

Training and Study Abroad Semesters at Adventure Ireland.

ADVENTURE IRELAND

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ADVENTURE ACTIVITY & CULTURE IRELAND

JANUARY-MARCH 2012

Information Pack.

This pack includes information about our GAP semester/Ireland program, FAQ's, testimonials. Please read through, and if you are interested, email us for our application pack. If you have more questions, see our contact details at the end of this info pack.

January-March 2012 SURF & BEACH /OUTDOOR SKILLS INSTRUCTOR PROGRAM IN IRELAND

Adventure Ireland is an eleven-week program in Ireland for students and adults interested in spending some time in Ireland. It is a SPORTS ORIENTED program, concentrating on surfing and lifeguarding, and working with youth and adults in outdoor adventure sports. It is suitable for people who enjoy the outdoors. You will be training four days a week with Irish and European students in outdoor sports.

This is a great way to enjoy Ireland and Irish culture, to experience something completely different, and to take some time out from school/college/work. You do not have to be a surfer or a physically superfit person – this is a course for beginner enthusiasts. The key here is enthusiasm, - if you'd like to try it, and you think you would enjoy this type of program, you will be welcome regardless of experience or fitness level. But be aware that it is focused towards outdoor sports and surfing, so if you are not the outdoor type, it's probably not for you.

The location is Bundoran, Ireland's most famous surf town, in County Donegal, Ireland. The location of these activities is spectacular. Bundoran is a surf/holiday town, and there are three main surf breaks right in the town – the scenery is amazingly beautiful, and the county of Donegal is steeped in Irish culture & history. Close by, you have the counties of Sligo, Leitrim & Galway, and this is the part of Ireland that is famous for its warm welcome and truly remarkable culture. To surf, kayak, climb, and walk in this area is more than an activity- it is an amazing way to visit Ireland. The town also has a vibrant music culture, with live music of all genres thriving. It is a friendly and welcoming place for visitors, with truly awesome sights and experiences all around.

Who is 'Adventure Ireland'?

Adventure Ireland was founded by Director Niamh Hamill in 1996, to make Ireland experiences available for high school, college, gap-year and taking-a-break students from USA, Canada and beyond. Adventure Ireland was formally launched by U.S.A ambassador Jean Kennedy-Smith, and over the last 15 years, hundreds of students have participated in high school, college and gap programs. Adventure Ireland is approved, and works closely with Tourism Ireland (The Irish Tourist Board) and Failte Ireland. We also deliver programs for many U.S. and European Colleges, Universities, Language Schools, Agents and associations, including The Irish- American Cultural Institute and The Centre for Interim Programs. Adventure Ireland is located at the Donegal Adventure Centre, Ireland's largest outdoor education centre. Adventure Ireland is a very well established organisation and the *only* Ireland-USA educational programs that are approved and supported by Tourism Ireland. See below for further references.

Why should I choose Adventure Ireland?

If you are searching for an experience in Ireland, with an educational /cultural /experiential dimension, we are the experts. We live, work and do this all year round, and we have sixteen years + of experience working with parents, students, kids, teenagers, faculty, teachers & independent adults. We know the best of Ireland, and we know how to offer it to you. We offer authenticity, value for money, courtesy, genuine enthusiasm about what we do, professionalism, efficiency and friendliness. We will treat you as the individual you are, and you will become part of a large family of Adventure Ireland visitors. Parents can be confident that their babies (hey, even if you're 30 years old, you're still your parents' baby!) will be cared for as we would take care of our own. We are the best choice you can make, if it's Ireland you want.

Program Structure:

Four days a week, from 10am-4pm, we take beginner enthusiasts and we train them and prepare them to become surf instructors, beach lifeguards, and outdoor sports instructors. The training includes work experience with the groups that come into our busy outdoor centre & surf school every day. Most days, you will be surfing or climbing or doing something outdoors- to begin with, you are not expected to be able to surf, and yes, this is a cool course for someone who likes the idea of learning how! You do need to be able to swim, but everything else we will teach you & coach you. We provide all you need- wetsuits, boards, etc... you need enthusiasm! This is a fun experience, and if you pass your assessments, you will have world-recognised qualifications which you can add to your resume – you can also go to any beach in the world and get a job ☺ It is not a boot camp- we encourage everyone to do their best, but we do not force anyone past that. Almost everyone loves the fun of doing these kinds of activities with a group of peers, and that is what the course is about. More serious candidates can train and become Level 1 surf coach, RLSS Beach Lifeguard, - we also do a special course in Child Protection, we do modules in outdoor leadership & management, and we do kayaking, climbing & team building activities. The real aim of this course is to enable people to be confident working with groups, to enjoy a healthy lifestyle, to enjoy the beautiful natural landscape of Ireland in the best possible way- and for many, it is a bit of time out from the academic pressure of high school, college, ...just taking a different path for a while! The instructors are friendly and fun - patient and very approachable, and always professional.

There is an optional Canoe/Kayak module which may be available (depending on numbers of students interested) we will keep you advised of this. If it is available, it takes place every Friday at an added cost of €450.

You have weekends to live, explore, tour... you will make friends with the local people and your fellow students, and there is usually great fun at the weekends- many students arrange weekend trips to visit places like Galway, Killarney etc – the experience is designed to allow you to live as a local, and immerse yourself in Ireland, as opposed to being a tourist

We provide accommodation for you – you share cottages or apartments (modern, all facilities) with other students. You are within easy walking distance of the Adventure School, and the town & beaches.

The fees for the eleven week course are 3,000 euro (approx 4,200 USD) including your transfers to and from Irish Airports, your accommodation and utilities, your tuition fees, and all your specialist equipment.

Fees for eleven week program: 3000 Euro (approx 4,200 USD – subject to increase/decrease with exchange rates)

There are a few unbendable rules, and you should know what they are. We expect you to respect the town, the people who live here and their values and property. We expect you to be tolerant of all others, and be a team player – friendly, enthusiastic and cooperative. We do not tolerate bullying or bad manners. You have to be 18 years to participate. The legal age for alcohol in Ireland is 18 – if you are between 18 & 21, your parents make the call on whether you are allowed to go to the pubs or not. We advocate responsible socialising – anyone who cannot do this will be asked to leave the programme.

This programme is for curious, interested persons who want to see a culture different to their own. We don't want people to come here and complain that it's different from home, and we don't want people coming here if they cannot exercise a moderate and reasonably mature attitude when it comes to taking care of themselves! Sorry to be negative, but we want to put our energy into making this experience wonderful; not babysitting spring breakers 😊 this is a fascinating & beautiful place, there is music and surf and culture and fun, we want to share it with those who will appreciate it.

To be accepted on this programme, you need to complete an application form, and send us a deposit. There is no upper age limit, but the average age is between 18 and 30 years. There are no academic pre requisites- but we will ask you to provide some character references from your last school or workplace.

For further information, please email me at info@adventure-ireland.com and tell me what you need to know.

Course Dates: 16th January –1st April 2012

Course Duration: 11 weeks

Flights to Ireland: We recommend www.aerlingus.com for travelling to Ireland- it is the national Irish airline & also does good low fares. Prices can vary according to dates, and we are flexible on your arrival & departure dates, so you can book the best deal, & we will work around it.

You do NOT need a visa to travel to Ireland from USA/Canada, Europe & most parts of the world. – **unless you plan on working**. If you are travelling from inside the EU you can apply for jobs locally- if you are from USA/Canada you will need a WORK VISA to work while you are here. For further info on this, you should contact your nearest Irish embassy or consulate – use this link <http://foreignaffairs.gov.ie/home/index.aspx?id=285>

If you have dual citizenship- an Irish or EU passport, then you can work in Ireland. Employers who hire alien staff without proper work permits are liable for fines, and you will be sent home again, so it is really not worth taking any chances! Tell your embassy that you are travelling as a student to Ireland, but you want to be able to do some part-time work, and get the right paperwork arranged if you do plan on working. When we get your application, we will send you a letter confirming that you have been accepted to study in Ireland. When you complete your time here, we will give you official certificates for your sports achievement, plus a letter outlining your cultural experiences and a reference from us here.

Please contact me for any further information: Adventure Ireland has been running for 11 years now, and we are dedicated to introducing you to our wonderful country- we want you to come here, and we want you to have an awesome experience. Ireland is safe, welcoming, culturally amazing, easy to access, there are no language barriers, all modern facilities are available, - it is an ideal start for seeing the big wide world! My name is Niamh (pronounced Neeve) and I am the programme director and here to address all further queries from students, parents, counsellors, faculty etc. Thanks for looking at Adventure Ireland, and I hope we will meet you soon.

Frequently Asked Questions:

What is the average age of participants?

The average age is between 18-25. Usually there are about 16 persons on the program, most of them are Irish, with 2-4 students from USA/Canada. And 2-4 continental Europeans. Most students come by themselves, although a few have come with friends. It is extremely friendly, so don't worry about being lonely or left out.

I can swim, but I am not super-fit. I can't surf, or am at beginner level. Can I do this Program?

This program is sports-focused, and four days per week will involve outdoor sports, so you need to be enthusiastic about it. We don't mind if you are not fit now, but you will be encouraged to get fit! There are options for assessment at the end of the program, these are world-recognised qualifications which you can take, if you feel competent enough. You do not have to take any assessments if you do not want to, and the program is not competitive, but you are expected to participate to the best of your ability. **PLEASE NOTE that we cannot guarantee that by signing up with this program, you will receive qualifications – these assessments are totally independent, and will depend on your own success in training and preparation.**

The RLSS Beach Lifeguard Award requires that you to swim 400 metres in a time of 7.5 minutes. This will require strong swimming skills. You will receive swimming coaching and training. You are also expected to practice your swimming in your own time, and to maintain a fit and healthy lifestyle. Please note that we cannot guarantee that you will pass either the RLSS Beach Lifeguard examination, or the ISA Surf Coach examination. This will depend on your level of fitness, and your adherence to the swim and surf training sessions. The RLSS and ISA examinations are assessed by assessors of the governing bodies, and not by DAC coaching staff.

The ISA are also offering an alternative to the Beach Lifeguard award, which allows candidates to work as surf instructors. Candidates who are not likely to pass the RLSS Beach Lifeguard award will be offered the opportunity to take this ISA/IWS award. We recommend that all our trainees take the RLSS Beach Lifeguard award, but this is a good alternative for candidates who may be struggling with the Beach lifeguard award.

The coaching staff at DAC will monitor your progress and test your swim times. You will be kept very aware of how you are doing. You do not have to pay for, or take these awards if you do not feel that you will pass them. However, we would hope that you will. You will become a better surfer and swimmer in any event.

What opportunities for employment will I have if I do this Program?

If you are travelling from outside the EU, you need a visa to work in Ireland. It is highly unlikely that you will be hired if you do not have a work visa, and it is against the law. If you are coming on the program, you should consider it an eleven-week training course, and have your money saved. The 3,000 euro fee covers all tuition and accommodation.

How long has this Program been running?

Adventure Ireland has been running programs for USA/Euro students since 1996. We work with many reputable agents, colleges and universities to provide excellent opportunities for visitors. Below are two of the institutions for whom we have provided programs: please feel free to contact re your decision to choose a program here if you require some reference. We also have many individual students and parents who will be happy to discuss their experiences with you, please contact us and we will share email addresses.

The Center for Interim Programs

LLC · Princeton, NJ

(609) 683-4300

Contact: Kate Warren

Irish American Cultural Institute

1 Lackawanna Place
Morristown, NJ 07960

Phone: 973-605-1991

Contact: Carol Buck

Tourism Ireland (U.S.A.)

345 Park Avenue,

17th Floor, New York, USA, NY 10154

Telephone: +1 212 418 0800

Contact: Fiona Monaghan.

Testimonials

*As a parent I can say with 100% assurance not only is this program well thought out but I also felt my child was safe and under excellent common sense supervision at all times. I sent him there to learn the kinds of things not taught in an academic setting, such as self assurance and self confidence in his own judgment. I think he got those qualities and so much more. I would send him again. **Alex Hinton, parent, 2009.***

*The Adventure Ireland Cultural Program is a great program that tailors to the needs of every individual within the program to make sure that they are satisfied with the course. All staff members are incredibly friendly and are always willing to lend a helping hand. I instantly felt at home when I arrived here because of the genuinely kind and welcoming people of the Adventure Centre and the town. Bundoran is an ideal location for Adventure Ireland because of the lively social scene and the charming locals. This was the perfect program for me because not only did I get to explore the beautiful country of Ireland, but I grew as a person and learned how to be more independent. I will always cherish the time I spent with the Adventure Ireland program in Bundoran! **Jamie O'Donnell, participant 2009.***

*The Donegal Adventure Centre experience was transformational for Abby. Not only did she acquire unique and challenging skills but she learned how to survive and, ultimately, thrive in a new, international culture. The power of her time in Ireland is evident in the number of times she still references Bundoran when she summarizes her top life and learning experiences. **Mr. John Wilpers, parent, 2008***

*The DAC provided an environment where our daughter could build independence, confidence and enduring bonds of friendship. The physical challenges and experience of life in Bundoran have enriched her life greatly." **Kathryn and Rick Werner, parents 2009***



Elizabeth, Alex and Dakota from USA with Adventure Ireland Staff, 2009.

Outdoor Instructor Program : January – April 2012

Surf/Water based Instructor Program

Program Dates: 16th January - 1st April 2012

Program Duration: 11 weeks

Arrival Day in Ireland: Sunday January 15th

Program Description:

The Outdoor Instructor Program OITC is a Study Abroad / Gap /Interim option for candidates who wish to spend some time in Ireland and become instructors working in the area of surfing and other beach activities.

This is very suitable for young men and women interested in sports, especially surfing. You will be living and training with students from Ireland, USA & Europe in a small surf town in the West of Ireland.

This Program concentrates mainly on surf training for the ISA level 1 surf coach award, the RLSS Beach Lifeguard award, and over the ten weeks candidates will also train in child protection, adventure (land-based) activities, leadership skills, team training and development and beach first aid skills. Candidates are expected to attend Monday-Friday for the duration of the Program.

Candidates must be able to swim. Candidates do NOT have to be able to surf, as you will be taught the skills of surfing if required. Surfing and swimming training are major parts of this Program, and you can expect to be in the water every day. Students are expected to be (or get) fit through training every day. Training will include water-based (Swim & surf) and land based activities (running, circuit training etc.)

Candidates will also do basic training in low ropes, climb & abseil and high ropes instruction. Candidates will also participate and learn to skills of conducting team-training activities and land-based activities. Candidates will do child protection training, and Beach first aid.

Qualifications

All candidates can choose to be put forward for the following qualifications:

- 1: The Irish Surf Association Level 1 Surf Coach award (optional, fees not included)
- 2: The RLSS Beach Lifeguard Award (optional, fees not included)
- 3: ISPCC Child Protection (included in fees)
- 4: DAC certification in Adventure Activities (included in fees)
- 5: DAC certification in Leadership Skills (Children & Teenagers) (included in fees)
- 6: DAC certification in Work Experience (Internship as Outdoor Instructor) (included in fees)

Program Fees:

The fees of 3,000 euro include the following:

11 weeks accommodation (Self catering – apartment)

9 weeks of intensive surf & swim coaching & training including transfers to beach & other off-centre locations.

Admission to swimming pool for swim training

Use of surfing & life saving equipment.

Use of wet gear where necessary. Wetsuits can be provided for the Program, although we recommend that candidates buy their own wetsuit during the Program: A wholesale order will be arranged during the Program.

1 week of work experience/ internship (optional)

Training in Child protection

Ropes (Low, High & Climbing Tower) training.

Training in Adventure (Team Building) activities

Leadership with children and young adults (Classroom lectures)

Please note that these fees do NOT include the following-

Flights to Ireland. For best rates, please see the following airlines

www.aerlingus.com – The Irish Airline flies into Dublin from many airports in the USA. Direct flights from JFK, Boston, Chicago, San Francisco,

www.delta.com –Delta Airlines fly to Dublin from many US cities. Direct flights from JFK and Atlanta.

1: Governing body fees for the ISA level 1 surf assessment & award (approx 300 USD)

2: Governing body fees for the RLSS Beach Lifeguard assessment & Award (approx 500 USD)

All candidates will be offered the opportunity to take these assessments, and fees are payable for these assessments at this point. Students who do not feel more training is required can take the assessments at a later date, and re-enrol on the Jan-March Program, or arrange independent assessments. The ISA Coach award costs approx 300 USD (fees are set by the ISA and will be confirmed by the ISA) and the RLSS Beach Lifeguard Award costs approx 500 USD (fees set by RLSS and RLSS assessors – a group rate will be negotiated for candidates on this Program.)

Fee Schedule:

A deposit of €1000 is required to register for this Program. No places will be held for candidates without payment of €1000 deposit. Deposits will **not** be refunded to candidates who withdraw from the Program. Enrolment begins on October 1st 2011 and will continue until the Program is full. The only pre-requisite for the Program is that candidates must be able to swim. *As this is a Program that concentrates mainly on water-based training, there is no point in enrolling on this Program if you can't swim!*

A second payment of €1000 is required on the start date of the Program, January 16th 2012.

A final payment of €1000 is required on February 16th 2012.

Please note: Students must have paid all fees in full to be put forward for the DAC RLSS Beach Lifeguard and the DAC ISA Surf Coach Level 1 award.

Students wishing to take the RLSS Beach Lifeguard examination and the ISA Surf Coach Level 1 assessment will be asked to pay for these Programs upon registration, which will be in January 2012.

The Program will conclude with graduation on Friday 30th March 2012.

How to apply for the Program:

Method 1: You can telephone the centre and request the application by email or mail:

call 011 353 71 98 42418 or 1-973-610-5125 (USA)

Method 2: Log on to our website <http://www.adventure-ireland.com> and download our 2012

Application pack.

We will contact you when we receive your completed application form and deposit. Generally, we accept applicants who apply, but if we do not accept your application for any reason, we will return your deposit.

Candidates must have no juvenile or adult criminal history and/or record. Candidates must have no record of substance or alcohol abuse, psychiatric or behavioral problems of a serious nature.

You will be asked to submit two character references. If you wish to discuss this part of the vetting procedure in confidence, contact Niamh at 1-973-610-5125 (USA)

The program director is Mrs. Niamh (pronounced Neeve) Hamill, and Niamh will be happy to discuss options with interested parents or participants at a convenient time. You can email Niamh directly at info@adventure-ireland.com and set up a call.

NEXT STEP – email us at info@adventure-ireland.com for application pack.

You can call us at

1-973-610-5125 (USA)

011-353-7198-42418 (IRELAND)

You can visit our website at <http://www.adventure-ireland.com>

See you in Ireland!