



# Erasmus+ Course Prospectus

for Teachers



Erasmus+ OID: E10256058





# Atlantic Language School

Since 1993, Atlantic Language School has welcomed thousands of students from over 100 different countries to Galway, Ireland's Cultural Heart.

Our mission is to give each student, whether they are young people, professionals, school or higher education staff, a memorable experience defined by high quality teaching and supported by a warm and dedicated team.

Atlantic Language School ranks as one of Ireland's premium language schools. It is accredited for English language teaching by the Irish Department of Education, and it is a recognised Erasmus+ institution.

## Our Facilities

- 2 modern buildings
- 34 smart classrooms
- 4 apartment residences
- Local host families
- Wi-fi and internet access
- Roof-top terrace
- Student lounge areas
- Computer room
- Student library
- Fully equipped exam centre
- Multilingual student services
- Tea and coffee services
- Free-time activities
- Social activities
- Local discounts
- Tour services

# Erasmus+ Courses for Teachers

Atlantic Language School collaborates with over 800 universities and educational institutions across Europe.

We offer Erasmus+ Courses for Higher Education Staff designed to meet the professional development needs of third-level or university staff who are increasingly required to teach, communicate and network through the medium of English.

If you work in a Higher Education institution, we can offer you a course to suit your professional requirements.



atlantic  
LTD


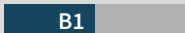











TOBIN

CONSULTING  
ENGINEERS

Fairgreen House

# Our Courses

Erasmus+ Course	Minimum level	Page
CLIL for Primary Teachers	 B1	11
CLIL for Secondary Teachers	 B1	15
Creating Green Classrooms	 B1	19
English Language and Irish Culture	 B1	23
English Language Development	 A1	27
Job Shadowing for English Language Teachers	 B1	31
Learning through Music	 B1	35
Mindfulness for Educators	 B1	39
Motivating Primary Learners	 B1	43
Motivating Secondary Learners	 B1	47
Social and Emotional Learning	 B1	51

# Funding

Participation in any Erasmus+ course can be funded by applying through your institution for a grant.

As the organising or receiving institution, Atlantic Language School will provide the required documents including the Staff Mobility for Training (STT) invitation, work plan and Certificate of Participation.

Atlantic Language School can also organise custom-designed courses for staff groups (contact us for further information).



# Accommodation

Atlantic Language School offers several accommodation choices.

Our range of comfortable self-catering apartments is located within walking distance of the school.

Based on availability at the time of booking, you will be allocated to one of our city-centre residences.





# CLIL for Primary Teachers

This course introduces Primary Teachers to the principles of Content and Language Integrated Learning (CLIL), as a way to introduce new languages to primary learners.

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- ✓ Get a clear overview of the principles of CLIL
- ✓ Learn to implement CLIL in your given teaching context
- ✓ Focus on actual activities and practices you can implement in your lessons

## In a Nutshell

*CLIL for Primary Teachers* aims to introduce Primary Teachers to the principles of teaching English in a natural environment where the focus is not on language structure or grammar but on language use in different real-life contexts.

This course will show teachers of primary students how to adapt CLIL methodology to their everyday teaching of different subjects. It will focus on practical activities which show how to blend content-driven lessons with language learning.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Workshop sessions in which participants reflect on their own practice
- ✓ Participants are directed towards online resources to further develop their teaching practice related to their own particular focus
- ✓ Cultural and heritage trips as part of a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided

historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course provides a professional development opportunity which will help participants to feel more confident about applying CLIL strategies in the primary school classrooms.

Through project-based activities and workshops, participants will acquire useful tips and insights and will also benefit from knowledge and skills shared by fellow participants.

The opportunity to experience new cultural contexts and network with international colleagues is a further positive outcome.

## Certification \*

Certificate of Participation and Attendance

# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Setting Objectives</b>  Getting to know you!  Orientation  Sharing intentions, outlining objectives  Overview of CLIL (Content Language Integrated Learning) for Young Learners	<b>Teaching Content, Culture, Communication &amp; Cognition</b>  The four C's of CLIL  Practical solutions to engage young learners	<b>Developing Language &amp; Fluency</b>  Introducing language + scaffolding lessons  Balancing fluency & accuracy	<b>Fun with Subjects</b>  Working with more than one subject  Making Assessment fun  Collaboration & Project work	<b>Exciting next steps</b>  Planning lessons  Ideas sharing + mini presentations  Peer + trainer feedback
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt





# CLIL for Secondary Teachers

This course introduces Secondary Teachers to the principles of Content and Language Integrated Learning (CLIL), as an effective way to teach new languages to secondary school students.

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- ✓ Get a clear overview of the principles of CLIL
- ✓ Face the challenges to implementing CLIL in your given teaching context
- ✓ Focus on actual activities and practices you can implement

## In a Nutshell

*CLIL for Secondary Teachers* is designed to help secondary teachers who face the challenge of teaching their subject in a language that is not their students' mother tongue.

It will show how to use CLIL methodology effectively in any secondary school subject area. There is a focus on practical activities which demonstrate how to blend content-driven lessons with language learning in the secondary school classroom.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work.
- ✓ Skills focused workshops to develop your own teaching materials.
- ✓ Feedback sessions in which participants reflect on their own practice, while also sharing their knowledge and skills.
- ✓ Participants are directed towards online resources to further develop their understanding of CLIL.
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a

full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course provides a professional development opportunity which will help participants to feel more confident about applying CLIL strategies in their classrooms.

Through project-based activities and workshops, participants will acquire useful tips and insights and will also benefit from knowledge and skills shared by fellow participants.

The opportunity to experience new cultural contexts and network with international colleagues is a further positive outcome.

## Certification \*

Certificate of Participation and Attendance



# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>	<b>Setting Objectives - The Basics of CLIL</b>	<b>Teaching Content</b>	<b>Language &amp; Fluency</b>	<b>Working together &amp; Assessment</b>	<b>The Beginning and the End - Review</b>
Possible tours include:	Orientation	Soft vs hard CLIL	When should you introduce language work and how?	Working with a subject teacher	Participant Presentation
Connemara	Needs Analysis	Teaching content in learner-centred education	Fluency vs accuracy: getting the balance right in CLIL	Assessment in CLIL: language or content? Or both?	Presenting your work
Aran Islands	Setting of Learning	Using task-based learning to engage learners in the content			Peer and Trainer Feedback
Cliffs of Moher	Outcomes				Assessment of Learning
	Overview of CLIL				
	Issues you face as a teacher				
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt



# Creating Green Classrooms

Find out how you can incorporate positive ‘green’ practices into your teaching and discover creative ways to support climate action in your everyday lessons.

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- ✓ Learn how to integrate ‘climate-positive’ practices into lessons
- ✓ Explore practical ways to make your classroom an eco-friendly space
- ✓ Learn strategies for exploring green topics through creative projects

## In a Nutshell

Teachers play a key role in communicating a progressive ‘green’ message to younger generations.

‘Creating Green Classrooms’ is designed to show how teachers can bring lessons about sustainability and positive climate action into their everyday teaching.

Unearth the potential of green education, and join the movement towards a more sustainable future.

## Activities

- ✓ Completion of tasks to stimulate discussion and analysis of the 'green classroom'.
- ✓ Workshop sessions in which participants reflect on how they can integrate 'green' activities into their teaching and share ideas with fellow participants.
- ✓ Opportunities to enhance language skills through content-based lessons.
- ✓ Participants are directed towards online 'green' resources for educators
- ✓ Cultural and heritage trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn

about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities.

Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course offers a professional development opportunity designed to show teachers how they can integrate a positive green message into their teaching practice.

## Certification \*

Certificate of Participation and Attendance

# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>	<b>Going Green</b>	<b>Green Students</b>	<b>Green Community</b>	<b>The Green Outdoors</b>	<b>Green Projects</b>
Possible tours include:	How green is your classroom?	Exploring green topics with students	Forming green communities	Lesson planning for the green classroom	Getting creative; going green projects
Connemara	Is paperless possible?	Green clubs & competitions	Connecting with other organisations	Inspiring field trips + local community	Tracking progress
Aran Islands	Eco-friendly Institutes; their stories	Games & Activities for going green	Educating others + individual responsibility	Outdoor projects	Next Steps; presenting our going green plans
Cliffs of Moher	Cultivating a green mind		Green travel & transport	Green Resources for Educators	Review & Feedback
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt





# English Language & Irish Culture

Discover Ireland while improving your English language skills in Galway, situated on the Wild Atlantic Way. With this course you can develop your confidence in English while also learning about Irish culture and society.

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- ✓ Gain an understanding of Irish Culture, Traditions and Contemporary Life in Ireland
- ✓ Develop your English skills by engaging with topics based on Irish culture
- ✓ Increase your fluency in English through focused speaking activities

## In a Nutshell

*English Language and Irish Culture* will help you to build confidence in reading, writing, and speaking in English while gaining knowledge about a new culture.

This course blends content driven lessons with language to develop communication skills with others on the topic of their country's culture and traditions.

During this course participants will examine key aspects of life in Ireland through presentations, tasks, research, songs and interaction with local people and the unique culture of this area in the West of Ireland.

## Activities

- ✓ Engaging language classes to develop grammatical knowledge and build vocabulary
- ✓ Participation in communicative classes - building fluency with speaking activities
- ✓ Task or project-based learning using Irish Cultural topics to develop English language communication skills
- ✓ Cultural and heritage trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a

full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course provides a valuable opportunity to refresh English language skills through the medium of culture-based lessons.

Participants will also gain confidence from using their English skills to take part in international group classes. The course also helps to build inter-cultural awareness by encouraging participants to compare their countries' culture and traditions with those of Ireland.

## Certification \*

Certificate of Participation and Attendance



# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Life in Ireland</b> What would you like to ask an Irish person about Ireland? Key facts & figures General Knowledge Quiz Research groups & task allocation Indirect Question forms when interviewing Irish people	<b>What is Ireland famous for?</b> Irish Culture around the world The origins of Halloween Recent Issues in Contemporary Ireland Significant Changes in Recent Years Famous Irish people Using language of hedging & making generalised statements	<b>A Brief introduction to Irish History</b> The Celts - who were they? The Famine & The Legacy of Immigration Irish Independence - what really happened Northern Ireland; a complex history + society The Irish Language + Irish English	<b>The Importance of Music in Ireland</b> Contemporary Irish Music Traditional Music in Ireland Falling in love with Irish Dance Learning English through songs & music	<b>Reflection &amp; Review</b> What we have learned Presentation of research gathered Feedback & Review
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt



# English Language Development

Improve your English language skills with this comprehensive course which is available at 5 levels. Designed to develop core communication and writing skills, and grow your confidence in using English.

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- ✓ Grammatical and vocabulary learning goals appropriate to CEFR level
- ✓ Assessment as part of ongoing evaluation of learner progress
- ✓ Participation in project-based fluency classes

## In a Nutshell

A course designed for all professionals working in the Education sector seeking to improve their ability in spoken and written English.

Participants develop all their language skills with intensive immersion in dynamic international classes.

Lessons are delivered by Atlantic Language School's team of experienced, accredited teachers, using an approach based on communication and interaction.

## Activities

- ✓ Morning classes focused on a core coursebook and grammatical vocabulary learning goals
- ✓ Afternoon classes with a focus on project-based learning and fluency
- ✓ Assessment as part of ongoing evaluation of learner progress
- ✓ Developing strategies for continuous and independent learning
- ✓ Cultural and heritage trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of

scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course provides a valuable immersion in language communicative skills, allowing participants to re-evaluate their CEFR level, progress against the targets for that level, and set their learning goals.

Participants also gain confidence from having participated fully in international group classes with immersion in English and replicating professional requirements such as presenting to groups and carrying out their day-to-day interactions with greater fluency and accuracy.

## Certification \*

Certificate of Participation and Attendance

# Sample Timetable

The course runs from Monday to Friday, 30 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>	<b>General English Class</b>	<b>General English Class</b>	<b>General English Class</b>	<b>General English Class</b>	<b>General English Class</b>
	A1 - C1 Levels	A1 - C1 Levels	A1 - C1 Levels	A1 - C1 Levels	A1 - C1 Levels
Possible tours include:	Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar
Connemara					
Aran Islands					
Cliffs of Moher					
	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00
	<b>Communication Class</b>	<b>Communication Class</b>	<b>Communication Class</b>	<b>Communication Class</b>	<b>Communication Class</b>
	Focus on spoken skills (fluency & pronunciation)	Focus on spoken skills (fluency & pronunciation)	Focus on spoken skills (fluency & pronunciation)	Focus on spoken skills (fluency & pronunciation)	Focus on spoken skills (fluency & pronunciation)
	15.15	15.30 - 16.30	15.30 - 16.30	20.00	From 15.00
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt





# Job Shadowing for English Language Teachers

Refresh your English language teaching skills while having the the opportunity to analyse new practices and approaches through focused observation.

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- ✓ Observe working English Language Teachers in action
- ✓ Share teaching practices with fellow participants from secondary schools
- ✓ Focus on activities and practices yoy can implement in your own classrooms

## In a Nutshell

The Job Shadowing for English Language Teachers course is designed to help English language teachers to develop their skills by observing a range of methodologies in action.

By observing our trainers in the classroom, you will have the opportunity to analyse new practices and approaches. In follow up workshops you are invited to discuss with fellow participants what you have observed, and to explore ways to enhance your own teaching skills.

## Activities

- ✓ Completion of tasks to stimulate analysis and discussion of teaching methods and classroom practice.
- ✓ Workshop sessions in which participants reflect on their own practice, how they can integrate their observations into their teaching and share these with fellow participants.
- ✓ Opportunities to enhance your own language skills.
- ✓ Participants are directed towards online resources to further develop their teaching practice related to their own particular focus.
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn

about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities.

Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course offers a professional development opportunity for participants which aims to provide teachers with innovative and creative solutions for teaching English language learners.

## Certification \*

Certificate of Participation  
and Attendance



# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	11.00 - 12.30	11.00 - 12.30	11.00 - 12.30	11.00 - 12.30	11.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>	<b>Class observation</b>	<b>Class observation</b>	<b>Class observation</b>	<b>Class observation</b>	<b>Class observation</b>
	13.30 - 16.30	13.30 - 16.30	13.30 - 16.30	13.30 - 16.30	13.30 - 16.30
Possible tours include:	<b>Setting Objectives</b>	<b>How can we motivate &amp; engage language learners?</b>	<b>Creating Imaginative lessons</b>	<b>Incorporating Assessment &amp; Feedback</b>	<b>Ideas Sharing &amp; Feedback</b>
Connemara	Getting to know you! + Welcome Class		Adapting materials to create meaningful lessons	Types of Assessment for Language Learners	Planning lessons
Aran Islands		Building confidence		Effective peer work strategies	Ideas sharing + mini presentations
Cliffs of Moher	Sharing intentions, outlining objectives	Resources to engage & motivate all levels	Task Based Learning	Setting goals monitoring & giving feedback	Peer + Trainer feedback
	Active Language Learning Methodologies at Atlantic Language School		The importance of pace & structure		



# Learning through Music

Explore the power of music to motivate learning and revitalise your classroom and explore resources that can be used to develop music-based activities and projects.

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- ✓ Analyse the benefits of using music as a teaching tool
- ✓ Learn the power of group song and sound to create bonds and enhance learning
- ✓ Develop ideas for creative lesson plans

## In a Nutshell

*Learning through Music* is designed to show how teachers can incorporate music into their classroom practice as a way to stimulate learning, improve cognitive performance and build connections.

As a teaching tool, music has the potential to aid language development, strengthen memorisation and enrich the classroom dynamic.

## Activities

- ✓ Completion of tasks to stimulate analysis of music-based teaching methods.
- ✓ Workshop sessions in which participants reflect on how they can integrate music-related activities into their teaching and share ideas with fellow participants.
- ✓ Opportunities to enhance English language skills through content-based lessons.
- ✓ Participants are directed towards online resources to help incorporate music into classroom practice.
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn

about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities.

Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course offers a professional development opportunity which aims to inspire teachers to innovate their classroom practice through the introduction of music.

## Certification \*

Certificate of Participation  
and Attendance

# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>My Musical Life</b>  Getting to know you through music  Our Musical mind maps  Why use music in your classes?  Engaging learners through music; tasks & activities	<b>My Musical Mind</b>  Music & the Mind; improving cognitive performance  Musical Moods & classroom management  Language development through Music & Song	<b>My Musical History</b>  Music & my generation  Music & culture  Exploring historical context through song  Connecting with learners through music they identify with	<b>My Musical Relationships</b>  The importance of group song & sound  Music for social cohesion, Inclusion & Teambuilding  Group & solo activities	<b>My Musical Lesson Ideas</b>  Music & Inspiration  Creative projects + memorable lessons with Music  Ideas sharing workshop + presentation of next steps
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt





# Mindfulness for Educators

Learn the foundations of mindfulness as applied to education and explore how it can improve wellbeing and foster critical thinking, creativity, and empathy.

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- ✓ Gain foundations of mindfulness practice
- ✓ Find out how to reduce stress and avoid burnout in educational workplaces
- ✓ Enhance teamwork and develop compassion
- ✓ Stimulate creativity and critical thinking

## In a Nutshell

Mindfulness is known to improve well-being and promote critical thinking, performance, creativity, and empathy, all of which are valuable life skills which can be transferred to our professional lives.

During the course participants will develop their emotional intelligence and become more emotionally competent both on an intrapersonal and interpersonal level and thereby enhance their performance and improve their relationships.

## Activities

Interactive teaching with individual and group work to:

- ✓ Understand the theory and practice of Mindfulness and its relation to Emotional Intelligence
- ✓ Increase well-being and reduce stress
- ✓ Enhance performance, focus and productivity
- ✓ Become empathetic and enhance teamwork
- ✓ Embrace difficulty and solve problems
- ✓ Communicate effectively and with compassion and how to solve conflicts
- ✓ Stimulate creativity and critical thinking
- ✓ Develop a GROW mindset
- ✓ Foster intercultural relations and collaboration

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

Participants are expected to incorporate mindfulness into education as a tool to improve wellbeing and performance becoming more emotionally competent.

Learn how to achieve goals without striving too hard building a wiser more compassionate future.

Embrace new cultural contexts and build networks with international colleagues.

## Certification \*

Certificate of Participation and Attendance



# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>	<b>Sharing intentions, outlining objectives, defining mindfulness and emotional intelligence in the context of education</b>	<b>Incorporating mindfulness into my life</b>	<b>Mindfulness and the people and situations that affect me</b>	<b>Mindfulness for academic performance</b>	<b>Becoming a mindful educator</b>
Possible tours include:		Increasing wellbeing and reducing stress	Embracing difficulty and overcoming challenges	Using technology	Creating and implementing a project
Connemara		Increasing performance, self-esteem and focus	Enhancing teamwork and developing compassion	Stimulating creativity and critical thinking	GROW project presentations
Aran Islands	Basic mindfulness practices			Adapting and creating resources	Peer and Trainer Feedback
Cliffs of Moher	Exploring the theory of emotions		Resolving conflicts		
	Creating a GROW project				
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt



# Motivating Primary Learners

Explore new ways to engage young language learners by incorporating fun and creativity into your teaching and share teaching practices with fellow participants from primary education.

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- ✓ Find out about the latest methodologies in language learning
- ✓ Evaluate digital materials that can be used in the primary classroom in a few simple steps
- ✓ Introduce creativity into your lessons

## In a Nutshell

The *Motivating Primary Learners* course is designed to assist educators who teach languages to primary school learners.

The course will provide an overview of the latest methodologies in teaching this age group, an opportunity to explore new materials and how to make creativity a cornerstone of your teaching.

You will work on lesson materials personalized to your own teaching context which will be presented at the end of the week.

## Activities

- ✓ Completion of tasks to stimulate analysis and discussion of teaching methods and classroom practice
- ✓ Workshop sessions in which participants reflect on their own practice, how they can integrate their observations into their teaching and share these with fellow participants.
- ✓ Opportunities to enhance their own language skills.
- ✓ Participants are directed towards online resources to further develop their teaching practice related to their own particular focus.
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants

will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities.

Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course offers a professional development opportunity for participants which aims to provide teachers with innovative and creative solutions for teaching English to Primary learners.

## Certification \*

Certificate of Participation and Attendance

# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Setting Objectives</b>  Getting to know you!  Orientation  Sharing intentions, outlining objectives  Overview of language learning for Primary Learners	<b>How can we motivate Primary Learners to speak English?</b>  Building confidence through engaging activities  Resources to inspire learners	<b>Creating Imaginative lessons</b>  Adapting materials to create fun lessons  Active learning Activities  The importance of pace & structure	<b>Fun with Projects</b>  Collaboration & Project work  Setting up projects, monitoring & giving feedback  Case studies	<b>Ideas Sharing &amp; Feedback</b>  Planning lessons  Ideas sharing + mini presentations  Peer + trainer feedback
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt





# Motivating Secondary Learners

Explore new ways to motivate language learners at secondary level by incorporating engaging, creative, and meaningful content into your teaching and share teaching practices with fellow participants.

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- ✓ Find out about the latest methodologies in language learning
- ✓ Identify how to bring effective teamwork techniques into the teenage classroom
- ✓ Introduce creativity into your lessons

## In a Nutshell

The *Motivating Secondary Learners* course is designed to assist educators who teach languages to secondary school learners.

The course will provide an overview of the latest methodologies in teaching this age group, an opportunity to explore new materials and discuss how to make creativity a cornerstone of your teaching. You will work on lesson materials personalized to your own teaching context which will be presented at the end of the week.

## Activities

- ✓ Completion of tasks to stimulate analysis and discussion of teaching methods and classroom practice
- ✓ Workshop sessions in which participants reflect on their own practice, how they can integrate their observations into their teaching and share these with fellow participants.
- ✓ Opportunities to enhance their own language skills.
- ✓ Participants are directed towards online resources to further develop their teaching practice related to their own particular focus.
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants

will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities.

Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

This course offers a professional development opportunity for participants which aims to provide teachers with innovative and creative solutions for teaching Secondary learners.

## Certification \*

Certificate of Participation and Attendance

# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Setting Objectives</b>  Getting to know you!  Orientation  Sharing intentions, outlining objectives  Overview of language learning for Secondary Learners	<b>How can we motivate Secondary Learners to participate in classes?</b>  Teenagers in the 21st Century  Building confidence through engaging activities  Resources to inspire learners	<b>Creating Imaginative lessons</b>  Adapting materials to create meaningful lessons  Active learning Activities  The importance of pace & structure	<b>Encouraging Collaboration through Task</b>  Collaboration & Project work  Effective teamwork strategies  Setting up projects, monitoring & giving feedback	<b>Ideas Sharing &amp; Feedback</b>  Planning lessons  Ideas sharing + mini presentations  Peer + trainer feedback
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt



# Social and Emotional Learning

How can we help our students to learn in more successful and meaningful ways? This is a course for teachers who are looking for effective classroom strategies which will enhance their engagement and connection with students.

---

- ✓ Become familiar with the principles of SEL
- ✓ Implement these principles in different educational contexts
- ✓ Explore how to improve social awareness in the classroom
- ✓ Improve communication

## In a Nutshell

Social and Emotional Learning (SEL) is the process through which young people and adults acquire the knowledge, skills, and attitudes to develop healthy identities, manage emotions, and achieve personal and learning goals.

This course is designed to introduce teachers to the principles of SEL, showing how these strategies can be applied in the classroom to empower students to improve their academic performance while decreasing stress and anxiety.

## Activities

- ✓ Project and discussion-based classroom activities designed to explore key elements of SEL such as:
  - ✓ Strategies to build self-management skills in students;
  - ✓ Understanding social awareness in the classroom;
  - ✓ Communication skills and conflict resolution
- ✓ Cultural and Heritage Trips as a chaperoned group

## Cultural Programme

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area.

The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city,

and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## Expected Outcomes

The course provides a valuable professional development opportunity for teachers and educators to become familiar with emerging approaches in contemporary pedagogy which draw a vital connection between students' learning outcomes and their social and emotional development.

This mobility offers teachers the chance to discuss these approaches with European colleagues, while learning key elements of the practice.

Further positive outcomes include familiarisation with an international setting, and the opportunity to cultivate new contacts beyond the course.

## Certification \*

Certificate of Participation and Attendance



# Sample Timetable

Courses run from Monday to Friday, 20 lessons per week. Afternoon social and cultural activities + full-day tour on previous Sunday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30	9.00 - 12.30
<b>Full-Day Tour to Wild Atlantic Way</b>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Self-Awareness</b>  Getting to know you!  Setting Objectives  Sharing intentions, outlining objectives, and defining Social and Emotional learning	<b>Self-Management</b>  Building a deeper insight of self-management  Analysing strategies teachers can use to build self-management skills in their students	<b>Social Awareness</b>  Gaining a better understanding of social awareness in the classroom  Exploring strategies for enhancing student's social awareness	<b>Relationship Skills</b>  Identifying key communication skills  Listening "between the lines"  Resolving conflicts	<b>Responsible Decision-Making</b>  Considering ethical responsibilities  Analysing and solving problems  Presenting reflections on Social and Emotional Learning
	13.30	15.30 - 16.30	15.30 - 16.30	20.00	From 12.30
	Walking Tour of Galway City	'Getting to Know You' - Tea & Chat Networking	Wednesday Workshops	Pub Night	Explore Galway City - Digital Scavenger Hunt

# Erasmus+ Courses Calendar 2024

	Jan	Feb	Mar	Apr	May	Jun
CLIL for Primary Teachers	-	-	11 - 15	8 - 12	13 - 17	-
CLIL for Secondary Teachers	-	12 - 16	4 - 8 25 - 29	15 - 19	20 - 24	24 - 28
Creating Green Classrooms	-	-	11 - 15	15 - 19	6 - 10	17 - 21
English Language and Irish Culture	-	19 - 23	11 - 15	15 - 19 22 - 26	20 - 24	24 - 28
English Language Development *	Starts every Monday throughout the year					
Job Shadowing for English Language Teachers	-	-	11 - 15 25 - 29	8 - 12 22 - 26	6 - 10 20 - 24	3 - 7 10 - 14
Learning through Music	-	-	-	15 - 19	13 - 17	17 - 21
Mindfulness for Educators	-	-	-	-	-	24 - 28
Motivating Primary Learners	-	-	-	15 - 19	20 - 24	3 - 7
Motivating Secondary Learners	-	-	11 - 15	8 - 12	13 - 17	10 - 14
Social and Emotional Learning	-	-	4 - 8 25 - 29	1 - 5 8 - 12	-	17 - 21

The School will be closed on New Year's Day (1 Jan),  
St. Patrick's Day (18 Mar), and from 16 Dec 2024 to 4 Jan 2025

	Jul	Aug	Sep	Oct	Nov	Dec
CLIL for Primary Teachers	1 - 5 15 - 19	12 - 16	-	-	-	-
CLIL for Secondary Teachers	8 - 12	5 - 9	9 - 13	7 - 11	11 - 15	-
Creating Green Classrooms	22 - 26	5 - 9	-	-	-	-
English Language and Irish Culture	1 - 5 29 - 2 <sup>AUG</sup>	5 - 9 26 - 30	16 - 20 23 - 27	-	-	-
English Language Development *	Starts every Monday throughout the year					
Job Shadowing for English Language Teachers	8 - 12 22 - 26	5 - 9 19 - 23	9 - 13 23 - 27	7 - 11	4 - 8	-
Learning through Music	22 - 26	5 - 9	-	-	-	-
Mindfulness for Educators	8 - 12 22 - 26	5 - 9 19 - 23	-	-	-	-
Motivating Primary Learners	8 - 12 29 - 2 <sup>AUG</sup>	-	-	-	-	-
Motivating Secondary Learners	15 - 19	12 - 16	2 - 6 16 - 20	14 - 18	4 - 8	-
Social and Emotional Learning	1 - 5 15 - 19 29 - 2 <sup>AUG</sup>	12 - 16	2 - 6	-	-	-

# Erasmus+ Courses Price List 2024

1-Week All Inclusive Pack			
20 Lessons per Week	✓	End of Course Certificate	✓
All Course Materials	✓	Afternoon Activities	✓
Registration Fee	✓	Full-Day Excursion	✓
€ 525			

Optional Airport Transfer	Meet a School Representative	Travel by Private Taxi	Direct Transfer to Accommodation	One-Way Price
From / To Dublin Airport	✓	✓	✓	€ 350
From / To Shannon Airport	✓	✓	✓	€ 190
From / To Ireland West Airport	✓	✓	✓	€ 190

# Accommodation Pricelist 2024

Self-Catering Apartment	Geata Na Cathrach Residence	Gort Na Coiribe / Kitty Hall	Westwood Residence
Standard Single Room with shared bathroom	-	€ 320 (Sep - Jun) € 420 (Jul - Aug)	-
Comfort Single Room with private bathroom	€ 420 (Sep - Jun) € 520 (Jul - Aug)	€ 360 (Sep - Jun) € 460 (Jul - Aug)	€ 460 (Jun - Aug only)
Standard Twin/Double Room shared room with shared bathroom (for two students booking together)	-	€ 225 p/p (Sep - Jun) € 325 p/p (Jul - Aug)	-
Comfort Twin/Double Room shared room with private bathroom (for two students booking together)	€ 320 p/p (Sep - Jun) € 420 p/p (Jul - Aug)	€ 260 p/p (Sep - Jun) € 360 p/p (Jul - Aug)	-



Prices per week. **One-time accommodation placement fee: € 60.**

Check-in: Saturday or Sunday. Check-out: **Saturday only.** No extra days.



**Single Room:** single occupancy (one room for one person)

**Double Room:** shared occupancy (one room with a double bed to be shared by two people)

**Twin Room:** shared occupancy (one room with two single beds to be shared by two people)



**Comfort Room:** a room with private bathroom (located inside or outside the room)

**Standard Room:** a room with shared bathroom (located outside the room)

# Frequently Asked Questions (FAQ)

## WHAT IS ERASMUS+?

Erasmus+ is the EU's programme to support education, training, youth and sport by providing funded opportunities to take part in courses, exchanges, and cross-country projects.

Staff from all education sectors are eligible to apply for grants to take part in training courses or collaborative projects as part of the Key Action 2.

Third level academics, teachers and researchers can also benefit by applying for Staff Mobility grants to participate in English language courses.

## HOW DOES IT WORK?

The Programme provides grants to facilitate participation in training courses, exchanges and cross-country projects.

Educational institutions, such as schools, can apply for grants as institutions, and staff will then be invited to apply to take part in individual training courses or to join project-based activities.

If you would like to apply for an Erasmus+ grant, please contact your institution's International or Erasmus+ Coordinator for more information.

If you would like to participate in one of Atlantic Language School's Erasmus+ Courses, register with online through [www.atlanticleague.com](http://www.atlanticleague.com).

We will then confirm your place on a course with a Letter of Invitation or Acceptance. You may need this confirmation when applying to your institution for a grant.

## WHAT ARE THE BENEFITS?

The Erasmus+ Programme offers opportunities for both personal and professional development:

- ✓ Expand and develop your professional skills such as English language fluency, communication skills, public speaking, pedagogical strategies, team building, etc.
- ✓ Study abroad in a new environment
- ✓ Share knowledge and expertise with partners from other countries and cultures
- ✓ Experience a new culture
- ✓ Make valuable professional contacts with fellow educational staff from across Europe

## WHAT IS AN ERASMUS+ COURSE?

An Erasmus+ Course is a training period (min. 2 days excluding travel time) for which you can



apply for funding through your organisation.

Atlantic Language School provides 5-day courses designed for secondary and primary schools teachers who wish to travel to a partner country as part of the Erasmus+ Programme.

Before beginning your training, the sending institution and the receiving one (in this case ALS) sign a Mobility Agreement which outlines your learning goals, rights and responsibilities.

### **WHO IS ELEGIBLE TO APPLY FOR FUNDING?**

Erasmus+ offers mobility and cooperation opportunities for teachers and staff from:

- ✓ Higher Education
- ✓ Vocational Education and Training
- ✓ Secondary and Primary Education
- ✓ Adult Education
- ✓ Youth and Sport

Staff from all these sectors can apply for an grants to participate in training opportunities abroad.

### **HOW MUCH IS AN ERASMUS+ GRANT?**

Erasmus+ grants provide a contribution to your costs for travel, subsistence and training and the amount will vary depending on:

- ✓ The receiving country

- ✓ The level of demand from your country
- ✓ The distance between your country
- ✓ The availability of other financial sources

Ask your Erasmus+ coordinator or the responsible person in your school for information about the grant provided in your region.

### **HOW TO APPLY?**

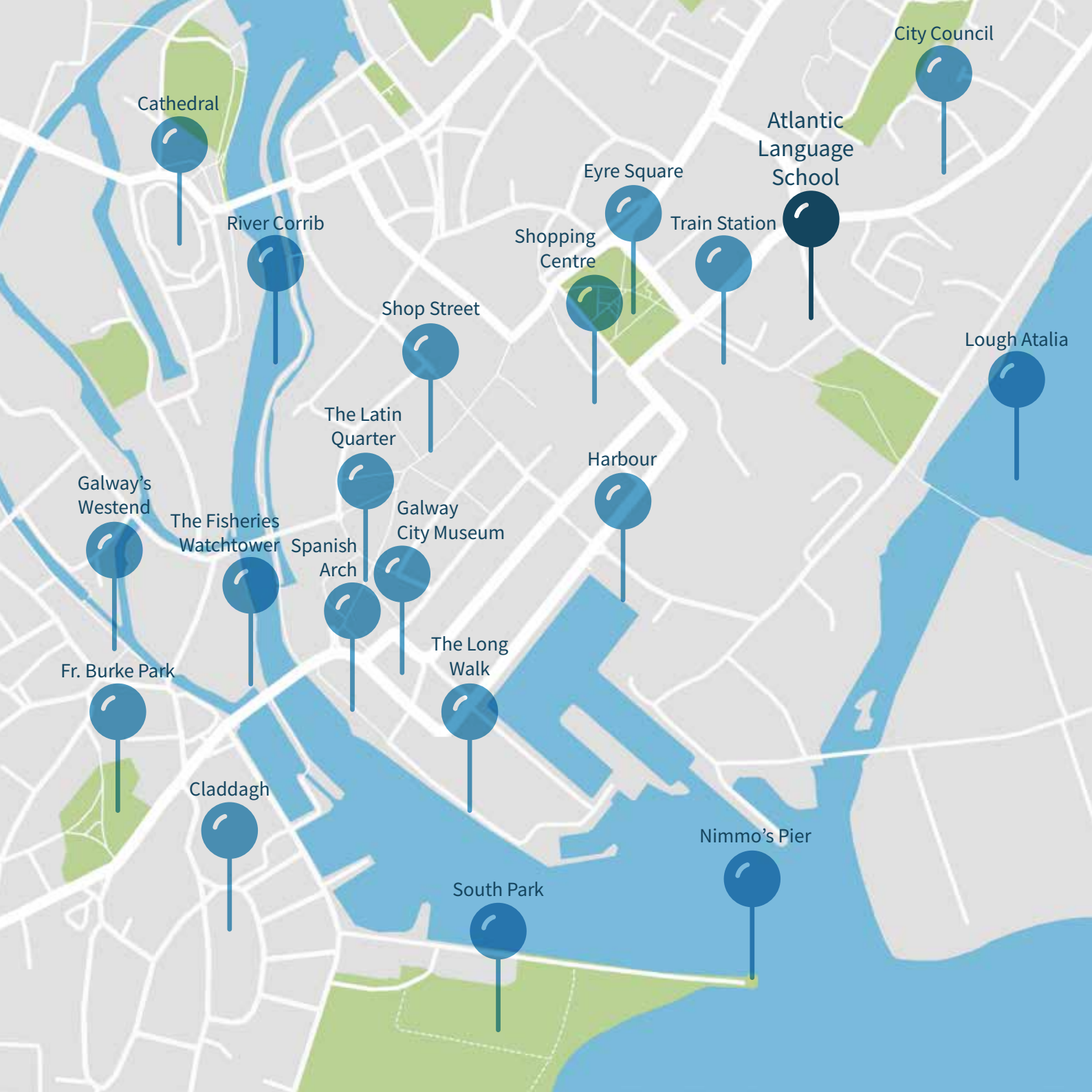
If you want to take part in an Erasmus+ course you will have to apply through an organisation such as your school.

Ask your organisation if they are part of an Erasmus+ project or if they are applying for a project grant.

Usually, as part of the application, you will have to show that you have been offered a place on a suitable Erasmus+ course. Atlantic Language School is happy to help with this by providing a Letter of Invitation to Erasmus+ participants who register for one of our courses.

### **WHAT IS THE OID?**

The Organisation ID (OID) is the unique code that each institution needs to take part in the Erasmus+ Programme. The Atlantic Language School's OID is **E10256058**.



Cathedral

River Corrib

Eyre Square

Atlantic  
Language  
School

City Council

Shopping  
Centre

Train Station

Shop Street

Lough Atalia

The Latin  
Quarter

Harbour

Galway's  
Westend

The Fisheries  
Watchtower

Galway  
City Museum

Spanish  
Arch

Fr. Burke Park

The Long  
Walk

Claddagh

South Park

Nimmo's Pier

# Where we are

Atlantic Language School is a purpose-built, modern school in the city centre.

Located in the heart of Galway, our bright airy classrooms are equipped with the most up-to-date educational equipment, such as interactive whiteboards smart technologies, and all the facilities required to meet the needs of today's learners.

Shops and amenities, pubs and cultural centres like the City Museum, as well as the bus and train stations, are located within walking distance of the school.





# Galway, Ireland's Cultural Heart

Voted one of the top cities in the world to visit by Lonely Planet, Galway is a lively and charming city located on the west coast, close to some of Ireland's most spectacular scenery.

Its narrow, medieval streets are full of musicians and lined with traditional pubs and cosy cafés. Home to some of Ireland's best loved Arts festivals, Galway is a centre of culture, offering entertainment throughout the year.







# Wild Atlantic Way

Atlantic Language School takes its name from the ocean, which in Galway is on our doorstep, and also gives its name to the wonderful coastal route - the 'Wild Atlantic Way'.

Galway is the gateway to some of the west coast's most impressive attractions: the famous Cliffs of Moher and the Burren; the Aran Islands, filming location of the award-winning movie The Banshees of Inisherin and home of seal colonies and rare birds; and Connemara, a scenic area of mountains, fjords, castles, heaths, grasslands and woodlands.

# Questions? Contact us!

**Atlantic Language School**

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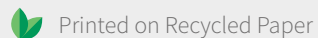




## Atlantic Language School

erasmus@atlantic.ac - [www.atlanticlanguage.com](http://www.atlanticlanguage.com)

Fairgreen House, Fairgreen Road, Galway



Hi, I'm an eco-friendly brochure. When you no longer require my services, please dispose of me in a way that's good for the environment following the local community's recycling guidelines.  
Thanks a million! Who knows, maybe one day we'll meet again.