



SEDBERGH
SCHOOL

FOUNDED 1525

International Summer School

JUNIORS | 8 - 12 YEARS | SENIORS | 13 - 17 YEARS
4th July to 12 August 2023

Accredited by the



for the teaching
of English in the UK

DIRECTOR'S INTRODUCTION

For over a decade, Sedbergh International Summer School has been attracting international pupils from around the globe.

Accredited by the British Council, we provide a unique summer experience for pupils between the ages of 8 and 17, enabling them to improve their language skills whilst making connections with other pupils from around the world.

We were delighted to welcome pupils back to Sedbergh in 2022. It was a joy to watch friendships develop as they navigated their way through their chosen programmes, communicating, collaborating and developing in confidence as they made the most of the vast array of opportunities available to them.

Our mission is to ensure each pupil is encouraged to realise their full potential, exploring the limits of their ability whilst learning to thrive outside their own comfort zone. Our dedicated team is committed to providing our pupils with a rich educational experience within an environment that encourages them to flourish, develop existing talents, discover new passions and make life-long friendships in a safe, supportive environment.

Due to the increased demand for places on our Summer School, we are excited to announce that we will be hosting pupils exclusively at the senior school site for the first three weeks of the ISS 2023 programme. The second half of the course will take place at the School's junior school site, in the nearby village of Casterton.

As part of the Sedbergh School family, we are proud to boast a reputation that reflects almost 500 years of tradition and heritage. We hope that you enjoy learning more about our Summer School!

Kirsten Bentley
Course Director



SPIRIT & THREAD OF GOLD

THE SEDBERGH PHILOSOPHY

SPIRIT and Sedbergh's Thread of GOLD form the backbone to the Sedbergh International Summer School programme.

Enabling children to develop positive attitudes and behaviour is vitally important to us and the values and behaviours inspired by The Sedbergh SPIRIT and the Thread of GOLD are at the heart of all we do. Values that include:

Self-motivation – a pupil who works hard, is enthusiastic about what they do, active in lessons, activities and in the house.

Perseverance – a pupil who tries their best, even when the task ahead is difficult.

Independence – a pupil who is self-reliant and understands the importance of 'doing the right thing' at all times.

Responsibility – a pupil that understands how to behave – for example, be on time, be kind and polite to others, and try their best. If they can follow these rules, or see the importance of them, they are being responsible.

Imagination – a pupil that can think of new and different ways of doing things and can use this to be creative.

Teamwork – a pupil that demonstrates respect and empathy towards the wider group, working effectively towards a common goal.

We aim to create a unique environment for the development of our young people and believe that children best develop skills and attitudes when they are inspired. With fun and enjoyment at the very heart of delivery, pupils are supported throughout their stay as they develop the behaviours inspired by **GOLD**, namely:

GGROWTH | **O**ORIGINALITY | **L**LEADERSHIP | **D**DETERMINATION



YOUR ADVENTURE BEGINS HERE

Set between the UNESCO World Heritage Site of the Lake District National Park and the Yorkshire Dales National Park, Sedbergh International Summer School provides pupils with the perfect opportunity to fully immerse themselves in an English and activities based programme with other young people from across the world.

The first three weeks will be held at the senior school site, located in Sedbergh, in the heart of the Yorkshire Dales National Park. The second half of the programme, will be held at Casterton, Sedbergh Preparatory School, a 15 minute drive from Sedbergh on the outskirts of the pretty Cumbrian town of Kirkby Lonsdale.

Both locations are surrounded by spectacular scenery. Pupils will be accommodated in comfortable boarding houses and have full access to the school's impressive facilities including sports halls and pitches, art, design and music centres as well as classrooms and IT suites.

Sedbergh and Casterton both benefit from excellent road and rail links. Manchester and Liverpool international airports are within easy distance and Oxenholme Lake District railway station can be reached from London in 2 hours 40 minutes via regular direct trains.

JUNIOR COURSES

(Ages 8 to 12)

1-6 week programmes in July and August

SENIOR COURSES

(Ages 13 to 17)

1-6 week programmes in July and August

Sedbergh Senior School Campus: 4th - 22nd July 2023 - (weeks 1 - 3)

Sedbergh Prep School Campus: 22nd July - 12th August 2023 - (weeks 4 - 6)

WHY CHOOSE SEDBERGH?

- British Council accredited
- Multicultural learning experience over 6 weeks
- Owned and operated by Sedbergh School
- 20 hours of formal English tuition per week
- Extensive activities programme
- Specialist programmes including: Leadership & International Relations Academy (LIRA) and IELTS
- 2 full day excursions per week
- 24/7 pastoral care in a safe environment



A SUMMER SCHOOL BUILT AROUND YOU

Our programmes provide 20 hours of formal English lessons each week, with pupils placed onto the Junior (Ages 8-12) or Senior Course (Ages 13-17). All Sedbergh teaching staff are experienced, enthusiastic native speakers, dedicated to providing pupils with engaging, fun and interesting lessons.

Using the latest pedagogical methods, multimedia tools and resources to help pupils develop their language skills, our 1:15 teacher-pupil ratio ensures pupils benefit from their teacher's dedicated time and attention.

The Right Level For You

Pupils will complete a short reading test in advance of the course and speaking and listening assessments on arrival. This enables teachers to allocate them to the most appropriate class for their ability.

Your Learning Mentor

Teachers continually monitor the progress of each pupil, providing regular feedback and support.

Celebrations

We believe in celebrating success. Our 'Pupil of the Week' and 'SPIRIT awards', recognise and reward hard work, a desire to help others, courage, creativity and kindness.





JUNIOR TIMETABLE

| | 7.30am - 9am | 9am - 12.30pm | 12.30pm - 2pm | 2pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 8.30pm | 8.30pm - 9pm | 9pm - 10pm |
|-----------|----------------------------------|----------------------------|--|------------|-----------|-----------|-----------------------------------|--------------------|--------------------------|
| Sunday | Breakfast & Morning Registration | EXCURSION | | | | Dinner | Registration & Evening Activities | Hot Chocolate Time | Time in House & Bed Time |
| Monday | | English Lessons inc. break | Lunch, Afternoon Registration & Project Time | Activities | Free Time | | | | |
| Tuesday | | | | | | | | | |
| Wednesday | | EXCURSION | | | | | | | |
| Thursday | | English Lessons inc. break | Lunch, Afternoon Registration & Project Time | Activities | Free Time | | | | |
| Friday | | | | | | | | | |
| Saturday | | | | | | | | | |



SENIOR TIMETABLE

| | 7.30am - 9am | 9am - 12.30pm | 12.30pm - 2pm | 2pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 9pm | 9pm - 9.30pm | 9.30pm - 11pm |
|-----------|--|----------------------------|--|------------|-----------|-----------|-----------------------------------|--------------------|--------------------------|
| Sunday | Wake Up, Morning Registration, Breakfast | EXCURSION | | | | Dinner | Registration & Evening Activities | Hot Chocolate Time | Time in House & Bed Time |
| Monday | | English Lessons inc. break | Lunch, Afternoon Registration & Project Time | Activities | Free Time | | | | |
| Tuesday | | | | | | | | | |
| Wednesday | | EXCURSION | | | | | | | |
| Thursday | | English Lessons inc. break | Lunch, Afternoon Registration & Project Time | Activities | Free Time | | | | |
| Friday | | | | | | | | | |
| Saturday | | | | | | | | | |

COMMUNITY ENGAGEMENT

At Sedbergh, we value the importance of community engagement. As a junior you will have the opportunity to visit the surrounding towns and villages to complete class projects. Regular conversation with the local British people will help to develop your spoken English.

Senior pupils are encouraged to develop their independent learning and research skills. Staff guide older pupils through a combination of individual and group-based projects, many of which require engagement with our local and wider community.



A COURSE FOR ALL

Designed to enhance our pupils' learning further, we offer a course choice to suit all requirements. Run by our dedicated team of specialist staff, pupils can tailor their summer school experience to reflect their own specific interests. Each course runs for a period of one week with pupils selecting their chosen option during the registration process. We encourage pupils to participate in a different academy each week in order to provide a more rounded experience.

English + Multi-Activities

(Junior & Senior)

Available weeks 1 - 6

English + Outdoor Adventure

(Junior & Senior)

Available weeks 1 - 6

English + Football

(11-17 years old)

8 - 22 July 2023

IELTS + Test

(14 - 17 years old)

8 - 22 July 2023

Leadership & International Relations Academy (LIRA)

(14 - 17 years old)

8 - 22 July 2023



ENGLISH + MULTI-ACTIVITIES

JUNIORS & SENIORS

WEEKS 1 TO 3 - SEDBERGH CAMPUS

WEEKS 4 TO 6 - CASTERTON CAMPUS

Making the most of our idyllic surroundings, this course provides the perfect opportunity to experience a range of our most popular activities. Pupils can enjoy our outstanding facilities, sampling a range of different activities led by our own activity staff. This action-packed programme provides the perfect opportunity to relax with your friends and try something new. Typical activities may include:

- Archery
- Basketball
- Climbing
- Dance
- Fly Fishing
- Hockey
- Music
- Rifle Shooting
- Swimming
- Touch Rugby
- Arts & Crafts
- Ceramics
- Cookery
- Drama
- Football
- Horse Riding
- Netball
- Rounders
- Tag Archery
- Ultimate Frisbee
- Badminton
- Cheerleading
- Cricket
- Fencing
- Golf
- Jewellery Making
- Paddle Boarding
- Sailing
- Tennis
- Volleyball



ENGLISH + FOOTBALL

11 - 16 YEARS OLD

8 - 22 JULY 2023

SEDBERGH CAMPUS

Due to popular demand we are delighted to introduce our new English + Football course.

Open to all abilities, pupils will be divided into age appropriate groups and, pupils will combine English language tuition with up to 12 hours (4 afternoons) of football each week.

Pupils will be divided into teams according to age, and will spend their time developing their skills, tactics and game play in a dynamic, fun environment.



ENGLISH + OUTDOOR ADVENTURE

JUNIORS & SENIORS

WEEKS 1 TO 3 - SEDBERGH CAMPUS
WEEKS 4 TO 6 - CASTERTON CAMPUS

Our stunning location between the Lake District National Park and the Yorkshire Dales allows us to take full advantage of the wealth of outdoor pursuits on offer. Our team of expert instructors offer a number of exciting activities which can include:

- Bushcraft
- Ghyll Scrambling
- Orienteering
- River Swimming
- Caving
- Kayaking/Canoeing
- Paddle Boarding
- Rock Climbing
- Fell Walking
- Mountain Biking
- Rafting
- Sailing



LEADERSHIP & INTERNATIONAL RELATIONS ACADEMY (LIRA)

14 - 17 YEARS OLD

8 JULY - 22 JULY 2023, SEDBERGH CAMPUS

“A once in a lifetime experience!” *Student (Luxembourg)*



Drawing on Sedbergh’s wealth of experience teaching leaders of the future, LIRA is an innovative educational experience for older pupils to develop and refine teamwork, leadership and communication skills.

Thought provoking, fully interactive and taught in conjunction with a team of subject matter experts, this transformative, 2-week personal development programme combines personal coaching, experiential learning and fun excursions to support pupils as they develop the necessary skills to become effective leaders of the future.

Using a combination of classroom-based seminars and workshops with presentations, practical activities, and 1:1 coaching, pupils will be provided with a safe and supportive environment within which they can focus on developing self-awareness, self-confidence, initiative and resilience whilst improving their critical thinking and reflective skills. Pupils will be encouraged to nurture and practice the different behaviours learned throughout the programme, putting them into practice in a variety of scenarios and environments.

“It was an amazing experience, I learned a lot about myself while having a great time. I would 100% recommend it!” *Student (Spain)*



SAMPLE LIRA TIMETABLE

| | 7.30am - 9am | 9am - 12.30pm | 12.30pm - 1.30pm | 1.30pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 10pm | 10pm - 11pm | 11pm |
|-----------|---|--|--------------------------------------|---|-----------|-----------|---|-------------------------------------|----------|
| Sunday | Wake Up, Morning Registration, Breakfast | EXCURSION | | | | | | Hot Chocolate & Time in House | Bed Time |
| Monday | | Individual Development Sessions/ Seminars/ Workshop/ Collaborative Tasks | Lunch & Afternoon Registration | Activity Based Learning & Development | Free Time | Dinner | Coaching/ Reflection/ Evening Activities | | |
| Tuesday | | EXCURSION | | | | | | | |
| Wednesday | | Individual Development Sessions Seminars/ Workshops/ Collaborative Tasks | Lunch & Afternoon Registration | Activity Based Learning & Development | Free Time | Dinner | Coaching/ Reflection/ Evening Activities | | |
| Thursday | | EXCURSION | | | | | | | |
| Friday | | Individual Development Sessions Seminars/ Workshops/ Collaborative Tasks | Lunch & Afternoon Registration | Activity Based Learning & Development | Free Time | Dinner | Coaching/ Reflection/ Evening Activities | | |
| Saturday | | EXCURSION | | | | | | | |



“It’s an opportunity to learn new leadership skills, to communicate with people, to step out of your comfort zone and to meet and create relationships with people from different places and cultures.” *Student (Spain)*

IELTS - ENGLISH LANGUAGE TEST

SENIORS 14 - 17 YEARS OLD

8 JULY - 22 JULY 2023, SEDBERGH CAMPUS

A structured, 2-week exam preparation course for those wishing to sit a formal examination at an official test centre upon completion of the two week course. An official exam certificate will be issued by the Examination Board recognising their current English level.

Children with a proven level of English may be considered for inclusion in our IELTS course, but please be aware that the IELTS exam result is valid for 2 years. A certificate for children below the age of 15 would be invalid 2 years after attainment.

In 2019, 100% of pupils achieved an overall IELTS score of 5.0 or above and 30% of pupils achieved a score of 7.0 or higher.

Minimum B1 level required.

IELTS Average Results 2019 (2 week course)

- LISTENING: 43% achieved 7.0 or above
- READING: 30% achieved 7.0 or above
- SPEAKING: 70% achieved 6.5 or above
- WRITING: 30% achieved 6.0 or above



EXCURSIONS: DISCOVER YOUR UK FROM THE HIGHLANDS TO THE HIGH ROPES

Our unique location offers you the chance to explore historical and contemporary landmarks across the United Kingdom. Two full-day excursions each week offer the opportunity to experience British Culture and see world class sports, heritage, architecture, fashion, style and art.

CITY EXCURSIONS & ACTIVITIES

- The Trafford Centre: Europe's Largest Indoor Shopping Centre
- Edinburgh
- Newcastle upon Tyne
- Leeds
- Manchester
- Liverpool
- BBC Media City, Salford
- Cheshire Oaks
- York

LOCAL EXCURSIONS & ACTIVITIES

Based in and around the Lake District & Yorkshire Dales National Parks, our local excursions give pupils the opportunity to explore, enjoy and appreciate our unique location. From caves and castles to treetop treks and steamboat rides, ice cream parlours and the occasional traditional English sweet shop, pupils are sure to enjoy the wealth of experiences available in this incredible part of the British Isles.

- Watersports, Ullswater
- Ingleborough Caves
- Malham Cove
- Whinlatter Forest
- Caving, Yorkshire Dales
- Ingleton Falls
- Lake Windermere
- Windermere Steamers
- Grasmere
- Lightwater Valley
- Treetop Trek



EVENING ACTIVITIES

- BBQ & Fire Pit
- Bowling
- Cookery
- Discos
- Drama
- Foot Golf
- Karaoke
- Obstacle Course
- Outdoor Cinema
- Quiz Nights
- Sports Tournaments
- Swimming
- Talent Shows
- Team Challenges
- Tennis
- Trashion Shows
- Traditional Games
- Water Wars



YOUR SEDBERGH FAMILY

No matter how far you have travelled, you will soon feel at home in our relaxed and friendly boarding houses. Each house is well equipped with its own common room, satellite TV, games, WiFi and a range of double and multi-bedrooms. A full laundry service is provided twice weekly.

FIND YOUR PLACE IN OUR FAMILY

Everyone at Sedbergh is committed to establishing a safe and homely environment. Our pupil's wellbeing is paramount and we want you to return home with lots of wonderful memories. Our live-in house parents achieve this by creating a fun, friendly community where every child feels safe, secure and valued. Medical needs are dealt with by our Welfare Officers. Welfare Officers are on hand 24 hours a day with support from our dedicated school nursing staff and local medical centre.



CHALLENGE YOUR TASTE BUDS

We are proud of our excellent catering staff, superb on-site dining facilities and the varied, international-style menu provided by our own team of in-house chefs. A range of hot and cold dishes, including vegetarian options and a salad bar, are available at breakfast, lunch and dinner. Pupils are also able to purchase additional snacks and drinks from our on-site tuck shop.

CHOCOLATE TIME & REFLECTION

Chocolate Time takes place every evening. This is the perfect time to relax and reflect on the day, sharing stories and experiences, cementing friendships and unwinding over a hot chocolate and home-made biscuits.

CELEBRATE YOUR BIRTHDAY IN SEDBERGH STYLE

If you are fortunate enough to have your birthday during summer school, you won't be disappointed! Your own birthday cake and party games will make you feel at home.



A HOME AWAY FROM HOME

Sedbergh International Summer School is uniquely placed within the heart of Northern England. The summer school occupies both Casterton Sedbergh Preparatory School and Sedbergh School campuses and enjoy enviable positions on the edge of Kirkby Lonsdale and Sedbergh surrounded by the hills and fells of Cumbria and the Yorkshire Dales National Park. Boarding Houses are welcoming and comfortable and feel like a real 'home from home'. Each house is run by an experienced House Parent and Assistant House Parent who are on hand around the clock with support from a team of staff and our welfare officer. In-house catering teams are responsible for providing a wide variety of culinary delights, catering for all tastes and dietary requirements. All meals are cooked in house and served within the house dining room.

Both campuses boast an array of facilities, including tennis courts, swimming pools, sports pitches, art and design studios and performing arts theatres and our activity programmes make full use of the huge range of facilities available.



THE FINER DETAIL

LOCATION

The small, safe yet vibrant market town of Sedbergh is situated between the Lake District and Yorkshire Dales, two of the most visited National Parks in Europe. Sedbergh benefits from excellent road and rail links, and two international airports are within easy distance.

Manchester Airport: 1hr 30mins
Liverpool Airport: 1hr 45mins
Leeds/Bradford Airport: 1hr 45mins



ESCORTED ARRIVALS AND TRANSFERS

BY AIR

We understand that for some of our pupils, travelling can be a daunting experience. We are delighted to offer a full chaperone service to families, where a dedicated member of staff will fly to and from the pupil's country, personally escorting them from home to Sedbergh. Additional costs do apply so please book well in advance to ensure availability.

Pupils will be met on arrival at the airport by a member of staff. Once within our care, pupils will be provided with refreshments before being transferred from the airport to Sedbergh or Casterton via our fleet of minibuses or via transport arranged by our in-house transport department.

Escorted shared transfers are provided at no additional cost when arriving on the designated arrival and departure dates from Manchester and Liverpool airports. Transfers outside these times and from other airports can be arranged at an additional cost.

BY RAIL

Oxenholme Lake District station can be reached by direct train from the following cities:

- London: 2 hours 40 mins
- Birmingham: 2 hours 30 mins
- Glasgow: 1 hour 40 mins
- Manchester: 1 hour 20 mins.

TESTIMONIALS

“Our daughters really appreciated the sports and entertainment activities in the afternoon, especially the more exotic things like fly fishing, cricket, rugby, archery and cheerleading.”

PARENTS (GERMANY)

“It is so nice to see what a difference two weeks made and to get back a happy and proud kid.”

PARENTS (FRANCE)

“Thank you again for your commitment towards your pupils, for making my son’s first abroad experience such a positive one and certainly for a well organised program with many learning opportunities. I believe my son learned essential lessons about self-awareness and interpersonal skills which would have accelerated my own development tremendously if only someone had shared it with me at such a young age.”

PARENTS (SWITZERLAND)

“Thanks to you and all the staff of the school, our children had a wonderful and interesting time and progressed well in their English. You spared no effort and time to ensure that they did not need anything and got the maximum pleasure and benefits from being at your wonderful school.”

PARENTS (ISRAEL)

“I learned a lot and I met a lot of nice and kind people so I’m very, very happy!”

STUDENT (FRANCE)

“The experience in Sedbergh was fantastic! Thank you for these two magnificent weeks.”

STUDENT (SPAIN)

“I love my experience at Sedbergh ISS. The staff members were so friendly. Thank you for this amazing experience with the Sedbergh family. I want to come next summer!”

STUDENT (DENMARK)





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LA10 5HG

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Casterton, Sedbergh Preparatory School

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