Sports Experience & Integration Programme (Sample – 8 Days)

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| **Day** | **Time** | **Activity** | **Venue** |
| Day 1 | TBC | Arrive in Carlow  Settle into Accommodation | Self-Catering Accommodation |
| Day 2 | 09:30  13:30  14:30  15:30  16:30 | English  Lunch  Introduction to Rugby with Qualified Rugby Coach  Practice Rugby Drills  Home | CIELS  CIELS  CIELS  CIELS  CIELS |
| Day 3 | 09:30  13:30  14:30  19:30 | English  Lunch  Free Afternoon  Observe and assist with rugby training sessions  Home | CIELS  CIELS  Carlow Rugby Club |
| Day 4 | 09:30  13:30  14:30  15:30 | English  Lunch  Introduction to Gaelic Football  Practice Gaelic Football Drills  Home | CIELS  CIELS  CIELS  CIELS |
| Day 5 | 09:30  13:30  14:30  19:30  16:30 | English  Lunch  Free Afternoon  Observe and assist with Gaelic Football training sessions  Home | CIELS  CIELS  Eire Og GAA Club |
| Day 6 | 09:30  13:30  14:30  19:30 | English  Free Afternoon  Group Activity - Deliver Rugby Session  Home | CIELS  CIELS  Carlow Rugby Club |
| Day 7 |  | Tour 1: Croke Park Gaelic Stadium & Museum / Dublin City Centre |  |
| Day 8 | TBC | Depart Carlow for Dublin Airport | CIELS |