REGEN 2018 | INTERNATIONAL LANGUAGE AND SPORTS CAMP

Sample Programme

	Morning	Afternoon	Evening
Sunday	Arrival at the airport / Transfer to Regen	Check-In 18:00 Dinner	19:00 – 21:00 Welcome Party 21:00 – 22:00 Free time 22:30 Night
Monday	07:30 Wake-up call, 08:00 Breakfast 08:30 – 12:00 Language classes / Language test DE + EN 12:30 Lunch	12:30 – 14:00 Sports activities 14:00 – 17:30 Archery + Climbing 18:00 Dinner	19:00 – 21:00 Talent Show 21:00 – 22:00 Free time 22:30 Night
Tuesday	07:30 Wake-up call, 08:00 Breakfast 08:30 – 12:00 Language classes DE + EN 12:30 Lunch	12:30 – 14:00 Sports activities 14:00 – 17:30 Bouldering + Canoeing 18:00 Dinner	19:00 – 21:00 Sports Tournament 21:00 – 22:00 Free time 22:30 Night
Wednesday	07:30 Wake-up call, 08:00 Breakfast 08:30 – 12:00 Language classes DE + EN 12:30 Lunch	12:30 – 14:00 Sports activities 14:00 – 17:30 Swimming 18:00 Dinner	19:00 – 21:00 Games Night 21:00 – 22:00 Free time 22:30 Night
Thursday	07:30 Wake-up call, 08:00 Breakfast 08:30 – 12:00 Language classes DE + EN 12:30 Lunch	12:30 – 14:00 Sports activities 14:00 – 17:30 Raft Building + GPS-Treasure Hunt 18:00 Dinner	19:00 – 21:00 Night Hike 21:00 – 22:00 Free time 22:30 Night
Friday	07:30 Wake-up call, 08:00 Breakfast 08:30 – 12:00 Language classes DE + EN 12:30 Lunch	12:30 – 14:00 Sports activities 14:00 – 17:30 Teambuilding + Adventure Hike 18:00 Dinner	19:00 – 21:00 Disco Party 21:00 – 22:00 Free time 22:30 Night
Saturday	07:30 Wake-up call, 08:00 Breakfast individually arranged departure or day trip	Individually arranged arrivals + Check-In 18:00 Dinner	19:00 – 21:00 Welcome Party 21:00 – 22:00 Free time 22:30 Night

Sample Programme: Please note, that outdoor/indoor activities may be rearranged due to weather conditions. Please check the activity schedule every day!

Important: All Participants need to bring sports footwear suitable for indoor- and sports footwear suitable for outdoor activities. Also, all students need to bring sportswear, especially for climbing/bouldering and indoor activities.

Language classes: Your language teachers will not only hold the classes but will accompany you on your trips and during the activity programme, too.