### **JUNIOR PROGRAMME**

# **ENGLISH PLUS MUNSTER RUGBY PROGRAMME -**HOST FAMILY/RESIDENCE

#### Course Aim

On the English and Munster Rugby programme students will build and develop their confidence in communicating in English and increase their vocabulary and social English while learning more about rugby values including teamwork, respect and integrity.

#### **Course Location**

Douglas Community School / Munster Technological University

### **Course Description**

Students on this course attend English language classes in the morning and the focus of the afternoon activities is on rugby training and matches with our Professional Munster Rugby coaches.

## This programme includes

- 20 Lessons per week (1 lesson = 45 mins)
- Full board accommodation
- Use Of All Pedagogical Material
- · Welcome pack with maps and CEC notepad
- Rugby Training with Munster Rugby 5 Afternoons per week
- · Evening Activities
- 1 Full Day Activity Per Week
- Weekly Assessment & End of Course Diploma
- Bus Ticket Host Family Option Only
- Transfers Included (Cork Airport) Host Family Option Only



# Minimum 2 week booking

#### **Dates**

July 2nd - July 15th

July 16th - July 29th

### **Price Per Week**

Transfer €60 for Individuals Included

(Cork Airport) in Price for Groups



# Sample Timetable

|                | MONDAY   | <b>TUESDAY</b>     | WEDNESDAY                  | THURSDAY           | FRIDAY             | SATURDAY             | SUNDAY               |
|----------------|--|--------------------|----------------------------|--------------------|--------------------|----------------------|----------------------|
| 8:30<br>9:00   |  |                    | Breakfast                  |                    |                    | -                    |                      |
| 9:00<br>12:15  | English<br>Lessons   | English<br>Lessons | English<br>Lessons         | English<br>Lessons | English<br>Lessons |                      |                      |
| 12:30<br>14:00 |  | _                  | Lunch                      | _                  | Munster            | VIP Tour of          |                      |
| 14:00<br>16:00 | Munster<br>Rugby   | Munster<br>Rugby   | Munster<br>Rugby           | Munster<br>Rugby   | Rugby<br>Training  | Thomond Park Stadium | Optional<br>Activity |
| 17:00<br>19:00 | Training   | Training           | Training - <b>Dinner</b> - | Training           |                    |                      |                      |
| EVE-<br>NING   | Residence: activity every evening / Host Family: two evening activities per week |                    |                            |                    |                    |                      |                      |













