



THE BRITISH SCHOOL OF EXCELLENCE

The Graceful Art of Afternoon Tea

DURATION

90 Minutes

FORMAT

Live Online

INVESTMENT

£195

The Graceful Art of Afternoon Tea

Afternoon Tea is one of Britain's most elegant social rituals. It is also one of the most misunderstood.

This live online course introduces you to the history, customs and correct etiquette of traditional Afternoon Tea, helping you feel confident whether you are attending a luxury hotel, a private home, a garden party, a club or a formal social occasion.

Delivered as a single 90-minute standalone session, the course is practical, engaging and easy to apply. You will learn not only what to do, but *why it matters*, so that you can enjoy Afternoon Tea with greater ease, polish and cultural understanding.

Afternoon Tea is far more than tea, sandwiches and scones. It is a social occasion shaped by history, hospitality, conversation and thoughtful behaviour.

This refined course will guide you through the essential customs, from the story of Anna, the 7th Duchess of Bedford, to the correct order of service, table manners, tea etiquette, dress codes, invitations and thank-you notes.



"The session is designed to be clear, elegant and practical — you will gain the confidence to attend or host an Afternoon Tea without feeling uncertain about the details."

Who This *Course Is For*



- ✦ Clients attending Afternoon Tea at a luxury hotel, club or private event
- ✦ International guests who would like to understand British social customs
- ✦ Young adults preparing for formal occasions, travel or social events
- ✦ Private groups, schools and families
- ✦ Corporate clients preparing for hospitality or client-facing occasions
- ✦ Anyone who would like to feel more polished and confident in social settings

What You *Will Learn*

By the end of the course, you will be able to:

- Understand the history and cultural significance of Afternoon Tea
- Explain the difference between Afternoon Tea and High Tea
- Recognise the correct three-course structure of service
- Approach sandwiches, scones, cakes and sweet treats correctly
- Handle cups, saucers, teaspoons, milk, sugar and lemon with confidence
- Stir and drink tea with elegance
- Understand the milk-before-or-after debate
- Refine your posture, table presence and conversation
- Dress appropriately for different Afternoon Tea settings
- Respond to invitations and send thank-you notes with polish
- Avoid common mistakes without feeling self-conscious

“*The focus is not on rigid rules. It is on confidence, consideration and understanding the customs that make Afternoon Tea such a graceful and enduring social occasion.*”

Course Content

I The Origins of Afternoon Tea

Discover how Afternoon Tea became one of Britain's most recognised social traditions, including the story of Anna, the 7th Duchess of Bedford, and the rise of Afternoon Tea in upper and middle-class society.

II Afternoon Tea or High Tea?

Learn the important difference between Afternoon Tea and High Tea, and why the two terms should not be used interchangeably.

III The Correct Set-Up and Order of Service

Understand the traditional three-course structure: sandwiches and savouries, scones with jam and cream, cakes and sweet treats. Learn how the tea stand is arranged, what is served first, and how to approach each course with confidence.

IV Serving, Stirring and Drinking Tea

Learn how to handle the teacup, saucer and teaspoon correctly — how to stir tea quietly, where to place your spoon, and how to use milk, sugar and lemon with ease and elegance.

V The Milk Debate

Should milk be added before or after the tea? This course explains the history behind the debate and how to handle the question gracefully in modern settings.

VI Table Manners and Conversation

Afternoon Tea is a social occasion, not simply a meal. Learn how to sit, speak, listen and engage with others in a way that feels natural, warm and appropriate.

VII Dress Codes and Presentation

Learn how to dress for Afternoon Tea in different settings, from garden parties and private homes to traditional hotels and formal venues.

VIII Invitations and Thank-You Notes

The course covers written etiquette, including tasteful invitations, RSVP expectations and thoughtful thank-you messages.



COURSE FORMAT

FORMAT	<i>Live Online Group Class</i>
DURATION	<i>90 Minutes</i>
DELIVERY	<i>Interactive Online Session</i>
INCLUDES	<i>Teaching, Discussion, Q&A</i>
CERTIFICATE	<i>Upon Attendance</i>

COURSE INCLUDES

- ✦ One live 90-minute online etiquette session
- ✦ Digital course notes
- ✦ Practical examples and real-life scenarios
- ✦ Guidance for both guests and hosts
- ✦ Live Q&A with the trainer
- ✦ Certificate of attendance from The British School of Excellence

Small private group sessions are available on request.
Please contact us to discuss your requirements.

INVESTMENT

GROUP SESSION · LIVE ONLINE

£195

BOOK YOUR PLACE

Join us live online for a refined introduction to one
of Britain's most cherished social rituals.



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