accommodate that too.

**Included:** Full day trip with a friendly educated guide  
Sightseeing Cruise on the River Thames  
Return train fare to London (Juniors only)

**Not included:** Any food and beverages purchased during the day  
Train fare for Adults

**Price:** Adults: £200 Juniors: £225



### DAY TRIP TO THE COTSWOLDS

**Where:** Bath

**Who:** Adults

**Programme:** Travel to the Cotswolds with a friendly educated guide and explore the area for the day, visiting some of the well-known villages such as Stow on the Wold, Bourton on the Water and Castle Combe.

Popular with both the English themselves and international visitors, The Cotswolds is well known for its gentle hillsides or 'wolds', sleepy villages and historic market towns. It is also an area known as being 'typically English' where time has stood still for 300 years.

**Included:** Full day trip with a friendly educated guide  
You will be collected and returned to your host family by your guide

**Not included:** Any food and beverages purchased during the day.

**Price:** £200



## DAY TRIP TO STONEHENGE AND SALISBURY

**Where:** Winchester and Bath

**Who:** Adults and Juniors

**Programme:** Travel to Wiltshire and visit the awe-inspiring pre-historic stone circle of Stonehenge. Mystery still surrounds its construction, which began nearly 5000 years ago. How and why did ancient man move the magnificent stones all the way from Wales to Wiltshire?

Combine your Stonehenge visit with a trip to the magnificent medieval city of Salisbury, which lies on the confluence of five rivers. Salisbury is known for its historic buildings and alleyways, characterful shopping streets medieval Cathedral. Salisbury Cathedral boasts Britain's tallest spire and the scale and beauty of the interior is not to be missed.

**Included:** Full day trip with a friendly educated guide  
You will be collected and returned to your host family in Winchester or Bath by your guide

**Not included:** Any food and beverages purchased during the day

**Price:** £185



## DAY TRIP TO PORTSMOUTH

### Naval History and Designer Shopping

**Where:** Winchester

**Who:** Adults and Juniors

**Programme:** Travel to the historic naval city of Portsmouth with a friendly educated guide. You will get an amazing view of the harbour from the Spinnaker Tower – a 170 metre tall visitor attraction overlooking the historic city of Portsmouth and the Solent. Then indulge your passion for fashion in the designer outlet of Gunwharf Quay – which is home to over 85 designer stores.

**Included:** Full day trip with a knowledgeable, educated guide  
Visit to the Spinnaker Tower and viewing platform  
"Retail therapy" at Gunwharf Quay  
Juniors will be collected and returned to the host family in Winchester by the guide.  
Adults may be driven to Portsmouth or may be asked to meet the guide at Winchester station.

**Not included:** Any additional food and beverages purchased during the day

**Price:** £185



## DAY TRIP TO THE NEW FOREST NATIONAL PARK with a famous Cream Tea

**Where:** Winchester

**Who:** Adults and Juniors

**Programme:** Travel to the New Forest with a friendly educated guide. The New Forest offers something for everyone and on this day trip you will get to see some beautiful countryside and charming villages. The New Forest was created by William the Conqueror in 1079 as a hunting ground for Deer. Today it is a National Park, which is also famous for the New Forest ponies who are free to wander across the whole Forest. Enjoy a famous Cream Tea complete with scones and jam in the beautiful village of Beaulieu.

**Included:** Full day trip with a friendly educated guide  
You will be collected and returned to your host family in Winchester by your guide  
Cream tea in Beaulieu

**Not included:** Any additional food and beverages purchased during the day

**Price:** £185

