



English, Activity & Wellness Programme

Improve your English and revive your mind, body and soul

 Course Dates Year round	 Arrival days Sunday	 English Level Pre-intermediate - Advance
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Our specially designed English Activity & Wellness programme allows you to develop your English rapidly with our expert teachers and through a range of activities to help rejuvenate your mind, body and soul.

Do you...

- want to improve your English rapidly?
- wish to relax, revive & rejuvenate?
- want explore the Wild Atlantic Way?
- want to improve your health & fitness and try new activities?

if so , this programme is perfect for you.



What's Included:

- 15 hours of English per week
- 5 activity sessions per week
- Choice of activity session
- Choice of accommodation
- Evening activities
- A teachers report & certificate of attendance & achievement
- Free bike rental
- Free transfers from Ballyshannon arrival/departure

Our award winning school is perfectly located within a 10 min walk to the town centre, surrounded by beaches, mountains and the Atlantic Ocean on the Wild Atlantic Way. The ideal location to renew, revive and rebalance

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English Classes

Students have the option of choosing the **General English** programme in a small group setting or **one to one** tuition dedicated to your learning needs

Wellness activities

You will be given the choice of **5 of the below activities** per week. Apart from the Holistic Therapist, each activity can be chosen more than once. Activities are in a 1-2-1 or small group setting and include:

- **Holistic Therapist/Spa Treatment**
 - **Meditation**
 - **Yoga**
 - **Pilates**
 - **Personal Trainer**
 - **Hill Walking**
 - **Surfing**
 - **Horse Riding**
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Schedule

	MONDAY - FRIDAY	SATURDAY	SUNDAY
8.00 - 9.00	Breakfast	FULL DAY EXCURSION Optional extra	ARRIVAL / DEPARTURE
9.15 - 12.30	ENGLISH CLASS		
12.30 - 13.30	Lunch time		
14.00 - 17.00	ACTIVITY SESSIONS		
19.30 - 21.00	2 EVENING ACTIVITIES		

Prices

Per week	General English	One-to-One
Residential	€920	€1,450
Homestay	€850	€1,380
Hotel	€1,320	€1,850

Accommodation

Residential

The residential accommodation is less than one minute's walk from the Atlantic Ocean and 5 minutes walk from the school and town centre. The house is very spacious with a sitting room, dining room and a well equipped kitchen for self-catering. Some rooms offer sea or mountain views and most rooms are ensuite.

Hotel Accommodation

We work closely with a select number of high quality local hotels all within a short distance of the school.



Homestay

We work with a select number of hosts that offer a warm welcome and a home from home experience. All our Homestays are within 5 – 15 minutes of the school and town. You will have a private room with half-board accommodation (breakfast and an evening meal).

