

# A Typical Day at Dukes Cambridge

## 07.30 – 08.45 Wake Up & Breakfast

The day begins with a short walk from the student residences to the dining hall at Sancton Wood, where breakfast is served. Friends gather to chat about their plans for the day over food, while College Mentors are nearby to make sure everyone is ready for the day ahead.

## 08.45 – 09.00 Morning Assembly

Each morning begins with a quick check-in where students hear about the day's lessons and activities. It's a lively and positive start that helps everyone feel connected to the Dukes Cambridge community.

## 09.00 – 10.30 Academic Programme

Morning lessons focus on each student's chosen subject – whether that's Business, Medicine, STEM, Psychology, Art, or General English. Lessons are practical and interactive, giving students the taste of what it would be like to study their subject at an undergraduate level.

## 10.45 – 12.15 Time to Shine Project

In small groups, students collaborate on projects linked to their academic subjects, building communication and collaboration skills. These sessions encourage creativity and critical thinking, while offering a real taste of project-based learning.



## 12.15 – 13.45 Lunch

## 13.45 – 16.30 Cambridge Excursion OR Fieldwork

On some afternoons, students engage in Fieldwork, taking their learning outside the classroom. On other afternoons, students spend the afternoon exploring Cambridge – visiting world-class museums, university colleges, or taking part in optional extra experiences such as rowing. These experiences give students the opportunity to enjoy the city's lively atmosphere, whilst also learning more about its history.

## 16.30 – 18.00 Free Time

Afterwards, students can sign out to spend time in the city with a small group of friends, giving students the freedom to explore within a safe and supportive framework. Many choose to visit cafés, browse shops, or to continue exploring all that Cambridge has to offer.

## 18.00 – 22.00 Evenings at Cambridge

After dinner, students take part in Societies Evenings, joining activities that match their interests – from sports and arts to photography and debate – or join a Campus Evening, where the whole college comes together for creative challenges or fun group events. It's a sociable and relaxed way to end the day.

## 22.00 Lights Out

After a busy day of learning and exploration, students return to their residences ready for a good night's rest before another busy day at Dukes Cambridge!



## Sample timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 – 08:00 Wake-up						
08:00 – 08:45 Breakfast						
08:45 – 09:00 Morning Assembly						
09:00 – 10:30 <b>Academic Programme</b> A combination of theory- and practical-based learning	09:00 – 10:30 <b>Academic Programme</b> A combination of theory- and practical-based learning	09:00 – 10:30 <b>Academic Programme</b> A combination of theory- and practical-based learning	09:00 – 10:30 <b>Industry Experience</b>	09:00 – 10:30 <b>Academic Programme</b> A combination of theory- and practical-based learning	16:30 – 22:30 <b>Graduation Event</b>	
10:30 – 10:45 Break						
10:45 – 12:15 <b>Time To Shine</b> Introduction to this week's project	15:15 – 16:30 <b>Time To Shine</b> Mindmapping ideas in small groups	13:45 – 15:00 <b>Time To Shine</b> Further development of idea and creation of presentation	10:45 – 12:15 <b>Industry Experience</b>	15:15 – 16:30 <b>Time To Shine</b> Presentation rehearsal ahead of tomorrow's ceremony	13:45 – 16:30 <b>Packing &amp; Getting Ready</b>	
12:15 – 13:45 Lunch (Offsite)						
13:45 – 16:30 <b>Fieldwork</b> An opportunity to take learning outside of the classroom and explore real-world links to their studies	13:45 – 16:30 <b>College Masterclass Series</b> Introduction to this week's project	13:45 – 16:30 <b>Cambridge Excursion</b> Spend the afternoon exploring the iconic city of Cambridge, with time to discover its highlights and unwind after a busy academic morning.		13:45 – 16:30 <b>Industry Experience</b>	13:45 – 16:30 <b>Time to Shine Ceremony</b> Opportunity to present their projects to the rest of the school	
16:30 – 18:00 Free Time / Tutorials						
18:00 – 19:30 Dinner						
19:30 – 19:45 Evening Assembly						
19:45 – 21:30 <b>Campus Evening</b> Photography Challenge	19:45 – 21:30 <b>Societies Evening</b> Badminton Watercolour Paintings Music Video Making Trivia Night Football	19:45 – 21:30 <b>Campus Evening</b> Secret Cinema	19:45 – 21:30 <b>Societies Evening</b> Basketball Nature Walk Creative Writing Karaoke Debate	19:45 – 21:30 <b>Campus Evening</b> Trashion Show		
21:30 – 22:00 Return to Accommodation						
22:30 All Students to Rooms						

Sample timetables are given as an example to illustrate a typical week and are subject to change.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Arrival Day			07:00 – 08:00 08:00 – 08:45	Wake up & Travel to campus Breakfast			
	Morning Assembly   08:45 – 09:00						
	Welcome Orientation 09:00 – 10:30	Academic Programme 09:00 – 10:30	Guest Speaker Lecture 09:00 – 10:30	Academic Programme 09:00 – 10:30	Academic Programme 09:00 – 10:30		
	Break 10:30 – 11:00						
	Academic Orientation 11:00 – 12:30	Time to Shine Project 11:00 – 12:30	Time to Shine Project 11:00 – 12:30	Time to Shine Project 11:00 – 12:30	Time to Shine Ceremony 11:00 – 12:30		
	Lunch 12:30 – 13:30						
	Time to Shine Project 13:30 – 14:45	Academic Programme 13:30 – 14:45	Industry Experience 13:30 – 16:15	Academic Programme 13:30 – 14:45			
	Free Time Assembly 14:45 – 15:00	Break 14:45 – 15:00		Break 14:45 – 15:00	College Masterclass Series 13:30 – 16:15	London Cultural Excursion	
	Cambridge Orientation 15:00 – 16:15	Academic Programme 15:00 – 16:15		Academic Programme 15:00 – 16:15			
	Free Time / Tutorials 16:15 – 18:15						
	Dinner 18:15 – 19:30						
	Evening Assembly 19:30 – 19:45						
	Welcome Event 19:45 – 21:30	Societies Evening 19:45 – 21:30	Campus Event 19:45 – 21:30	Societies Evening 19:45 – 21:30	Off Site Campus Event 19:45 – 21:30	Societies Evening 19:45 – 21:30	
	Travel to Accommodation   21:30 – 22:30						
All students to Rooms   22:30							

Please note the above is given as an example and is subject to change.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	07:00 - 08:00 Wake up & Travel to campus via bus 08:00 - 08:45 Breakfast					
Lie In 07:00 - 11:00	Morning Assembly   08:45 - 09:00					
	Academic Programme 09:00 - 10:30	Academic Programme 09:00 - 10:30	Guest Speaker Lecture 09:00 - 10:30	Academic Programme 09:00 - 10:30	Academic Programme 09:00 - 10:30	
	Break   10:30 - 11:00					
Travel to Campus and Brunch 11:00 - 13:00	Time to Shine Project 11:00 - 12:30	Time to Shine Project 11:00 - 12:30	Time to Shine Project 11:00 - 12:30	Time to Shine Project 11:00 - 12:30	Time to Shine Ceremony 11:00 - 12:30	Departure Day
	Lunch 12:30 - 13:30					
Multi Choice City Excursion 13:00 - 18:15	Academic Programme 13:30 - 14:45	Academic Programme 13:30 - 14:45	Industry Experience 13:30 - 16:15	Academic Programme 13:30 - 14:45	Free Time 13:30 - 15:00	
	Break   14:45 - 15:00			Break   14:45 - 15:00		
	Academic Programme 15:00 - 16:15	Academic Programme 15:00 - 16:15		Academic Programme 15:00 - 16:15	Packing 15:00 - 16:00	
	Free Time / Tutorials 16:15 - 18:15				Graduation Reception 16:00 - 18:00	
Dinner   18:15 - 19:30						
Evening Assembly   19:30 - 19:45						
Punting 19:45 - 21:30	Societies Evening 19:45 - 21:30	Campus Event 19:45 - 21:30	Off Site Societies Evening 19:45 - 21:30	Campus Event 19:45 - 21:30	Graduation Event 18:00 - 22:30	
Travel to Accommodation   21:30 - 22:30						
All students to Rooms   22:30						

Please note the above is given as an example and is subject to change.