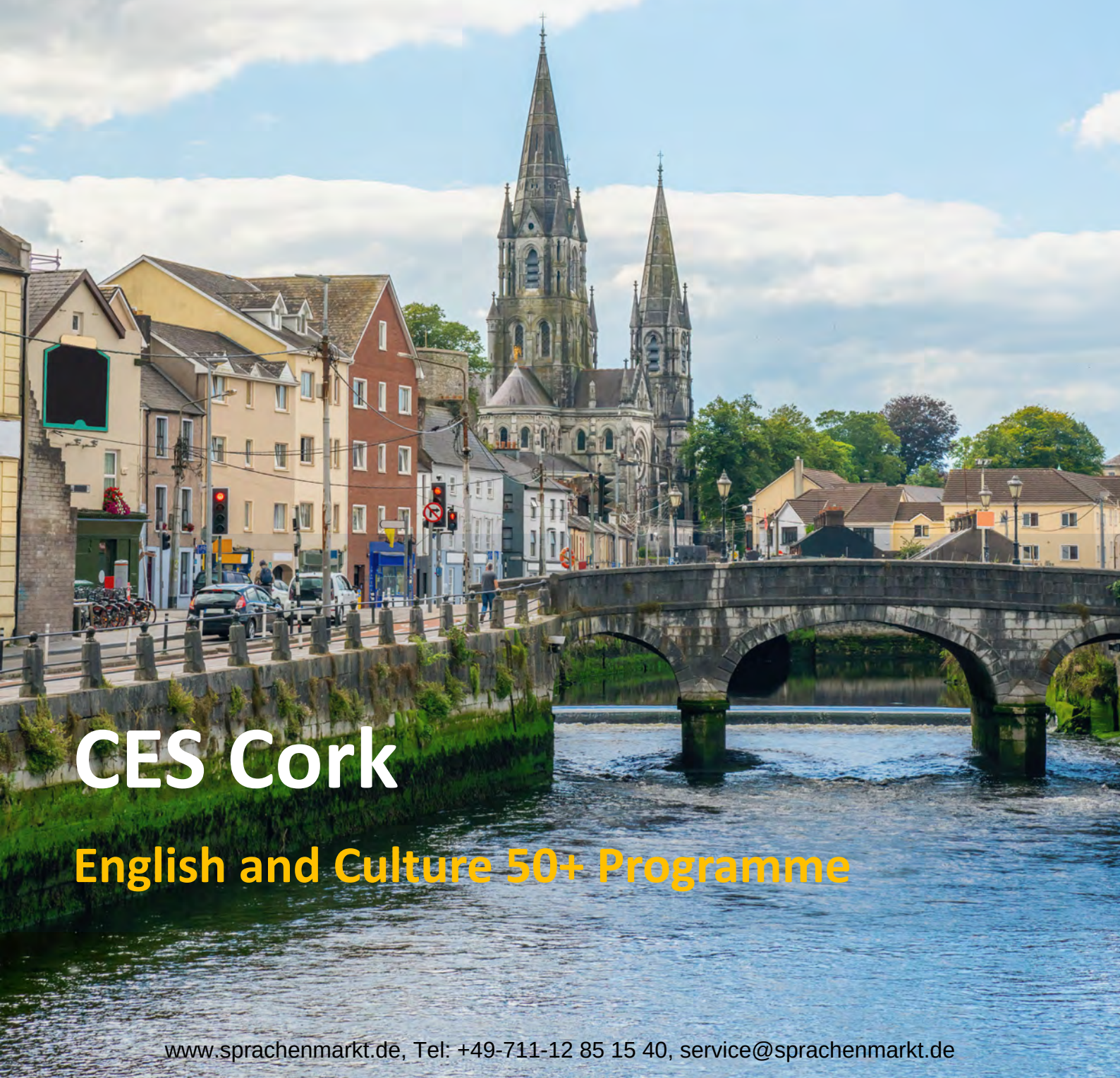




# CES Cork

## English and Culture 50+ Programme

## A Historic and Welcoming City

With a history stretching back over a thousand years, Cork has long played an important role in Irish life, culture, and identity. Ireland's second city, and as the people of Cork say, 'Ireland Real Capital', Cork is known for its strong sense of character and independence.

Cork offers a distinctive blend of historic charm and modern energy. Cork is a very walkable city and through its winding streets, you will find colourful shopfronts, lively cafés, traditional pubs, historic buildings, and the River Lee flowing either side of the island city centre.



As you explore Cork, you will encounter reminders of the writers, traders, and political figures who helped shape both the city and the wider region. From its rich maritime past to its role in Ireland's struggle for independence, Cork's history is closely woven into everyday life. Walking through the city offers the chance to discover these stories in a relaxed and friendly atmosphere.

Cork's transport links make it an ideal base for exploration. The city is surrounded by scenic countryside, coastal towns, and historic villages, many of which are easily accessible by public transport. Destinations such as Kinsale and Cobh offer memorable day trips during your stay.

## Academic and Class Information

During the course students will have lessons in the morning in a closed group. (9-1pm).

The course is designed around the four skills (Speaking, Writing, Listening and Reading) and is primarily communicative. It sets out to create an authentic and challenging learning environment using relevant materials and topics with a view to developing language skills and use.

Lessons will focus on real world language to compliment the experience of visiting Dublin and there will also be a cultural focus related to the social programme visits and activities. This includes lessons related to Irish music, mythology, food, history and culture. Course content will be closely related to specific tours and trips in the afternoon.

The closed group will be a mixed level class and lessons will be tailored to the needs of the students and their language learning goals.



At CES, we believe language is a living skill best developed through meaningful interaction. The CES 50+ Programme focuses on practical speaking and communication skills, alongside listening, reading, and writing that continue to develop beyond the course.

Our internationally qualified teachers draw on wide personal and professional experience, with lessons covering engaging cultural and social topics that encourage discussion and confidence. You will take part in presentations, role-plays, and conversational practice in a relaxed, supportive environment.

Students also have access to the CES online learning platform, offering activities and resources to support and extend learning.

# Timetable and Accommodation



Our two-week programme combines twenty tuition hours of classroom learning per week with a varied programme of cultural and social activities.

Morning lessons take place in our Cork school building, just a 5-minute stroll from the city centre and within easy reach of shops, cafés, and cultural attractions. Classes are in small groups with no more than twelve students, allowing for personal attention and a supportive learning atmosphere.



|           | SUNDAY       | MONDAY                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                                 | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING   | ARRIVALS DAY | WELCOME TALK AND LESSONS<br>09.00-13.00                                                                                                                                                                                                     | LESSONS<br>09.00-13.00                                                                                                                                                                                                      | LESSONS<br>09.00-13.00                                                                                                                                                                                                                             | LESSONS<br>09.00-13.00                                                                                                                                                                                                     | LESSONS<br>09.00-13.00                                                                                                                                                                                                                                                                                                                                                 | FULL DAY EXCURSION: THE CLIFFS OF MOHER (OPTIONAL)<br>Embark on a scenic coach journey from Cork to Bunnahilly, where you'll enjoy a quick stop to see the famous Bunnahilly Castle and Village. Continue to the charming seaside town of Lahinch for free time and lunch before heading to the spectacular Cliffs of Moher. Spend the afternoon exploring Ireland's most iconic natural wonder and taking in its breathtaking views before returning comfortably to Cork in the evening. |
| AFTERNOON |              | ORIENTATION TOUR<br>14.00-16.00<br>A walking tour along the River Lee into Cork's commercial district, taking in sites such as the iconic English Market and St Patrick's Street. Welcome glass of Baileys upon arrival back at the school! | GUIDED TOUR OF UCC<br>14.00-16.00<br>A journey through the rich history of University College Cork, visiting landmarks such as the stunning Honan Chapel, the ancient Ogham Stone Collection, and the Crawford Observatory. | GUIDED TOUR OF ELIZABETH FORT<br>14.00-15.30<br>A journey through the rich history of Elizabeth Fort, exploring its 17th-century star-shaped walls, historic barracks and exhibition spaces, and enjoying panoramic views over Cork City.          | TRIP TO COBH<br>14.00-17.00<br>Half-day trip to the historical port and fishing town of Cobh, famous for its colourful waterfront houses, its breathtaking cathedral, and for being the last port of call for The Titanic. | LUNCH IN THE MARINA MARKET<br>14.00-16.00<br>Lunch in Marina Market, enjoying a vibrant food hall experience with a wide variety of local and international cuisines in a lively waterfront setting.                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| EVENING   |              | PUB NIGHT – TRADITIONAL IRISH MUSIC 18.30<br>An evening of traditional Irish music in Sin É, enjoying lively tunes and an authentic Cork pub atmosphere.                                                                                    | EVENING WITH HOST FAMILY                                                                                                                                                                                                    | IRISH DANCING 19.30<br>Enjoy a traditional Irish experience by learning the basic Irish dancing steps with an experienced and passionate teacher!                                                                                                  | EVENING WITH HOST FAMILY                                                                                                                                                                                                   | EVENING WITH HOST FAMILY                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|           | SUNDAY       | MONDAY                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                                 | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| MORNING   | FREE DAY     | LESSONS<br>09.00-13.00                                                                                                                                                                                                                      | LESSONS<br>09.00-13.00                                                                                                                                                                                                      | LESSONS<br>09.00-13.00                                                                                                                                                                                                                             | LESSONS<br>09.00-13.00                                                                                                                                                                                                     | LESSONS<br>09.00-13.00                                                                                                                                                                                                                                                                                                                                                 | FULL DAY EXCURSION: KINSALE (OPTIONAL)<br>10.00 – 17.00 (approx.)<br>This day trip offers a scenic and cultural experience along the coast of County Cork. Explore the historic Charles Fort, enjoy free time in the charming town of Kinsale, take in breathtaking views at the Old Head, and unwind with some time at Garryucas Beach.                                                                                                                                                  |
| AFTERNOON |              | GUIDED TOUR OF CORK CITY GARDEN<br>14.30-16.30<br>Enjoy a guided historical tour of this magnificent castle-like building which once housed 19th century prisoners                                                                          | TRIP TO SHANDON BELLS<br>14.00-15.30<br>A visit to the iconic Shandon Bells, climbing St Anne's Church tower to ring the bells and take in sweeping views across Cork City                                                  | TRIP TO BLARNEY CASTLE<br>13.30-17.00<br>Visit the iconic Blarney Castle and its beautiful gardens, with the chance to kiss the famous Blarney Stone. Enjoy some free time to shop or relax at Blarney Woolen Mills before returning to Cork City. | IRISH COFFEE MAKING WORKSHOP<br>14.00-15.30<br>A hands-on Irish coffee-making workshop, learning the history, technique, and perfect balance behind this classic Irish drink.                                              | GUIDED TOUR OF THE MIDDLETON DISTILLERY + WHISKEY TASTING<br>14.30-16.30<br>A tour of Middleton Distillery, the home of Jameson Irish Whiskey, where centuries of craftsmanship come to life. Explore the historic and modern distilling process, uncover the secrets behind Ireland's most famous whiskey, and enjoy a tasting of some of the world's finest spirits. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| EVENING   |              | EVENING WITH HOST FAMILY                                                                                                                                                                                                                    | PUB NIGHT – TRADITIONAL IRISH MUSIC 18.30<br>An evening of traditional Irish music in Sin É, enjoying lively tunes and an authentic Cork pub atmosphere.                                                                    | EVENING WITH HOST FAMILY                                                                                                                                                                                                                           | PUB NIGHT<br>20.00 A lively pub quiz night, testing your knowledge in a fun, social setting with great atmosphere and local banter.                                                                                        | EVENING WITH HOST FAMILY                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

In the afternoon, you will explore Cork and its surroundings—visiting local markets, discovering the city's maritime history, enjoying nearby coastal towns, or taking part in a traditional Irish music or pub night. At the end of each day, you will return to a welcoming home environment. Ireland's reputation for friendliness is well deserved, and our carefully selected host families are delighted to help you feel at home.

Homestay accommodation includes breakfast and dinner, offering additional opportunities to practise English in everyday situations beyond the classroom. Hotel accommodation is also available on request.

Centre of English Studies, Wellington Road, T23 AK82