

The first full day of reach!

After an early night following a long-awaited arrivals day, the students woke up to a glorious Cambridge morning, as they headed down to their college dining halls for the first English breakfast of the summer. After eating with their new friends, the students' stomachs may have been satisfied, but they were now hungry for something else...learning!

The students were then split up and introduced to their classmates for the first time, before being taken to their first lesson. Reach Cambridge has a class for everyone, from Medicine to Creative Writing, Law, Architecture, and many more!

After the first morning of classes, the hard-working students had earned some lunch and had time to grab a bite to eat before the afternoon activities. The students were able to explore the variety of restaurants, shops and food stalls across town, including Cambridge's famous market square!

After a couple hours of exploring and eating with their fellow classmates and friends, the students were intrigued for what the first afternoon activity had in store: the annual **Instravaganza**. Reach Cambridge's legendary scavenger hunt takes place every year, whereby the students are split into groups to locate a variety of Cambridge landmarks and sights, following a series of clues. The aim of the game is to take the best photos at each spot, including the Mathematical Bridge and Isaac Newton's Apple Tree (be sure to check these out on Instagram using the hashtag #reachcambridge2023!)

Following the **Instravaganza**, the students once again had some free time to continue their exploration of Cambridge, before reconvening at the college dining halls for dinner. Post-dinner,

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the students made their way over to the first evening lecture of the programme, given by a Cambridge psychologist on **Emotional Intelligence!** This opened students' eyes to the ability to understand and recognise the complete range of human emotions, in order to boost positive mental wellbeing.

Finally, after a busy day, the students gathered at **Downing College** to play some group **icebreakers** and have some bonding time with those on their corridor. This included a massive game of 'over and under', before breaking off into supervisor-led activities as the sun set and brought the first day to a close.

Please head over to our Instagram/tiktok on @reachcambridge for more photos from the first day!

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