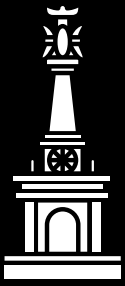


AFTERNOON + EVENING
ACTIVITIES
& WEEKEND EXCURSIONS



DUBLIN | GALWAY | ATHLONE | LONDON



IRELAND & LONDON SAMPLE AFTERNOON ACTIVITIES

OFF-SITE (ONCE PER WEEK)

WALKING TOURS

Future Learning offers full-afternoon walking tours of the cities where our students are staying, conducted by professional tour-guides that know all the best spots and interesting facts about the city!

CULTURAL VISITS

From museums to historical places and monuments, our students will have the opportunity to visit important sites of Irish & English History and explore these places of cultural interest.

ON-SITE (ONCE PER WEEK)

SPORTS

Once a week, FL students will have an afternoon of fun team-playing sports in our amazing Summer camp facilities, supervised by a teacher assistant or sports coach.

This activity gives the students the chance to interact with their fellow mates from all different kinds of nationalities, while keeping active and building teamwork skills.

BOARD GAMES

Playing board games can help our students relax while working on their practical, skill-linked elements too, as board games can help set young people up with valuable life skills including learning to lose and win, improving memory and organisational and strategic thinking, and boosting social skills.





IRELAND & LONDON SAMPLE EVENING ACTIVITIES

QUIZ NIGHT

The Future Learning Table Quiz night is the perfect opportunity for our students to test their knowledge. Each team is made up of four students. The quiz is a fun way work with new people while at the same time testing their general knowledge on topics such as music, sport, geography, history and general knowledge.

IRISH DANCING (IRELAND ONLY)

Traditional Irish Dancing has become popular worldwide through the Riverdance show. Irish dancing is characterised by precise, rapid leg and foot movements, with the body and arms kept rigid and controlled. Irish dance can be grouped into social and performance dancing, with social dancing including céilí and set dancing. Set dances consist of four couples arranged in a square, while céilí dances can be danced by groups of two to sixteen individuals.

DISCO NIGHT

What better way to relax after a tough day in school than to dance the evening away at the Future Learning Disco. Our DJ will be spinning chart topping hits from all over the world. Sing or dance along to your favourite tunes as well and relax and enjoy yourself with your friends, this promise to be a night you will never forget. You might even get to show people your Irish dancing skills. This year is themed 'Irish Fancy Dress', so start thinking about your costume!

ZUMBA

A Zumba workshop is a lively and energetic activity for young learners during a summer programme. It's a dance-fitness class filled with exciting music and easy-to-follow dance routines. Students get to move, groove, and have a blast while staying active and healthy.

The workshop is a fantastic way for them to learn new dance moves, boost their confidence, and have loads of fun breaking a sweat!





IRELAND & LONDON SAMPLE EVENING ACTIVITIES



BOWLING

Bowling is a sport in which players roll a ball to knock down target items in order to score points. Bowling has been popular in Europe for hundreds of years, with several varieties gaining traction. The game's popularity stems from its competitive, yet socially pleasant atmosphere, as well as its relative simplicity.

GAELIC SPORTS (IRELAND ONLY)

Gaelic sports include Gaelic football, hurling, Gaelic handball, and rounders. Gaelic football, similar to soccer, rugby and American football, consists of the ball being passed through the other team's goals to score 3 points or through upright posts separated by a crossbar to gain 1 point. Players are allowed to carry, bounce, kick, hand pass and 'solo' the ball. Gaelic football along with hurling and camogie are controlled by the Gaelic Athletic Association (GAA). Gaelic football is the most popular sport in Ireland with tens of thousands of people traveling to Croke Park in Dublin to watch the games.

DEBATE CLUB

Debate Club is a pleasant approach for kids of all levels to improve their oracy skills in English. A variety of exercises can be utilised to help students improve their critical thinking and communication skills. Debates encourage pupils to broaden their knowledge and create an interest in current events. Many students will be inspired to explore intriguing issues on the internet or read newspapers or periodicals, and a club is an excellent venue for students to share their findings and passion.

YOGA

Yoga is an excellent form of physical exercise, but it's also about life balance. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of yoga.

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.





IRELAND & LONDON
**SAMPLE
EVENING
ACTIVITIES**

HIP HOP DANCING

Hip hop dancing is a super cool and energetic activity for young learners during a summer programme. It's all about moving to the rhythm of the music with fun and expressive dance moves.

You get to groove, break, and pop to the beat, learning cool routines and expressing their own style. It's a great way to have fun, stay active, and unleash creativity on the dance floor!

MOVIE NIGHT

Movie night a cosy and exciting evening where students gather to watch a fun film together.

They get to enjoy popcorn, snacks, and the magic of cinema in a relaxed setting. It's a great way for everyone to unwind, share laughs, and maybe even discover new favourite movies with friends!

LATE NIGHT SHOPPING

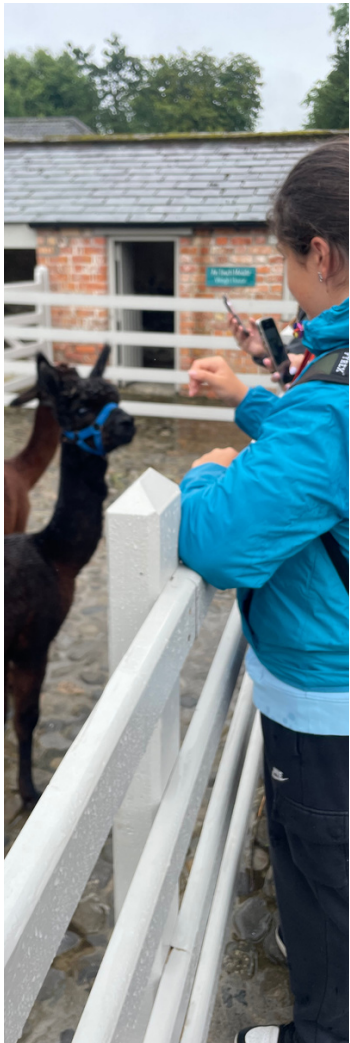
Late night shopping involves exploring vibrant shops and boutiques, where students can discover cool souvenirs, trendy clothes, and delicious treats while experiencing the excitement of shopping in the evening.

It's a delightful way for them to enjoy the summer nights and maybe find some treasures to take home!

SWIMMING

Enjoy swimming, relaxing or having fun in Belvedere swimming pool, which is kept clean, supervised and privatised for our students in the evening time. A nice way to enjoy your evening after a busy day, to relax or to play games.







IRELAND ONLY SAMPLE WEEKEND EXCURSIONS

Each Saturday all students travel by private coach on a full day excursion. Some of the places we like to visit involve showing our students the wonderful nature and landscape which Ireland has to offer.

Please note that different FL schools offer different excursions, due to their location.

Our sample excursions include:

GLENDALOUGH

Glendalough is the 'honeypot' of Wicklow Mountains National Park. The combination of the stunning scenery and the fascinating monastic history make it one of the most popular tourist destinations in Ireland. The name Glendalough means 'valley of two lakes'. The valley stretches for over 3km, and within it are several sites of interest.

At the mouth of the Glendalough Valley is the 'Monastic City'. The extensive ruins of Glendalough include several early churches, a graceful round tower, and various sites associated with the life of St. Kevin, an Irish monk who died approx. 618 AD.

HOWTH

Below the hilly headland at the northern boundary of Dublin Bay lies the small fishing village of Howth.

A loop around Howth Head is an extremely popular walk among hikers and offers fine views of Dublin Bay and Wicklow Mountains. On sunny days it is possible to see Lambay Island and the Baily Lighthouse.

A stroll down Howth pier provides views of Ireland's Eye, a famous rocky bird sanctuary and monastic island.





IRELAND ONLY

SAMPLE WEEKEND EXCURSIONS



KILKENNY

Kilkenny City is home to one of the most recognisable landmarks in Ireland: the 12th-century Kilkenny Castle. Go back in time and explore Ireland's Medieval Mile, a discovery trail running through Kilkenny city. The county is full of vibrant heritage and history at every turn, so there are many stories for our students to uncover in medieval town Kilkenny.

POWERSCOURT

Powerscourt is located in Enniskerry, County Wicklow. It is a large country estate which is noted for its house and landscaped gardens.

The house was originally built in the 13th century as a castle, however during the 18th century and contains some of the finest 18th century interiors in Ireland, and was one of the country's most beautiful mansions.

Powerscourt Gardens are set against the backdrop of the Sugarloaf Mountain and are on 47 acres. The gardens were laid out over a period of 150 years and were designed to create a garden that was part of the wider landscape, creating one of the most majestic vistas in Ireland. There are over 200 varieties of trees, shrubs and flowers in Powerscourt. National Geographic voted Powerscourt gardens as third best gardens in the world.

NATIONAL CONNEMARA PARK

Connemara National Park covers some 2,000 hectares of scenic mountains, expanses of bogs, heaths, grasslands and woodlands in County Galway. Opened to the public in 1980, the National Park includes lands that once formed part of the Kylemore Abbey Estate.





IRELAND ONLY

SAMPLE WEEKEND EXCURSIONS

NATIONAL GALLERY OF IRELAND

The National Gallery of Ireland founded in 1854, houses a rich collection of over 16,300 artworks. Spanning the history of western European art, from around 1300 to the present day, the collection includes well-known artists from Mantegna and Titian to Monet and Picasso. Paintings, sculpture, prints, drawings, photography, archival and bibliographical material all feature, in addition to objets d'art, silverware and furniture.

CROKE PARK

As the home of Ireland's largest sporting and cultural organisation, the Gaelic Athletic Association (GAA) - Croke Park has played host to iconic moments in Irish sport & history and to major cultural and international events.

The GAA All-Ireland Football and Hurling Championship Finals, draw an estimated 82,300 fans to see the pinnacle of Gaelic games action in this world-renowned cathedral of sport every September.

CLIFFS OF MOHER & BURREN NATIONAL PARK

The famous Cliffs of Moher are one of Ireland's favourite visitor experiences & tourist attractions, towering over the rugged West County Clare coast.

The Cliffs sit astride the striking landscape of the Burren on one side and the Wild Atlantic Ocean on the other. Rising out of the Atlantic waters to a height of over 700ft at O'Brien's Tower and running along the coast of Clare for almost 14 kilometres, the Cliffs of Moher were formed over 320 million years ago and can be visited by our students today.

