



LEARN ENGLISH, PLAY SPORT

www.englishandsport.com



Welcome to the English Language and Multi Sport Summer Camp based in Dublin Ireland. With programmes that are recognized by many international quality organizations, you can be assured of the professionalism and quality of our courses.

On our exciting programmes you have the opportunity to study your preference of English, Sport or Music, while making new friends and interacting with many different cultures in our magnificent summer centre setting.



FSLC ON TOUR • Trading as www.englishandsport.com
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PROGRAMMES



ENGLISH LANGUAGE PROGRAMME

Our language programme is provided by our partner, PACE Language Institute. PACE was established in 1990 and specialise in General English, Cambridge Exam preparation courses, Business English and Language plus activities and all year round Junior programmes.

PACE is accredited by ACELS (Irish Department of Education) and is a member of MEI (Marketing English in Ireland) and IALC (International Association of Language Centres).

Tuition is 15 hours per week, Monday to Friday. Learning materials will be made available to all students, with a graded certificate and an end of course report being presented at the end of their stay. The maximum number of students per class is 15, levels are assigned according to the CEFR, Beginner: A1 to Advanced: C2.

SPORTS PROGRAMME

Our sporting programmes are aimed at students who enjoy their sport and want to improve whatever their level or ability.

They can choose from six different sports all run by professional and experienced coaches. Although there are no requirements with regards to playing ability, one years sporting experience is recommended. Students choose one sporting option each week and different sports can be selected for additional weeks.

Choice of sports are: Rugby, Soccer, Tennis, Golf, Basketball, Volleyball, Horse Riding and Strength & Conditioning.



PROGRAMMES



MUSIC PROGRAMME

Designed for students who enjoy making or playing music and want to become better musicians in a fun and professional environment. Our music programme focuses on the individual musician.

Group sessions and workshops will also focus on timing and interaction with each other while playing and how to work in a studio environment. Students will learn how to play songs as an individual or as part of a group. Students will have rehearsals throughout the week culminating in an end-of-week performance for all the students and staff.

MULTI ACTIVITY PROGRAMME

Designed for students that want a mixture of traditional Irish culture and fun sports. Due to the school's location in Castleknock we can offer students a wide variety of activities and excursions, from amazing historical scenery, full and half day trips to sporting activities like Irish Sports (Gaelic Football and Hurling), Soccer, Tag Rugby, Mini Golf, Yoga and fitness classes.

EVENING ACTIVITY PROGRAMME

Round off the day with one of the following: Irish nights (Ceili), karaoke, movie, poker classic, talent nights, treasure hunts with supplemental activities such as sport tournaments ensuring that each student is busy from breakfast to bedtime.



Accommodation



We take great care in choosing and monitoring the accommodation we provide.

On this programme we offer full board accommodation with a choice of host family or residential.

RESIDENTIAL ACCOMMODATION

Our monitored residential accommodation is situated on the grounds of Castleknock College and showers and toilets are situated on each floor. Living with young people of all nationalities, discovering different cultures and making friends, our residence accommodation allows you to have a very enriching experience of community and international life. The students are accommodated in bedrooms with up to six beds. On request and depending on availability, our students may be accommodated with a friend.

The majority of meals and activities (depending on your programme) will take place within, or in the immediate surroundings of the centre.

HOST FAMILY ACCOMMODATION

Host families offer a warm and welcoming friendly family environment. Host families will be within walking distance or a short bus journey of the centre. Daily practice of the language of the country and the discovery of a new culture are some of the numerous advantages that accommodation with a host family offers. You will stay in a double room and will share the common rooms with the members of the family. You have breakfast and the evening meal with the family and lunch in the cafeteria of the centre.

On request and depending on availability, our students may be accommodated with a friend.



General Information



POCKET MONEY SERVICE

On campus, a pocket money service will be provided. Functioning like a bank, the pocket money service is open every day at designated times, allowing for the deposit or withdrawal of money by the students

INTERNET & TELEPHONE ACCESS

In order for each student to keep in contact with his/her family, there is nothing like the Internet. The centre is equipped to allow students to access their e-mails for free through Wi-Fi. We can also suggest mobile providers that are cost effective and reliable, campus staff can advise the best solution for each student on arrival.

INSURANCE

We suggest that you take out various options of insurance cover for peace of mind in the event that there is an unlikely occurrence beyond your control. These insurances are valid in Ireland.

ACCIDENT & HEALTH

To be enrolled on one of our programmes, you will need to certify that you are in possession of adequate health cover and insurance, suitable to the programme option you are completing.

CANCELLATION

In addition to health and medical insurance, we strongly recommend to you to take out travel insurance, in the event you are unable to participate in the programme that you have booked.



ABOUT US



With 15 years experience of providing sport and language camps in SW France, English and Sport was the natural progression in meeting the demand for an Irish location specialising in providing English language and multi-sport courses. Like our successful Rugby and French courses, our product is student centred to ensure that a great learning and cultural experience is had by all (www.englishandsport.com).



Since 1999 Rugby & French has been providing multi sport and language camps in the SW France. Based at Souston, our camps have long associations with some of the top rugby playing schools in both Ireland and the United Kingdom and some of our former attendees include current internationals (www.rugbyandfrench.com).



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RU Adventure provides outdoor recreational opportunities in fun and exciting environments for young people aged 11-15. We aim to get participants involved in a wide range of stimulating physical activities designed to aid in their all round development and encourage positive life habits (www.ru-adventure.com)

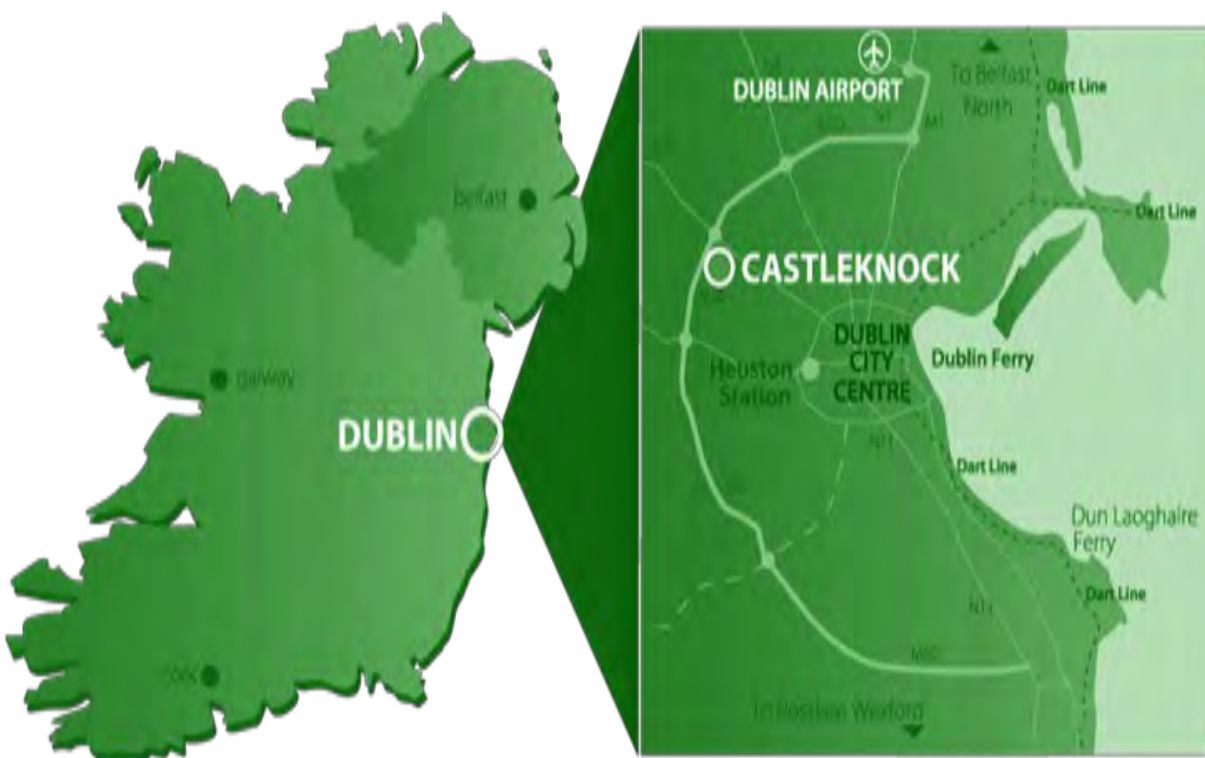


Our Language and sport centre is located at Castleknock College. The college was established in 1830 and is recognised as one of Ireland's premier private schools famous for it's Georgian buildings and first class facilities. (www.castleknockcollege.ie)



CONTACT US & LOCATION

LOCATION MAP



CONTACT US

TELEPHONE:

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00 353 86 312 7386

INFORMATION:

SALES@ENGLISHANDSPORT.COM
WWW.ENGLISHANDSPORT.COM

REGISTERED OFFICE:

22 BEGRAVE RD,
MONKSTOWN, CO. DUBLIN
IRELAND.

CASTLEKNOCK

Castleknock suburb is one of Dublin's most prestigious residential areas with a population of 21,500 people and is only 8 km from the centre of Dublin and 20 minutes from Dublin Airport. It is situated only minutes away from Dublin's Phoenix Park, consisting of 78 acres/ 31.5 hectares of forests and green areas. Phoenix Park is also the home of the President of Ireland, Farmleigh House and Estate, and Dublin's world renowned Zoo.

Castleknock also boasts numerous retail, educational and sporting facilities; it is also home to many historical places of interest.

LOCAL AGENT / CONTACT



SPORT

RUGBY

Our rugby program has been developed over the last sixteen years with input from a number of seasoned coaches and players who have all been involved at the highest levels. Our program ensures that sessions will cater for players of all abilities and will include individual and positional skill development along with team play. All rugby sessions are run by qualified IRFU coaches.

Some of the coaches to attend include Eric Miller (Ireland and British and Irish Lion) Nigel Osborne (defensive coach /consultant Stade Francais) and Danny Dent



Danny Dent,
Monkstown FC &
Catholic University
College



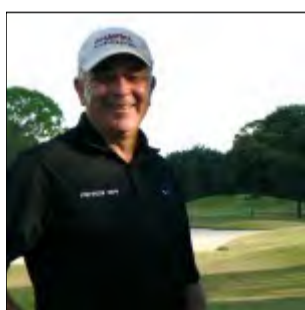
Eric Miller on the
rampage for Ireland



Nigel Osborne in his
playing days

GOLF

Our golf program has been developed and will be run by Peter O'Hagan, PGA golf professional and senior tour player in the USA and Europe. Tuition will be given at the prestigious Lutterellstown Castle Golf & Country Club which is only three minutes away from our Castleknock College campus. Peter's tuition courses include range balls, golf clubs and green fees. Green fees, range balls and club hire can be arranged at member's rates outside tuition hours.



Peter O'Hagan of
Lutterellstown



Lutterellstown
Club House



Fairway at Lutterellstown with the
Dublin Mountains in the
background



SPORT

HORSE RIDING

Set on 100 acres in Co Meath, just 15 miles from Dublin City Centre and airport, Pelletstown Riding Centre is one of the longest-standing establishments in Ireland. The relaxed and welcoming atmosphere at Pelletstown invites riders of all levels to enjoy the sport and we pride ourselves on the personal attention we give to our clients.

The centre is owned and run by the Geraghty family, members of whom have progressed through the ranks in the horse racing world to enjoy major successes at home and abroad.



Pelletstown facilities

SOCCER

Our soccer programme is co-ordinated by Adrian Fitzpatrick. Adrian is a UEFA “A” coaching licence holder with a wide range of experience having worked with a number of teams in the National League of Ireland. His roles with various clubs and university teams have included team manager, coach, and development officer. Adrian has also coached the Irish U15s team and has been scout for Newcastle United here in Ireland



Penalty shot



Match practise



SPORT

TENNIS

Our tennis program will be overseen and run by Stephen O'Shea. Stephen is a well known and respected coach on the circuit and is a qualified level 3 high performance coach. He has been Tennis Ireland Coach association's 'Coach of the year' and the Eagle Star 'Coach of the year' in consecutive years. Stephen is a former junior Irish international and has coached a number of the Irish under age teams and is currently the Leinster Under 14's coach.



Stephen O'Shea
with some of his
charges



Practise makes
perfect

OTHER SPORTING PROGRAMMES

BASKETBALL

VOLLEYBALL

STRENGTH & CONDITIONING