

LIFELONG LEARNING COURSE

Course Outline

This course includes developing skills for working cross-culturally, from initial contact to building lasting relationships. As well as developing a growth mindset, participants will practice mindfulness and critical thinking in a digital age.

Course Objective

Objectives of this course include practising cross-cultural communication and collaboration, developing a growth mindset and learner autonomy, promoting critical thinking, managing digital distraction and fostering well-being through mindfulness, practicing real-life scenarios and learning to tailor language to the context.

On completion of this course, participants will have developed as autonomous learners, and have greater confidence in their ability to use English in everyday situations with international students and colleagues.

Dates	See Date Chart
Age Groups	20+
Accommodation	Host Family / Shared Apartment / Residence / Hotel / B & B / Hostel
Course Price	€520 per week - 6 days €470 per week - 5 days
Duration	1 or 2 weeks

Levels



Sample Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:40	Introductions Cross-cultural networking with international colleagues	Developing a growth mindset and facilitating learner autonomy	Fostering well-being through mindfulness Managing digital distraction	Promoting critical thinking and reflective practice	Scenario training Q&A: Dealing with questions
			Coffee Break		
	Team building & collaboration	Peer-teaching & project work	Understanding digital literacy	Experimentation and pushing boundaries	Feedback & reflection
			Lunch Break		
14:00	14:00	14:00	14:00	19:30	13:45
16:00	Tour of Cork City	Visit to the Crawford Art Gallery	Outdoor Irish Dancing	Pour Your Own Pint Night	Visit to the Jameson Whiskey Distillery



Organisation ID Number: **E10195409**

This programme includes

- 5 days tuition (Monday – Friday)
- 1 full-day activity (6 day option)
- 25 hours
- Use of all pedagogical material
- Maximum of 15 students per class
- Certificate of participation and attendance
- Social Programme
- Access to the CEC E-Learning platform
- CEC Welcome Pack, Map, and CEC Notepad