

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am	Wake up call						
8.45am	Breakfast with Family						
9.00am	Walk to School						
9.30am	English Language Tuition (45 min per class) A1 to C1 levels					Full Day Excursion includes <ul style="list-style-type: none"> • Cliffs of Moher • Aran Islands Cycle Tour • Galway City • Bunratty Castle • Lahinch Beach • Doolin Cave and Fanore Beach 	
1.00 – 2.00pm	Break for lunch. Packed lunch provided by host family						
2.00pm – 5.00pm	Sample Afternoon Activities						
	Sports Soccer camp Basketball Tag Rugby Volleyball Hockey Golf Pitch & Putt	Adventure Kayaking Surfing/SUP Abseiling Archery Team games on land or water	Arts Pottery Painting Arts & Crafts Cooking Print Making	Calm Zumba Yoga Beach Picnic Nature walk Shopping Free Time	Culture Irish Music Irish Sports Cooking Irish Music and Dance		
6.00pm – 7.00pm	Dinner with Family						
7.30-8.30pm	Optional Evening Activities: Irish culture classes including music and dance, arts and crafts, games, table tennis, table quiz, bingo, yoga, extra English class, movie club, Beach walk, Sunset photography, fun run, beach picnic						
8.30pm	Return to home Stay						
10.00pm	Evening Curfew						