

SAMPLE 10-DAY FACULTY LEAD TRIP (DECEMBER 26<sup>th</sup> – JANUARY 6<sup>th</sup> 2010)

THIS TRIP WAS DESIGNED FOR A GROUP OF STUDENTS WHO WERE DOING A SPORTS SCIENCE DEGREE. PROGRAMS ARE CUSTOM DESIGNED TO INCLUDE THE CULTURAL , ACADEMIC AND LEISURE ACTIVITIES REQUESTED. ALL PROGRAMS CAN INCLUDE CULTURE, HISTORY, FITNESS & LITERATURE.

		A.M	P.M	Evening
DAY 1 AIRPORT	Dec 27th	Departure from USA		
Day 2	Dec 28th	Arrival in Dublin Airport- Transfer to Dublin Hotel	Afternoon walking Tour of Dublin City Centre including National Museum & National Library, Trinity College & Georgian Dublin	Dinner & Evening at Temple Bar, Dublin.
Day 3	Dec 29th	Cultural Class with Niamh Visit to Dublin's Kilmainham Jail	Tour & Shopping time at Dublin's Grafton St. area. Optional walking tour of Viking Dublin & Christ Church Cathedral.	Dinner & Evening at Baggot St, Dublin.
Day 4	Dec 30th	Transfer to County Donegal with stop-off at Boyne Valley/Hill of Tara	Arrival at Donegal approx 5pm for Dinner	Introduction to Donegal Staff- Team Building evening.
Day 5	Dec-31	Historical field trip- Mass Rock at Ballyshannon, St. Patrick's Well & Donegal Town	Class on Irish History & Culture with Niamh	Local Musicians entertain group in Bundoran Town - New Year's Eve
Day 6	Jan-01	New Year's Day Errigal Climb – A hike to Donegal's highest mountain on New Year's Day (Weather Permitting)	New Year's Day Errigal Climb	Free Evening after dinner.
Day 7	Jan-02	Surfing Lesson – a Beginner lesson at Tullan Strand, Bundoran, Ireland's best surfing beach.	High Ropes Activity - 'Prison Break'	Presentation of 'Waveriders' Movie. Introduction to Richard Fitzgerald.
Day 8	Jan-03	A discussion of the Peace Process in Northern Ireland & a debate on dealing with the threat of terrorist organisations in the modern world.	Students will deliver their own presentations on a research topic of their choice (Ireland)	Nightline at Knader Forest
Day 9	Jan-04	SERVICE DAY Students will assist with a special outing of special needs children	SERVICE DAY Students will assist with a special outing of special needs children	Story Telling & Traditional Music Evening
Day 10	Jan-05	Tour of Yeats County, Sligo, Glencar Waterfall & Shopping	Tour of Yeats County, Sligo, Glencar Waterfall & Shopping	Final Irish Banquet Night
Day 11	Jan-06	DEPART TO DUBLIN FOR USA		