

LIFELONG LEARNING COURSE

Course Aim

This new course for 2024 on Lifelong Learning includes developing skills for working cross-culturally, from initial contact to building lasting relationships. As well as developing a growth mindset, participants will practise mindfulness and critical thinking in a digital age.

Course Description

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	€450 per week
Participants	15
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
10:40					
11:00	Coffee Break				
11:00	Team building & collaboration	Peer-teaching & project work	Understanding digital literacy	Experimentation and pushing boundaries	Feedback & reflection
12:00					
12:00	Lunch Break				
14:00	14:00 Tour of Cork City	14:00 Visit to the Crawford Art Gallery	14:00 Outdoor Irish Dancing	19:30 Pour Your Own Pint Night	13:45 Visit to the Jameson Whiskey Distillery



Organisation ID Number: **E10195409**

This programme includes

- 20h Programme (15h course in the morning + 5h cultural activities)
- Use of all pedagogical material
- Maximum of 15 students per class
- Certificate at the end of the course
- Afternoon Social and Cultural Programme
- Evening Social Programme
- Access to the CEC E-Learning platform
- CEC Welcome Pack, Map, and CEC Notepad