Cultural Integration & Research Programme – Curriculum

# Aim

CIELS Cultural Integration & Research Programme provides students with opportunities to:

1. Integrate and communicate in authentic situations with learners from different learning and social environments, in order to develop English Language Skills and 21st Century Soft Skills that will assist in preparing them for life in a multicultural world.
2. Understand unique sports and associated skills development drills and strength and conditioning programmes, and to prepare and deliver such drills and programmes, in order to better prepare them for roles as sports professionals (performance or instruction).

# Outcomes

On completion of the programme learners will be better able to:

### English Language (20 hours)

* Prepare and deliver basic sports drills and programmes through the English language and communicate associated instructions to native speaking players.
* Communicate through English in order to complete tasks.
* Cooperate with peers through English in order to complete tasks.
* Keep a learning diary and reflect on each days learning achievements.

### Sport (20 hours)

* Understand the basic skills and strengths required for Rugby Football and Gaelic Football.
* Practise basic skills and training drills required for Rugby Football and Gaelic Football.
* Prepare & deliver training drills required for Rugby Football and Gaelic Football.
* Understand basic strength & conditioning required for Rugby Football and Gaelic Football.
* Develop basic strength & conditioning programmes for Rugby Football and Gaelic Football.

### Culture

* Understand the history, culture and heritage of Ireland.
* Meet, interact with and accept cultures from within the EU and around the world.
* Perform basic Irish dancing steps.
* Sing traditional Irish songs.
* Introduce and inform about home culture.

# Content

* Ice breakers, conducted by trained youth workers from Carlow Regional Youth Services.
* English Language Classes (20 hours).
* Cultural Scavenger Hunt in Carlow Town.
* Orientation Scavenger Hunt in Carlow Town.
* Integration sessions with Erasmus+ students at CIELS (Northern European).
* Integration sessions with International students at Institute of Technology Carlow (Middle Eastern and Asian).
* Interactive visit to Carlow County Museum.
* Introduction to Irish Dancing and Music.
* Introduction to Rugby and Gaelic Football (20 hours-including self-directed learning).
	+ Practise Rugby & Gaelic Football drills.
	+ Observe coaches delivering training sessions in Rugby and Gaelic Football.
	+ Prepare training sessions for Rugby & Gaelic Football.
	+ Deliver Training sessions for Rugby & Gaelic Football.
* Cultural tour to Croke Park Gaelic Games Stadium & Museum.

# Learning Strategies

* Initiating and maintaining conversations with Irish teachers, coaches and sports teams.
* Initiating and maintaining conversations with Irish host families.
* Initiating and maintaining conversations with International students.
* Completion of authentic tasks (ice breakers and scavenger hunts)
* Understanding and following instructions (Irish Dancing & Music, Rugby Football and Gaelic Games).
* Learner diaries and reflection.
* Group work.
* Class discussions.
* Development of 21st Century Skills/Soft Skills (Language Skills, Cultural Knowledge, Independence, Initiative, Tolerance, Productivity, Curiosity).

# Certification

On completion of the programme learners receive a Certificate of Participation bearing the official logos of ACELS (Irish Department of Education and Skills-Accreditation and Coordination of English Language Services) and Carlow Tourism (Regional branch of the Irish Tourism Board), with signatures of CIELS Director of Studies.

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