



**ENGLISH
LANGUAGE AND
ADVENTURE
COURSES FOR
INTERNATIONAL
STUDENTS**



Welcome

From the enchanting woodland of Hertfordshire, to the rugged coast of Pembrokeshire, and the awe-inspiring mountains of Snowdonia, our Active Learning Centres are dedicated to helping young people develop essential skills and character, through outdoor learning.

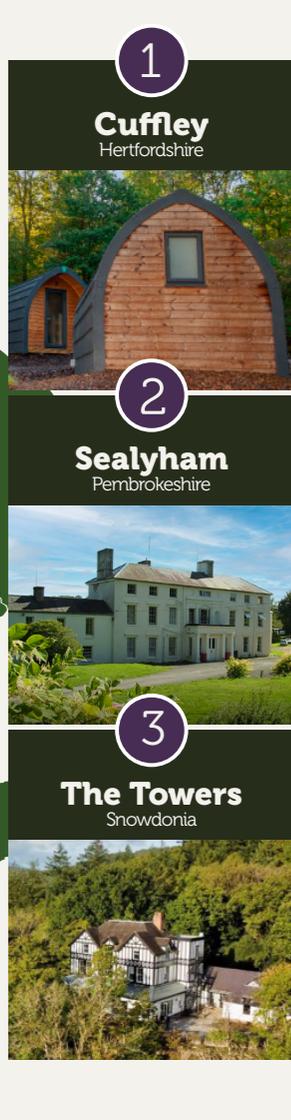
Adventure English combines ALC's expert outdoor education provision with the wealth of Ardmore Language Schools junior English language industry experience.

Our unique courses have been designed to provide international students with the opportunity to develop their English language, whilst embarking on an unforgettable journey to experience the outdoors.

Outdoor Education Accreditations



OUR CENTRES



1

Cuffley
Hertfordshire

2

Sealyham
Pembrokeshire

3

The Towers
Snowdonia

✈ Major UK Airports


**AMAZING
SCHOOL TRIP!**
**THANK YOU FOR ALL THE
CARE AND ENTHUSIASM,
THE CHILDREN HAD AN
AMAZING TIME.**
 ~CHRIST CHURCH SCHOOL



Our Active Learning Group Family

ALC International is a highly bespoke, premium course offering Adventure English delivered between sister companies, Active Learning Centres (ALC) and Ardmore Language Schools.

Active Learning Centres (ALC) and Ardmore Language Schools are part of Active Learning Group (ALG), who are in turn owned by Cognita Schools.



ALG

Creating transformational learning experiences for young people so they can thrive in a modern world.



English Language

Excel in English while exploring the beautiful British countryside.

Ardmore Education deliver high quality English language lessons that focus on learning and interacting in a fun and relaxed setting. Catering to multiple levels of ability, the Adventure English course offers an exciting new way to challenge English language and communication skills.



Outdoor Education

Take learning outside of the classroom and test communication skills while taking on new challenges.

At ALC International, we are dedicated to helping young people develop essential skills and character, and to promote wellbeing through outdoor learning. Get ready to learn with Adventure English.



Cuffley

Our courses at Cuffley are perfect for students aged 9-14 years who are looking to learn survival skills, develop their problem solving and experience a taste of the outdoors.

The close proximity to London, Oxford, and Cambridge, makes for a perfect location to combine the wilderness of the woods, with visits to the major city sights of England.

	Morning	Afternoon	Evening
Sunday	Welcome		
Monday	Placement Test	Low Ropes	Problem Solving
Tuesday	English Lessons*	Survival Skills	Robot Wars
Wednesday	English Lessons*	Half Day Excursion to Natural History Museum	Laser Tag or Archery Tag
Thursday	English Lessons*	Archery	Cultural Night
Friday	English Lessons*	Climbing Wall	Wacky Races
Saturday	One Full Day excursion to London, Thames River Cruise and Westminster Walking Tour		Graduation
Sunday	Goodbye ALC International		

The Towers & Sealyham

Our courses at The Towers and Sealyham are perfect for students aged 12-18 years who want to embark on an adventure to the mountains, and rugged coastline of Wales.

Students will participate in a series of outdoor learning activities, which will develop essential skills and character, and will promote wellbeing.

	Morning	Afternoon	Evening
Sunday	Welcome		
Monday	Placement & English Lessons	Rock Climbing	Problem Solving Tasks
Tuesday	Coasteering		Egg Drop
Wednesday	English Lessons*	Mountain Walking	Bouldering Wall
Thursday	English Lessons*	Stand Up Paddle & Canoeing	Low Ropes Course
Friday	Gorge Walking		Movie Night
Saturday	Mine Exploration		Graduation
Sunday	Goodbye ALC International		

*Full programs without English lessons available



**LOVELY PLACE
TO STAY**

**I WOULD CONSIDER IT
AN EXCELLENT EXAMPLE
FOR OTHER CENTRES TO
LOOK AT AND COULD BE
USED TO SHOW HOW A
CENTRE SHOULD BE RUN
AND MANAGED**

~DUNCOMBE SCHOOL



Hertfordshire

Cuffley

Nestled in the woodlands of Hertfordshire.

- ➔ Outdoor 'pods' or yurt-style tents
- ➔ 4 students per pod
- ➔ Dedicated toilet and shower block



Pembrokeshire

Sealyham

Close to the picturesque Pembrokeshire coast.

- ➔ Bunk beds
- ➔ 2-8 per room
- ➔ Ensuite options for Group Leaders
- ➔ Communal lounge spaces
- ➔ Group leaders lounge



Snowdonia

The Towers

Set in the beautiful Snowdonia National Park.

- ➔ Bunk beds
- ➔ 2-8 per room
- ➔ Ensuite options for Group Leaders
- ➔ Communal lounge spaces
- ➔ Group leaders lounge



Daily fresh wholesome meals

Food is a top priority for us during your trip.

Our catering team works hard every day to provide you with wholesome and fresh meal options that cater to all dietary needs. We believe in using locally sourced, natural ingredients as much as possible to create meals that not only taste great but also support the local environment and nourish growing bodies and minds

Please see below for an example weekly timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Cereal bar • Sausages, hash browns, baked beans and bread roll 	<ul style="list-style-type: none"> • Cereal bar • Sausages, hash browns, baked beans and bread roll 	<ul style="list-style-type: none"> • Cereal bar • Fruit juices • Sausages, hash browns, baked beans and bread roll 	<ul style="list-style-type: none"> • Cereal bar • Fruit juices • Sausages, hash browns, baked beans and bread roll 	<ul style="list-style-type: none"> • Cereal bar • Fruit juices • Sausages, hash browns, baked beans and bread roll
Lunch	<ul style="list-style-type: none"> • Breaded chicken and salsa wrap • Breaded bean pattie wrap • Sea salt crisps • Potato wedges • Fresh salad 	<ul style="list-style-type: none"> • Baked potato • Baked beans • Chilli con carne • Grated cheese • Coleslaw • Fresh salad 	<ul style="list-style-type: none"> • Prime hotdogs with confit onions ketchup and mustard • Seasoned Potato wedges • Cowboy beans 	<ul style="list-style-type: none"> • Garlic ciabatta with toasted Mozzarella tomato and basil Meatballs OR • Vegan meatballs • Fresh side salad 	<ul style="list-style-type: none"> • Fresh baguette • Sliced ham • Cheddar cheese and cucumber • Fruit and potato chips
Dinner	<ul style="list-style-type: none"> • Burger kitchen • Beef or veggie burger • Both served with brioche bun, fries, coleslaw • Toppings and sauces 	<ul style="list-style-type: none"> • Beef bolognaise or penne vegetable • Garlic bread • Tomato and olive salad 	<ul style="list-style-type: none"> • BBQ chicken legs or sweet potato, spinach and coconut curry • Long grain rice and sweetcorn • Naan breads 	<ul style="list-style-type: none"> • Chilli tacos • Beef or Chilli beans • Grated cheese • Tomato salsa • Potato wedges • Sweetcorn and salad 	<ul style="list-style-type: none"> • Breaded fish goujons or vegan sausage rolls with chunky chips, peas and mixed salad
Dessert	<ul style="list-style-type: none"> • Smores • Custard creams 	<ul style="list-style-type: none"> • Chocolate fudge brownie • Yo yo bears 	<ul style="list-style-type: none"> • Banana loaf • Tunnocks 	<ul style="list-style-type: none"> • Raspberry mousse • Propercorn 	<ul style="list-style-type: none"> • Lemon Drizzle Cake • Hipeas