



## Welcome to the 2026 Fifty Plus Course

The 50+ course is specifically designed for mature people who wish to combine practising their English with an extensive programme of visits, activities and excursions in the company of like-minded people from around the world.

### Our Fifty Plus courses aim to:

- build your confidence in speaking English
- help you improve your understanding of spoken English
- show you the beautiful South East of England
- introduce you to different aspects of life and culture in the United Kingdom
- guide you around historic towns, villages, castles, parks and gardens
- allow you to meet new people and make new friends

### Course dates

- students may book 2, 3 or 4 weeks. (Minimum stay 2 weeks.)
- 20 lessons/week (15 hours) in group classes + full social programme
- Your course includes a full day excursion every Saturday. We recommend arranging departure on Sundays



| Code | Dates           | Weeks | Code | Dates           | Weeks |
|------|-----------------|-------|------|-----------------|-------|
| FP1  | 18 May – 30 May | 2     | FP3  | 10 Aug - 22 Aug | 2     |
| FP2  | 01 Jun – 13 Jun | 2     | FP4  | 24 Aug - 05 Sep | 2     |
|      |                 |       | FP5  | 07 Sep – 19 Sep | 2     |



## **Levels**

### **Fifty Plus Courses - Elementary (A1/A2) to Advanced (C1)**

Students may be offered the opportunity to join a morning General English group if this is more appropriate to their level of English and/or interests.

## **Eastbourne**

Eastbourne, one of the sunniest towns in England, is an ideal location for a language holiday. On the south-coast of England just 90 minutes by train from London, Eastbourne is within easy reach of stunning countryside such as the white cliffs of Beachy Head and Seven Sisters and some of the most important historic sites in the last 1000 years of English history such as Lewes, Hastings and Battle.

## **The 50+ Sussex Experience social programme**

ELC Eastbourne offers a unique and diverse social programme, accompanied by its teachers and designed to take students to places they may not normally get a chance to visit. Every week the social programme includes:

- 3 half-day events from Monday to Friday in the afternoons
- 1 full-day guided excursion on Saturday

The programmes include some walking so we recommend flat shoes and a good raincoat.

Whilst we recognise that the programme may present problems for those with mobility difficulties, students with a range of disabilities have studied on the Fifty Plus course successfully. Our Policy on Admission for Students with Disabilities or Special Educational Needs is outlined here:

<https://www.elc-schools.com/policies>

While we make every effort to ensure the accuracy of the programmes, some locations and dates may be subject to change.



## Fifty Plus · Social Programme 18 May – 30 May 2026

|           |        | AM  | PM   |
|-----------|--------|---|--|
| Monday    | 18-May | Lessons from 0900                                       | Orientation, Tour, Cream Tea with Teacher                          |
| Tuesday   | 19-May | Lessons from 0900                                       |  |
| Wednesday | 20-May | Lessons from 0900                                       | Scenic Sussex – The Cuckmere and Beachy Head                       |
| Thursday  | 21-May | Lessons from 0900                                       | Sussex History – Rye by train                                      |
| Friday    | 22-May | Lessons from 0900                                       |  |
| Saturday  | 23-May | <b><u>Standen House</u></b> and <b><u>Wakehurst</u></b> |  |
| Sunday    | 24-May | Free day  |  |
| Monday    | 25-May | Lessons from 0900                                       | Sussex Sport – Bowls   |
| Tuesday   | 26-May | Lessons from 0900                                       | Sussex Gardens – <b><u>Bateman's</u></b> (home of Rudyard Kipling) |
| Wednesday | 27-May | Lessons from 0900                                       |  |
| Thursday  | 28-May | Lessons from 0900                                       | Sussex History – <b><u>Michelham Priory</u></b>                    |
| Friday    | 29-May | Lessons from 0900                                       | Lunch with Teachers (optional, at extra cost)                      |
| Saturday  | 30-May | <b><u>Hever Castle and Gardens</u></b>                  |  |





## Fifty Plus · Social Programme 01 June – 13 June 2026

|           |         | AM  | PM  |
|-----------|---------|---|---|
| Monday    | 01-June | Lessons from 0900   | Orientation, Tour, Cream Tea with Teacher                       |
| Tuesday   | 02-June | Lessons from 0900   |   |
| Wednesday | 03-June | Lessons from 0900   | Scenic Sussex - Sussex Villages and Beachy Head                 |
| Thursday  | 04-June | Lessons from 0900   |   |
| Friday    | 05-June | Lessons from 0900   | Sussex Vineyard – tour, wine tasting and light lunch            |
| Saturday  | 06-June | <b>Hastings and <a href="#">Bodiam Castle</a></b>                                     |   |
| Sunday    | 07-June | Free day  |   |
| Monday    | 08-June | Lessons from 0900   | Sussex Sport - Croquet  |
| Tuesday   | 09-June | Lessons from 0900   | Sussex Gardens – <a href="#">Nymans</a>                         |
| Wednesday | 10-June | Lessons from 0900   |   |
| Thursday  | 11-June | Lessons from 0900   | Sussex History – Lewes and <a href="#">Anne of Cleves House</a> |
| Friday    | 12-June | Lessons from 0900   | Lunch with Teachers (optional, at extra cost)                   |
| Saturday  | 13-June | <b><a href="#">Sissinghurst Castle Gardens</a> and <a href="#">Scotney Castle</a></b> |   |





## Fifty Plus · Social Programme 10 August – 22 August 2026

|           |        | AM  | PM   |
|-----------|--------|---|--|
| Monday    | 10-Aug | Lessons from 0900   | Orientation, Tour, Cream Tea with Teacher            |
| Tuesday   | 11-Aug | Lessons from 0900   |  |
| Wednesday | 12-Aug | Lessons from 0900   | Scenic Sussex - Sussex Villages and Beachy Head      |
| Thursday  | 13-Aug | Lessons from 0900   |  |
| Friday    | 14-Aug | Lessons from 0900   | Sussex Vineyard – tour, wine tasting and light lunch |
| Saturday  | 15-Aug | <u>Sissinghurst Castle Garden</u> and <u>Scotney Castle</u> |  |
| Sunday    | 16-Aug | Free day  |  |
| Monday    | 17-Aug | Lessons from 0900   | Sussex Sport – Croquet                               |
| Tuesday   | 18-Aug | Lessons from 0900   | Sussex History – Lewes and <u>Castle</u> by train    |
| Wednesday | 19-Aug | Lessons from 0900   |  |
| Thursday  | 20-Aug | Lessons from 0900   | Sussex Gardens – <u>Nymans</u>                       |
| Friday    | 21-Aug | Lessons from 0900   | Lunch with Teachers (optional, at extra cost)        |
| Saturday  | 22-Aug | <u>Petworth Park</u> and <u>Steyning</u>                    |  |





## Fifty Plus · Social Programme 24 August – 05 September 2026

|           |         | AM  | PM   |
|-----------|---------|---|--|
| Monday    | 24-Aug  | Lessons from 0900   | Orientation, Tour, Cream Tea with Teacher (Bank Holiday)         |
| Tuesday   | 25-Aug  | Lessons from 0900   | Scenic Sussex – The Cuckmere and Beachy Head                     |
| Wednesday | 26-Aug  | Lessons from 0900   |  |
| Thursday  | 27-Aug  | Lessons from 0900   | Sussex History – <a href="#">Herstmonceux Castle and Gardens</a> |
| Friday    | 28-Aug  | Lessons from 0900   |  |
| Saturday  | 29-Aug  | <b>Brighton by train, Royal Pavilion visit</b>                                    |  |
| Sunday    | 30-Aug  | Free day  |  |
| Monday    | 31-Aug  | Lessons from 0900   | Sussex Sport – Bowls   |
| Tuesday   | 01-Sept | Lessons from 0900   | Sussex Gardens – <a href="#">Sheffield Park and Garden</a>       |
| Wednesday | 02-Sept | Lessons from 0900   |  |
| Thursday  | 03-Sept | Lessons from 0900   | Sussex History – <a href="#">Battle Abbey</a>                    |
| Friday    | 04-Sept | Lessons from 0900   | Lunch with Teachers (optional, at extra cost)                    |
| Saturday  | 05-Sept | <a href="#">Chartwell (home of Sir Winston Churchill)</a> and Chiddington Village |  |





## Fifty Plus · Social Programme 07 – 19 September 2026

|           |         | AM  | PM  |
|-----------|---------|---|---|
| Monday    | 07-Sept | Lessons from 0900                         | Orientation, Tour, Cream Tea with Teacher                   |
| Tuesday   | 08-Sept | Lessons from 0900                         |   |
| Wednesday | 09-Sept | Lessons from 0900                         | Scenic Sussex - Sussex Villages and Beachy Head             |
| Thursday  | 10-Sept | Lessons from 0900                         |   |
| Friday    | 11-Sept | Lessons from 0900                         | Sussex Vineyard – tour, wine tasting and light lunch        |
| Saturday  | 12-Sept | <b>Hastings and Bodiam Castle</b>         |   |
| Sunday    | 13-Sept | Free day                                  |   |
| Monday    | 14-Sept | Lessons from 0900                         | Sussex Sport – Croquet                                      |
| Tuesday   | 15-Sept | Lessons from 0900                         | Sussex History – Rye by train                               |
| Wednesday | 16-Sept | Lessons from 0900                         |   |
| Thursday  | 17-Sept | Lessons from 0900                         | Sussex Gardens – <u>Bateman's</u> (home of Rudyard Kipling) |
| Friday    | 18-Sept | Lessons from 0900                         | Lunch with Teachers (optional, at extra cost)               |
| Saturday  | 19-Sept | <u>Standen House</u> and <u>Wakehurst</u> |   |

