Residential Junior Summer Camp
Glenstal Abbey

We are delighted to announce our partnership with Glenstal Abbey, one of Ireland’s most prestigious residential boarding schools. Our International Junior Summer Camp at Glenstal Abbey provides students with the opportunity to experience life on this historic campus.

Glenstal Abbey offers students a unique mix of old world charm and state-of-the-art modern facilities. The campus includes a 19th century castle, which houses the dormitories, library and dining hall, and cutting edge modern additions for the academic and sports facilities.

Glenstal Abbey is situated on a 500 acre estate featuring streams, lakes and woodland paths, surrounding the 19th century castle built in the Romantic Norman style. The stunningly beautiful woodland and parkland offer unique opportunities for outdoor activities and exploration. There are four rugby pitches, training pitches, soccer pitches and six all-weather tennis courts. The indoor sports hall is used for badminton, basketball and indoor soccer and has an extensive weights/cardiovascular suite. During the summer term there is a six-lane 400 metre grass track for athletics and a pitch and putt golf course available nearby.

Our Residential Junior Summer Camp has exclusive use of the Glenstal campus and estate, and the abbey accommodates up to 200 students in dorm style rooms. Glenstal’s combination of historic and modern architecture, state-of-the-art classrooms, computing centre and extensive sports facilities make it one of the premier private schools in Ireland.

History of Glenstal Abbey
‘Glenstal’, ‘The Glen of the Stallion’, is an English rendering of the Irish Gleann Stail. The glen itself is an impressive geological feature, consisting of a mile-long valley, formed during the last ice-age, rich in many kinds of wild flowers. The main building is a Norman Revivalist castle. It faces south, and commands an unbroken view of some thirty miles towards the Galtee Mountains.

It was designed by William Bardwell, an English architect, who evidently intended Glenstal to look like a twelfth-century castle, for when he inscribed his name on the turret Bardwell me fecit (‘Bardwell made me’), he added the date 1839, but cut in such a way as to look like 1139.

The origins of the current school lie in the small School for Arts and Crafts opened by the founding monks of Glenstal in 1928.

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International Junior Summer Camp Residential Programme

Glenstal Abbey is one of Ireland’s most prestigious Private Boarding Schools and has provided excellence in education for nearly 100 years. The school has an excellent academic and sporting reputation and attracts students nationally and internationally. The Irish College of English is privileged to partner with Glenstal Abbey and has exclusive access to the campus and estate.

Glenstal Abbey is located in Co. Limerick, 2 hours from Dublin, in a peaceful rural setting where students stay on campus during the week and see the best of Ireland with Saturday and Sunday Full Day Excursions each weekend.

English Language Residential Programme

Students attending our programme experience the best of both worlds, with 15 hours of quality education in International Classes under the strong academic management of the Irish College of English, and then each weekday afternoon they have the opportunity to fully immerse themselves in the language and improve their fluency skills. They have set team building spot activities and Elective programmes including extra academic, integration with Irish teenagers, sports etc.

Dates:
1st July - 6th August 2017

Duration:
2, 3, 4 Week Options

Ages:
11 - 17 years old

Class Sizes:
Average 12 students per class, maximum 15 students per class

Arrival/Departure & Transfers:
Sunday, transfers available to and from Dublin/ Shannon Airport during Camp

Programme Details

- 15 hours of English Language Tuition per week
- Use of Text Book & all materials
- Entrance Exam, Graded Certificate and End of Course Report
- 12 hours Afternoon Team Building Sporting Activities
- 6 hours of Additional Free Elective Options per week – Learn a new Skill
- 8 hours of Organised Evening Activities
- Wednesday half day off Campus Shopping and Exploring in Limerick
- Saturday and Sunday Full Day Trips to Places of Interest in Ireland
- Full Time Supervision
- Use of all facilities at Glenstal Abbey
- Accommodation
- All Meals, Snacks and Drinks
- WiFi & iPad / Phone Charging Pods
- Laundry Service once a week

All Inclusive Programme

- Students immersed into way of life in a historic Irish Boarding School
- Students learn new life skills, challenge themselves and gain confidence, respect and independence
- High level of academics with progression focused English Language Classes
- Students live in a safe rural location with full time supervision
- Students mix with children from all over the world and have opportunity to mix with Irish teenagers
- Great choice of electives including extra academics, sports and Irish focused classes
- Our Ethos is Team Building and International Immersion

Course Highlights:

- Core English Language Skills – Writing, Reading, Listening and Speaking
- Improved Fluency and Pronunciation
- Weekly projects completed
- Certificate of Attainment
- Individual Progression Report
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Glenstal Abbey Boarding Experience

English Language Tuition
Our lessons are progression focused and are built around a strong junior syllabus. Lessons take places in the mornings for all students from Monday to Friday. Every Student’s programme begins with a placement test and students will then be placed into the appropriate level class ranging from A1 to C1. Our Aim is to encourage fluency with a fun focused classroom environment.

Our teachers are all highly qualified and our approach is student centred. The classrooms at Glenstal Abbey are probably some of the most beautiful classrooms in the world, with full length glass walls overhanging an ancient forest. This makes for a calm, beautiful learning environment.

Full Supervision
Throughout their stay at Glenstal Abbey the Irish College of English has a full staff as follows:
- School Principal
- Director of Studies – Academic Manager
- Qualified Irish Teachers with a minimum of a Bachelor’s Degree, Recognised TEFL Certificate and Teaching Experience
- Native English-speaking Monitors and Activity Coordinators

Activity Programme
Students have a full programme of activities and electives. Each afternoon the students take part in team building activities and three evenings a week they have the choice of electives where they can learn a new skill. Other evenings include social activities. Wednesday afternoons students leave campus to explore Limerick. On Saturday and Sunday the students go on 2 full day excursions.

Residence & Dining
Students stay at Glenstal Abbey Residence which is a modern tastefully decorated facility which can accommodate up to 200 students. There is a mix of different sized single gender dorm rooms with 2-15 students in each. Showers and toilets are adjacent to the rooms. There are relaxation areas including a games room and cinema room.

Full Board includes: Breakfast with one hot option, 2 Course Hot Lunch, Dinner and Snack before bed are also included all of which are prepared on site. Linen is provided and changed once a week. Students should bring their own towels. A weekly Laundry Service is provided. This facility is fully supervised by our Staff.

Sample Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea / Coffee</td>
<td>Beef Lasagne with Roasted Garlic and Plum Tomatoes OR Baby Spinach and Feta Cheese Quiche or Steamed Jacket potato or Mixed Vegetables or Apple Pie &amp; Cream</td>
<td>BBQ Marinated Southern Fried Chicken with Coleslaw Salad and Chips or Vegetarian Pasta</td>
<td>Tea &amp; Croissants</td>
</tr>
<tr>
<td>Continental Buffet Breakfast</td>
<td>Orange Juice, Cereal, Fruit, Yogurt, Toast</td>
<td>OR</td>
<td>Options suitable for vegetarians, vegans and coeliacs</td>
</tr>
</tbody>
</table>

The Irish College of English is Recognised by ACELS, a Service of Quality and Qualifications Ireland, for English Language Teaching (E11).
### Glenstal Abbey Residential Sample Timetable

#### The stunningly beautiful woodland and parkland offer unique opportunities for outdoor activities and exploration.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.45am</td>
<td>Wake Up Call</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sleep in</td>
<td></td>
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<tr>
<td>8.15am</td>
<td>Morning Meeting with Principal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Wake Up Call</td>
<td></td>
</tr>
<tr>
<td>8.30am - 9.00am</td>
<td>Breakfast in Main Dining Hall</td>
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<td></td>
<td></td>
<td></td>
<td>Breakfast in Main Dining Hall</td>
<td></td>
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<tr>
<td>9.15am - 12.30pm</td>
<td>English Language Class</td>
<td>International Classes, Levels A1–C1</td>
<td></td>
<td></td>
<td></td>
<td>Sample Full Day Excursions</td>
<td>Depart 9.30am Home 6pm</td>
</tr>
<tr>
<td>Break</td>
<td>Free Time to Socialise with Friends</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1.00pm - 2.00pm</td>
<td>Lunch in Main Dining Hall</td>
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<td></td>
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<tr>
<td>2.00pm – 5.30pm</td>
<td>Theme of Afternoon Outdoor Activity Programme</td>
<td>Outdoor Adventure Course &amp; Orienteering</td>
<td>Ecology &amp; Environmental Awareness &amp; Explore Limerick</td>
<td>Kayaking, Raft Building, Indoor Swimming</td>
<td>Dance, Football, Basketball, Aerobics, Tennis, Volleyball, Golf</td>
<td>Galway City Walking Tour</td>
<td>Cork &amp; Blarney Castle</td>
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<tr>
<td>Break</td>
<td></td>
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<td></td>
<td></td>
<td>Dublin City Walking Tour</td>
<td>Clonmacnoise Monastery</td>
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<tr>
<td>6.00pm – 7.00pm</td>
<td>Dinner in Main Dining Hall</td>
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<td></td>
<td></td>
<td>Kings John’s Castle</td>
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<tr>
<td>7.30pm – 9.30pm</td>
<td>Elective Social Activity</td>
<td>Elective</td>
<td>Elective</td>
<td>Social Activity</td>
<td>Social Activity</td>
<td>Social Activity</td>
<td>Social Activity</td>
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<tr>
<td></td>
<td>Photography/ Film, Irish Cookery, Practical Science, Martial Arts, Dance, Class, Archery &amp; Target Music Session,</td>
<td>Movie Night</td>
<td>Photography/ Film, Irish Cookery, Practical Science, Martial Arts, Modern Dance, Archery &amp; Target Music Session,</td>
<td>Photography/ Film, Irish Cookery, Practical Science, Martial Arts, Modern Dance, Archery &amp; Target Music Session,</td>
<td>Talent Show</td>
<td>Graduation Ceremony &amp; Disco</td>
<td>Irish Dancing - Ceili Session</td>
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<tr>
<td></td>
<td>Wind Down Free Time</td>
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<tr>
<td>10.00pm</td>
<td>Return to Dorms for House Meeting &amp; Prepare for Bed</td>
<td>Lights Out</td>
<td></td>
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