

Learn the language. Live the life. Love the leisure.



ADULT PROGRAMME



About Atlantic S.E.A.L.

We believe expert tuition in small groups, combined with an exciting leisure programme that stimulates the mind and body, sets the tone for a successful and pleasurable learning experience. Our students build great confidence in using English. Thanks to the hands-on, relaxed approach of our teachers here in Schull, students' progress isn't limited to just the classroom setting; they give more effective presentations, deal better with clients and counterparts on the phone and by email, and feel more confident communicating in English at work and socially following their experience here. Even shy students will enjoy the experience of living with a host family, as often there will be other people of a similar age group in the household where they stay. Our teachers accompany students on leisure outings, so new language is reinforced even while out having fun.

Who are we?

Atlantic S.E.A.L. is owned and managed by partners Barbara Connelly and Peter McDonnell. Barbara has over fifteen years' experience teaching English communication skills to foreign students in Ireland, the UK, and abroad. She makes sure our teaching

methods are always updated. Peter is a marine biologist and qualified diving instructor. He manages the active leisure side of Atlantic S.E.A.L., and often gives talks on marine ecology. Both Barbara and Peter are passionate about what they do. They are experienced and qualified professionals.

Who are our students?

Our students come from all over the world and from many backgrounds, but they have this in common: they want to learn the language, live the life, and love the leisure here in the scenic setting of an English-speaking country. Our students make great progress in their English language skills, particularly listening and speaking, even in a short time. Our courses are professionally designed and our teachers are qualified and experienced experts. Students appreciate a warm and friendly classroom atmosphere. They like the small class size of an average of just six students because it gives them plenty of opportunities to practise using English. A lot of our students are lovers of nature and the sea. In their free time, they enjoy a mix of leisure activities from our programmes. These include land or watersports, cultural or creative activities and excursions. They want to be surrounded by spectacular countryside and seascapes. They enjoy nature, the outdoors, and fresh air.

"If these are the kind of things you like," says Barbara, "you will find your ideal place here at Atlantic SEAL. You will be very welcome to our family!"



ADULT PROGRAMME | English Courses

Learn the language

At Atlantic S.E.A.L., our motto for successful language acquisition is: "If you don't want to lose it, use it!" So we give our students plenty of opportunities to do so. Vocabulary building and conversation lessons are linked to leisure programmes, so our students can enjoy and appreciate Ireland's cultural, historical and natural heritage while putting their language lessons to use. We specialise in small group English language tuition and our teachers use Neuro Linguistic Programming techniques, which means that we adapt our teaching methods to your unique learning style. Small group sizes mean that you can choose themes that you like to improve your reading, writing, listening and speaking skills. Grammar and written exercises are also part of our course, designed for your level. You can attend a General English group course, in the mornings and add on the private 'one to one' or 'two to one' lessons in the afternoons, or earlier in the morning before the group lessons commence. Only English is spoken at all times, during leisure activities and even at the place where you will reside.

We are extremely popular with adult students of English who like to live and learn in a relaxing and beautiful environment where 'the living is easy.' All our teachers are qualified to a very high standard. Because we are also a teacher training centre, our own teaching methods are always being upgraded and reassessed in order to ensure our programmes are effective and successful for our students. We offer a level assessment and interview on the first day and you then go to a class of a maximum of 6 adults. Each student's needs are considered and catered for. Thanks to the fact that we limit the school size to a maximum of 20, there is a great 'family' atmosphere and lots

of relaxed communication in English. This helps our students progress quickly. There are many opportunities to practise what you learn outside the classroom.

Micro-Gen 20 / Micro-Gen 20 + 6
20 micro-group lessons of General English
or
20 micro-group + 6 'one to one' lessons
per week

Micro-groups have an average of 4, and rarely more than 6 students. The +6 'one to one' lessons focus on your personal/professional language needs.

All skills covered - reading, writing and listening with special emphasis on speaking and pronunciation.

- » Level Assessment Test on arrival
- » End of Course Certificate and Progress Report from your tutor
- » Free email support from your tutor for one academic year following your course attendance
- » Free tea/coffee and snacks each day between lessons
- » Leisure Programme optional after lessons.
- » Weekly Friday Progress Test Assessment

221PT

10 or more 'two to one' lessons per week

Special attention to individual linguistic needs and themes of interest thanks to the two students to one teacher ratio. In addition to focusing on all the skills -reading, writing, listening, speaking and pronunciation the tutor can design a programme of study which suits the specific needs and requests of the two students (example: Business English, Professional English Language Needs, or simply extra practice with speaking/listening etc.). Special free workshops and trips relating to Irish Culture and History one day per week with all other adult students on Wednesdays.

- » Weekly Friday Progress Test/Assessment
- » End of Course Certificate and Progress Report from your tutor
- » Free email support from your tutor for one academic year following your course attendance
- » Free tea/coffee and snacks each day between lessons

Our General and Specialist leisure programme timetables can be included to fit in perfectly with the 'Two to One' Tuition programme timetable.

121PT

10 or more 'one to one' lessons per week

Special attention to individual linguistic needs and themes of interest thanks to the One student to one teacher ratio. In addition to focusing on all the skills -reading, writing, listening, speaking and pronunciation the tutor can design a programme of study which suits the specific needs of the individual student (example: Business English, Professional English Language Needs, or simply extra practice with speaking/listening etc.).

Special free workshops and trips relating to Irish Culture and History one day per week with all the schools other adult students on Wednesdays.

- » Weekly Friday Progress Test/Assessment
- » End of Course Certificate and Progress Report from your tutor
- » Free email support from your tutor for one academic year following your course attendance
- » Free tea/coffee and snacks each day between lessons

Our General and Specialist leisure programme timetables can be included to fit in perfectly with the 'Two to One' Tuition programme timetable.

You can take home a digital video CDROM/DVD of your presentations/role plays or speaking activities in class – free of charge. This is very useful to help you review essential vocabulary and maintain the level you have reached.

ADULT PROGRAMME | Leisure Options

Love the leisure

A range of leisure options to suit every personality is available to you through our programme here in Schull. Perhaps you may enjoy outdoor activities, such as sailing or diving. You may just want to explore Irish culture, or you might have an interest in some of the creative arts programmes we have here. More than anything, it is the variety of choice we have for our students that sets us apart from other language school and leisure activity centres.

Enjoy kayaking, golf, horse-riding, also trips to local cultural sites or archaeological tours and you may even join a fun painting, jewellery making or sculpture workshop - whatever is on the 'general leisure menu' - one thing is sure - you will not be bored! You will attend a full day excursion at the weekends - usually Saturdays. For example, a trip to the Lakes of Killarney, the Ring of Kerry, a whale and dolphin watching boat trip, or visit Cork to kiss the Blarney stone.

All activities take place in approved and safe centres only with qualified instructors. Transportation to and from activity centres is provided and included in your fee.

Biking, scuba diving and traditional music are just some of the many leisure activities you can choose from.



LEISURE OPTIONS | What's available?

Activesports

Golf. Tuition with our golf tutor combines driving range with 9 hole golf course practice. For advanced players, try the prestigious 18 hole Bantry Bay Golf course.

Horse-riding. Love horses? Try pony trekking and riding lessons at Ballycumisk stables.

Kayaking. Lessons for beginners or experienced kayakers with a qualified team of local instructors. See our location from the sea! Special Midnight Kayaking trips on the nearby lake, Lough Hyne.

Sailing. Learn the basics or more complex techniques at Schull Watersports Centre. Maximum 4 participants per lesson.

Scuba Diving. Our speciality! Courses range from the beginner experience, "Discover Scuba" to more advanced courses. Exciting diving trips for qualified divers. Courses and workshops for marine ecology and conservation. Atlantic SEAL's own marine biologist – Peter McDonnell – takes students on educational trips by boat and on foot to learn about the local marine flora and fauna off our coast. (Age restriction applies).

Tennis. Enjoy tennis lessons and get lots of practice at Schull tennis courts.

Creative + cultural activities

Arts and Crafts. West Cork based internationally renowned artists offer small group painting lessons. Landscapes and still life, figure drawing. Learn about the use of colour, oil paint, preparing canvas and join the artists on visits to local galleries and artist studios. Craft activities include jewellery making, stone engraving & clay sculpture.

Anglo-Irish Literature. Explore the works of Yeats, Joyce, Wilde, Kavanagh, Heaney, Shaw and more.

Irish Culture and History. A combination of historical walking tours, workshops, Irish dance. Make scones and brown bread with lessons on cooking traditional Irish food.

Irish Music. Learn the flute, tin whistle, the accordion, traditional tunes on the guitar or try the Irish drum, called the bodhran.

ADULT PROGRAMME | Accommodation Options

Live the life

The Irish love to talk, and the friendly people of Schull are no exception! There is a strong community life in Schull, and visitors always get a warm welcome. Our students get to know the real life of the village and lifestyles of the people who live here by staying with local host families. All hotels, hostels, and guest houses are family run, and very close to the village centre. Beautiful holiday cottages by the sea can also be rented. Here, the living is easy. An ideal setting to relax, learn and practice your English.

There are plenty of activities for the visitor. The lively historical society group offers fun and informative walking trips. There are many quiet country roads for safe cycling and planned walking routes. Local golf courses cater for the beginner or more experienced golfer, there are tennis and squash courts, a planetarium and arts and craft shops abound. Also, there is pony trekking, windsurfing, sailing and surfing. Enjoy the world-famous Schull Harbour Regatta, which started in 1884. Ferry boat trips to the beautiful Cape Clear or Sherkin Islands leave from Schull pier daily.

There are year-round cultural and musical events organised by the local community, in addition to small cafes and restaurants, there is a fine selection of pubs which offer live music nightly. Each has its own character, and fans of traditional Irish, jazz, and contemporary music will find their “local” quickly.

Over a quarter of all the rare Irish plants can be found in West Cork. It is also an important place for migrating birds and whales. West Cork is very rich in folklore and history, the region has a strong archaeological heritage, too. Early Christian sites and numerous ruined castles tell the region's fascinating history. The Great Famine of the 1850s has also left reminders. Learn about Michael Collins and the civil war years at his birthplace, right here in West Cork.

What's available?

- » **Host family**
- » **Bed and breakfast**
- » **Hostel**
- » **Hotel**
- » **Self-catering accommodation**
- » **Holiday house rental**

B.E.S.T. PROGRAMME | Business English Skills Training

1 week course - Because Busy Business People deserve the 'B.E.S.T.'

What's included?

- » 30 hours of 'one to one' tuition focusing exclusively on your Business English needs. (Popular themes are: The language of Meetings, Negotiating, Giving Presentations, Describing your Product or Project, Sales/Marketing, Financial Matters, Trends, Telephoning/Email/Writing letters) You tell us what areas you wish to focus on
- » Choice of Bed & Breakfast only or Bed, Breakfast and Evening meal in the exclusive, comfortable, beautiful & historic Grove House Guesthouse overlooking the Atlantic & Schull harbour. – only 1 minute's walk from Atlantic School of English, the village and the sea
- » 'Meet, Greet and Private Car Airport Transfers to and from Cork Airport by staff member
- » 3 Leisure Activities– choice of watersports (sailing, kayaking...), landsports (golf, tennis, horse-riding...), cultural activities (Irish music, dance, cookery, literature), sightseeing trips with your teacher and many more....
- » Full Day weekend excursion. For example: the Lakes of Killarney & the Ring of Kerry , Whale and Dolphin Watching Day long sea- safari, Boat trips to the offshore islands, All the sights of Cork city
- » Complimentary personalised CD-ROM of your classroom activities to take home for review. One year's continued correspondence & help from your tutor

Where will you stay?

Grove House is a town house of outstanding character. It has recently undergone extensive restoration and refurbishment, with many original features still retained. Overlooking Schull Harbour, in West Cork, Ireland Grove House is a few minutes walk from Atlantic SEAL, the village and is close to all local amenities. Original guest list included George Bernard Shaw, Jack Yeats and Edith Somerville. For more information visit <http://www.grovehouseschull.com>



BUSINESS ENGLISH & GOLF

Leisure time

Bantry Bay Golf Club's 18 Hole Championship Course, open all year, towers above the head of Bantry Bay, in the Far West of County Cork. Fourteen holes immediately overlook the shore where the warm Gulf Stream first touches land on this side of the Atlantic, Fuchsias abound, and there are splendid panoramic views across the sea and islands to the Beara Mountains, Sheep's Head and the Mizen Peninsula.

Course architects Eddie Hackett and Christy O'Connor Jnr., of Ryder Cup fame, in keeping with USGA standards, have adapted some 170 acres of picturesquely undulating scenery - even the six lakes and other hazards would charm a landscape artist.

They have created a course on which the scratch golfer must thoughtfully exert himself to achieve Par 71, while the Handicap golfer, too, has fair chance of glory. Great variety, from a Par 3 of a mere 126 meters to a Par 5 of 487 meters to a two-tier green, demands skilful versatility.

Founded in 1975, Bantry Bay is a cosmopolitan club, with more than a hundred members from abroad as well as regular Irish & UK visitors.

The English Language & Golf Programme

One Week Programme of 20 hours of One to One Business English (mornings) + 15 hours per week on the golf course with your English Conversation Tutor/Golf Partner (afternoons).

Also Includes:

- » Transport to and from the Golf Course
- » Green Fees
- » All golf equipment hire
- » Refreshments at the club house

Optional Extras such as accommodation, airport transfers etc can also be included. (see Business English & Golf Application Form for choices and prices). Additional Weeks also possible



The Atlantic flows into the Liffey

Learn English in the comfort of your own apartment in 'Dublin's Fair City'

Many of you familiar with our unique centre in Schull, West Cork, have asked us to take the Atlantic S.E.A.L. expertise to Dublin - and now we have made it happen!

But as you would expect from Atlantic S.E.A.L., it is no ordinary English language and living experience: We will arrange for you to stay in your own luxury apartment near Dublin's city centre.

There our expert English language tutor will visit you for 4, 5 or 6 hours per day and deliver a highly professional '***tailor made***' English language programme.

As the lessons are designed to target your needs and objectives in the comfort and privacy of your own Dublin city '***home***' – you will relax, learn and progress at a rapid pace, even in a short time. If you want, we can arrange a leisure programme for you accompanied with your own English tutor as guide.

Ideal for the busy professional who can fly to Dublin directly and needs to improve his or her English level in a short time, but would also like to enjoy all that this exciting city has to offer.



Share the experience

You can come alone or why not share the experience and the facilities with a colleague, friend or members of your family? Many of our apartments are very spacious with more than one bedroom.

Lessons are usually '***one to one***' or '***two to one***' but by special arrangement we can also offer '***micro-group***' tuition for colleagues or friends etc.

Leisure time

You have the option to '***add on***' some afternoon or evening leisure activities accompanied by your tutor where you will continue to practise your English and at the same time explore all of the exhilarating sights and attractions of Ireland's famous capital city.

Or, we will give you advice, maps and tourist guide books to help you enjoy all that Dublin has to offer on your own, at your own pace, in your own time.



Atlantic S.E.A.L. is a small, select English Language school and a certified teacher training centre.

We offer standard and flexible General English courses, as well as Business and Specialist programmes in our year-round adult centre. We also have summer programmes for juniors and teenagers.

South west Cork has been described as "*the most magical place in Ireland.*" It boasts a mix of mountains, moors, wild hills full of lakes, deep river valleys and dramatic cliffs overlooking the Atlantic.

Atlantic S.E.A.L. is based in a charming traditional Irish building at the edge of Schull village in beautiful southwest Cork. We have the best of both worlds—a peaceful location, an ideal learning environment, and both the Atlantic and the village just a minute's walk away.



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