

ADVENTURE & LEADERSHIP PROGRAMME

Learning through adventure



Course Dates:	Arrival/Departure Days:	Age range:
July 03rd - 17th July 17th - 31st	Sundays	13 - 17

Accommodation	Minimum Level of English	Course Price
Residential	B1(Intermediate)	€2000

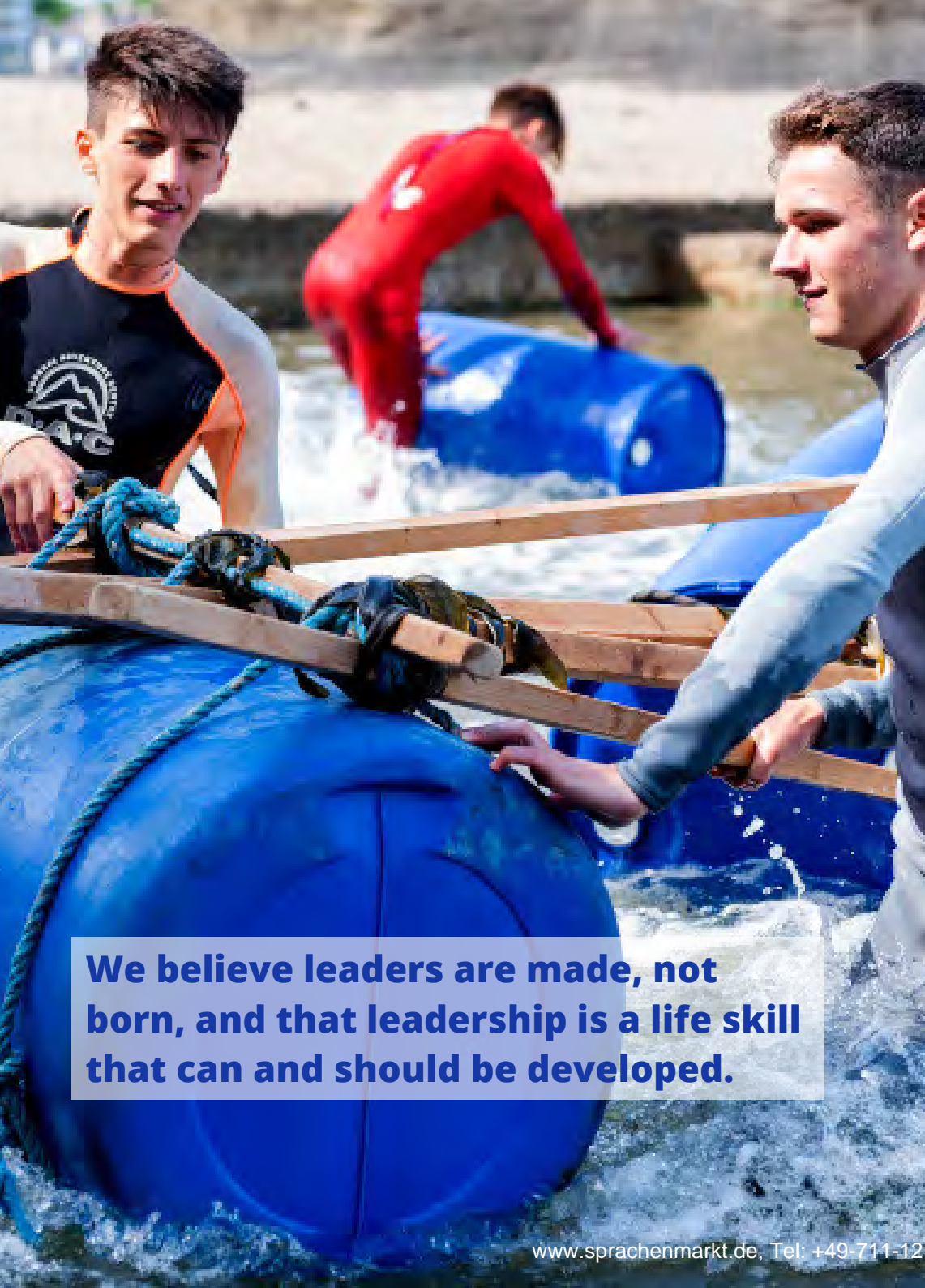
Welcome

Develop your **confidence and leadership abilities** this summer at the same time as having fun and **learning new skills on our exciting Adventure & Leadership programme.**

We combine incredible outdoor activities, overnight camping and excursions with entertaining team challenges and leadership workshops in a **beautiful and safe environment** on the Wild Atlantic Way in Ireland.

We want every student to leave with a **new sense of self**, a love for adventure and for Ireland.

Donegal English
Language
School
A warm welcome whatever the language



We believe leaders are made, not born, and that leadership is a life skill that can and should be developed.

Benefits of this programme

- Increase your **confidence and personal motivation**
- **Learn more about yourself**
- Improve your **decision making and communication skills**
- Meet students from all over the world
- Take part in a variety of exciting outdoor activities from surfing to supping
- Have fun outdoors while **learning new skills**
- **Small group sizes** and individually focused instruction
- Expert **life skills tutors**

What's included:

- **9 hours of leadership workshops per week**
- Wide range of daily activities (including surfing, hill walking, yoga, sea swimming, etc.)
- **Full board** in residential accommodation
- Transfers to & from activity sessions
- 5 evening activities
- Full day excursion
- A **report & certificate of achievement**
- Access to weekly photos
- Free DELS bag

“ Under a perfect management that enables teens from all over Europe to spend spectacular holidays. Individual activities in amazing Irish shore scenery let them increase their abilities and social competences. ”

Sissi Bichler, Germany



Learn Through Adventure

Through our daily activities students have the opportunity to build on their social skills, their confidence, leadership skills and learn a new activity as well as enjoying the great outdoors. Our range of indoor & outdoor activities which include:

Surfing	Kayaking	Supping
Team building	Yoga	Meditation
Sea Swimming	Hill Walking	Forest Games
Irish Sports	Arts and Crafts	Overnight Camping

Group Workshops

Students will participate in small interactive group workshops with our **highly experienced team of tutors, guides and coordinators.**

The programme is designed around a combination of **activities, small groupwork and discussion, leadership development, journaling and reflection.**

The workshops focus on :

- positive mindset
- communication skills
- problem solving.
- the importance of role models
- global citizenship

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“The DELS Team is awesome, passionate and very attentive; it exudes professionalism and an "I do care" attitude to any exceptional requests from our side, always helpful, forthcoming and extremely pleasant to deal with. Our kids will definitely return”

Daniel Martinez, Balbas, Spain

Accommodation:

The residential accommodation is in a **beautiful location** with **spectacular sea and mountain views**. Students are placed in rooms with **two - four students per room**. The accommodation also offers a spacious kitchen, dining room and lounge area. **Full board is included** in the leadership package.

Excursions

Once a week students get the opportunity to **explore** some of the **beautiful scenic** wonders along the Wild Atlantic Way while also getting the opportunity to visit the towns and cities of Derry, Sligo, Letterkenny, and Galway. From **climbing Slieve League**, some of Europe's tallest cliffs, **ziplining** through Lough Key Forest Park or taking on the slides at Inish **Water Park**, there is something for everyone's taste.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 - 9.00	Breakfast					FULL DAY EXCURSION Go Karting & Derry Laser Tag /Glenveagh National Park & Letterkenny Hiking Queen Meabhs Grave/ Eagles Flying and Sligo Hiking Slieve League and Donegal Town Inish Water Park & Letterkenny	ARRIVAL / DEPARTURE Day to relax, catch up with family back home, go for a walk in the town, go to the beach
9.15 - 12.30	Workshop	ADVENTURE Hill Walking Forest Games First Aid Training Zip lining	Workshop	ADVENTURE Hill Walking Forest Games First Aid Training Zip lining	Workshop		
12.30 - 13.30	Lunch		Lunch		Lunch		
14.00 - 16.30 /17.00	OUTDOOR PURSUITS Surfing Kayaking Supping Team Building		OUTDOOR PURSUITS Surfing Kayaking Supping Team Building		LEISURE & VOLUNTEERING Yoga Meditation Sea Swimming Nature & Reflection Walk Community Volunteering		
17.00 - 18.00	Free Time						
18.00 - 19.00	Dinner						
19.30 - 20.30 /21.00	EVENING ACTIVITIES Overnight camping, Irish sports, team building games, bowling, scavenger hunt, seaside exploration, treasure hunt, basket ball, soccer, hip hop, disco, silly olympics, beach games, cinema, t -shirt making, walk to town, free evening.						
21.00 - 22.00	Free Time before bed						



Look no further than us for your
2022 Summer adventure!



A school you can trust



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