Sports Experience & Integration Programme (Sample – 8 Days)

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Venue** |
| Day 1 | TBC | Arrive in CarlowSettle into Accommodation | Self-Catering Accommodation |
| Day 2 | 09:3013:3014:3015:3016:30 | English LunchIntroduction to Rugby with Qualified Rugby CoachPractice Rugby DrillsHome | CIELSCIELSCIELSCIELSCIELS |
| Day 3 | 09:3013:3014:3019:30 | EnglishLunchFree AfternoonObserve and assist with rugby training sessionsHome | CIELSCIELSCarlow Rugby Club |
| Day 4 | 09:3013:3014:3015:30 | EnglishLunchIntroduction to Gaelic FootballPractice Gaelic Football DrillsHome | CIELSCIELSCIELSCIELS |
| Day 5 | 09:3013:3014:3019:3016:30 | EnglishLunchFree AfternoonObserve and assist with Gaelic Football training sessionsHome | CIELSCIELSEire Og GAA Club |
| Day 6 | 09:3013:3014:3019:30 | English Free AfternoonGroup Activity - Deliver Rugby SessionHome | CIELSCIELSCarlow Rugby Club |
| Day 7 |  | Tour 1: Croke Park Gaelic Stadium & Museum / Dublin City Centre |  |
| Day 8 | TBC | Depart Carlow for Dublin Airport | CIELS |