

# ENGLISH + RUGBY



Ireland is now officially one of the leading Rugby nations in the world. At Avanti Language Institute, we have teamed up with a world-class Rugby academy here in Ireland to provide a unique English + Rugby experience.

This course is open for students of any age, gender or nationality as long as you have the passion for Rugby and English! The course is available for any number of weeks from 1 week onwards.

The basic timetable consists of RUGBY TRAINING\* in the morning and ENGLISH LANGUAGE TUITION in the afternoon. On Saturdays you can attend a Rugby match or visit Rugby-related venues such as Aviva Stadium etc.

- **RUGBY:** The training takes place at a top-of-the-range facility which includes various types of gym, various types pitches, 25 metre swimming pool, hydro pool, training studios, sauna, Jacuzzi, video analysis rooms, recreation rooms, etc.

\* Please note that the Rugby training is skills-based and does not involve playing matches. However, due to the nature of the sport, it is mandatory that all candidates have relevant insurance cover.

*'Ireland's first full time Independent rugby academy, offering players the opportunity to exponentially enhance their rugby and lifestyle skills.'*

- **ENGLISH:** Our Afternoon Intensive English runs from Monday to Friday 1.45-5pm including a 15-minute break. These lessons consist of practising the 4 main skills: Speaking, Listening, Reading and Writing. There are 2 levels at the moment: A1 (Elementary) and B1 (Intermediate). More levels will materialise in the future. All teachers are native speakers of English who are university graduates with specialised TEFL qualifications. The maximum number of students per class is 15.

*"It was the best experience I've ever had in my life. I'm sure it made me grow as a person and I won't forget about all of this." (Tarané, Spain)*

- **ACCOMMODATION:** You will stay with a local Host Family that the school organises, which is the best way to practise your English and to learn Irish culture in comfortable surroundings. For Adult students, Half Board (breakfast and dinner) and for Junior students Full Board (breakfast, packed lunch and dinner) are provided. For long-term students the option of a Host Family with room only (self-catering) or a flat within the Rugby training complex are also available.

- **FEES**

**FEES FOR 1 WEEK: €€1275 per person**

Afternoon Intensive English (15H per week) €235  
Registration & Materials Fees €120  
Host Family accommodation (Single Room, Half Board) €180  
Accommodation Arrangement fee €60  
Rugby Programme (6 days) €650  
Rugby Programme Arrangement Fee €90

**FEES FOR 2 WEEKS: €2400 per person**

Afternoon Intensive English (15H per week) €235x2=€470  
Registration & Materials Fees €120  
Host Family accommodation (Single Room, Half Board) €180x2=€360  
Accommodation Arrangement fee €60  
Rugby Programme (6 days) €650x2=€1300  
Rugby Programme Arrangement Fee €90

\* Airport transfer(s) €70 per journey is optional

## SAMPLE PROGRAMME

\*Timetable is likely to change depending on the season, whether the student is from EU/non-EU etc.

	MON	TUES	WED	THURS	FRI	SAT	SUN
9am-1pm	INTENSIVE ENGLISH	INTENSIVE ENGLISH	INTENSIVE ENGLISH	INTENSIVE ENGLISH	INTENSIVE ENGLISH	Attend a rugby match or visit Aviva rugby stadium etc.	FREE DAY
1pm-1.30pm	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break		
1.45-4.45pm	<b>RUGBY TRAINING</b> SAQ warmup Passing skill Kicking skill Gym testing	<b>RUGBY TRAINING</b> SAQ warmup Speed technique Rugby evasion / offloading Gym	<b>RUGBY TRAINING</b> SAQ warmup Rucking Nutrition seminar Fitness Recovery	<b>RUGBY TRAINING</b> SAQ warmup Positional session Rugby Law seminar Hand / Eye Coordination Skills testing recording	<b>RUGBY TRAINING</b> SAQ warmup Defense: Shadowman Video Analysis Recovery		
After 5pm	Free time	Free time	Free time	Free time	Free time	Free time	

