



# English Courses **For Adults 30+**



**LSI PORTSMOUTH**  
International House  
Portsmouth





It's inspirational sharing a class with people in their 30s, 40s and 50s all at a turning point in their lives. I think this feeling would be lost in a class with younger students.

*Aitor, Spain*

# General English Courses For **Adults 30+**

Our 30+ General English course is exclusively for adults aged 30 years and over; learn English with people your age in the south of England with one of the top language schools in the UK!\* The programme consists of morning classes with optional afternoon electives. It is a very flexible course, so you can choose the option which best suits you, your language needs and your personal preferences: if you want to have English lessons in the morning and enjoy free afternoons, if you want a more intensive, full-time course, some Business English or a course which combines language learning with British Culture.

**At LSI / IH Portsmouth, you will benefit from being in a school with:**

- an excellent academic reputation
- quality-assured homestays and independent self-catering residences in walking distance of the school
- a full and varied social programme to help you meet new friends and make the most of our beautiful city
- great facilities and resources within the school, with access to extensive material in our study centre
- a wonderful location by the sea with a rich cultural and historical heritage

Minimum English level:	A2 / Elementary
Minimum age:	30
Maximum class size:	8 / Average 5
Course Length:	Minimum 1 week

\* According to the EL Gazette rankings based on British Council Inspector's Summary Statement July 2018

Morning classes of 15 hours per week (1 hour is 60 minutes)

- Focus will be on communication with opportunity for practice
- All materials are included in the fees
- Students will also enjoy access to our recently-refurbished Executive lounge with free tea and coffee facilities
- Our 30 + students will have the option to join our Executive students for accompanied lunch with teachers

CORE: A sample week for B1/B2 level students:

Sample Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1: 8:45-10:30	Introductions, greetings & exchanging information	Discussing schedules, habits & routines	Describing experiences: past actions relating to the present	Expressing needs and obligations	Discussing future plans: forecasting and hypothesising
		Coffee Break			
Lesson 2: 10:45-12:00	Making polite requests & clarifying information	Describing past routines and habits	Describing experiences: comparing similarities and differences	Making plans and arrangements	Weekly review & consolidation
		Lunch Break			
HOMEWORK/SELF-ACCESS					

Exact starting and finishing times may change, but there will always be 15 hours of taught classes per week (except where there is a public holiday).



# Afternoon Electives

## Intensive

This option includes an extra 10 hours of English lessons in group classes

<b>Lesson 3</b> <b>1:00-2:15</b>	Socialising & entertaining: ordering meals and drinks	Making complaints: explaining and apologising	Expressing opinions: agreeing and disagreeing	Understanding and using idiomatic phrases and expressions	FREE To discover Portsmouth!
		<b>Coffee Break</b>			
<b>Lesson 4</b> <b>2:30-3:45</b>	Using Youtube: food, recipes etc	Giving advice, suggestions and recommendations	Listening and discussion: the world of work	Listening and discussion: travel, transport & holidays	
<b>HOMEWORK/SELF-ACCESS</b>					

Exact starting and finishing times may change.

If groups are too small, the equivalent 1:1 classes will be offered.

## Individual

If you want individual attention, you can add 1:1 English lessons to your course in a 5 or 10 hour block:

- Maximise your progress
- Focus on your personal needs
- Prepare for a specific conference or presentation

## Business Communication

This option is for those who want to improve communicative performance in a wide range of professional, business and commercial contexts. Students join our Executive Open Groups.

- Students must be lower-intermediate or above
- 12.5 hours in groups of maximum 4 participants
- Focus on communication and intercultural exchange with participants of different nationalities and commercial backgrounds in the context of professional situations – presentations, meetings, negotiating, leading an international team, intercultural awareness in working environments

Lesson 3 Business Minigroups 1:15-2:30	Orientation / company information exchange	Presentations: opening, sequencing, body language	Presentations: referencing, register, use of graphics	Presentations: language of change, use of numerical information/statistics	Presentations: summarising/ concluding video-recorded final presentation performance/error analysis
Coffee Break					
Lesson 3 Business Minigroups 2:45-4:00	Business telephoning: getting through, introductions	Business telephoning: discussing, leaving messages	Presentations: opening, sequencing, body language	Presentations: referencing, register, use of graphics, filmed presentation	Role play, simulation and case study

## British Culture, History and Portsmouth

Portsmouth has a rich historical and literary tradition, so why not discover it in the company of one of our teachers? You can enjoy our city's heritage while communicating in English.

Here is a sample of some of the activities you can join. Please be aware that the choice of activities may change subject to weather and availability.

Monday	Tuesday	Wednesday	Thursday
Visit one of the best museums in the UK; the Historic Dockyard Museum	Find out about the Portsmouth literary history – creator of Sherlock Holmes Sir Arthur Conan Doyle and Charles Dickens	Visit a vineyard for tasting, a monastery to experience the life of a monk or enjoy Queen Victoria's favourite holiday home, Osbourne House	Discover Roman England and the lasting influences of the Romans today
Take a boat trip around Portsmouth Harbour, step aboard HMS Warrior and HMS Victory or see Henry VIII's ship, the Mary Rose	Visit to Portsmouth City Museum and Charles Dickens' Birthplace Museum	Visit the Isle of Wight by hovercraft	Visit Portchester Castle, one of the most complete Roman castles to be seen in Europe
Friday afternoons are free. However, we do have social activities organised for most Friday afternoons.			

The Culture programme has fixed monthly dates between May and September, so please see our dates and fees schedule for more information.

Why not combine different options to maximise your English learning experience?



The teachers are well prepared and help to feel comfortable in class. They make it easy to mingle with different nationalities of the same age.

Katalin, Hungary





I was happily surprised:  
my family was friendly,  
the house comfortable  
and clean and the food  
delicious

*Giuliano, Italy*

# Accommodation

We recommend that you stay with one of our homestays. This will give you intensive exposure to native speakers, an opportunity to practise your English in the evenings and enjoy our Portsmouth warmth and hospitality; it will also allow you a unique insight into UK culture. 30+ students can choose between our standard and executive homestays. There are also privately run self-catering residences. Alternatively, we can recommend a range of other accommodation options, such as a picturesque B&B near the sea, a boutique hotel and a modern, chain hotel – all within easy walking distance of school.



## Love Portsmouth



With a wonderful location by the sea and with a rich cultural and historical heritage, Portsmouth is an attractive and vibrant university city of 200,000 inhabitants with a wide variety of restaurants, pubs, clubs, shops and visitor attractions. From Henry VIII's Mary Rose ship, Admiral Lord Nelson's flagship HMS Victory to the Charles Dickens museum and the iconic Spinnaker Tower, Portsmouth has something for everyone. Explore our city on our varied and enjoyable social programme.

There are excellent links by road and rail to London and its airports (approximately 75 minutes from Heathrow and Gatwick Airports and only 30 minutes from Southampton Airport), and by sea to mainland Europe.



For me it's a very  
important atmosphere  
here, I like the social  
programme which is  
unique!...the city is very  
social.

*Andrzej, Poland*





London

Heathrow ✈️

Gatwick ✈️

Southampton ✈️

Portsmouth

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Accredited by the  
**BRITISH COUNCIL**  
for the teaching  
of English in the UK

