



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	Standen House and Wakehurst	
Sunday	24-May	Free day	
Monday	25-May	Lessons from 0900	Sussex Sport – Bowls
Tuesday	26-May	Lessons from 0900	Sussex Gardens – Bateman's (home of Rudyard Kipling)
Wednesday	27-May	Lessons from 0900	
Thursday	28-May	Lessons from 0900	Sussex History – Michelham Priory
Friday	29-May	Lessons from 0900	Lunch with Teachers (optional, at extra cost)
Saturday	30-May	Hever Castle and Gardens	





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	Hastings and Bodiam Castle	
Sunday	07-June	Free day	
Monday	08-June	Lessons from 0900	Sussex Sport - Croquet
Tuesday	09-June	Lessons from 0900	Sussex Gardens – Nymans
Wednesday	10-June	Lessons from 0900	
Thursday	11-June	Lessons from 0900	Sussex History – Lewes and Anne of Cleves House
Friday	12-June	Lessons from 0900	Lunch with Teachers (optional, at extra cost)
Saturday	13-June	Sissinghurst Castle Gardens and Scotney Castle	





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	Sissinghurst Castle Garden and Scotney Castle	
Sunday	16-Aug	Free day	
Monday	17-Aug	Lessons from 0900	Sussex Sport – Croquet
Tuesday	18-Aug	Lessons from 0900	Sussex History – Lewes and Castle by train
Wednesday	19-Aug	Lessons from 0900	
Thursday	20-Aug	Lessons from 0900	Sussex Gardens – Nymans
Friday	21-Aug	Lessons from 0900	Lunch with Teachers (optional, at extra cost)
Saturday	22-Aug	Petworth Park and Steyning	





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 – Herstmonceux Castle and Gardens
Friday	28-Aug	Lessons from 0900	
Saturday	29-Aug	Brighton by train, Royal Pavilion visit	
Sunday	30-Aug	Free day	
Monday	31-Aug	Lessons from 0900	Sussex Sport – Bowls
Tuesday	01-Sept	Lessons from 0900	Sussex Gardens – Sheffield Park and Garden
Wednesday	02-Sept	Lessons from 0900	
Thursday	03-Sept	Lessons from 0900	Sussex History – Battle Abbey
Friday	04-Sept	Lessons from 0900	Lunch with Teachers (optional, at extra cost)
Saturday	05-Sept	Chartwell (home of Sir Winston Churchill) and Chiddingstone 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	Hastings and Bodiam Castle	
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 – Bateman's (home of Rudyard Kipling)
Friday	18-Sept	Lessons from 0900	Lunch with Teachers (optional, at extra cost)
Saturday	19-Sept	Standen House and Wakehurst	

