

# ISCA PEACE OF MIND PROGRAMME – CAMBRIDGE

- 7.15 Rise and Shine
- 7.45 Breakfast
- 8.30 Assemble at coaches
- 8.45 Depart for Cambridge
- 11.00 Arrive in Cambridge, Chesterton Road Drop Off

## Points of Interest

Fitzwilliam Museum, Botanic Garden, Colleges, River Cam, King's College Chapel

<b>Coach 1</b>	11.15 Tour of Colleges - Free Time - 2.00 Town Trail
<b>Coach 2</b>	11.15 Town Trail - 1.30 Tour of Colleges - Free Time
<b>Coach 3</b>	Free Time - 12.30 Tour of Colleges - 2.00 Town Trail
<b>Coach 4</b>	11.15 Town Trail - Free Time - 2.30 Tour of Colleges

- 3.30 Assemble at coaches, Chesterton Road
- 5.45 Arrive at campus
- 7.00 Dinner
- 7.30 Voluntary Sports & Activities
- 8.15 Voluntary Swim
- 9.00 Students to houses.
- 10.00 Students to rooms. Peace & Quiet!

# ISCA PEACE OF MIND PROGRAMME – WARWICK CASTLE

7.15 Rise and Shine

7.45 Breakfast

8.30 Assemble at coaches

8.45 Depart for Warwick

10.45 Arrive at Warwick Castle

10.45 Explore Warwick Castle, Grounds, Attractions and The Castle Dungeon!

## Points of Interest

History Maze, The Mighty Trebuchet, Kingmaker, Towers & Ramparts, Gardens, Falconry Display

3.30 Assemble at coaches

5.30 Arrive at campus

7.00 Dinner

7.30 Voluntary Sports & Activities

8.15 Voluntary Swim

9.00 Students to houses.

10.00 Students to rooms. Peace & Quiet!

## ***Did you know?***

*Warwick Castle was built as a motte-and-bailey castle by William the Conqueror in 1068. This original wooden structure was rebuilt in stone in the 12<sup>th</sup> Century. The current façade of the castle dates to the 14<sup>th</sup> Century when it was redone during the 100 Years' War. In 1604 King James I gifted the castle to the Earls of Warwick who kept it in the family for over 400 years, until it was sold to the Tussauds Entertainment group in 1978. The castle is now a fully interactive medieval castle!*

# ISCA PEACE OF MIND PROGRAMME – THE NEW FOREST

- 7.15 Rise and Shine
- 7.45 Breakfast
- 8.30 Assemble at coaches
- 8.45 Depart for New Forest
- 10.15 **Coaches 1 & 2** arrive in New Forest,
  - 10.30 Orienteering Competition and Walk in Heart of British Countryside
  - 12.15 Picnic Lunch
  - 12.45 **Coach 1** departs to Lyndhurst, **Coach 2** departs to Brockenhurst
  - 1.30 Explore quintessentially English New Forest Towns
  - 3.30 **Coach 1** departs Lyndhurst, **Coach 2** departs Brockenhurst
- 10.15 **Coach 3** arrive in Lyndhurst
  - 10.30 Explore quintessentially English New Forest Town
  - 12.15 Picnic Lunch
  - 12.45 Arrive in New Forest
  - 1.00 Orienteering Competition and Walk in Heart of British Countryside
  - 3.30 Assemble at coach
- 10.15 **Coach 4** arrive in Brockenhurst
  - 10.30 Explore quintessentially English New Forest Town
  - 12.15 Picnic Lunch
  - 12.45 Arrive in New Forest
  - 1.00 Orienteering Competition and Walk in Heart of British Countryside
  - 3.30 Assemble at coach
- 5.00 Arrive at campus
- 7.00 Dinner
- 7.30 Voluntary Sports & Activities
- 8.15 Voluntary Swim
- 9.00 Students to houses.
- 10.00 Students to rooms. Peace & Quiet!