

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am	Wake Up Call					Sleep in	
8.35am	Morning Meeting with Principal					Wake Up Call	
8.45am	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 9am Home 6pm	
Break	Free Time to Socialise with Friends						
1.00pm - 2.00pm	Lunch in Main Dining Hall						
2.00pm – 5.30pm	Afternoon Outdoor Activity Programme					Galway City Walking Tour Dublin City Walking Tour Cliffs of Moher & Connemara (UNESCO Site)	Blarney Castle, Cork Cork City Walking Tour Kings John's Castle
	Adventure	Nature	Relax	Kayaking	Active		
	Professional Outside Adventure Activities On Site	Ecology & Outdoor Survival Skills	Off Campus Shopping & Free Time in Limerick	Kayaking, Paddle Boarding, Indoor Swimming	Volleyball, Football, Tag Rugby, Tennis, Basketball		
Break	Free Time to Shower, Prepare for Dinner and Call Home						
6.00pm - 7.00pm	Dinner in Main Dining Hall						
7.30pm – 9.30pm	Evening Elective Skill Option & Social Programme						
	Elective	Social Activity	Elective	Social Activity	Social Activity	Social Activity	Social Activity
	Irish Cookery Practical Science Dance Class Archery Music Class Golf - Pitch & Putt Arts & Crafts Gaelic Football English Class	Movie & Popcorn Table Tennis Tournament Pool Tournament Board Games	Irish Cookery Practical Science Dance Class Archery Music Class Golf - Pitch & Putt Arts & Crafts Gaelic Football English Class	Talent Show	Table Quiz or Karaoke	Graduation Ceremony & Disco	Movie Night & Team Building
9.30pm – 10.00pm	Wind Down Free Time						
10.00pm	Return to Dorms for House Meeting & Prepare for Bed						
10.30pm	Lights Out						