

**Minimum English Level Required:** B1 on the CEFR

**Accommodation Options:** Host family or self-catering apartment/ residence ([More information](#))

### SCHEDULE

**Dates:** Courses are **scheduled monthly** ([see calendar](#)).

**Location:** Atlantic Language School, Galway  
**Timetable:** Courses run for 5 days (**Monday to Friday**), consisting of **25 hours** of seminar, workshop and cultural activity hours.

**Tuition Price:** €445 per person, including **Registration fee and end of course certificate.** (accommodation costs are extra)



### COURSE OUTLINE

*The objective of this course is to give a basic foundation into how the practice of mindfulness can be applied to the language classroom. Mindfulness is known to improve well-being and can foster critical thinking, performance, creativity, and empathy; all valuable life skills which you will be able to transfer to your pupils. During the course you will also develop your emotional intelligence and become more emotionally competent both on an intrapersonal and interpersonal level. This will enhance both your performance and improve your relationships.*

### COURSE OBJECTIVES

<p><b>Overall objectives of the mobility</b></p>	<ul style="list-style-type: none"> <li>• To acquire some of the basic theory around mindfulness and emotional intelligence</li> <li>• To acquire fundamental practical skills to bring that theory into life in the language classroom</li> <li>• To make the necessary changes in the classroom to increase and sustain the satisfaction, well-being and performance of both teacher and student</li> <li>• To take positive steps to facilitate the acquisition of the English language by the student</li> <li>• To become a future ambassador for the transfer of the skills and abilities acquired to those around you</li> <li>• To become a reflective practitioner</li> </ul>
<p><b>Added value of the mobility</b></p>	<p>The course equips participants to reflect on their experience in the classroom and fosters their professional and personal development. It also helps participants build their competence and confidence by being more conscious of how they relate to the situations and people around them.</p>
<p><b>Activities to be carried out</b></p>	<ul style="list-style-type: none"> <li>• Interactive teaching with individual and group work</li> <li>• Raising awareness on the application and benefits of mindfulness and managing emotions in education</li> <li>• A holistic approach to include both formal and informal mindfulness practice and activities to enhance emotional intelligence on an intrapersonal and interpersonal level</li> <li>• A rich wealth of resources and audiovisual material are employed to enhance the 4 skills</li> <li>• Specific target outcomes depending on group needs</li> <li>• A full set of activities are provided with clear instructions for participants on how to take these activities back to their own classroom.</li> </ul>
<p><b>Expected outcomes and impact</b></p>	<p>Incorporate mindfulness as a tool to acquire language. Maximize the benefits of mindfulness in their schools. Enhance emotional intelligence. Become mindful teachers with mindful pupils. Achieve goals without striving too hard. Build a wiser more compassionate future for all. Become aware of new cultural contexts and to build networks with international colleagues</p>



## CULTURAL PROGRAMME

The seminar programmes 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 professional walking tour, a cultural outing, networking lunch, and a heritage trip, all integrated with course objectives.

The seminar also includes opportunities for ongoing networking and a cultural immersion in activities such as Irish Dance. Day trips are available to the splendid Aran Islands on Europe's edge or the Cliffs of Moher.

## CERTIFICATION

The Organiser, Atlantic Language, will provide required documents including:

- STT invitation
- EUROPASS
- Work Plan (on request)
- Certificate of Participation and Attendance
- CEFR level certificate (on request)

**ORGANISATION ID: E10256058**

## SAMPLE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30
<ul style="list-style-type: none"> <li>• Sharing intentions, outlining objectives and defining mindfulness and emotional intelligence in the context of secondary education.</li> <li>• Basic mindfulness practices.</li> <li>• Exploring the theory of emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• Being mindful of the world around me.</li> <li>• Becoming mindful of where I live and building a mindful classroom environment.</li> <li>• Becoming mindful of what I do. Daily routines and habits.</li> </ul>	<ul style="list-style-type: none"> <li>• Becoming mindful of the people around me.</li> <li>• Building empathy, gratitude and kindness.</li> <li>• Creating positive relationships. Resolving conflicts.</li> </ul>	<p><b>Mindfulness, critical thinking and creativity</b></p> <ul style="list-style-type: none"> <li>• Exploring difficult issues and resolving problems which are relevant to young people.</li> </ul>	Becoming a mindful and creative teacher.
13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00
Cultural outing Walking Tour	Mindful of body: Movement, exercise and eating	Heritage Tour: Organised group visit to a site of cultural significance	Example of issue: Technology, Social/cultural Integration, Gender, Climate, The Natural World.	<p><b>Review of Learning Objectives</b></p> <ul style="list-style-type: none"> <li>• 1 to 1 Feedback</li> <li>• Dissemination activities</li> <li>• Course Feedback</li> <li>• Certificate Presentation</li> </ul>