



# AmeriSpan Teen Study Abroad in Beijing, China

## Sample Schedule

### Sample Daily Schedule:

- 07:30-08:00 Start the day
- 08:00-08:30 Morning fuel (breakfast)
- 08:30-09:00 Arrive at school and prepare for class
- 09:00-10:40 1st and 2nd lessons – Integrated Mandarin
- 10:40-11:00 Refreshment (snack)
- 11:00-12:40 3rd & 4th lessons – Put Into Practice
- 12:40-13:30 Refuel (lunch)
- 13:30-16:30 Cultural enrichment
- 16:30-16:50 Refreshment
- 16:50-17:30 Homework (Day camp and homestay students leave)
- 17:30-18:30 Unwind the mind
- 18:30-20:00 Refuel (dinner)
- 20:00-21:30 Relax, games, social gatherings
- 21:30-22:30 Get ready for bed
- 22:30 Lights out

### Sample Weekly Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30-08:00	Start the day						
08:00-08:30	Morning fuel - breakfast						
08:30-09:00	Arrive at school and prepare for class					Excursion	Self-study
09:00-10:40	1st and 2nd lessons - Integrated Mandarin, focus on speaking, listening, reading and writing						
10:40-11:00	Refreshment						
11:00-12:40	3rd & 4th lessons - Put Into Practice, focus on role plays, supplementary materials and games						
12:40-13:30	Refuel - lunch				Self-study (Day camp and homestay students leave)		
13:30-16:30	Team building class	Chinese dumplings class	Martial arts class	Visit a historical or cultural site			
16:30-16:50	Refreshment						
16:50-17:30	Self-study (Day camp and homestay students leave)						
17:30-18:30	Unwind the mind						
18:30-20:00	Refuel - dinner				Party	Refuel - dinner	
20:00-21:30	Chinese movies	Chinese songs	Social gatherings	Reading books			
21:30-22:30	Get ready for bed						
22:30	Lights out						

\* Language lessons will be arranged in the mornings or afternoons depend on weather conditions, activities organization, etc.