



atlantic  
Language School

# Erasmus+ Course Prospectus

for Higher Education Staff



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 HE Staff





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.



# Our Courses

Erasmus+ Course	For	Minimum level	Page
Academic Writing Skills	 		11
English as a Medium of Instruction	 		15
English for the Educational Workplace	 		19
English for Professional Communication	 		23
English Language Development	 		27
English Language & Irish Culture	 		31
Mindfulness for Educators	 		35
Presentation Skills for Academics	 		39
Social & Emotional Learning	 		43
Team Building Skills for Higher Education Staff	 		47



Academic Staff



Administrative Staff

# Funding

Participation in any Erasmus+ course can be funded by applying through your academic 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.





# Academic Writing Skills



Academic Staff



Administrative Staff



Minimum B1

Gain insight into the key elements of ‘academic’ writing in English, paying attention to style and register, as well as structure and coherence.

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- ✓ Improve your communicative and written competence
- ✓ Learn how to analyse norms and expectations
- ✓ Gain writing practice in relation to academic articles and papers

## In a Nutshell

Academic Writing Skills is designed for professionals and academics in HE institutions who are required to publish material in English.

The course deals with language for academic writing, focusing on vocabulary, grammar, register and style.

Examples of academic writing will be considered, and participants will have a chance to get one-to-one feedback on their current ‘work in progress’.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Asynchronous assignments to develop and practice writing skills
- ✓ Individual feedback sessions in which participants reflect on their own written work and receive comprehensive advice on the improvement of various aspects
- ✓ 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 for participants which aims to enhance their approach to writing for an academic audience.

Participants are invited to share knowledge and skills acquired through inbuilt dissemination activities.

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>Stylistic conventions</b>  Focus on style and register  Shifting Style: recognising informal writing and switching to formal	<b>Academic writing features (part 1)</b>  Noun phrases  Coherence and cohesion  Signposting	<b>Academic writing features (part 2)</b>  Hedging  Inversion for emphasis  Academic collocations	<b>Grammar in EAP</b>  Verbs  Adjectives and adverbs  Punctuation	<b>Participant and peer feedback</b>  Self-reflection and tutor feedback  Course review  Review of personal learning objectives  Certificate Ceremony
	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 as a Medium of Instruction



Academic Staff

B2

Minimum B2

Learn key tips for teaching through English to mixed mother-tongue groups, considering how to make lectures engaging and classroom interactions more effective.

- ✓ Explore the principles of delivering your subject in English
- ✓ Analyse examples and practice
- ✓ Learn to implement these concepts in your teaching practice and get feedback from peers and tutors

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## In a Nutshell

The course is designed to assist educators who work in tertiary level education and will provide an overview of EMI concepts and principles.

You will participate in and analyze a demonstration lesson, before implementing these principles into some of your own materials, and work on lesson materials personalized to your own teaching method which will be presented at the end of the week.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Skills workshops to develop materials
- ✓ Feedback sessions in which participants reflect on their own materials and materials produced by fellow participants, while also sharing their own knowledge and skills
- ✓ Participants are directed towards online resources to further develop their understand of EMI
- ✓ 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

The course provides professional development opportunities to enhance participants' approach to delivering content in English.

Participants are invited to share knowledge and skills acquired through inbuilt dissemination activities.

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 &amp; Understanding the nature of EMI</b>  Orientation Communicative Icebreakers Need Analysis Setting of Learning Outcomes Overview of EMI in tertiary education The 4 Cs - Cognition, Culture, Content & Communication	<b>Cognition, Communication and Demo Lesson</b>  LOTS and HOTS and their implication on course design and methodology  BICS, CALP, Classroom Language  Demo Lesson	<b>Lesson Planning</b>  Material show & tell  Key principles of material design  Creation of templates  How to carry out formative and summative assessment	<b>Material Design Workshops</b>  Integrate the knowledge you have acquired this week into your own teaching materials  Personalised feedback and support from our expert tutors	<b>The Beginning and the End-Review</b>  Participant Presentation  Peer and Trainer Feedback  Assessment of Learning  Review of Learning Objectives
	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 for the Educational Workplace



Administrative Staff



Minimum A2

A course designed to help you to use English in your workplace, writing emails, interacting with colleagues and students, making presentations, and finding the right language for professional situations.

- ✓ Enhance the skills needed to effectively work in an international educational environment
- ✓ Learn how to write emails and reports, give presentation and speaking on the phone
- ✓ Develop fluency and enable a better understanding

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## In a Nutshell

An intensive professional training course which aims to equip participants to effectively manage day-to-day interactions requiring English.

Participants gain skills to communicate with peers, students, managers and stakeholders.

The course includes practical workshops and exercises designed to develop a range of skills and improve their functional vocabulary.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Practical exercises including brainstorming, analysis, problem-solving and role-play to encourage practice and fluency
- ✓ Exchange of professional knowledge with fellow participants
- ✓ 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 for participants to improve the English skills required for effective communication in a work context.

Participants are invited to share knowledge and skills acquired through inbuilt dissemination activities.

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>Networking and Socialising</b>  Getting to know you!  Setting Objectives  Striking up conversations  Fluency and Developing an Argument  Social English	<b>Presentation Skills</b>  Making a strong introduction  Using signposting  Clarity and Emphasis  Handling difficult questions	<b>Answering Emails</b>  Verb form review  Structuring your email  Register and Tone  Business collocations  Error correction	<b>International Meetings</b>  Action points  Meeting minutes  Office jargon  Building relationships  Negotiating	<b>Your Turn</b>  Participant presentations and Peer Feedback  Reflection and Tutor Feedback  Course Review and Certificates
	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 for Professional Communication



Academic Staff



Administrative Staff



Minimum B2

A course for advanced English learners focusing on the communication skills required for professional interactions in an education context – how to write or present reports, how to find the right register in emails, how to use small talk effectively.

- ✓ Enhance the language knowledge required for accuracy in different professional contexts
- ✓ Improve interpersonal skills to develop effective professional relationships
- ✓ Become familiar with communication through different media

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## In a Nutshell

EPC is a demanding communicative course aiming to equip professionals to confidently present, network and liaise with stakeholders in internationalised settings where English is the language of communication.

Our specialist team of trainers employ a collaborative approach to course delivery, utilising pre-arrival questionnaires and needs analyses to adapt the course in ways that will maximise outcomes for participants.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Practical exercises including brainstorming, analysis, problem-solving and role-play to encourage practice and fluency
- ✓ Exchange of professional knowledge with fellow participants
- ✓ 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 for participants to improve the English skills required in their workplace.

The focus is on activities typical in Higher Education institutions and participants are invited to share knowledge and skills acquired through inbuilt dissemination activities.

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>Small Talk</b>  Introduction and First Time Meetings  Setting Course Objectives  Mastering the Art of Conversation  Sounding polite face to face, by phone or online	<b>Perfecting Presentations</b>  Step by step guide to structuring a lively, dynamic presentation  Preparing for challenging questions  Tools to inspire and engage	<b>Effective Emails</b>  Review current writing style  Focus on register and tone  Learn new phrases to speed up correspondence  Use feedback to refine your writing style	<b>Key Communication Skills</b>  Managing meetings in international contexts  Responding to criticism  Being diplomatic in negotiations	<b>Tangible Takeaways</b>  Delivering your message  Reflecting on knowledge gained  Planning 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



# English Language Development



Academic Staff



Administrative Staff



Minimum A1

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 Higher Education 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 held by a team of accredited specialists, a hallmark of Atlantic Language School's pedagogical approach for 30 years, with an overt focus on communicative methodology.

## 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>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>General English Class</b>  A1 - C1 Levels  Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	<b>General English Class</b>  A1 - C1 Levels  Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	<b>General English Class</b>  A1 - C1 Levels  Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	<b>General English Class</b>  A1 - C1 Levels  Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar	<b>General English Class</b>  A1 - C1 Levels  Focus on Speaking, Listening, Reading, Writing, Vocabulary, Grammar
	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00	13.30 - 15.00
	<b>Communication Class</b>  Focus on spoken skills (fluency & pronunciation)	<b>Communication Class</b>  Focus on spoken skills (fluency & pronunciation)	<b>Communication Class</b>  Focus on spoken skills (fluency & pronunciation)	<b>Communication Class</b>  Focus on spoken skills (fluency & pronunciation)	<b>Communication Class</b>  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



# English Language & Irish Culture



Academic Staff



Administrative Staff



Minimum B1

Discover more about 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



# Mindfulness for Educators



Academic Staff



Administrative Staff



Minimum B1

Learn the foundations of mindfulness as applied to education and explore how it can improve wellbeing and foster critical thinking, performance, 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>  Possible tours include:  Connemara  Aran Islands  Cliffs of Moher	<b>Sharing intentions, outlining objectives, defining mindfulness and emotional intelligence in the context of education</b>  Basic mindfulness practices  Exploring the theory of emotions  Creating a GROW project	<b>Incorporating mindfulness into my life</b>  Increasing wellbeing and reducing stress  Increasing performance, self-esteem and focus	<b>Mindfulness and the people and situations that affect me</b>  Embracing difficulty and overcoming challenges  Enhancing teamwork and developing compassion  Resolving conflicts	<b>Mindfulness for academic performance</b>  Using technology  Stimulating creativity and critical thinking  Adapting and creating resources	<b>Becoming a mindful educator</b>  Creating and implementing a project  GROW project presentations  Peer and 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



# Presentation Skills for Academics



Academic Staff



Administrative Staff



Minimum B1

Gain confidence in presenting your work through English. This course examines the key elements of a successful presentation, including structuring effective introductions and conclusions, signposting, and tackling transitions.

- ✓ Improve competence in delivering presentations in English
- ✓ Practice with a view to improving preparation, delivery and audience management
- ✓ Build confidence in presenting to international audiences

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## In a Nutshell

The course is designed to assist professionals and academics in Higher Education institutions who are required to present material in English.

It deals with the methodology of delivering a good presentation, stages of planning and preparation, presenting results, leading discussions and engaging with the audience.

The week culminates with participants doing a presentation using all the learned skills.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Material design workshops to put the theory into practice
- ✓ Feedback sessions to reflect on personal and peer presentation work and receive advice on the improvement of various aspects
- ✓ 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 for participants which aims to enhance their approach to presenting to an international academic audience.

Through inbuilt dissemination activities, participants are invited to share knowledge and skills acquired with their colleagues.

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</b>	<b>Making a start</b>	<b>Closing presentations</b>	<b>Engaging the audience</b>	<b>Participant and peer feedback</b>
Possible tours include:	Course overview	Journey of Introduction	The Structure of Conclusions	Attracting Audience attention	Self-reflection and tutor feedback
Connemara	Outline of assessment	Opening Gambits	Planning and Presenting Conclusions	Practicing Strategic Pausing	Review of personal learning objectives
Aran Islands	Self-Assessment	Preparing and Presenting Introductions	Handling Questions effectively	Tackling Transitions	
Cliffs of Moher	Knowing your audience		Importance of verbal signals		
	Attention Curve				
	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 & Emotional Learning



Academic Staff



Minimum B1

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.

- ✓ Discover how to implement SEL principles in different classroom contexts
- ✓ Explore how to improve social awareness in the classroom
- ✓ Consider how to use skills such as conflict resolution, problem solving, active listening in your teaching practice

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## In a Nutshell

Social and Emotional Learning 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
- ✓ 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.

## 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>	<b>Self-Awareness</b>	<b>Self-Management</b>	<b>Social Awareness</b>	<b>Relationship Skills</b>	<b>Responsible Decision-Making</b>
Possible tours include:	Getting to know you!	Building a deeper insight of self-management	Gaining a better understanding of social awareness in the classroom	Identifying key communication skills	Considering ethical responsibilities
Connemara	Setting Objectives	Analysing strategies teachers can use to build self-management skills in their students	Exploring strategies for enhancing student's social awareness	Listening "between the lines"	Analysing and solving problems
Aran Islands	Sharing intentions outlining objectives and defining Social and Emotional learning			Resolving conflicts	Presenting reflections on Social and Emotional Learning
Cliffs of Moher					
	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



# Team Building Skills for Higher Education Staff



Administrative Staff



Minimum B1

Learn how to build positive workplace practices and gain confidence in the ability to work effectively in a team or to build productive teams.

- ✓ Explore how to develop team building skills in a Higher Education setting
- ✓ Gain practical ideas and tools to create and manage teams effectively
- ✓ Share best practices with fellow HE Staff

---

## In a Nutshell

The course is designed to assist Higher Education Staff to develop the team work skills required to work effectively and productively.

Classes will examine topics such as team development, team roles, group dynamics, and conflict management, and consider the role of team work within the culture of HE.

Participants will have the opportunity to share ideas and coact with fellow HE Staff from around Europe.

## Activities

- ✓ Interactive teaching with input sessions, individual and group work
- ✓ Exploration of tools and practices to build a team and make it operate successfully
- ✓ Workshops to analyse and explore situations pertinent to the Higher Education sector
- ✓ 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.

## Expected Outcomes

This course provides a professional development opportunity for participants which aims to enhance their ability to work effectively in or build a team in the Higher Education sector.

Through inbuilt dissemination activities, participants are invited to share knowledge and skills acquired with their colleagues.

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>Higher Education Teams</b>  HE team make-up  What makes teams in HE different?  Common challenges	<b>Diagnosing Problems</b>  Is your team dysfunctional? Take the test!  Peer to peer learning: how would you fix these problems?	<b>Communication</b>  How to promote cooperation and collaborative problem solving  Individual vs group: building trust and tolerance	<b>Team Building</b>  Creating exceptional teams  Tools you can use to build a high performing team	<b>Collaborative Leadership</b>  A new way in HE team building?  Participant and peer feedback  Self-reflection and tutor 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

# Erasmus+ Courses Calendar 2024

	Jan	Feb	Mar	Apr	May	Jun
Academic Writing Skills	15 - 19	5 - 9 19 - 23	4 - 8 11 - 15	1 - 5 15 - 19	6 - 10 20 - 24	3 - 7 17 - 21
English as a Medium of Instruction	-	-	-	8 - 12 29 - 3 <sup>MAY</sup>	20 - 24	17 - 21
English for the Educational Workplace	15 - 19	5 - 9 12 - 16	11 - 15 25 - 29	1 - 5 15 - 19 29 - 3 <sup>MAY</sup>	6 - 10 13 - 17 20 - 24 27 - 31	3 - 7 10 - 14 17 - 21 24 - 28
English for Professional Communication	Starts every Monday from 15 January to 9 December					
English Language Development *	Starts every Monday throughout the year					
English Language and Irish Culture	-	19 - 23	11 - 15	15 - 19 22 - 26	20 - 24	24 - 28
Mindfulness for Educators	-	-	-	-	-	24 - 28
Presentation Skills for Academics	22 - 26	12 - 16 26 - 1 <sup>MAR</sup>	11 - 15 25 - 29	8 - 12 22 - 26	13 - 17 27 - 31	10 - 14 24 - 28
Social and Emotional Learning	-	-	4 - 8 25 - 29	1 - 5	-	17 - 21
Team Building Skills for HE Staff	-	-	-	8 - 12	13 - 17	24 - 28

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
Academic Writing Skills	1 - 5 15 - 19 29 - 2 <sup>AUG</sup>	5 - 9 19 - 23	2 - 6 16 - 20	7 - 11 21 - 25	4 - 8 18 - 22	2 - 6
English as a Medium of Instruction	15 - 19 22 - 26	12 - 16 26 - 30	9 - 13 23 - 27	14 - 18	4 - 8	-
English for the Educational Workplace	1 - 5 8 - 12 15 - 19 22 - 26 29 - 2 <sup>AUG</sup>	5 - 9 12 - 16 19 - 23 26 - 30	2 - 6 16 - 20 23 - 27	7 - 11 21 - 25	11 - 15 18 - 22	9 - 13
English for Professional Communication	Starts every Monday from 15 January to 9 December					
English Language Development *	Starts every Monday throughout the year					
English Language and Irish Culture	1 - 5 29 - 2 <sup>AUG</sup>	5 - 9 26 - 30	16 - 20 23 - 27	-	-	-
Mindfulness for Educators	8 - 12 22 - 26	5 - 9 19 - 23	-	-	-	-
Presentation Skills for Academics	8 - 12 22 - 26	12 - 16 26 - 30	9 - 13 23 - 27	14 - 18 28 - 1 <sup>NOV</sup>	11 - 15 25 - 29	9 - 13
Social and Emotional Learning	1 - 5 15 - 19 29 - 2 <sup>AUG</sup>	12 - 16	2 - 6	-	-	-
Team Building Skills for HE Staff	22 - 26 29 - 2 <sup>AUG</sup>	12 - 16	16 - 20	21 - 25	-	-

# 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 (FAQS)

## 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 universities, 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 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 HE Staff who wish to travel to a partner country as part of the Erasmus+ Prog.

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.

Atlantic Language School offers training courses for staff working in HE institutions, for both academic and administrative staff.

### **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.

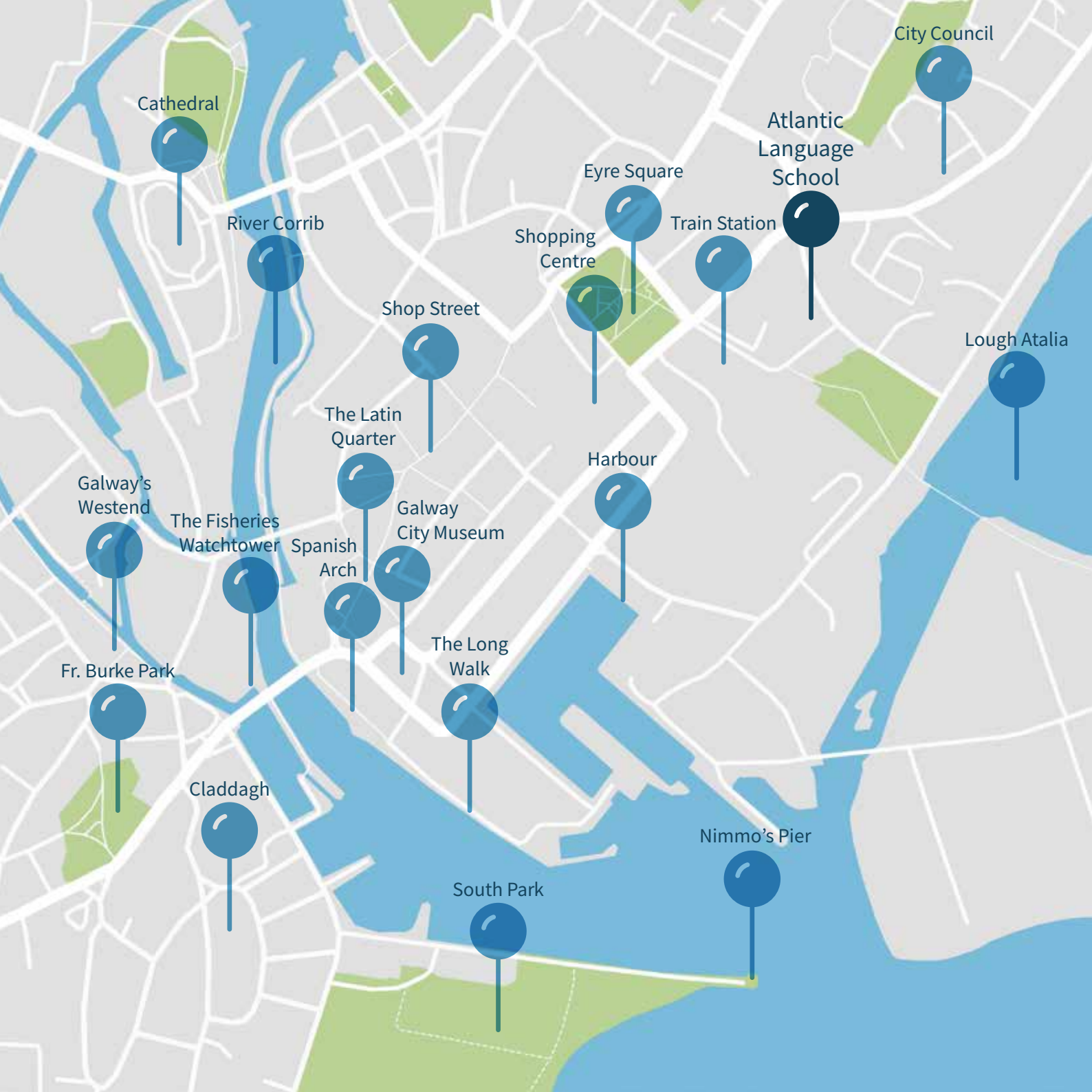
### **HOW TO APPLY?**

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

City Council

Atlantic  
Language  
School

Eyre Square

River Corrib

Shopping  
Centre

Train Station

Shop Street

Lough Atalia

The Latin  
Quarter

Harbour

Galway's  
Westend

The Fisheries  
Watchtower

Galway  
City Museum

Spanish  
Arch

The Long  
Walk

Fr. Burke Park

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.



EVERGREEN  
English Don Woods  
WORLDWIDE DESIGN

← Aíre na Spáir SPAINISH  
← Aíre na Ríochtaí RYAN'S WINNOWER  
← Aíre na Ríochtaí RYAN'S WINNOWER  
← Aíre na Ríochtaí RYAN'S WINNOWER

HEALTH EVERGREEN

EVERGREEN

# 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!

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