

## Sample 2 Week Language & Multi-Activity programme (14 Nights)

Designed for 10-17yr olds

Day	8.00am	9.30am - 12.30pm	1.00pm	2.00pm - 5.00pm	6.00pm	7.00pm - 9.00pm	9.00pm - 11.00pm
1				Meet and Greet by Carlingford Adventure Centre Staff at Airport. Room allocation and safety brief	Dinner	Ice Breakers Orientation & Historical Carlingford Tour	Free Time
2	Breakfast	Class Allocation / English Lessons  Short written & oral tests to determine levels	Lunch	Canadian Canoeing	Dinner	Hurling – An Poc Fada	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
3	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	SkyPark	Dinner	Circus Skills	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
4	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Kayaking (Frenzies) & Water Trampoline	Dinner	Frisbee Disc Golf	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
5	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Aeroball & Archery	Dinner	Irish Dancing	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
6	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Stand Up Paddleboard	Dinner	Night Line in the Forest	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
7	Breakfast	Day Trip Away – Northern Ireland or Republic of Ireland	Lunch		Dinner	Free Time	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
8	Breakfast	Full Activity Day. Wilderness Skills or Full Day Canoeing Trip A packed lunch will be provided.	Lunch		Dinner	Movie Night My Left Foot – an Oscar winning classic.	
9	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	ZIP-TOPIA	Dinner	Murder Mystery	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
10	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Raft Build Challenge	Dinner	Foot Golf	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
11	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Challenge Island	Dinner	Archery Combat	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
12	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Rock Climbing/Abseil	Dinner	GAA Football game	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
13	Breakfast	English Lessons: 3x 45 minute lessons	Lunch	Laser Combat	Dinner	Pier Jumping	Games room, board games, Table Tennis or just chill out in our comfortable Common Rooms
14	Breakfast	Day Trip Away – Northern Ireland or Republic of Ireland	Lunch		Dinner	Presentation of Certificates & Showing of Videos made during stay. Followed by Disco & Party Games	
15	Breakfast	Pack Up & Depart with Packed Lunch. The groups will be escorted back to the Airport by a senior member of staff.	Lunch				