

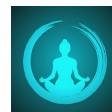

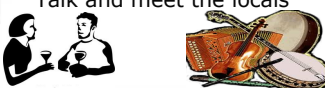

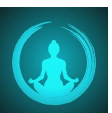




# Mind, Body and Spirit Plan.

The Mind, Body & Spirit Plan is an Exclusive Programme inspired by & designed for our students. During this programme our expert & friendly language tutors will offer you a stress free way to maximise your stay with us here in beautiful West Cork. You will really focus on your specialist English language needs, progress quickly in all your English language skills & at the same time you will enjoy time with a personal fitness trainer and also holistic therapist who specialises in relaxation techniques & stress management. We can offer English language development in areas such as Teacher training, medical, business or general everyday use.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00-11.00	<b>Specialist English Language Development 1 (fvor example Teacher training)</b> All Skills covered (Reading, Writing, Speaking and Listening) with specific focus on speaking and listening. Topics covered will also explore <i>their</i> specific role in their particular business.				End of week assessment of 'English Language Development skills 1' through presentations and/or practical tasks	<b>Saturday Excursion*</b>   Skibbereen Market and Sherkin Island
11.00-11.30	----- Complementary coffee/tea & home made snacks -----					
11.30-13.30	<b>Specialist English Language Development 2</b> All Skills covered (Reading, Writing, Speaking and Listening) with specific focus on writing tasks for your needs.				End of week assessment of 'English Language Development skills 2' through presentations and/or practical tasks	
13.30-14.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.30-17.00	Spend an afternoon with your personal fitness trainer unwinding after a morning in the classroom  	Relax your mind and body with one of our holistic therapies designed to help you to de-stress.   	Free afternoon for extra study, shopping or to join our optional cultural excursion  20:30-23:30 'Language in Action' Small Talk and meet the locals  	Spend an afternoon with your personal fitness trainer unwinding after a morning in the classroom  	Relax your mind and body with one of our holistic therapies designed to help you to de-stress.   	 Cape Clear Island  *Saturday excursion is included only if 2 or more weeks are booked