

40+



**International  
House**  
Manchester

## Summer Vacation Programme

A summer programme for adults aged 40 years+



**Our programme is based on three main ideas:**

### **Useful English**

Learn words and phrases for daily life.



### **Connection**

Make friends with classmates and local people.



### **Experience Manchester**

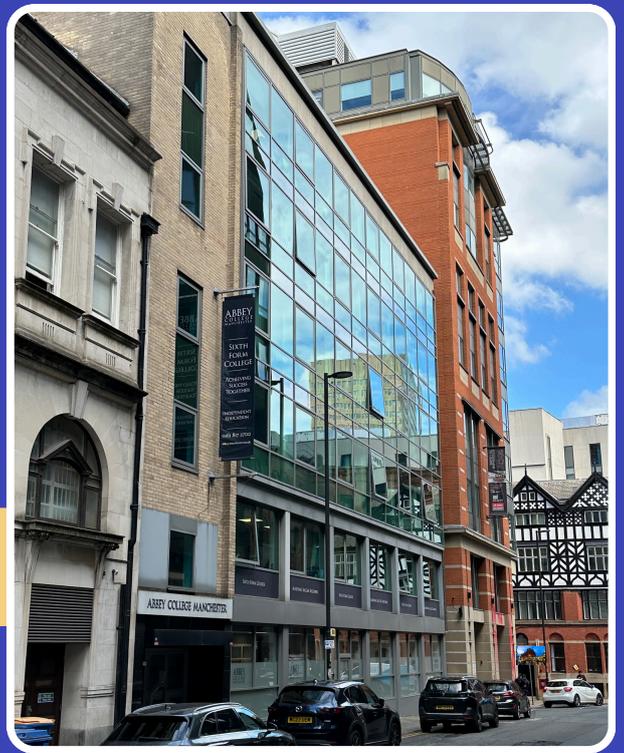
Explore Manchester and use English in real situations.



Every lesson, trip, and activity follows these ideas.

## ✦ Course Location

The 40+ Summer Vacation Programme takes place at Abbey College in the centre of Manchester. It is a different location from our main school and provides a comfortable learning environment for students aged 40+.



## ✦ An Integrated Programme

Each day includes:

➔ morning ➔ afternoon ➔ evening

General English lessons



Our Special Elevate English sessions



An excursion or social activity in or around Manchester



These three parts work together to help you improve quickly and enjoy learning.

## ✦ Elevate English

This part of the course makes classroom learning real.

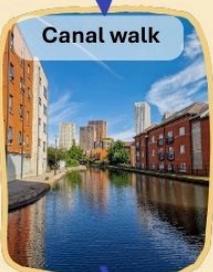
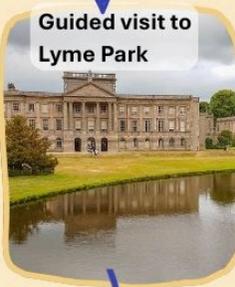
Lessons are active, social, and practical.

Elevate English helps you use English for real purposes: explore local culture and connect with others.



# 40+ Summer Vacation Programme 2026 example timetable

Sunday 12 July to Sunday 9 August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>General English Class</b>  <b>09.00 - 11.10</b>	 Starting conversations & meeting new people	 Talking about your own life	 Talking about travel experiences	 Talking about long-term activities and personal achievements	 Talking about future plans; encourages goal-sharing and curiosity	Full day excursion to the Lake District	Rest & relaxation  Free time to discover Manchester
<b>Elevate English class</b>  <b>11.30 - 13.00</b>	<b>Socialising</b> British Small Talk Survival Kit  Practising starting, continuing & managing conversations	<b>Professionals</b> English for meetings A Role play meeting 	<b>Arts &amp; Culture</b> Turning experiences into conversation  Preparing for your afternoon visit	<b>Local Life</b> Listening to local Manchester speakers from Manchester Histories 	<b>Teamwork</b> Develop your English through a collaborative group task The Spaghetti Tower: Work as part of a team to build a tall tower		
<b>Experience Manchester</b>  approx. <b>14.00 - 17.00</b>	Canal walk 	British Quiz in the school 	Guided visit to Lyme Park 	Afternoon tea at "The Richmond Tearooms" 	Games Fun in the school! 		
<b>"Good times, great food, amazing friends"</b>  <b>18.00 - 21.00</b>	Welcome Drink at Freight Island 	Dinner together at Castlefield 	Salsa dancing – come along, feel the music and dance! beginners welcome 	Running group – join us for a guided run or jog around the city – all abilities welcome 	Dinner together at Spinningfields 		

## ✦ Course Information



**Course dates:** Monday 13 July - Friday 7 August 2026



**Maximum Students per class:** 10



**Course Level:** Not suitable for beginners. Students need a minimum CEFR level of A1.2



**Course Location:** Abbey College, 5-7 Cheapside, Off King Street, Manchester, M2 4WG

Course details	Included
English lessons	✓ 17.5 hours of teacher led group lessons
Learning material	✓ All required learning material
Social Activities	✓ All planned social activities, in school events and guest speaker sessions
Excursions	✓ All planned excursions & visits and entrance fees
Accommodation	Accommodation options and prices can be seen on <a href="#">our website</a> .
Drinks / meals as part of social activities	One drink of choice is provided to each student at the weekly "Welcome Drink". For dinners, pub nights and dancing events, students pay for what they consume (except for the afternoon tea event, where a set afternoon tea is included).
Airport transfers	Airport transfers can be booked as an extra.

[Please see our website for full prices and options.](#)

## ✦ Accommodation options

(Not included in course price)

### Homestay (Standard or Executive)



from £175.00 per week

### Self-catering student residence



from £245.00 per week

### Studio Apartments



from £290.00 per week

[Please see our website for full prices and options.](#)

## ✦ Course prices

1 week	£695.00
2 weeks	£1390.00
3 weeks	£2,085.00
4 weeks	£2,780.00



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