



Erasmus+ Ponferrada

Discover Ireland Itinerary EOI Ponferrada 11– 18 May 2024

Don't forget to pack:

- passport
- health insurance card
- any medication you need
- 3-pin adaptor for charger or for other electrical items
- jacket – the temperatures in spring range from 12°-20°C
- walking shoes – you will walk a lot!

Accommodation on the Erasmus+ programme is with carefully selected host families in the Dundalk area. This is the best way to guarantee total immersion in Irish culture and is in keeping with the sustainable principles of the Erasmus+ programme. All our host families are carefully chosen after an interview process. The information which the participant provides us on their application form and in their Zoom interview helps us to match them with the most suitable host family for them. The host family provides the participants with breakfast, a packed lunch and dinner daily, and transport to and from the activities. Participants may have their own host family, or they may share a host family with another student. Participants have their own bedrooms.

**Saturday
11 May 2024**

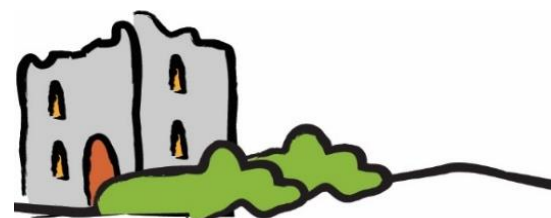
- 18.25 Arrival at Dublin airport
- 19.00 Pick-up by private bus and transfer to Dundalk to meet host families
- 20.30 Pick-up by host families at DkIT

During this week's tours and activities, participants complete worksheets on:

- How Green Are The Irish Really**
- Why We Play Football With Our Hands**
- Why There Are 70 Million Irish people Around The World**
- Why Ireland Spilt Up (And Will We Ever Get Back Together)**
- Why Titanic Sank (And Who's To Blame?)**
- Why Foreigners Love Ireland (Despite The Rain)**
- What We Eat (Apart From Potatoes) And Why We Never Eat Horses**

Participants can ask their host families questions about these topics. Speaking practice with members of the host families helps participants on the Erasmus+ programme to improve their linguistic and sociocultural competence, one of the main objectives of the programme. Participants and their host families share their knowledge on these and other topics resulting in greater understanding and acceptance of our common heritage and diversity.

- 20.30+ Dinner and evening with host families

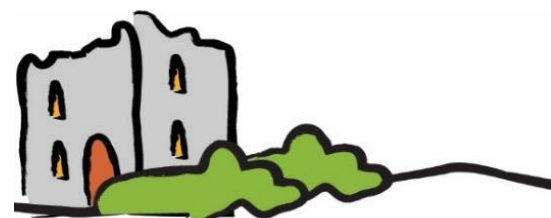




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Sunday 12 May 2024	9.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	9.45	Drive/walk to DkIT: host families will accompany you to the campus
	10.00	Private bus departs DkIT carpark for Boyne Valley
	10.30	Arrival at Sonairte Eco-Centre How Green Are The Irish Really?
		This workshop helps learners to explore their own and Irish attitudes to sustainability and good environmental practices in the home. Participants plant trees to offset their carbon footprint of travelling to and around Ireland.
	12.15	Private bus departs Sonairte for Brú na Boinne Visitor Centre
	12.45	Arrival and check-in at Brú na Boinne
	13.30	Picnic lunch
	14.15	Made In Ireland 5,000 Years Ago: Newgrange and Knowth UNESCO World Heritage Site
		On the guided tours of Newgrange and Knowth participants explore how people lived in the Boyne Valley 5,000 years ago. Participants spend some time at the visitor centre before visiting the 5,000-year-old neolithic tombs. They learn how these were excavated and they witness a simulation of the sun entering Newgrange burial chamber at the winter solstice. Participants also learn why we limit visitors to our UNESCO World Heritage Sites in Ireland to prevent damage and preserve our pre-historic heritage for future generations.
	16.45	Private bus departs Brú na Boinne Visitor Centre for Monasterboice Participants learn how Christianity spread through Ireland and can take pictures of the 1,000-year-old high crosses and round tower at Monasterboice.
	17.30	Private bus departs Monasterboice for Dundalk
	18.00	Pick-up by host families at DkIT carpark. Dinner and evening with host families

Monday 13 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to Marshes Shopping Centre . Host families will accompany you.
	9.00	Matthews bus departs Marshes Shopping Centre main entrance for Dublin.
	10.30	Arrival in Dublin city centre
	11.00	The Blue Group guided tour and workshop: Why We Play Football With Our Hands and The GAA at Croke Park Stadium
		This guided tour and workshop helps participants to understand why the GAA is so important to Irish identity, its ongoing role in cultural mediation and its sustainability as an organisation in Ireland and abroad. The goal is to learn how an amateur sporting organisation can unite a nation. Croke Park is the third biggest stadium in Europe and is 100% owned by the Irish people.

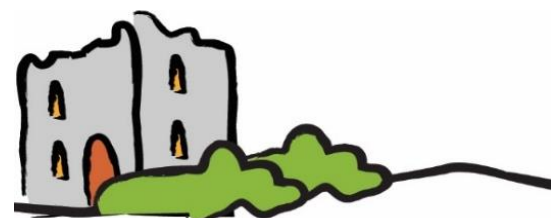




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Monday 13 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to Marshes Shopping Centre . Host families will accompany you.
	9.00	Matthews bus departs Marshes Shopping Centre main entrance for Dublin.
	10.30	Arrival in Dublin city centre
	11.00	The Red Group guided tour and workshop: Escaping The Famine on the Jeanie Johnston Famine Ship 70 Million Irish Around The World at EPIC museum
		<p>This guided tour helps participants understand why Irish people needed to emigrate during the Great Famine and explores what the voyage was like for emigrants aboard the Jeanie Johnston ship, and what happened to some of these emigrants when they arrived in North America. At EPIC museum they explore how Irish emigrants have contributed to science, dance, music, sport, politics and peace around the world. The goal is to learn how immigration can actually enrich countries and encourage greater empathy and tolerance for today's migrant communities.</p>
13.30	Picnic lunch	
14.30	Walking tour of Dublin James Joyce statue Millennium Spire GPO Daniel O'Connell statue Trinity College Oscar Wilde statue National Gallery of Ireland National History Museum Bram Stoker's House O'Donoghue's	The Ha'penny Bridge Wood Quay Christ Church Cathedral St Patrick's Cathedral St Stephen's Green Grafton Street Phil Lynott statue Bewley's Café Molly Malone statue Temple Bar
	Participants see some of Dublin's landmarks on this fact-filled whistle-stop walking tour of Dublin city centre.	
16.30	Free time in Dublin city centre	
18.00	Meeting point: Trinity College main gate	
18.30	Matthews bus departs Dublin for Dundalk.	
19.30	Pick-up by host families at DkIT bus stop. Dinner and evening with host families.	

Participants are divided into the **Blue Group or the **Red Group** in accordance with their interest in the themes. Participants complete worksheets during the guided tours and ask their guides questions. Participants are divided into two groups so that those in the **Blue Group** share their experience with those in the **Red Group** and vice versa. The goal is to gain broad knowledge and understanding of the themes.

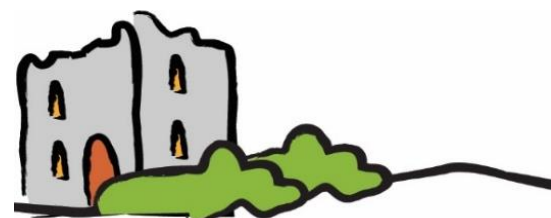




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Tuesday 14 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to DkIT or Creative Spark : host families will accompany you
	9.00	Workshops at DkIT or Creative Spark Why There Are 70 Million Irish people Around The World This workshop helps participants to understand why 10 times more people than the population of Ireland (north and south combined) claim Irish ancestry. Participants learn about the long-lasting effects of colonization on Ireland, our long history of emigration (in particular, indentured chain migration) and how this history of emigration shapes Irish attitudes to immigration today.
	10.30	Why Foreigners Love Ireland (Despite The Rain) This workshop helps participants understand when and why Ireland began to encourage immigration instead of emigration. They explore what it is like to be a foreign national in Ireland today, where foreign nationals come from, what jobs they do in Ireland and the challenges newcomers to Ireland face. They determine for themselves how welcoming and inclusive Ireland is as a host country.
	12.00	Why Ireland Spilt Up (And Will We Ever Get Back Together) In advance of the trip to Belfast, this workshop helps participants understand why Ireland was divided, the reasons for 30-year conflict in Northern Ireland and how the Peace Process came about.
	13.30	Picnic lunch
	14.00	Walk to Dundalk town centre (30 minutes)
	14.30	Dundalk gymkhana and murals selfie tour This fun two-hour activity encourages participants to engage with local people to find the answers to questions about Dundalk. The town has undergone multiple regeneration projects in recent years to preserve its built heritage. Participants will view the regeneration projects and murals in the town during this activity.
16.30	Free time in Dundalk until 18.00	
18.00	Pick-up by host families at Marshes Shopping Centre main door entrance. Dinner and evening with host families.	

Wednesday 15 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to DkIT : host families will accompany you to the campus
	9.00	Private bus departs DkIT bus stop on Dublin Road for Carlingford
	9.30	Arrival in Carlingford village
	10.00	Carlingford Greenway walk/cycle The Carlingford Greenway is an excellent example of one of the many 'greenways' constructed around Ireland in the last decade to encourage tourists to explore Ireland's scenery sustainably, on foot or by bicycle rather than by car. Participants walk or cycle the greenway from Carlingford to Omeath. They explore Carlingford village and visit the medieval St John's castle.

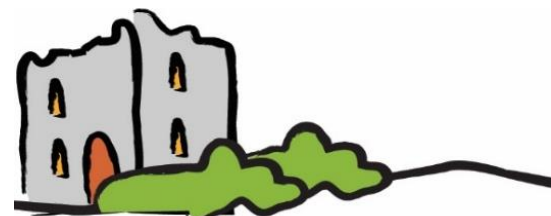




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Wednesday 15 May 2024	13.30	Picnic lunch
	14.30	Arrival at Ghan House What We Eat Apart From Potatoes (And Why We Never Eat Horses)
		This workshop helps participants understand food production in Ireland. They discuss how to eat healthily and sustainably and share their experiences of eating in Irish households. Participants learn what grows well in our temperate climate and the advances being made by farmers, producers and regulators to protect our environment while growing food.
	18.00	5-course Irish dinner in Ghan House
	21.00	Private bus departs Carlingford for Dundalk
	21.30	Pick-up by host families at DkIT bus stop. Evening with host families

Thursday 16 May 2024	7.30	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.00	Drive/walk to Dundalk Clarke train station: host families will accompany you
	8.30	Train departs Dundalk Clarke train station for Belfast
	10.30	Arrival at Belfast City Hall with the Red Group The Red Group has free time in Belfast city until 14.15
	11.00	Arrival at Crumlin Road Gaol with the Blue Group Life In Prison at Crumlin Road Gaol + walking tour of the Murals Of Belfast with ex-political prisoners of the prison, one loyalist and one republican.
		On the guided tour of the Shankhill Road and the Falls Road, participants hear both sides of the conflict from ex-political prisoners who were freed from Crumlin Road Gaol under the terms of the Good Friday Agreement. The goal is to learn how peace was finally achieved and the efforts Catholics and Protestants have made to sustain this peace. They will also understand how sustainable jobs were created for ex-prisoners as <i>de facto</i> tour guides and how a deprived working-class area of Belfast has become a must-see tourist attraction, telling the story of conflict and peace via ever-changing political and personal murals.
	14.00	The Blue Group walks to Belfast City Hall
	14.30	The Blue Group meets the Red Group at Belfast City Hall for picnic lunch The Blue Group has free time in Belfast city until 17.45
	15.30	Arrival at Titanic Experience with the Red Group The Ship of Dreams quest + visit to the Nomadic
	In this tour participants learn why the unsinkable Titanic sank, the factors that caused the disaster and what measures were put in place to prevent a reoccurrence. This attraction has welcomed over 6 million visitors from 145 countries. The SS Nomadic is the last remaining White Star Line ship in the world.	
17.30	The Red Group departs Titanic Experience to meet the Blue Group at 17.45	
18.05	Train leaves Belfast Central train station for Dundalk	
19.30	Pick-up by host families at Dundalk Clarke station. Dinner with host families.	





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Friday 17 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to Marshes Shopping Centre . Host families will accompany you.
	9.00	Matthews bus departs Marshes Shopping Centre main entrance for Dublin.
	10.30	Arrival in Dublin
		Participants are divided into small groups. Each participant chooses a heritage sight to visit and records a short video at their chosen sight, with the help of their group members. Participants should research their chosen heritage site in advance of their visit and present clear and accurate information in their videos. Participants incorporate their videos into student-led presentations for their EOI Ponferrada classmates about heritage sites in Dublin.
	13.30	Picnic lunch
	14.30	Free afternoon in Dublin
		<i>Recommended optional activities during free afternoon in Dublin:</i>
		Little Museum of Dublin (€15, 1.5 hours)
		Guinness Storehouse (€22-€26, 1.5 hours)
		Jameson Distillery (€26, 1.5 hours)
		Irish Rock n'Roll museum (€22, 1.5 hours)
		Viking Splash bus tour (€30, 1.5 hours)
		The Book of Kells (€15, 1.5 hours)
		Phoenix Park Bikes (€15, 1.5 hours)
	TBC	Matthews bus departs Dublin for Dundalk.
	TBC	Pick-up by host families at DkIT bus stop. Dinner and evening with host families

Saturday 18 May 2024	2.30	Drive/walk to DkIT
	3.00	Private bus departs DkIT bus stop for Dublin airport
	4.00	Check-in at Dublin airport
	6.20	Flight departs Dublin airport

