

Relationships combined with an awareness of the inner self, along with the 'feel-good factor' that they provide, lie at the heart of the topics in our third week. These encompass

Tuesday: **Global friendships**

Wednesday: **Love conquers all**

Thursday: **The future of family life**

Friday: **Mindfulness and wellbeing**

- The topics into which you will have to get your teeth, at least metaphorically, all accord yet again with the positive attitude the school takes to life and which we hope you, the student, will take with you into the outside world.
- The staff members at the school view themselves as facilitators helping you on your journey to becoming forward-thinking people, citizens of our ever changing world.
- They strive to put this into action by helping you to achieve some of the course's overall objectives, among which is the aim of improving your life skills, i.e. the ability to give a presentation, critical thinking skills, the ability to formulate and express arguments as well as to apply your personal experience.

- The programme will help you meet your objectives by providing you with an opportunity to engage with an eclectic mix of materials. These include the familiar and ever popular TED talks, but also a song writing programme at Song-lyrics-generator.org.uk.
- The week's materials also give you a chance to engage in meditation through YouTube meditation guides as well as to participate in training on opening conversation gambits with a YouTube video on the FORD conversation technique.
- In short, whilst you apply yourself to these daily themes, and through the various authentic materials, you will be again learning the necessary vocabulary, the phrases you require and the skills you need to discuss and present ideas contained within the programme.

