

# Sample of a weekly schedule in Lindenberg – Intensive course 30

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:15 – 08:25	Breakfast							
08:30 – 10:00	Class					Fullday excursion to Munich (packed lunch):		
10:00 – 10:30	Break – Fruit basket						Visiting the „Deutsches Museum“	Brunch (10:00–14:00)
10:30 – 12:00	Class							
12:00 – 12:15	Break							
12:15 – 13:00	Class				Weekly Test			Cleaning the rooms
13:00 – 14:00	Lunch							Outdoor climbing wall or yoga
14:15 – 15:00	Class	Class	Halfday excursion to Ravensburg: Visiting the Humpis Quartier City rally	Class	Hiking tour around Lindenberg***	City tour free time (~ 1 hour)		“Welcome Day” funny games to get to know each other in- and outdoor
15:00 – 15:45	Mountain biking*** or miniature golf			City walk **			City walk **	
16:00 – 17:00								
17:00 – 18:00	Dinner			Dinner			Dinner	
18:00 – 19:00	Homework		Dinner	Homework		Dinner	Homework	
19:00 – 20:00	Handicrafts: batik arts or volleyball	School rally with different kind of exercises	Homework	Handicrafts: creating bracelets out of pearls or soccer	School disco create your own non-alcoholic cocktails	Workshop: juggling walking on stalks or handicrafts: soap stones	Billiard, darts and ping-pong	
20:00 – 21:00			Zumba or board games					
22:00	Night rest							
23:00	Night rest						Night rest	
00:00	Night rest							

Please note that free-time activities vary from week to week, i.e. they do not follow standardized leisure programs. Activities depend on the student's interests and the weather conditions. Most of the free-time activities like basketball, volleyball, badminton, football, table tennis, darts, handicrafts and workshops, etc. are pursued on the school's premises.

\*\* In small groups with sign out and -in \*\*\*off campus