

Develop your soccer skills with the world famous Chelsea FC Foundation Soccer School coaching programme and gain an insight into the techniques and training methods of Champions.

This programme is unique in providing in-depth training covering technical skills, tactical appreciation, psychology and physical training techniques. The Coaching programme is delivered by trained, UEFA qualified coaches using the Chelsea FC Foundation Soccer school model. It takes place at Chelsea Football Clubs world class training facility in Cobham, Surrey. This programme is open to boys and girls.

INTENSIVE SOCCER / ENGLISH COURSE PLUS SOCCER

- **Intensive soccer training 20 hours per week.**
This programme is designed for students aged 9-17 years, of any ability level, to improve their soccer skills. The intensive soccer course consists of 20 hours of soccer per week and incorporates practical training on skills and tactics. On Wednesday Berlitz teacher will give seminars incorporating video analysis of matches but also they will cover important aspects such as tactics, technics, nutrition and sport psychology as part of the soccer programme.
- **English plus soccer** consists of 12 hours of soccer training plus 15 hours of English classes per week.

Chelsea Football Club's state of the art training facility in Cobham, Surrey offers a world class training centre with magnificent pitches. It is also the training ground for the Chelsea Football Club Premiership team. Alternatively students can choose to combine an English course with soccer or to do intensive soccer training. Coaching sessions are fun as well as educational. During the programme, there is an excursion to the Chelsea Football club Stadium (Stamford Bridge).

This programme is operated by Choices International. Berlitz are the English Language teaching Partner



THE PACKAGE INCLUDES

- Training at Chelsea's FC very own world-class Surrey training facility.
- 15 hours English tuition per week plus 12 hours soccer training or 20 hours per week intensive soccer training.
- Full board, residential accommodation.
- Daily bus transfer to training facilities.
- Chelsea FC Foundation training kit (for summer session).
- UEFA qualified coaching staff.
- Tour of Stamford Bridge Stadium.
- 2 excursions per week: 1 half-day and 1 full-day.
- Free, supervised internet access.
- Closing Presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).

CHELSEA FC FOUNDATION GIVEAWAY PACKAGE

Students at the summer sessions, receive a Chelsea FC Foundation Training kit as a gift. The Chelsea FC Foundation kit includes a Chelsea FC Foundation Bag, T-shirt, shorts, socks and Rain-shirt.



FOUNDATION

Chelsea FC Foundation Soccer Schools
A unique soccer experience



WEEKLY SAMPLE SCHEDULE

DAY	TIMES						
	08:00 – 09:00	09:00 – 12:15	12:30 – 13:30	14:00 – 17:00	18:30 – 19:30	19:30	
	BREAKFAST	LESSONS	LUNCH	CHELSEA FC FOUNDATION SOCCER CAMP	DINNER	EVENING ACTIVITIES	
MONDAY	BREAKFAST	ENGLISH LESSON	LUNCH	COACHING SESSION	DINNER	BBQ	
TUESDAY		ENGLISH LESSON		COACHING SESSION		TALENT CONTEST	
WEDNESDAY		ENGLISH LESSON		HALF DAY EXCURSION		QUIZ NIGHT	
THURSDAY		ENGLISH LESSON		COACHING SESSION		MOVIE EVENING	
FRIDAY		ENGLISH LESSON		COACHING SESSION		DISCO	
SATURDAY		FULL DAY EXCURSION					
SUNDAY		SPORTS & ACTIVITIES OR OPTIONAL EXCURSION					

ENGLISH LANGUAGE TEACHING

Language tuition uses a fun, participative approach to learning and emphasises spoken language skills.

The programme is specifically designed for children with an interest in soccer and includes a range of role-plays, pair-work and activities. Created exclusively by Berlitz the programme develops English skills within a soccer context.

Students receive 15 hours of English lessons per week, taught by qualified teachers in classes of a maximum size of 15 students. Students are tested on arrival, and placed in classes with other students of approximately the same level.

AIRPORT TRANSFERS

We offer a 'Meet & Greet' service. **Prices per person based on one-way transfer.** Students will be met and accompanied by our staff carrying uniform and Berlitz/Choices International signs. Students arriving at a similar time will travel together to the residence.

NOTE: The Soccer Programme can only be taken in blocks of 2 weeks.

PROGRAMME DATES

Summer session: 28th June to 22nd August 2015.

Start dates: 28th June, 12th & 26th July, 9th August.

These dates may be subject to modifications

Safety and security is of primary importance and there is a dedicated team to care for the children on and off the field. All Chelsea FC Foundation staff are FA qualified, CRB checked and hold certificates in Emergency Aid and Safeguarding Children.

Develop your soccer skills with the world famous Chelsea FC Foundation Soccer School coaching programme and gain an insight into the techniques and training methods of Champions.

This programme is unique in providing in-depth training covering technical skills, tactical appreciation, psychology and physical training techniques. The Coaching programme is delivered by trained, UEFA qualified coaches using the Chelsea FC Foundation Soccer school model. It takes place at Chelsea Football Clubs world class training facility in Cobham, Surrey. This programme is open to boys and girls.

Choose between **Intensive Soccer** or **English plus Soccer!**

ADVANCED SOCCER COACHING PROGRAMME

The Technification Soccer Residential Camp is aimed at boys and girls from 9 to 17 years old who are federated. It is recommended for young people who have achieved a good level of soccer. It is focused on the perspective of the integral education of participants and is based **on four mainstays**:

- Technical-tactical perspective, there will be a work plan, so that every participant can develop all their skills in a dynamic, balanced and effective way oriented to real soccer practice.
- Physical and motor skills, so that they are aware of the importance of the physical improvement, the best training methods, the reasons for them and the influence they will have on their performance.
- Health, in order to be aware of the importance of this mainstay in their sports careers. In order to achieve this goal, workshops will be scheduled, focused on injury prevention, nutrition, bandages, shoes and proper surfaces.
- Values education, through an effective educational way in order to be trained not only as athletes but more importantly as people.

Chelsea Football Club's state of the art training facility in Cobham, Surrey offers a world class training centre with magnificent pitches. It is also the training ground for the Chelsea Football Club



THE PACKAGE INCLUDES

- Training at Chelsea's FC very own world-class Surrey training facility.
- 15 hours English tuition per week plus 12 hours soccer training or 20 hours per week intensive soccer training.
- Full board, residential accommodation.
- Daily bus transfer to training facilities.
- Chelsea FC Foundation training kit (for summer session).
- UEFA qualified coaching staff.
- Tour of Stamford Bridge Stadium.
- 2 excursions per week: 1 half-day and 1 full-day.
- Free, supervised internet access.
- Closing Presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).

CHELSEA FC FOUNDATION GIVEAWAYPACKAGE

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ENGLISH LANGUAGE TEACHING

Language tuition uses a fun, participative approach to learning and emphasises spoken language skills.

The programme is specifically designed for children with an interest in soccer and includes a range of role-plays, pair-work and activities. Created exclusively by Berlitz the programme develops English skills within a soccer context.

Students receive 15 hours of English lessons per week, taught by qualified teachers in classes of a maximum size of 15 students. Students are tested on arrival, and placed in classes with other students of approximately the same level.

AIRPORT TRANSFERS

We offer a 'Meet & Greet' service. **Prices per person based on one-way transfer.** Students will be met and accompanied by our staff carrying uniform and Berlitz/Choices International signs. Students arriving at a similar time will travel together to the residence.

PROGRAMME DATES

Summer session: 28th June to 22nd August 2015.

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Safety and security is of primary importance and there is a dedicated team to care for the children on and off the field. All Chelsea FC Foundation staff are FA qualified, CRB checked and hold certificates in Emergency Aid and Safeguarding Children.

Develop your goalkeeping skills with the world famous Chelsea FC Foundation Soccer School coaching programme and gain an insight into the techniques and training methods of Champions.

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GOALKEEPING

Goalkeeping courses teach players those additional vital skills such a handling, footwork and distribution which can be overlooked when training as part of a team. Our goalkeeping courses are specialised and we work in smaller groups to enhance development and therefore fitness levels should be of a high standard. Goalkeepers train independently to our soccer schools but come together during afternoon session enabling players to put techniques into practice. Goalkeeping courses available for boys and girls of all abilities aged **12-17 years old**.

ADVANCED GOALKEEPING

Advanced goalkeeping courses work on the same basis as standard goalkeeping but sessions are designed to meet the requirements of senior and advanced goalkeepers who require further technical detail incorporated into their training to aid progression and development. Advanced sessions are physically and technically challenging and we recommend that players be of a high standard of both fitness and ability. Goalkeepers who attend these sessions may have the opportunity to attend our invitation only sessions. Advanced Goalkeeping courses available to boys and girls of an advanced level aged **12- 17 years old**.

ENGLISH PLUS GOALKEEPING COURSE

This programme is designed for boys and girls of all abilities aged 12-18 years old, to improve their goalkeeping skills. It consists of 12 hours of soccer training plus 15 hours of English classes per week.

**Programme subject to a minimum group of 4 students.
Maximum, 6 students per group.**



Chelsea Football Club's state of the art training facility in Cobham, Surrey offers a world class training centre with magnificent pitches. It is also the training ground for the Chelsea Football Club Premiership team. Alternatively students can choose to combine an English course with soccer or to do intensive soccer training. Coaching sessions are fun as well as educational. During the programme, there is an excursion to the Chelsea Football club Stadium (Stamford Bridge).

THE PACKAGE INCLUDES

- Training at Chelsea's FC very own world-class Surrey training facility.
- 15 hours English tuition per week plus 12 hours soccer training or 20 hours per week intensive soccer training.
- Full board, residential accommodation.
- Daily bus transfer to training facilities.
- Chelsea FC Foundation training kit (for summer session).
- UEFA qualified coaching staff.
- Tour of Stamford Bridge Stadium.
- 2 excursions per week: 1 half-day and 1 full-day.
- Free, supervised internet access.
- Closing Presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).



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ENGLISH LANGUAGE TEACHING

Language tuition uses a fun, participative approach to learning and emphasises spoken language skills.

The programme is specifically designed for children with an interest in soccer and includes a range of role-plays, pair-work and activities. Created exclusively by Berlitz the programme develops English skills within a soccer context.

Students receive 15 hours of English lessons per week, taught by qualified teachers in classes of a maximum size of 15 students. Students are tested on arrival, and placed in classes with other students of approximately the same level.

AIRPORT TRANSFERS

We offer a 'Meet & Greet' service. **Prices per person based on one-way transfer.** Students will be met and accompanied by our staff carrying uniform and Berlitz/Choices International signs. Students arriving at a similar time will travel together to the residence.

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Dance knows no limitations; it simply is, in its various rhythms and styles, the most joyful expression of life!

World famous **Pineapple Dance Studios** in London will lead our participant to gain new technics and performance skills.

All of their dance tutors are widely recognised industry professionals, they have lots of teaching experience working with all age groups and levels.

PINAPPLE DANCE STUDIOS' courses have had a massive impact towards the performing arts training of children, teenagers and adults, but they have also introduced a unique style and approach to dance and theatre studies.

This programme is designed for beginner, intermediate and advanced dancers. Choose from various styles such as Jazz, Contemporary and Street Dance, in which to refine your dance skills. Enjoy the influence of the diverse cultures and dance styles that are an essential part of the international community, as well as the impact of the glamorous entertainment industry on exotic dance moves. **Take your talent to the extreme!**

OUR AIMS

- Provide students with an exceptionally high standard of teaching in all aspects of dance and theatre studies.
- Encourage and reward effort and achievement.
- Respect and encourage the individuality of each and every student.

DANCE CLASSES

- Street Dance Workshops with the UK's elite tutors and choreographers in all aspects of street dance. Short warm up and routine.
- Musical Theatre workshop. Working with a West End Cast member of your choice, Matilda Cats, Billy Elliot, Miss Saigon, and many more.
- Jazz, Contemporary, Ballet, Commercial Working with industry professionals, short warm up, technique and routines in all dance styles.

THE PACKAGE INCLUDES

- 8 dance sessions per week.
- 12 hours English tuition per week.
- Full board, residential accommodation.
- 2 excursions per week: 1 half-day and 1 full-day.
- Free, supervised internet access.
- Closing Presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).

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ENGLISH LANGUAGE TEACHING

Language tuition uses a fun, participative approach to learning and emphasises spoken language skills. The programme is specifically designed for children with an interest in soccer and includes a range of role-plays, pair-work and activities. Created exclusively by Berlitz the programme develops English skills within a soccer context.

Students receive 15 hours of English lessons per week, taught by qualified teachers in classes of a maximum size of 15 students. Students are tested on arrival, and placed in classes with other students of approximately the same level.

ACCOMMODATION

Residential accommodation at Roehampton University is high quality. All rooms are furnished to a high-standard. Free Wi-Fi all over the campus.

We also provide comfortable accommodation, individual, doubles and triple rooms at the National Tennis Centre. Common room areas provide a comfortable atmosphere for students to relax and play games or watch TV.

Most of our rooms are single, but there are also doubles and triples. Please check availability.

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AIRPORT TRANSFERS

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This programme is subject to a minimum number of 5 students



Develop your golf skills in our International Golf Camp at the famous Richmond Golf Club, an oasis of calm in the village of Petersham, only nine miles from Central London.

The Richmond Golf Club was founded in February, 1891, at a meeting at the Greyhound Hotel in Richmond. Since it was so close to Westminster, many of its early members were also members of the Government.

Our academy, aimed at boys and girls of 9 – 17 years old, is focused on a **personalized training**, and the programme is designed for students who wish to develop their ability through expert tuition.

The International Elite Golf Academy is a great way for junior golfers to take their game to the next level. Whether they are a recreational golfer, or a competitive junior golfer our team can meet their needs in a fun and challenging environment.

The daily programme will cover techniques for all aspects of the game including long play, short play, full swing, bunker shots, putting and physical fitness. Students will also work on their mental attitude, etiquette and competitive play.

Our Academy offers two options:

- **English + Golf Camp (Beginner / Intermediate Level):** For participants who wish to improve their language skills (focusing on vocabulary development) and to improve and practise their techniques at golf.
A standard day will consist of 3 hours of language classes and 3 hours of golf coaching.
- **English + Golf Camp (Elite Programme):** For participants with a handicap, who wish to improve their language skills and to continue development in their techniques at golf emphasizing swing analysis and course management. Relying on a professional training method we offer players to participate in high quality training sessions.

This programme is operated by Choices International. Berlitz are the English Language teaching Partner

A beautiful parkland course

Located in attractive parkland, adjoining Richmond Park and Ham Common. Substantially upgraded in recent years with the help of TPL, the firm of golf architects founded by five times Open champion, Peter Thomson. The redesign won the prestigious Golf Inc World Renovation of the Year award for 2012

FACILITIES

In addition to the quantity, all facilities are of elite quality. The Richmond Club's magnificent hole parkland course is well renowned for excellent presentation and playing ability.

A stiff test for golfers of all standards. At a little under 6,100 yards, Richmond Club's is not a long course, but it presents a stiff challenge to golfers of all abilities. Narrow fairways and strategic bunkering put a premium on pin point accuracy. So, too, do six par 3s, averaging 182 yards in length. Very few golfers, amateur or professional, match their handicap when they visit the club. The course record for the current layout stands at 66, only four under par.

THE PACKAGE INCLUDES

- Training at the Richmond Golf Club very own world-class training facility.
- 12 hours English tuition per week plus 12 hours golf coaching.
- Full board, residential accommodation.
- Learning materials.
- Golf seminars covering technics, tactics, nutrition, etc.
- 2 excursions per week: 1 half-day and 1 full-day, to exciting places in London.
- Closing presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).



ENGLISH LANGUAGE TEACHING

Language tuition uses a fun, participative approach to learning and emphasises spoken language skills. The programme is specifically designed for children with an interest in tennis and includes a range of role-plays, pair-work and activities. Created exclusively by Berlitz the programme develops English skills within a golf context. Students receive 12 lessons of English language per week, taught by qualified teachers in classes of a maximum size of 15 students. Students are tested on arrival, and placed in classes with other students of approximately the same level.

Berlitz teacher will give seminars incorporating video analysis of matches but also they will cover important aspects such as tactics, technics, nutrition and sport psychology as part of the programme.

ACCOMMODATION

Residential accommodation at Roehampton University is high quality. All rooms are furnished to a high-standard. Common room areas provide a comfortable area for students to relax and play games or watch TV.

Free Wi-Fi all over the campus.

Our Pastoral Care Team are placed within the College to support students 24 hours a day. They work with teaching staff to develop and maintain a safe and supportive environment. This includes constantly checking on students' welfare (especially the younger ones), to ensure they are eating properly and looking after their personal hygiene. We operate a buddy system which works particularly well for individual students.

PROGRAMME DATES

Summer session: 28th June to 22nd August 2015.

Start dates: 28th June, 12th & 26th July, 9th August.

*These dates may be subject to modifications

Safety and security is of primary importance and there is a dedicated team to care for the children on and off the courts

AIRPORT TRANSFERS FEES

We offer a 'Meet & Greet' service. **Prices per person** based on **one-way** transfer. Students will be met and accompanied by our staff carrying uniform and Berlitz/Choices International signs. Students arriving at a similar time will travel together to the residence.



INTERNATIONAL ELITE TENNIS ACADEMY - London

Develop your tennis skills in our International Tennis Camp at the National Tennis Centre (elite centre for professional tennis players).

The **National Tennis Centre** (NTC) opened in 2007 and is a focal point for Britain's top players. It has 22 courts, player accommodation and a world class sports science centre. Its team of highly qualified specialists, work in an Interdisciplinary way bringing an applied, player centered support service to Britain's top players and coaches.

A High Performance Center

Our academy is focused on a **personalized training**. To give the player the technical, tactical, mental and physical tools to get the maximum return on his training at all levels.

The goal is the integration of the educative system in the tennis world to develop the student's sports skills, strengthen their self-confidence and grow in a cooperative learning environment.

This programme is aimed at participants of 9 – 17 years old.

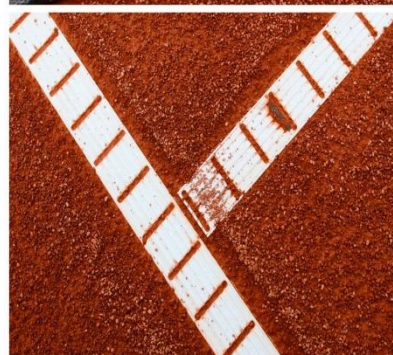
TENNIS COACHING PROGRAMME

The targets of our tennis academy are:

1. Detect the actual game level of the students and correct biomechanical student gestures.
2. Work the Competition: each student will create awareness of their strengths and weaknesses in competition, in order to work them into training sessions.
3. To develop students' technics and tactics at tennis.

Our Academy offers two options:

- **English + Tennis Camp (Beginner / Intermediate Level):** For participants who wish to improve their language skills (focusing on vocabulary development) and to improve and practise their techniques at tennis.
- **English + Tennis Camp (Elite Programme):** For participants age 10-18 with a high level of tennis, who wish to improve their language skills and to continue development in their techniques at tennis. Relying on a professional training method we offer players to participate in high quality training sessions. Participants in this course will benefit from a complete evaluation of their tennis abilities.



FACILITIES

In addition to the quantity, all facilities are of elite quality. The NTC provides highly professional services in Performance analysis, fitness, psychology, physiotherapy and rehab, strength and conditioning, medical support and nutrition, led by Head of Player Support - Simon Jones. Simon ensures that his team of highly qualified specialists, work in an Interdisciplinary way bringing an applied, player centered support service to Britain's top players and coaches. Strength and conditioning encompasses the physical and physiological development of players for world class sport performance.

THE PACKAGE INCLUDES

- Training at the National Tennis Centre world-class Surrey training facility.
- 12 hours English tuition per week plus 12 hours tennis coaching.
- Learning materials.
- Full board, residential accommodation.
- 2 excursions per week: 1 half-day and 1 full-day.
- Tour of Wimbledon facilities.
- Free, supervised internet access.
- Closing Presentation & Certificate Award.
- Cancellation insurance due to accident, illness or sickness. (Please, check conditions).

**LTA and/or ITF registered
coaching staff**

This programme is operated by Choices International. Berlitz are the English Language teaching Partner

HIGH SCHOOL PLACEMENT IN MANCHESTER 2014 – 2015



The academic term study abroad is aimed for students between 16 and 18 years old who wish to study at a high school for a period of 3 to 9 months in an *English school*, sharing the experience with the opportunity to live with a family.

British private schools (also known as Public Schools) are rich in history and a long tradition of academic excellence. They have offered a comprehensive education to sons and daughters of royalty and nobility from all over the world for over two centuries.

Those programmes selected by Choices International are similar in terms of high levels of education. However, parents should be aware of a significant difference between the schools.

Choices International offers you the choice to be in one of the best schools. Every school we use has its own characteristics, its own personality and teaching methods. All have a high capacity for accommodation and personal care of pupils, and there are places for all fitness levels. Some schools are decidedly academic, while others are more vocational.

EXTRA CURRICULAR ACTIVITIES

Your child will enjoy a wide range of experiences and activities outside the classroom. There is a huge variety of sports to choose from such as squash, volleyball, archery, cricket, rugby... There are also the following activities: music, theater, debating club and oratory, ceramics, photography and design. These activities are optional and can vary according to each school.

SCHOOL DAY

During the week, students have class all day in small groups to assure individual attention, with some afternoon scheduled sports activities. There is a break at noon for lunch. The day is completed with personal study and free time. Students will live with a family, staying in nice bedrooms with an individual room. This will be another opportunity to get to know family life in England.

Our staff will be responsible for the needs of the child outside the classroom, trying to maintain contact with their family abroad and helping with any problems or welfare that may arise during the course of their stay.

Traditionally, children were educated in schools exclusively for boys or girls. This was for reasons of discipline and academic rigor. Today you may choose between modern and flourishing co-educational schools. Alternatively, some boy's schools consider the possibility to admit some girls in higher grades. Primary Schools admit students from eight to eleven years (in some cases, thirteen years). High School Education is up to the age of 18 years.

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Standard Programme Manchester plus ACTIVITIES



Summer Programmes in Manchester

Choose one of our high quality Berlitz language courses which can be also combined with sports.

This summer, we offer participants the opportunity to combine learning English with sports, activities and excursions to exciting places in Manchester!

The programme is open to students aged 10 - 17 years from 29th June to 9th August. Afternoon sports options include tennis and horse riding.

MANCHESTER CITY LOCATION

Manchester is the 'uncrowned' capital of the North and as the leading city location outside of London, it offers the advantages of a vibrant, up-and-coming city; close to some of the most beautiful scenery in England. It combines the sophistication and energy of a thriving metropolis with easy access to the stunning scenery of the Lake District and Wales.

There is a large international student population in Manchester, with a great cultural diversity.

ACCOMODATION

We offer residential accommodation to suit the students' needs. All rooms are single, high quality. Common rooms provide comfortable areas for students to relax and play games or watch TV.

Our Pastoral Care Team are placed within the College to support students 24 hours a day. They work with teaching staff to develop and maintain a safe and supportive environment. This includes constantly checking on students' welfare (especially the younger ones), to ensure they are eating properly and looking after their personal hygiene. We operate a buddy system which works particularly well for individual students.

KEY FACTS

Prestigious University location

Residential, full board accommodation, individual room

Exclusive Manchester location

15 hours English per week

English Plus Activities

KEY COURSE INFORMATION

Age Range: 10 - 13 years
14 - 17 years

Class Size: 15 students maximum

Course Levels: Beginner to Advanced

Minimum Stay: 2 weeks

This programme is operated by Choices International. Berlitz are the English Language teaching Partner

The football academy study abroad is aimed for students between 16 - 21 years old who wish to study English or an Academic Year and to train and practice in our soccer academy in Manchester.

This programme provides integrated specialization in soccer for students from 16 to 21 years old, in order to improve their ability in English and soccer skills. All the coaching sessions at the academy will focus on technical and tactical player development. Our aim is to improve players individual and team performances.

Each player that comes to the academy will be individually assessed within the first week of training. From there the coach will decide whether the player will be suitable for either group 1 which is for more advanced players or group 2 which is for players that are at a more intermediate level. If players show significant improvement or decline, the player is then able to switch groups.

TRAINING

This is a professional training programme so there is a 5 day training schedule with an activity on each of those 5 days. There will be at least 3 training sessions per week, with other sessions providing recovery training or after a match. This will be decided by coaches on a weekly basis.

Training sessions have a duration of 1.5 hours each. Matches can be up to 2/3 hours as they include warm up and half time. There will be an *activity* of at least 1.5 hours each day Monday to Friday.

There are 4 general types of *activities*:

1. **Football training session** - Involving skills training, drills etc.
2. **Fitness sessions** – which may be inside or outside, players will work on their physical fitness.
3. **Matches**
4. **Recovery sessions** - On days after matches the coaches run a recovery sessions rather than full training – usually held in the fitness suite and/or swimming pool, steam rooms, sauna etc.

VISAS

We can provide letters and certificates of acceptance to assist you with visa applications where required.



FACILITIES

Excellent facilities such as:

- Sports Centre.
- Gym (with access to another 7) in Manchester.
- Four fully enclosed five-a-side astroturf pitches.
- Six mini soccer grass pitches.
- One full size third generation astroturf pitch.
- One seven-a-side third generation astroturf pitch with shock pad.
- Three nine-a-side grass pitches.
- Library.
- Changing rooms and shower facilities.
- Free parking.
- Cafe (serving hot beverages and a small selection of snacks).

Exercise programmes held throughout the facilities include:

- Spinning
- Circuits
- BoxFit
- X-Biking
- Aerobics
- Kettle Bell
- Body Conditioning
- 50/50 Core and Bike

Moreover players will be able to enjoy the sports centre facilities, gym and swimming pool on weekends as they are opened.

ENGLISH LANGUAGE TEACHING

The General English classes at Berlitz concentrate on improving every aspect of your English. Our approach is to provide a stimulating and highly-interactive environment in which you can develop your language skills.

In your General English class, you will work on Speaking skills, Listening Skills, Reading Skills, Writing Skills, Pronunciation and Grammar & Vocabulary.

ACCOMMODATION & OTHER SERVICES

We aim to ensure participants to have the smoothest possible integration into your studies in the UK and adapt to a new lifestyle as quickly as possible. As such, we provide a range of services to assist you.

Social Activities

We offer a varied and exciting social schedule organized by our Social Activities Co-Ordinator to complement your study programme. These activities provide an opportunity to meet other students and to explore Manchester's exciting social scene and sporting culture. We really want our students to immerse themselves in English life!

Accommodation

Choices International has a dedicated Accommodation & Welfare Officer to arrange your accommodation requirements. We offer homestay and residential accommodation.

Airport Transfer

Arrivals on Sunday before course start date and departures on Saturday following course finish date. Students arriving at a similar time will travel together to the residence.

We can arrange a private transfer from Manchester International Airport to your accommodation. Simply request this additional service when making your reservation.

Welfare

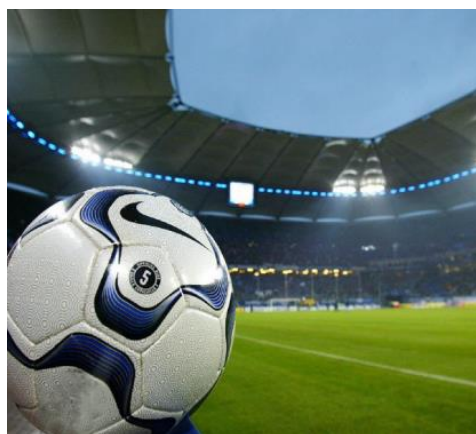
Our Accommodation & Welfare Officer is available to help you with any problems you may experience while studying at Berlitz. They can assist with doctors, dental or other essential medical appointments.

START DATES 2015

Every Monday (except Bank Holidays).

Our academy is open throughout the year, only closing for a few days over the Christmas period.

*These dates may be subjected to modifications



The football academy study abroad is aimed for students between 18 - 21 years old who wish to study a summer English and to train and practice in our soccer academy in Manchester.

This programme provides integrated specialization in soccer for students from 18 to 21 years old, in order to improve their ability in English and soccer skills. All the coaching sessions at the academy will focus on technical and tactical player development. Our aim is to improve players individual and team performances.

Each player that comes to the academy will be individually assessed within the first week of training. From there the coach will decide whether the player will be suitable for either group 1 which is for more advanced players or group 2 which is for players that are at a more intermediate level. If players show significant improvement or decline, the player is then able to switch groups.

TRAINING

This is a professional training programme so there is a 5 day training schedule with an activity on each of those 5 days. There will be at least 3 training sessions per week, with other sessions providing recovery training or after a match. This will be decided by coaches on a weekly basis.

Training sessions have a duration of 1.5 hours each. Matches can be up to 2/3 hours as they include warm up and half time. There will be an *activity* of at least 1.5hours each day Monday to Friday.

There are 4 general types of *activities*:

1. **Football training session** - Involving skills training, drills etc.
2. **Fitness sessions** – which may be inside or outside, players will work on their physical fitness.
3. **Matches**
4. **Recovery sessions** - On days after matches the coaches run a recovery sessions rather than full training – usually held in the fitness suite and/or swimming pool, steam rooms, sauna etc.

VISAS

We can provide letters and certificates of acceptance to assist you with visa applications where required.



FACILITIES

Excellent facilities such as:

- Sports Centre.
- Gym (with access to another 7) in Manchester.
- Four fully enclosed five-a-side astroturf pitches.
- Six mini soccer grass pitches.
- One full size third generation astroturf pitch.
- One seven-a-side third generation astroturf pitch with shock pad.
- Three nine-a-side grass pitches.
- Library.
- Changing rooms and shower facilities.
- Free parking.
- Cafe (serving hot beverages and a small selection of snacks).

Exercise programmes held throughout the facilities include:

- Spinning
- Circuits
- BoxFit
- X-Biking
- Aerobics
- Kettle Bell
- Body Conditioning
- 50/50 Core and Bike

Moreover players will be able to enjoy the sports centre facilities, gym and swimming pool on weekends as they are opened.

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PROGRAMME DATES 2015

Summer session: 28th June to 8th August 2015.

Our academy is open throughout the year, only closing for a few days over the Christmas period.

*These dates may be subjected to modifications