

FOUNDED 1988

LEADING UK SUMMER SCHOOLS FOR ENGLISH LANGUAGE + Sport

INSPIRING YOUNG PEOPLE



+ TENNIS



+ BASKETBALL



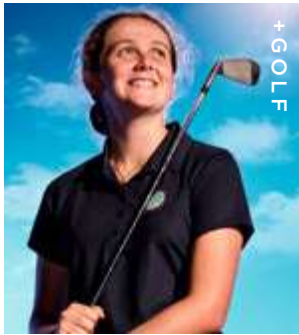
+ HORSE RIDING



+ RUGBY



+ FOOTBALL



+ GOLF



+ HOCKEY



+ DANCE

FOR STUDENTS AGED 9-17

expertsise SUMMER SCHOOLS



**TELL ME AND I FORGET.
TEACH ME AND I REMEMBER.
INVOLVE ME AND I LEARN.**

“

As someone with a lifelong love of sport and a powerful belief in education, I am passionate about combining them to help young people: to connect with others; to increase their self-awareness; to build confidence in their own abilities; and to grow their self-belief so they can go on and become the best version of themselves.

BRAM VAN ASSELT,
FOUNDER & CEO

”

Welcome to Exsportise Summer Schools



A stay at Exsportise Summer Schools is a great experience providing memories for a lifetime.

RUNNING SUMMER COURSES SINCE 1988

Exsportise has been running summer camps since 1988 and we know that the programme and experience we offer really works.

LANGUAGE PROFICIENCY AND SPECIALIST SPORTS COACHING

Our bespoke programme is carefully designed for those students who want to improve their English but also their skills and technique in a chosen Specialist Academy. The English language programme is delivered by experienced English teachers and involves three hours of language input per day. Through a diverse range of lessons, we refine language skills, enrich vocabulary, boost spoken fluency, and nurture essential 21st century learning abilities such as critical thinking, communication, creativity, problem-solving, collaboration, leadership and social skills.

Students' English is further improved for three hours a day during their chosen Specialist Academy, which aims to increase students' skills, technique and knowledge.

A NURTURING ENVIRONMENT

We provide a nurturing, safe, friendly, and fun-packed environment for students to study, play and live, and where, most importantly, they are allowed to be themselves. Staff live on campus to support the students 24 hours a day.

FOSTERING LIFELONG FRIENDSHIPS AND MEMORIES

Our goal is to ensure that all students leave Exsportise with improved language confidence, motivation to participate in their Specialist Academy, and with friendships and memories that will last a lifetime.



CONTENTS

Welcome to Exsportise Summer Schools .. 3	
Why Exsportise?	
Our Schools	6
Locations	
Clayesmore, 9-15 years	
Oundle, 11-17 years	
Seaford, 10-17 years	
Worth, 9-16 years	
Academic Programme	8
English Language Programme	
Assessment and Quality Assurance	
Specialist Academies	10
Basketball	
Dance	
Football - Arsenal Development	
Golf	
Hockey	
Horse Riding	
Rugby	
Tennis	
Multi Activity Sports	
Music	
Sport Only Camps	32
What our students say	33
Life on Campus	34
Leisure Programme	36
Evening Entertainment	
Excursions and Trips	
Getting to Exsportise Summer Schools	38
How to book	



Our Team Orange philosophy underpins all aspects of life at camp: cultivating personal growth and developing social skills in a kind and respectful environment fosters greater self-confidence, authenticity and mutual respect for others.

Why Exsportise?

THE ULTIMATE LEARNING EXPERIENCE

Exsportise combines language tuition with Specialist Academies to improve students' English and their skills and technique in their chosen Specialist Academy.

DUAL APPROACH

Exsportise uses a dual approach to improve students' English: English tuition + Specialist Academies, which are all delivered in English by experienced teachers and professional head coaches to ensure every child makes progress whatever their talent or experience.

Our programme offers students the opportunity to pursue an interest, discover a talent or feed their passion in sport, music or dance and use that to simultaneously improve their English language skills.

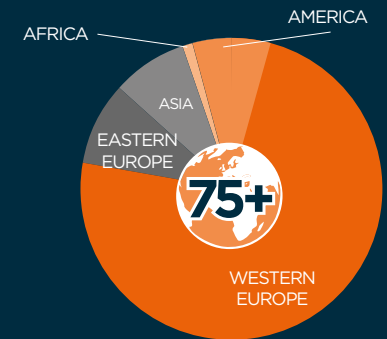
By doing something they enjoy with others who share a common interest, students practise and improve their spoken English without even realising it! This is the natural way and replicates how native speakers learn.

A multinational environment: we welcome children from many different countries and carefully manage the mix of nationalities to ensure English is the primary language spoken, allowing students to fully immerse themselves in the language and culture.



NATIONALITY MIX

The nationality mix is crucial to the success of our camps. We limit the number of students from any one nationality to ensure that English is the primary language spoken.



“ Many of our staff return year after year, creating continuity and an outstanding quality of care. ”





Fully Residential Courses

OUTSTANDING PASTORAL CARE: PUTTING STUDENTS FIRST

At Exsportise, the safety, happiness, and well-being of our students are our top priorities. We offer a generous staff-to-student ratio, with an average of one staff member for every four students. Our dedicated staff are all police checked and trained in Child Protection.

EXPERIENCE UNFORGETTABLE EVENINGS

After a full day of language and sport, the fun continues into the evening at Exsportise. Our evening entertainment programme is designed to create lasting memories, forge new friendships, and provide the perfect environment to practise English in a relaxed and enjoyable manner.

EXCURSIONS & TRIPS: EXPLORE AND DISCOVER

At Exsportise, the adventure doesn't end at camp! For students staying more than one week, we include two full-day excursions each weekend.

 15 HOURS ENGLISH TUITION per week				 15 HOURS SPECIALIST ACADEMY per week		
Overall staff to student ratio 1:4	Max teacher to student ratio 1:14	 House Parents & Welfare Manager oversee STUDENTS' WELL-BEING				
 Staff live on site	 On site Medical Officers	 All staff police checked	 All staff trained in Child Protection			
 High quality boarding schools	 Many individual bookings	 Over 75 different nationalities from all over the world	 ACCOMPANIED TRANSFERS from and to airports & train station			

Accredited by the

 for the teaching
 of English in the UK

“ Exsportise is the only private language school specialising in sport and English ever to have become an EL Gazette Centre of Excellence based on the results of their British Council inspection. ”

MELANIE BUTLER, EDITOR EL GAZETTE

OUR
Schools

Exsportise offers fully residential courses at four venues in the UK.

All offer comfortable accommodation, on-site sports and language facilities, extensive recreational space and healthy and nutritious meals.

- 1. Clayesmore School**
Dorset DT11 8LL
- 2. Oundle School**
Peterborough PE8 4GH
- 3. Seaford College**
West Sussex GU28 0NB
- 4. Worth School**
Crawley RH10 4SD



exsportise
Clayesmore
SUMMER SCHOOL

1 Best for juniors
9-15 years




Clayesmore is located in the picturesque village of Iwerne Minster in the South West of England.

Clayesmore offers an intimate environment and provides a relaxed and friendly atmosphere.

All Specialist Academies take place on-site apart from horse riding, which is held at specialist stables off-site. Modern English language facilities provide an engaging environment in which students can learn. Tennis courts and football pitches, a theatre and a sports hall are all available, as well as an indoor swimming pool.



2 Best for seniors
11-17 years




Oundle is located in the heart of the beautiful market town of Oundle near Peterborough.

Oundle offers excellent facilities for sports, extensive playing fields and two sports halls. There are also several floodlit astroturf pitches, tennis courts and an indoor swimming pool. All sports facilities are on-site except for horse riding, which is held at specialist stables off-site. Oundle also offers a modern language centre and contemporary, comfortable accommodation.



3 10-17 years



Seaford College, located in the heart of the Sussex countryside, offers extensive facilities in a beautiful and secure location.

Seaford has five boarding houses, as well as a dedicated music studio, and high-tech language facilities. It is also equipped with tennis courts, football and hockey pitches and its very own 9-hole golf course. There is a newly refurbished swimming pool and sport centre on-site. It is the only centre where we offer golf.



4 Closest to London
9-16 years



Worth is situated in 500 acres of beautiful Sussex countryside, within the grounds of Worth Abbey.

Located in the High Weald Area of Outstanding Natural Beauty, Worth is within easy reach of London and Brighton and only 25 minutes from Gatwick Airport. The school has great facilities and boarding houses that provide a safe environment for our students to experience and enjoy. Facilities include football pitches, an artificial pitch, tennis courts, sports hall, theatre and dance studio. The horse riding stables are a short drive away.



English



Explore the world with the Exsportise English Language Programme

Your Path to Success

STUDY PROGRAMME

The Exsportise Study Programme consists of 15 hours of English language input per week delivered in a communicative, engaging, and motivational way.

DETERMINING STUDENTS' LEVEL

With the Exsportise on-site placement test, we ensure that students are placed in the most suitable class based on their current English level and age.

SMALL CLASSES, BIG OPPORTUNITIES

Exsportise ensures a maximum of 14 students per class to allow for individual attention and greater interaction.

“ Each centre has a Director of Studies to make sure that high quality teaching and learning takes place. ”

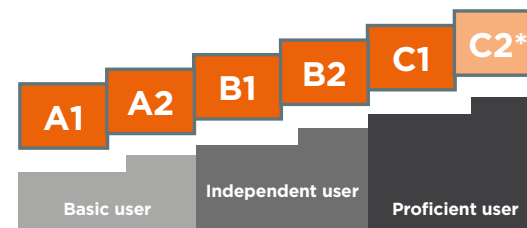


PASSIONATE TEACHERS

Dedicated teachers are passionate about helping students succeed. They use interactive and engaging teaching methods, making students feel comfortable and encouraging active participation in the learning process.

CLIMB THE LANGUAGE LADDER

We offer five different levels of tuition, from A1 (Beginner - Elementary) to C1 (Advanced), following the CEFR framework. Students need at least one year of English study to register on any Exsportise course.



*C2 students usually join our sport only courses to improve their spoken English.

Lessons

Every day, students study three different lessons to develop all receptive and productive language skills, expand their vocabulary, improve their accuracy in speaking and writing and boost their confidence.

Functional language - grammar/ vocabulary

This lesson includes vocabulary building, improving students' understanding and use of grammar and perfecting their pronunciation. It also ensures understanding and use of phrases to be used in specific situations to give students the confidence to speak.

Skills development with language focus

Students practise and develop their speaking, listening, reading, and writing skills through a range of interesting topics and real life material that are relevant today.

Exsportise collaborative projects

Students engage in stimulating, task-based projects to enable working together to achieve a common goal whilst developing their 21st century skills (creativity, collaboration, critical thinking, and communication) and fluency.

Our unique **True Me** project sessions explore important life-learning and personal growth subjects that help students build their self-knowledge, social skills and overall confidence to help them get ready for their future, adult life.



ENGLISH BEYOND THE CLASSROOM

At Exsportise, English becomes an integral part of students' daily life. Practising English during the Specialist Academies and other recreational activities gives students the perfect opportunity to fully immerse themselves in the language.

PROGRESS

Students' English journey doesn't go unnoticed. Exsportise teachers regularly monitor the progress of their students and carry out weekly tests to ensure they are sufficiently challenged and are learning.

CERTIFICATION

Upon completion of the programme, students receive an Exsportise end-of-course certificate and an academic report. Additionally, students who choose to take the Cambridge Assessment English Linguaskill Reading and Listening test receive a test report. (An additional fee applies.)

Join us at Exsportise and unlock the world of opportunities that English language proficiency brings! Experience an unforgettable journey of growth, cultural exchange and new friendships.

Your language adventure awaits!

ACADEMIC SUMMARY

Students' success is our priority: Our commitment to achieving high academic standards is evident through our quality assurance measures:

- **Teachers:** Exsportise employs teachers who are passionate about English language teaching.
- **Academic Management:** Exsportise employs a Director of Studies at each centre to oversee and quality control the teaching and learning.
- **Small Classes:** To maximise students' speaking time and individual attention.
- **Teaching Materials:** Reviewed regularly to keep the learning experience fresh and engaging.
- **Monitoring:** Students' progress matters and Exsportise teachers and Directors of Studies keep a close eye on their development.

Maximum Class Size

1:14 

CAMBRIDGE LINGUASKILL (OPTIONAL)

All students can choose to sit the Cambridge Assessment English Linguaskill Reading and Listening test at the end of their course to certify their English level according to the CEFR. On completion of this students will receive a test report.



ENGLISH

EnglishTM
THROUGH

+ Sport



At Exsportise, we offer a range of Specialist Academies designed to complement our classroom English language tuition.



ALL SPECIALIST ACADEMIES
ARE TAUGHT IN ENGLISH

We employ professional head coaches assisted by a team of qualified coaches to ensure every child makes progress whatever their talent or experience.

Students can choose a sport that they would like to improve, or one in which they are highly experienced but would like to improve even further.

All students receive an initial skills assessment and evaluation on their first day at camp. They are then placed in the optimum group or programme level for them.

For students to benefit from their experience, we require them to have at least one year of regular participation in their chosen sport.



> WE BELIEVE THAT...
 proficiency and enjoyment in sports and other pursuits provide an important key to language learning, by involving students in an activity in which they are engaged and in an environment in which they are relaxed.

Specialist Academy

15 HOURS

15 HOURS ENGLISH TUITION per week

+

15 HOURS

15 HOURS SPECIALIST ACADEMY per week



Basketball



Dance



Football



Golf



Hockey



Horse Riding



Multi Activity Sports



Rugby



Tennis

+ Basketball



Basketball is an exciting, fast-paced game. It can keep you fit and healthy and I love the fact that a ball can make a difference in one's life."

**EXPORTISE HEAD
OF BASKETBALL**

Our basketball programme is suitable for students who love to play basketball and want to improve their skills.





We provide focused, intensive training aimed at improving self-confidence and overall appreciation of the game.



We want students to have fun when playing the game - professional players take the game seriously but also have fun playing.

We aim to build on players' confidence and abilities, and improve their fitness level. We expect students to put in lots of hard work and we aim for all students to leave with at least one skill that they did not have before they came to the camp. We focus on fitness and agility, basic skills including dribbling and shooting, tactical game play, team work and communication. Every day features small-sided games and shooting practice.

All players are assessed at the beginning of the programme to ensure that real progress is made.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- Focus on fitness and agility
- Core skills and drills including shooting, passing, dribbling, rebounding and defence
- Tactical game play

> OUR OBJECTIVE IS....
to encourage teamwork, co-ordination and communication.



Average Coaching Ratio

1:10

English™
THROUGH

+ Dance



Thank you for the wonderful lessons you've taught me not only as a dancer but as a person."

DANCE STUDENT



Our programme immerses dancers in a variety of styles, including urban, contemporary, and jazz, with a foundation in classical ballet techniques.



Dancers engage in a diverse programme featuring styles like urban, contemporary, and jazz, all grounded in classical ballet principles.

Led by professional dance teachers, our programme offers dancers the opportunity to improve their dance technique, artistry, and performance skills.

Suitable for all levels with a minimum of one year's experience and a passion for movement, students are immersed throughout the week in various dance styles, improving fitness, learning discipline, and boosting confidence.

Each session begins with a warm-up that includes fitness and flexibility training, followed by technique work, choreography, and a cool down. We also encourage students to draw on classical dance principles.

The programme culminates in a weekly showcase performance, celebrating the progress and achievements of the dancers.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- Led by professional dance teachers
- Focus on fitness levels, flexibility, technique and strength
- Includes performance skills across a multi discipline programme
- Specialist training in dance technique, step execution, body alignment and placement
- Weekly performance to camp

> OUR OBJECTIVE IS....

for every student to leave the course with a profound understanding of their own dance practices, having refined their technique, artistry, and performance skills. We aim for each dancer to feel fitter, stronger, and more flexible, with enhanced confidence and discipline.

Average Coaching Ratio

1:10

ENGLISH

English™
THROUGH

+ Football

“

I am improving my football a lot as well as learning about other people's cultures.”

SAM, AGED 15



**FOOTBALL
DEVELOPMENT**

Expportise
SUMMER SCHOOLS

We are proud to offer Football in partnership with Arsenal Football Development.



The Arsenal Football Development coaching philosophy matches our own, to bring out the best in every individual.

Expportise is the official and exclusive English language learning partner to Arsenal Football Development. Our programme caters to all abilities while ensuring that each player develops on and off the pitch in a nurturing and enjoyable environment while learning to 'Play the Arsenal Way'.

Arsenal Football Development's training programme is based on teaching young gunners the same techniques, skills and Game IQ our academy players learn at our official Arsenal Youth Academy at Hale End and is designed to give players an understanding of what it takes to play for Arsenal.

Available at:

ALL SCHOOLS

Our camp model is built around Arsenal's Strong Young Gunner model, with 4 distinct development areas:

Effective Team Player

Technical and Tactical Solutions

Efficient Mover

Ability to move well and sustain throughout

Lifelong Learner

Adopt a learning mindset to seek consistent and continuous improvement

Champion Mentality

Seize each moment to maximise your potential

This is the same model utilised by the Arsenal academy and used throughout the club to develop young people and players.

The programme focuses on a range of skills and drills, tactics and match play.

All Arsenal Football Development coaches undergo continuous internal Arsenal Club training, which gives them the knowledge and understanding of implementing the programme. Each player will receive an official Arsenal Football Development end of course certificate.



Arsenal Football Development has worked closely with Exsportise for over 25 years and we are pleased and excited that they are now our exclusive Language Partner.



Marc Thorogood, Arsenal Football Development Business and Operations Manager



GIRLS FOOTBALL

We coach and train boys and girls together based on their skill level and motivation. We have seen how this builds confidence, creates a mutually beneficial atmosphere, breaks down age and cultural barriers whilst enhancing performance and enjoyment levels for everyone involved.



BOYS



GIRLS



GOALKEEPERS

COURSE DETAILS

- 15 hours of coaching per week
- Learn to 'Play the Arsenal Way'
- Designed by Arsenal Football Development and delivered by an Arsenal Football Development Head Coach supported by Assistant Coaches
- Suitable for all levels of ability with a minimum of one year's experience
- Ball mastery, dribbling, transitions, passing, receiving, creating chances, finishing, decision making and functional movement.
- Tactical sessions on patterns of play, phases of play, team shape, counter attacking and pressing
- Drinks bottle and an Arsenal Development shirt
- Excursion to the Emirates Stadium home of Arsenal Football Club (if staying for two or more weeks)
- Goalkeeper sessions are run at all centres

MATCH PLAY

- Opportunity to be selected to play against local development sides



Average Coaching Ratio

1:10

+ Golf



The game of golf is wonderful for building character, encouraging integrity and patience.”

EXSPORTISE
HEAD OF GOLF



Our golf programme is aimed at golfers of all standards who would like to improve their technique and on-course performance.





After an initial skills assessment, players are grouped accordingly to ensure their golf programme addresses their individual skill level and needs.



Our coaching programme covers all aspects of the game including pitching and chipping, bunker play, putting and the long game, as well as course management, the rules of golf and etiquette.

For advanced players, and those with a single figure handicap, we offer a more intense and advanced level of coaching, as well as video swing analysis using the latest V1 golf coaching software and Trackman profiling.

As well as coaching and use of the on-site golf course, students with a WHS recognised handicap may have the opportunity to play some of the more challenging golf courses. Fitness, nutrition and injury prevention are also included.



> OUR OBJECTIVE IS....

Our program is designed and delivered by an experienced team of qualified PGA Golf Professionals and tour players.

COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- PGA professional coaches
- Dedicated on-site golf facility with 9-hole course, driving range and teaching area
- Basic skills including the long game, pitching, bunker play, chipping and putting tuition
- On course skills such as course management, rules of golf and etiquette
- Grouping according to ability

FOR ADVANCED PLAYERS

- More in-depth technical coaching through use of swing analysis software
- Opportunity to play at 18-hole golf courses in the area
- WHS handicap certificate required.

Average Coaching Ratio

1:5

+ Hockey



"I love Exsportise because I can learn English and play hockey."

HOCKEY STUDENT

Our hockey programme is designed to improve individual skills and knowledge of the game.



We provide a multi ability coaching programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group.



Our coaching programme concentrates on physical and technical improvement through drills that emphasise the core skills and knowledge of the game. We play plenty of matches and do exercises that focus on the enjoyment of the game.

For advanced and experienced players, we offer a more intense level of coaching which may include elements of video analysis and theory that promotes a fuller understanding of hockey. Players are challenged to analyse their game, improve their decision making in match play and set objectives for the season ahead.

Expportise courses are attended by young players of all abilities including high level players from top European clubs. This gives students the opportunity and experience to play hockey at a truly international level.



> OUR OBJECTIVE IS....

to send players back to their clubs ready for the new season having improved and developed as hockey players and feeling more motivated than ever!



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all levels of ability with a minimum of one year's experience
- Full time FIH and EHA qualified coaches with international coaching experience
- Focus on technical improvement and core skills of the game, plus fitness, agility, skills and match play
- Conditioned games and match play

FOR ADVANCED PLAYERS

- More intense coaching focusing on technique and decision making
- Self analysis and objective setting

Average Coaching Ratio

1:10 

ENGLISH

English™
THROUGH

+ Horse Riding

“

We take great care in matching up our riders and horses so that the children improve both in confidence and riding ability, as well as English language.”

EXSPORTISE
HEAD RIDING
INSTRUCTOR



Our horse riding programme caters for most levels of ability, from those who have a minimum of one year's riding experience to students who are accomplished riders.



Our team of experienced riding instructors take great care in matching riders and horses.

Parents are asked to complete a horse riding questionnaire before camp and riders are further assessed during their first session before spending the week receiving tuition according to their ability in dressage and show jumping, as well as hacking across the beautiful English countryside. All our training builds towards competition day each Friday, when riders compete in a dressage test and on a show jumping course (ability specific), starting with poles on the ground and building upwards for the more experienced riders.

> OUR OBJECTIVE IS....

to enhance students' confidence around horses and in everyday life.



Students spend three hours each day at the stables where, as well as riding, they work on stable and horse management, allowing them to gain in confidence and riding ability, while at the same time improving their English language skills in and around the stable yards. Stable management is a key element of our programme, when students learn to groom and prepare their horse for riding, as well as study the names of the equipment they are using and the points of the horse - all in English.

***NB: Students must have a minimum of one year's regular riding experience and show basic riding abilities. They must be comfortable and in control of their horse at walk and trot.**

COURSE DETAILS

- 15 hours of riding, horse and stable management per week
- Students must have a minimum of one year's regular riding experience
- Focus on building riding confidence and horse handling including walking, trotting, cantering and riding on uneven terrain
- Training in dressage and show jumping to basic competition level
- Advanced tutoring in posture and fine control for experienced riders
- Stable management and horse care including mucking out and feed preparation, grooming, choice of equipment, tacking-up, removing and maintaining tack
- BHS standard helmets can be provided by the stables
- UK accredited stables and qualified riding instructors
- Stables conform to the latest UK health and safety regulations

Average Coaching Ratio

1:6

+ Rugby

“

Our coaches strongly believe that lessons learnt on the pitch should transfer into life, and there is a focus on helping young players to develop into responsible, thoughtful and courteous leaders.”

EXSPORTISE
HEAD OF RUGBY

Our boys' rugby programme has been developed to meet the needs of every type of rugby player. We take pride in establishing a strong sense of team spirit.





We cover both physical skills and the mental aspect of rugby. This includes ball handling, kicking, tactical aspects of the game, game awareness and strategy. We also focus specifically on teamwork and communication.



Every player is given the chance to lead and take control of training and transfer what they have learnt in an exercise or drill into an actual game situation.

All players are assessed at the beginning of the programme to ensure that they are appropriately grouped and real progress is made.

English skills develop quickly on the pitch as players have to communicate their ideas, needs and opinions to fellow players in a pressurised environment.

Above all, students leave Exsportise with a strong sense of confidence as individuals and as valued rugby players.



COURSE DETAILS

- 15 hours of coaching per week
- Boys only. Suitable for all ability levels with a minimum of one year's experience
- Physical skills including handling, speed, general fitness, creating and attacking space, footwork and kicking
- Technical skills including strategy, game awareness, teamwork and communication
- Mental skills including decision making, leadership and mental strength

> OUR OBJECTIVE IS....
to develop players in terms of their skills and fitness, but also their mental attitude and discipline.



Average Coaching Ratio

1:10

+Tennis

“

I always work with a goal - and the goal is to improve as a player and a person.”

RAFAEL NADAL



Exsportise tennis aims to give all its players of all levels, from beginner to advanced, the opportunity to train in a totally professional and detailed programme.



Available at:
ALL SCHOOLS



The programme has been devised with first-hand knowledge gained from consultation and working with some of Europe's top academy and current tour coaches.



Our methodology combines the four pillars of player development: Technical-Tactical-Physical-Mental. All the teaching, drills and exercises encompass these four pillars to create a single integrated system, based on the commonalities of top players today.

We encourage every player, whatever level or age, to improve and maximise their potential.

To achieve this, players are required to show complete commitment and a willingness to push themselves to attain higher levels in a short time period.

Most importantly, we assist in developing the necessary performance behaviours of discipline, resilience, dealing with adversity, responsibility and accountability, correct focus while having respect for other players and staff.



COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all ability levels with a minimum of one year's experience and basic knowledge of the game.
- Technical skills including all the key strokes and how to tactically incorporate them into the game
- Physical skills including hand-eye coordination, speed, agility, balance and latest movement patterns
- Mental skills including resilience, responsibility, perseverance, decision making and respect

> OUR OBJECTIVE IS....

to develop players in terms of their skills, fitness, confidence and social enjoyment. English skills develop quickly on the court as players take instruction in English from coaches on individual aspects of their game.



Average Coaching Ratio

1:6

English™
THROUGH

+ Multi Activity Sports

“

This programme is ideal for students who prefer to try different outdoor activities each week and satisfies students' sense of adventure, while enjoying the Great British Outdoors.”

BRAM VAN ASSELT, CEO

This option is for adventure-seeking students who enjoy the Great Outdoors and who are looking for a programme where they can try different sports and other activities each day.



Embrace the Great Outdoors. At Exsportise, we firmly believe in the power of the Great Outdoors to inspire, challenge, and motivate our students.



Our carefully considered selection of adventure sports and other leisure activities is sure to satisfy every appetite. Led by experienced instructors, this programme enables students to develop their physical abilities, stamina, and resilience while at the same time fostering teamwork and leadership skills.

In addition to English lessons, the programme comprises at least 3 hours of one adventure sport or other outdoor leisure activity per day, catering to all interests and preferences.

No particular sport can be guaranteed. Examples include, but are not limited to:

- Abseiling
- Archery
- Climbing
- Kayaking
- High Ropes
- Hiking
- Paddle Boarding
- Rafting

ALSO INCLUDES AVAILABLE ONSITE SPORTS



COURSE DETAILS

- Suitable for boys and girls of all ability levels
- Recommended for students who prefer to try different sports every day
- Students have the opportunity to enjoy the Great Outdoors
- Programme comprises one sport/outdoor activity per day
- Students develop their physical strength, stamina, and resilience
- 21st century skills such as teamwork, decision making and leadership are developed
- Certified professional instructors ensure that every activity is safe

> OUR OBJECTIVE IS....

to satisfy students' appetite for the Great Outdoors and sense of adventure in a safe environment and under the expert guidance of qualified instructors.



Average Coaching Ratio

1:8

EnglishTM
THROUGH

+ Music

“

We believe that music, like English, is a universal language, but like any language it can only be appreciated by those that will engage with it. By collaborating with other musicians, we offer this opportunity.”

EXSPORTISE HEAD OF MUSIC

Whether students play a musical instrument or like to sing, we have the right music programme for them. At Exsportise, students can improve their skills while learning alongside talented musicians from around the world.



Our music team are professional musicians as well as experienced teachers. They are passionate about music and encourage students to express themselves freely whilst having fun.

We offer a generous average teaching ratio of 1:8, which allows our teachers to focus on individual students' strengths and provide them with the attention they require.



Our sessions are in groups and include musical games, songwriting and recording. For more experienced musicians, we may supplement the programme with specialist tutorials according to requirements and by pre-arrangement.

With a focus on popular contemporary musical styles such as Pop, Rock, Funk, Soul and Jazz, we aim to inspire students to express their individuality and creativity as well as train them to work together as a band.

At the end of every week, the students perform for the whole camp. Together, we choose the songs we love most and rehearse them over the course of the week. NB: Students require a minimum of one year's instrumental tuition.



> OUR OBJECTIVE IS....

to inspire students to express their individuality and creativity as well as train them to work together as a band.



COURSE DETAILS

- 15 hours of music per week
- Suitable for all ability levels with a minimum of one year's experience
- Most instruments welcome
- Run by professional musicians and experienced teachers
- Group sessions in a studio environment with individual attention
- Improvisation and collaboration
- Songwriting and recording
- Students choose to do either our vocal course or our instrumental course
- Popular contemporary music styles
- Weekly performances to camp
- Students can hire instruments from us if they are not able to bring their own

Average Coaching Ratio

1:8



Available at:
ALL SCHOOLS

Sport Only Camps

English
THROUGHTM

(NO CLASSROOM ENGLISH)

One Sport Programme

ENGLISH THROUGH
ONE SPORT ACADEMY

Students with a true passion for a particular sport may choose this programme. This offers three hours in the morning and three hours in the afternoon of one chosen Specialist Sport - that is 30 hours of coaching a week.

This programme is available for Golf, Tennis, Hockey and Arsenal Football Development only.

SPECIALIST ACADEMY OPTIONS:

- Arsenal Football Development
- Golf Academy Camp
- Hockey Academy Camp
- Tennis Academy Camp

Two Sport Programme

ENGLISH THROUGH
TWO SPORT ACADEMIES

For those students who thrive on a more practical based approach to improving their English, the Two Sport Programme, without any classroom based language learning, may suit them better.

This programme consists of three hours of one Specialist Academy in the morning and three hours of another one in the afternoon each weekday, giving 30 hours of training split between coaching, playing and workshops.

Students can choose two of the available options at each school to combine each week.

Examples of a Two Sport Programme

15
HOURS

15 HOURS
OPTION
ONE
per week

+

15
HOURS

15 HOURS
OPTION
TWO
per week



Dance

+



Horse Riding

or



Golf

+



Hockey



Life on Campus

A Comfortable Retreat

Accommodation: Students are accommodated in separate areas for boys and girls and usually share their bedrooms with two or three students of similar ages. For younger students, larger bedrooms may be used. The maximum number of beds in a bedroom is eight. Sharing requests are considered, subject to availability. Each house is managed by a dedicated House Parent, ensuring safety, well-being, and happiness throughout their stay.

Meals and Snacks: We offer a wide variety of British and international food options in buffet-style format for breakfast, lunch, and dinner. Special diets, including vegetarian and gluten-free, can be arranged with prior notice. Fresh fruit is available free of charge throughout the day, and snacks are accessible in the evening from our tuck shop.

Bedtimes: To ensure students are well rested for their activities, we maintain strict bedtimes ranging from 21:30 to 23:00, based on their ages.

Welfare: Each camp has on-site Medical Officers and designated House Parents providing constant supervision and support.



“ At Exsportise, we go beyond being a summer school. We are a nurturing community that cares for our students’ growth, happiness, and development, ensuring an unforgettable experience for everyone. ”

BRAM VAN ASSELT, CEO

A Typical Day



Example only and may vary depending on venue.
Timings of breaks are at the discretion of the individual teachers / coaches.



EXAMPLE DAILY MENU

BREAKFAST

Hot Breakfast, Pastries,
Fresh Fruit, Cereal, Toast,
Fruit Juice/Milk

LUNCH

Meat, Chicken or Fish Dish
Baked Potato plus Topping
Pasta Bar, Salad Bar
Fresh Vegetables

Fresh Fruit & Yogurt
Dessert

DINNER

Meat, Chicken or Fish Dish
Pasta Bar, Salad Bar
Fresh Vegetables

Fresh Fruit & Yogurt
Dessert

Vegetarian options are always available.
Special diets can be catered for with
advance notice.

Menus will vary from school to school.

Overall staff to
student ratio

1:4



House Parents &
Welfare Manager oversee
STUDENT WELL-BEING



Staff live
on site



On site medical
officers



All staff police
checked



All staff child
protection
trained



Our Team Orange philosophy and approach - nurtured, grown and delivered over more than 35 years - sits at the heart of our brand and drives everything we do; reflecting our purpose and how we conduct ourselves.

Team Orange is what makes every Exsportise camp so special for students and staff together. All our staff - teachers, coaches, house parents, welfare, course assistants, head office - are very carefully chosen for their authenticity, resilience, teamwork and overall sense of care and responsibility.

Being on Team Orange is why so many of our people come back again and again to work with us and provide an amazing experience for our students. Team Orange is unique to Exsportise. It's how, and why, the magic happens on our summer camps.



Our Electronic Device Policy: At Exsportise, we use the term "phubbing" to describe the action of ignoring the people around you and instead paying more attention to your phone. We actively encourage students to Connect for Real when socialising with their peers and friends, without needing their phones.

Our purpose

We want to give every young person - regardless of their talent levels - confidence in their own abilities and the self-belief to go on and fulfil their potential.

Being on **TEAM ORANGE** means we:

- are givers not takers
- allow people to make mistakes, without fear, and learn from them
- are team players
- are kind, caring and respectful
- encourage and explore
- challenge and coach, constructively
- lead by example
- go "the extra mile"



English
THROUGH
Friendship

Evenings



Diverse Evening Activities



Prepare for a fantastic lineup of events catering to everyone's interests. From dance-offs and friendly Dodgeball competitions to showcasing your talent at "Exsportise Has Got Talent", every evening is filled with laughter and excitement.



Embrace Cultural Diversity: Students immerse themselves in the wonders of International Night, where we celebrate different cultures with international music, dances, and cuisines. It's a chance for students to make friends from all over the world and expand their cultural horizons.

Thrills and Excitement: Students join in the excitement of Race Night or discover adventure with their peers through an exciting Scavenger Hunt, solving clues and challenges as they explore the camp.

Showcase of Creativity: Students are captivated by the extraordinary talents of our Music and Dance students as they put on a dazzling showcase that will leave them with a sense of pride and amazement.

The Clubhouse - Students' Social Haven: During free time, students can visit the Clubhouse - a vibrant indoor and outdoor space where students can unwind, socialise, and chat with friends in a relaxed atmosphere.

Excursions & Trips

Students staying for more than one week will be offered two full-day excursions.



Arsenal Football Development students staying for two weeks or more are offered the opportunity to visit the Emirates Stadium, home of Arsenal Football Club, including a full tour of the stadium and behind-the-scenes of an international football club, plus a visit to the Club shop and museum.



Recreational Trips (SATURDAYS)

The Saturday trip is more recreational and offers students the chance to relax, enjoy their new friendships.

- Arsenal Stadium (for football students)
- or visit a local theme park
- or visit local city like Brighton, Peterborough, Bournemouth, Portsmouth



Mid week trip for 15 - 17 years old only (not guaranteed) these are offered and charged at centre on a weekly basis, e.g. bowling or cinema.

Cultural Excursions (SUNDAYS)

This excursion consists of a city visit to a place of interest where students get the chance to experience historical British culture, natural attractions and famous landmarks. Examples include:

- Bath
- Cambridge
- Oxford
- London

Students have some free time during the day to take a leisurely walk around the city centre, go to a café or go shopping.

All excursions are fully supervised by Exsportise staff. Packed lunches will be provided on the day of the excursion.

Travelling to Exsportise

We understand that when it comes to children's travel, safety and convenience are of the utmost importance. At Exsportise, we share parents' concerns and have taken extensive measures to ensure that our students' journey to camp is smooth, secure, and worry-free.

ACCOMPANIED TRANSFER SERVICE

We offer a dedicated accompanied transfer service for students arriving to and departing from main London airports and the Eurostar train station. Our friendly representatives, easily identifiable in bright orange Exsportise tops, greet the students at the International Arrivals Halls.

Efficient Transport Options:

Depending on the number of students arriving and anticipated journey times, we provide various transport options, such as taxis, minibuses, buses, or trains.

Standard transfer

Recommended transfer times



Arrival at airport/Eurostar terminal:

Sundays between 09.00 - 15.00



Departure from airport/Eurostar terminal:

Saturdays between 12.00 - 17.00

Students can arrive outside these times if required.

Minimal Waiting Times:

While we strive to keep waiting times to a maximum of 120 minutes before the onward journey to camp, sometimes students may need to wait due to delays on different flights. Please rest assured that our staff are present at all times, offer water and snacks (if needed) and provide the necessary care and assistance.

MINORS TRAVELLING UNACCOMPANIED

If a child is travelling without an adult, we recommend checking with the airline for any age restrictions. Many airlines offer an Unaccompanied Minor (UM) service, which can be booked directly with the airline. This service provides parents with peace of mind, as the airline takes responsibility for the children until they are handed over to an Exsportise representative on arrival. We do not charge extra for UM students.

VISA

Please note Exsportise can only provide a visa support letter for students and not for accompanying adults.

> ONLINE BOOKING...

Please note that we have a complete online booking system available to you. This allows you to manage your booking online.



To use this service please go to www.exsportise.co.uk/book-now



SELF-ARRIVALS DIRECT TO EXSPORTISE VENUE (PARENT DROP OFF)

Parents are welcome to bring their children to camp personally and pick them up at the end of the course, but we ask that the following drop-off and pick-up times be respected:



SELF-ARRIVAL AT EXSPORTISE VENUE:

Sundays between 14.30 - 16.30



SELF-DEPARTURE FROM EXSPORTISE VENUE:

Saturdays between 09.00 - 11.00

Any student not requiring a transfer arranged by Exsportise must be accompanied by an authorised adult in accordance with the Exsportise Duty of Care policy.



For further information about travelling to our camp locations, please refer to our website where full directions are available.

www.exsportise.co.uk

PRIOR TO TRAVEL

1. Check local requirements for children travelling without their parents or legal guardian – each country has specific requirements and may require written consent and/or identity documents.
2. Check visa and health insurance requirements, and that your child has a valid passport.
3. Book travel and confirm details and transfer requirements to Exsportise as soon as possible.
4. If you are using an Unaccompanied Minor service, complete the UM form provided by your airline for both journeys.
5. Complete the Exsportise Parental Consent Form and store it with your child's other travel documents. This must be with your child at the time of their travel.



ACCOMPANIED TRAVEL

from and to
airports & train station

STANDARD ARRIVAL AND DEPARTURE POINTS

We offer our Standard Transfer service from/to the following airports/train station:

CLAYESMORE

London Heathrow (152km)
London Gatwick (193km)
Eurostar St Pancras (193km)

OUNDLE

London Stansted (105km)
London Heathrow (160km)
Eurostar St Pancras (140km)

SEAFORD

London Gatwick (55km)
London Heathrow (75km)
Eurostar St Pancras (95km)

WORTH

London City (86km)
London Heathrow (77km)
London Gatwick (12km)
Eurostar St Pancras (110km)

Arrivals and departures to and from non-standard airports or on different days or out of hours are charged on an individual basis.



FOR MORE
DETAILS