

Typical day on a residential programme*

8.15	Breakfast led by a trainer
9.00 - 10.30	<p>General communication activity (Part 1)</p> <ul style="list-style-type: none"> ✳ Working on oral expression using presentations and accounts of real-life experiences
10.30	Break Communicative activity led by a trainer
11.00 - 12.30	<p>General communication activity (Part 2)</p> <ul style="list-style-type: none"> ✳ Working on oral comprehension using subject – matter adapted to trainees' needs ✳ Using oral comprehension to work on summaries, presentations, expressing opinions, debates
12.45	Lunchtime debate led by a trainer
14.00 - 14.45	One-to-one tuition / Multimedia session
14.45 - 15.30	One-to-one tuition / Multimedia session
15.30	Break Communicative activity led by a trainer
16.00 - 17.30	<p>Communication in professional situations</p> <ul style="list-style-type: none"> ✳ Working on a project (launching a new product, advertising campaign, recruitment, event organisation, preparation of team building session, etc.).
17.30 - 19.00	Choice of activities: e-Lab, personal work, relaxation (wellness)
19.00 – 19.30	Press review
19.30	Dinner led by a trainer

20.30 – 22.00	<p>Themed activity</p> <ul style="list-style-type: none">✿ Sunday: speed dating✿ Monday: intercultural profiling✿ Tuesday: negotiation activity✿ Wednesday: choice of activities (discussion, team building, visit, etc.)✿ Thursday: gala evening with public speaking
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* Times and activities vary according to the programme chosen