

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.



Residential Facilities

- Modern Dorm Style Rooms catering for 2 - 15 students per dorm
- Large Impressive Dining Room, all catering by Glenstal Abbey Staff on site.
- Relaxation Areas
- Movie and Theatre Facilities
- Private Lockers for all Students
- Nurses Station and Infirmary

Academic Facilities

- State of the Art Classrooms
- Science Laboratory
- Music Room
- Computer Rooms
- Library
- Study and Quiet Areas
- WiFi
- Multimedia Centre

Sports Facilities

- 4 Rugby Pitches
- Soccer Pitches
- 6 All Weather Tennis Courts
- Table Tennis Room
- Indoor Sport Halls with Basketball, Indoor Soccer, Badminton, Volleyball
- All Weather Multi-Purpose Pitches with Floodlight Facilities
- 400 metre 6 lane Athletics Track
- Access to Golf Courses
- A large lake used for many water sports

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.

Programme Details

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

Course Highlights:

- 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

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.

All Inclusive Programme

- 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

English Language Classes

Levels: Beginner A1 to Advanced C1
Focus: Progression through Fluency Building

- Course Outcomes:**
- Core English Language Skills – Writing, Reading, Listening and Speaking
 - Improved Fluency and Pronunciation
 - Weekly projects completed
 - Certificate of Attainment
 - Individual Progression Report



Glenstal Abbey offers students a unique mix of old world charm and state-of-the-art modern facilities.



Glenstal Abbey Boarding Experience

English Language Tuition

Our lessons are progression focused and are built around a strong junior syllabus. Lessons take place 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

Breakfast	Lunch	Dinner	Snack
Tea / Coffee Continental Buffet Breakfast Orange Juice, Cereal, Fruit, Yogurt, Toast Hot Items: Eggs, Pancakes, Sausages, Beans	Beef Lasagne with Roasted Garlic and Plum Tomatoes OR Baby Spinach and Feta Cheese Quiche **** Steamed Jacket potato Mixed Vegetables **** Apple Pie & Cream	BBQ Marinated Southern Fried Chicken with Coleslaw Salad and Chips OR Vegetarian Pasta	Tea & Croissants

Options suitable for vegetarians, vegans and celiacs.



Glenstal Abbey Residential Sample Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am			Wake Up Call				Sleep in
8.15am			Morning Meeting with Principal				Wake Up Call
8.30am - 9.00am			Breakfast in Main Dining Hall				Breakfast in Main Dining Hall
9.15am - 12.30pm			English Language Class International Classes, Levels A1 - C1				Sample Full Day Excursions Depart 9.30am Home 6pm
Break			Free Time to Socialise with Friends				
1.00pm - 2.00pm			Lunch in Main Dining Hall				
2.00pm - 5.30pm			Themed Afternoon Outdoor Activity Programme				
	Adventure	Nature	Explore	Water	Active		
	Outdoor Adventure Course & Orienteering	Ecology & Environmental Awareness	Off Campus Shopping & Explore Limerick	Kayaking, Canoeing, Raft Building, Indoor Swimming	Dance, Football, Basketball, Aerobics, Tennis, Volleyball, Golf	Galway City Walking Tour Dublin City Walking Tour Cliffs of Moher & Connemara (UNESCO Site)	Cork & Blarney Castle Clonmacnoise Monastery Kings John's Castle Limerick
Break			Free Time to Change and Prepare for Dinner				
6.00pm - 7.00pm			Dinner in Main Dining Hall				
7.30pm - 9.30pm			Evening Elective Skill Option & Social Programme				
	Elective	Social Activity	Elective	Elective	Social Activity	Social Activity	Social Activity
	Photography /Film Irish Cookery Practical Science Martial Arts Dance Class Archery & Target Music Session	Movie Night	Photography /Film Irish Cookery Practical Science Martial Arts Modern Dance Archery & Target Music Session	Photography/Film Irish Cookery Practical Science Martial Arts Modern Dance Archery & Target Music Session	Talent Show	Graduation Ceremony & Disco	Irish Dancing - Ceili Session
9.30pm - 10.00pm			Wind Down Free Time				
10.00pm			Return to Dorms for House Meeting & Prepare for Bed				
10.30pm			Lights Out				



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

