

the language place Erasmus+ EOI 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. We visit the host families in their homes, and we gather information about the ages of the host family members, their professions, hobbies, pets, etc. 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 picnic lunch and dinner daily, and transport to and from the campus. Participants may be allocated their own host family, or they may share a host family with a friend.

**Saturday
11 May 2024**

18.25
19.00
20.30

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

Worksheets to complete with host families

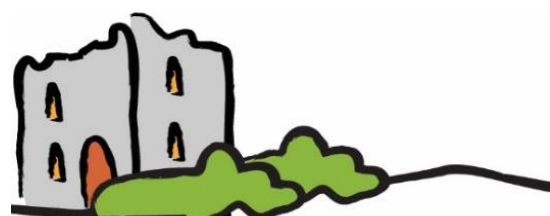
Ahead of tomorrow's workshops, participants interview host families to find out:

1. Why we play football with our hands.
2. Why there are 70 million Irish people around the world.

Regular speaking practice with members of the host families helps participants to improve their linguistic and sociocultural competence, one of the main objectives of the programme. During the Erasmus+ programme, participants and their host families share their knowledge on a variety of topics resulting in greater understanding and acceptance of our common heritage and diversity.

20.30+

Dinner and evening spent getting to know host families.

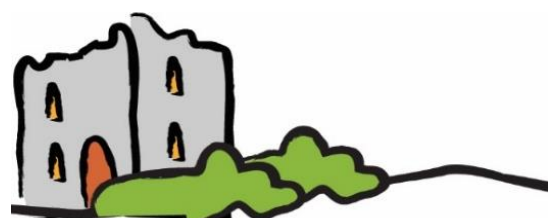
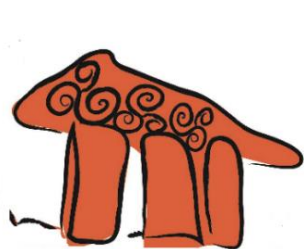


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**Sunday
12 May 2024**

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 for Dublin.
10.00	Arrival in Dublin
10.30	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 help 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.
11.00	The Red Group guided tours and workshop: Escaping The Famine on the Jeanie Johnston Famine Ship
12.30	70 Million Irish Around The World at EPIC museum These guided tours and workshop help participants to understand the long-lasting effects of colonization on Ireland, our history of emigration (in particular, indentured chain migration) and how this history shapes Irish attitudes to immigration today. Participants explore why 10 times more people than the population of Ireland (north and south combined) claim Irish ancestry. 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 enrich countries and encourage greater empathy and tolerance.
13.30	Picnic lunch
14.00	Free time to explore Dublin city centre until 16.00
16.00	Private bus departs St Stephen's Green for visit to Phoenix Park
16.30	Arrival at Phoenix Park
	The Phoenix Park is Europe's largest city park and the lungs of Dublin. It is home to the president of Ireland, the national zoo, herds of wild deer and a variety of flowers and fauna. Participants can explore the park by bicycle on a guided tour with their teachers or on foot.
18.30	Private bus departs Phoenix Park for Dundalk.
19.30	Pick-up by host families at DkIT. Dinner and worksheets with host families.

Participants will be divided into the **Blue Group or the **Red Group** in accordance with their interest in the themes. Participants are given worksheets to complete during the guided tours and questions to ask their guides. After the guided tours, participants reflect on what they learned and extend their knowledge in workshops with their teachers. Participants are divided into two groups so that participants in the **Blue Group** share their experience with participants in the **Red Group** and vice versa. The goal is to gain a broad knowledge and understanding of the themes.





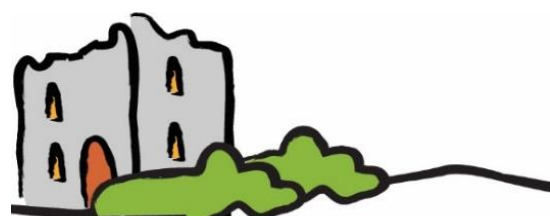
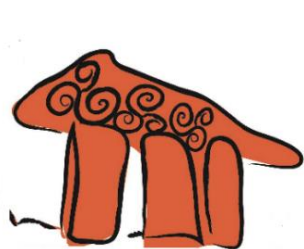
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Monday
13 May 2024

8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
8.30	Drive/walk to DkIT : host families will accompany you to the campus.
9.00	Workshops at DkIT Why Foreigners Love Ireland (Despite The Rain) This workshop helps participants understand what it is really like to be a foreign national in Ireland today. Participants explore how and why Ireland began to encourage immigration and examine the challenges newcomers to Ireland face. They determine for themselves how welcoming and inclusive Ireland is as a host country. During this workshop, participants will have the opportunity to speak to foreign people who have already migrated to Ireland.
11.00	Why Ireland Spilt Up (And Will We Ever Get Back Together) Ahead of the trip to Belfast tomorrow, 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. In Belfast, participants will have the opportunity to speak to ex-political prisoners from both sides of the conflict who were freed under the terms of the Good Friday Agreement.
13.00	Walk to Dundalk town centre (30 minutes)
13.30	Picnic lunch
14.00	Dundalk gymkhana and 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 in the town during this activity.
16.30	Free time in Dundalk until 18.30.
18.30	Pick-up by host families at St Patrick's Cathedral . Dinner and worksheets with host families.

Tuesday
14 May 2024

8.30	Breakfast in the host family home (don't forget to bring your packed lunch)
9.00	Drive/walk to DkIT: host families will accompany you to the campus. Private bus departs DkIT for Belfast
9.15	Arrival at Belfast City Hall
10.15	The Red Group has free time for sightseeing in Belfast city until 14.15 Arrival at Crumlin Road Gaol with the Blue Group*
10.30	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 this tour participants hear both sides of the conflict. 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 the creation ever-changing political and personal murals.

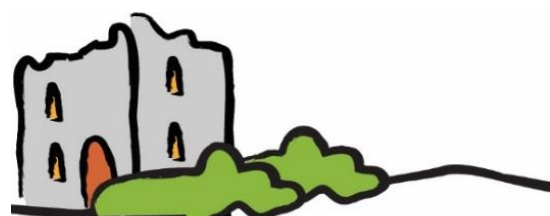
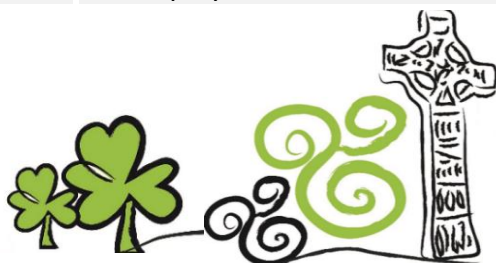


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14.00	Private bus takes Blue Group to Belfast City Hall
14.15	The Blue Group has free time for sightseeing in Belfast city until 18.15
14.15	Private bus departs Belfast City Hall for Titanic Quarter with the Red Group*
14.30	Arrival at Titanic Experience with the Red Group Red Group: The Ship of Dreams quest + visit to the Nomadic
	The Titanic Quarter is a large-scale urban regeneration project. Participants will explore Belfast's maritime heritage while learning how abandoned brownfield sites and listed buildings can be repurposed for use in the 21 st century. The Titanic Experience has attracted over 6 million visitors from 145 countries. The now-restored SS Nomadic is the last remaining White Star Line ship in the world.
18.00	Private bus picks up the Red Group at Titanic Experience
18.15	Private bus picks up the Blue Group at Belfast City Hall.
18.30	Private bus departs Belfast for Dundalk
19.30	Pick-up by host families at DkIT. Dinner and worksheets with host families.

****Participants will be divided into the **Blue Group** or the **Red Group** depending on their interest in the themes, but if a participant wants to do **BOTH** activities in Belfast, the additional cost is €25.**

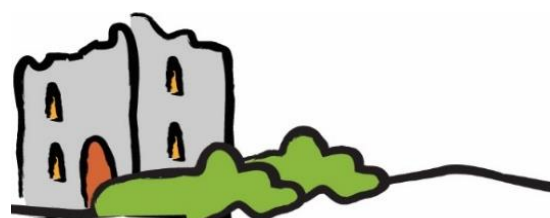
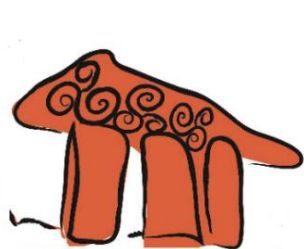
Wednesday 15 May 2024	8.00	Breakfast in the host family home (don't forget to bring your packed lunch)
	8.30	Drive/walk to DkIT: host families will accompany you to the campus.
	9.00	Private bus departs DkIT for Carlingford .
	9.30	Arrival in Carlingford Carlingford Greenway walk/cycle
		The Carlingford Greenway is an excellent example of one of the many 'greenways' constructed around Ireland in the last decade. These greenways exist to encourage tourists to explore Ireland's scenery sustainably, on foot or by bicycle rather than by car. Participants visit a medieval village and castle.
	11.30	Workshop at Ghan House What We Grow And Eat (Apart From Potatoes)
		This workshop helps participants understand sustainable food production in Ireland and the advances being made by farmers, producers and regulators to protect our environment while growing food. Participants will learn what grows well in our temperate climate, they will discuss how to eat healthily and sustainably and share their experiences of eating in Irish households.
	13.30	Picnic lunch
	14.00	Cooking lesson in Ghan House until 17.30.
		Participants use locally produced food to create a 5-course dinner of traditional Irish dishes under the guidance of the chefs at this award-winning restaurant.
	18.30	Dinner in Ghan House.
	21.00	Private bus departs Carlingford for Dundalk.
	21.45	Pick-up by host families at DkIT.



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**Thursday
16 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 for Boyne Valley
10.00	Arrival at <u>Sonairte Eco-Centre</u> Tree planting to offset carbon footprint of travelling to and around Ireland.
11.00	Workshop at Sonairte 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 will have interviewed their hosts on their current environmental practices and will share their findings. Following the workshop, participants are encouraged to recommend further good environmental practices to implement in the home.
12.00	Private bus departs Sonairte for <u>Brú na Boinne Visitor Centre</u>
12.30	Arrival and check-in at Brú na Boinne
12.45	Workshop at Brú na Boinne Made In Ireland 5,000 Years Ago In this workshop participants explore how people lived in the Boyne Valley 5,000 years ago. They also learn the importance of limiting visitors to sacred sites to prevent damage and preserve our pre-historic heritage for future generations.
14.00	Picnic lunch
14.30	Visits to Newgrange and Knowth passage tombs In this guided tour of Newgrange and Knowth participants visit the 5,000-year-old neolithic tombs and learn how these were excavated. They witness a simulation of the sun entering Newgrange burial chamber at the winter solstice. Brú na Boinne which includes Newgrange and Knowth is a UNESCO World Heritage Site, one of three sites on the island of Ireland. The other two are Sceilig Mhícil, an island off the coast of Kerry and the Giant's Causeway in Antrim (NI).
17.00	Private bus departs Brú na Boinne Visitor Centre for <u>Monasterboice</u> Participants learn how Christianity spread through Ireland and can take pictures of the 1,000-year-old high crosses and round tower at Monasterboice.
18.00	Private bus departs Monasterboice for Dundalk.
18.30	Pick-up by host families at DkIT. Dinner with host families.
20.30	<u>Optional evening activity</u> Meet-up at the <u>Spirit Store</u> The Spirit Store is a local pub and music venue. There is no cost to enter the pub. A soft drink costs €4-€5 and an alcoholic drink costs €6-€8.
22.30	Pick-up by host families at Spirit Store.





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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 DkIT: host families will accompany you to the campus.
	9.00	Private bus departs DkIT for Dublin.
	10.00	Arrival in Dublin
		Participants are divided into small groups of 3 or 4. 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 classmates about heritage sites in Dublin.
		Heritage sites to visit: <div> <div> <u>O'Connell Bridge</u> <u>The Ha'penny Bridge</u> <u>Wood Quay</u> <u>Christ Church Cathedral</u> <u>St Patrick's Cathedral</u> <u>Trinity College</u> <u>Oscar Wilde</u> statue <u>National Gallery of Ireland</u> <u>National History Museum</u> <u>O'Donoghue's</u> <u>Bram Stoker's House</u> </div> <div> <u>Daniel O'Connell</u> statue <u>GPO</u> <u>Millennium Spire</u> <u>James Joyce</u> statue <u>Garden of Remembrance</u> <u>St Stephen's Green</u> <u>Grafton Street</u> <u>Phil Lynott</u> statue <u>Bewley's Café</u> <u>Molly Malone</u> statue <u>Temple Bar</u> </div> </div>
	13.30	Picnic lunch
	14.30	Free time in Dublin
		<u>Recommended optional activities:</u> Visit to <u>Little Museum of Dublin</u> - Guided tour of Dublin's smallest museum (€15, 1.5 hours) Visit to <u>Guinness Storehouse</u> - Self-guided visit (€22-€26, 2.5 hours including walking time) <u>Viking Splash</u> bus tour - Guided tour of Dublin city centre on land and water (€30, 1.5 hours) <u>The Book of Kells</u> - Self-guided visit to exhibition at Trinity College (€15, 1.5 hours)
	18.30	Private bus departs Nassau St for Dundalk
	19.30	Pick-up by host families at DkIT.
		Dinner and evening with host families. Participants prepare their presentations.
Saturday 18 May 2024	6.30	Breakfast in the host family home
	7.00	Drive/walk to DkIT: host families will accompany you to the campus.
	7.15	Private bus departs DkIT for Dublin airport
	8.30	Check-in at Dublin airport
	11.00	Flight departs Dublin airport

