

## Sample weekly schedule in Düsseldorf – Intensive Course 30\*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45 - 08:15			Breakfast				Dysolvinot
08:30 - 10:00			Lessons				Breakfast
10:00 – 10:30			Break				Room cleanup time
10:30 – 12:00			Lessons				
12:00 – 12:15			Break			Excursion	DIY: Creating scrapbooks
12:15 – 13:00			Lessons		Weekly test	(packed lunch)	Scrapbooks
13:00 – 13:30	Lunch					Cologne with a visit to the	Lunch
14:15 – 15:00	Lessons	Lessons	Excursion  Oberhausen with a visit to the Gasometer (exhibition)	Lessons	Bicycle tour	Cologne Cathedral and the Chocolate Museum	Sports, games & relaxation on the banks of the Rhine
15:00 – 15:45	Spotlight D'dorf: Old town and "Little Tokyo"						
16:00 – 18:00		Slackline and Viking chess		City walk**			
18:00 – 19:00	Dinner			Dinner			Dinner
19:00 – 20:00	Homework		Dinner	Homework		Dinner	Homework
20:00 – 21:00	Community evening: Quiz show	Creative workshop: Origami and henna tattoos	Homework	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
21:00 – 22:30			Karaoke evening				
22:30			Night rest				Night rest
23:30	Night rest						

<sup>\*</sup> 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.

<sup>\*\*</sup> 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.