

# ERASMUS+ COURSE PROSPECTUS

FOR HIGHER EDUCATION STAFF

# 2025

Erasmus OID : EI0256058

Atlantic  
CENTRE OF  
EDUCATION



# Excellence in Professional Development

Atlantic was founded in 1993 with the mission to provide high-quality English language education in a dynamic and supportive environment.

Over the past three decades we have grown from a small language school to a respected education centre, offering a diverse range of courses designed to meet the needs of students and professionals from around the world.

**Our Mission** is to provide high-quality, accessible professional development programs that nurture innovation, foster cross-cultural understanding, and enhance the skills of university staff across Europe.

Situated in the heart of **Galway**, a vibrant cultural hub, we offer an immersive learning experience that combines academic excellence with rich cultural activities.

**Comprehensive Support:** From personalized academic support to comfortable accommodation options, we provide everything you need to make your stay productive and enjoyable.



Atlantic

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“Such a great experience! I improved my language skills, met colleagues from all over Europe, discovered Ireland and fell in love with Galway”

**Kludia Buddemeier**  
FH Münster University of Applied Sciences, Germany

# Erasmus+ Information

## ERASMUS+ PROGRAMME

Erasmus+ is the EU's programme designed to support education, training, youth, and sport. It provides funded opportunities for participation in courses, exchanges, and cross-country projects.

Staff from all education sectors can apply for grants to join training courses or collaborative projects, enhancing their professional skills and experiences.

Third level academics, teachers, and researchers can also benefit by applying for Staff Mobility grants to participate in professional development courses.

## HOW ERASMUS+ WORKS

Educational institutions can apply for grants as institutions, allowing staff members to join individual training courses or project-based activities.

To apply for an Erasmus+ grant, contact your institution's International or Erasmus+ Coordinator.

To participate in an Atlantic Centre of Education Erasmus+ Course, register online through our website.

We will confirm your place with a Letter of Invitation or Acceptance, which you may need for your grant application.



# Erasmus+ Information

## BENEFITS OF THE ERASMUS+ PROGRAMME

The Erasmus+ Programme provides numerous opportunities for both personal and professional growth:

- Enhance your professional skills such as English language fluency, communication, public speaking & team building.
- Experience studying abroad in a new environment.
- Share knowledge and expertise with partners from other countries and cultures.
- Immerse yourself in a new culture.
- Establish valuable professional contacts with fellow educational staff from across Europe.

## WHAT IS AN ERASMUS+ COURSE?

An Erasmus+ Course is a training period (minimum 2 days excluding travel time) for which you can apply for funding through your organization.

Atlantic Centre of Education offers 5-day courses specifically designed for HE Staff who wish to travel to a partner country as part of the Erasmus+ Programme.

Before starting your training, the sending institution and the receiving institution (Atlantic Centre of Education) sign a Mobility Agreement outlining your learning goals, rights, and responsibilities

## ELIGIBILITY FOR ERASMUS+ FUNDING

Erasmus+ offers mobility and cooperation opportunities for teachers and staff from various education sectors:

- Higher Education
- Vocational Education and Training
- Secondary and Primary Education
- Adult Education
- Youth and Sport

Staff from these sectors can apply for grants to participate in training opportunities abroad.

Atlantic Centre of Education offers specialized training courses for HE institutions' staff, including both academic and administrative personnel.

## ERASMUS+ GRANT DETAILS

Erasmus+ grants contribute to your costs for travel, subsistence, and training. The grant amount varies based on:

- The receiving country
- The level of demand from your country
- The distance between your country and the destination

For specific information about grants in your region, consult your Erasmus+ coordinator or in your institution.

## ORGANIZATION ID (OID)

The Organisation ID (OID) is a unique code required for institutions to participate in the Erasmus+ Programme. The Atlantic Centre of Education's OID is E10256058.

# Why Study with Atlantic?





## WHO WE ARE

Since 1993 Atlantic has ranked as one of Ireland's premium English language schools.

Today it has expanded its educational focus to specialise in providing professional development courses for education staff who wish to develop the skills and practical knowledge required to progress in an internationalised climate where English is the 'lingua franca'.

## ERASMUS COURSES FOR THE STAFF

As a recognised Erasmus+ institution, Atlantic 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 development needs.

“We had a constant opportunity to intervene and speak, something we all demanded at the beginning of the course. Simply perfect. Thank you very much!”

Ana Maria De Benito Trigueros  
University of Leon, France





Learning with Atlantic

# Expert Teaching Support

At Atlantic, we pride ourselves on the quality of our teaching.

Our instructors are **skilled educators** who are passionate about helping you succeed.

We **continuously improve** our teaching methods and ensure that every student receives the support they need.

Personalized feedback, one-on-one mentoring, and dedicated academic support are just some of the ways we ensure your learning experience is **second to none**.

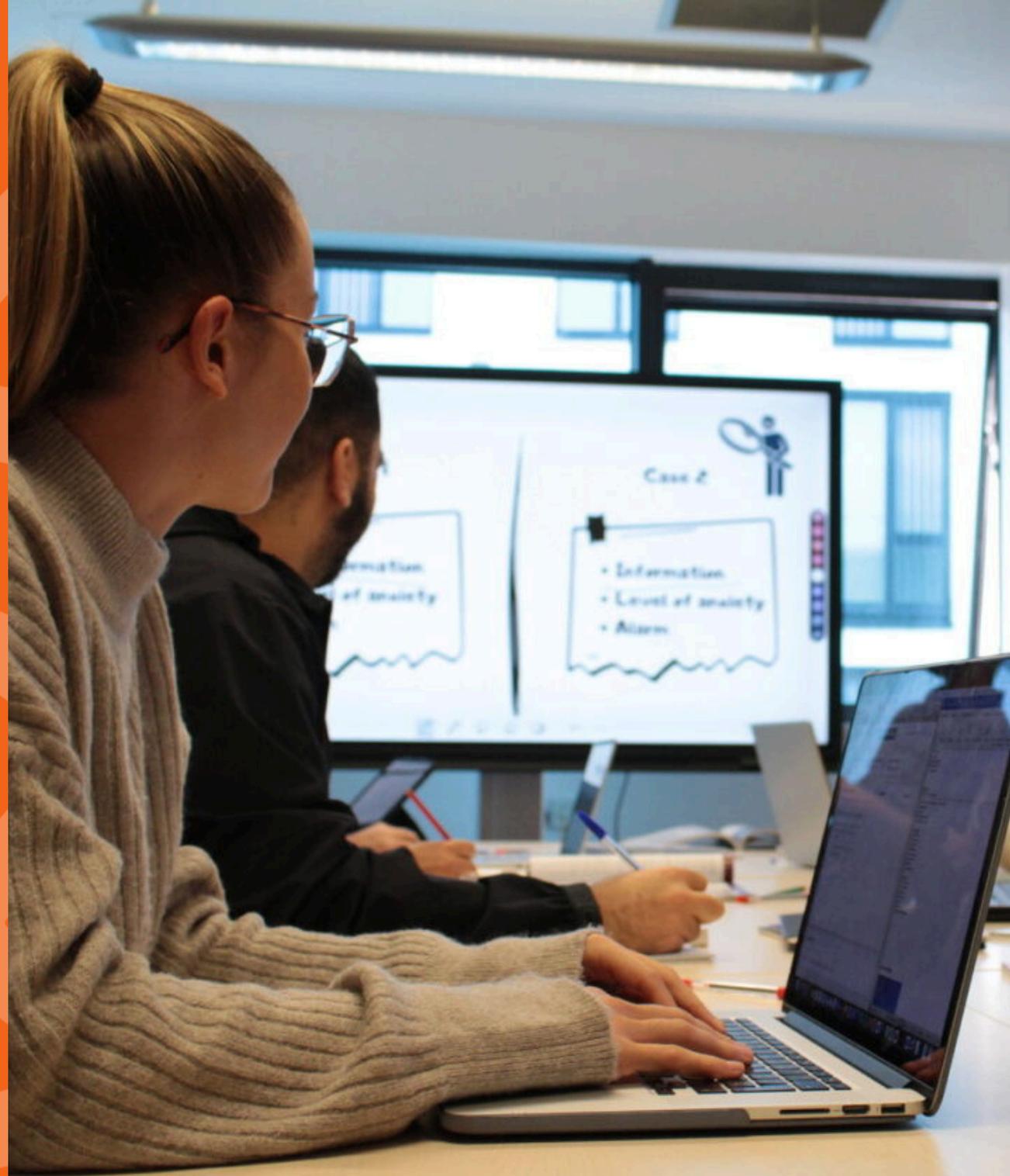
Atlantic Learning Environment

# High-Quality Facilities

Located in the centre of **Galway City**, Atlantic is a purpose designed school with state of the art facilities.

Classrooms are equipped with the **latest technology**, and our campus offers various amenities, including a library, computer labs, and comfortable study areas.

We ensure that our facilities meet the **highest standards**, creating a conducive environment for both study and relaxation.





Learning with Atlantic

# Erasmus+ Funding Opportunities

Participation in any Erasmus+ course can be **funded** by applying through your academic institution for a grant.

As the organising or receiving institution, Atlantic will provide the required documents including the Staff Mobility for Training (STT) invitation, work plan and Certificate of Participation.

Atlantic can also organise **custom-designed courses for staff groups of more than 5.**

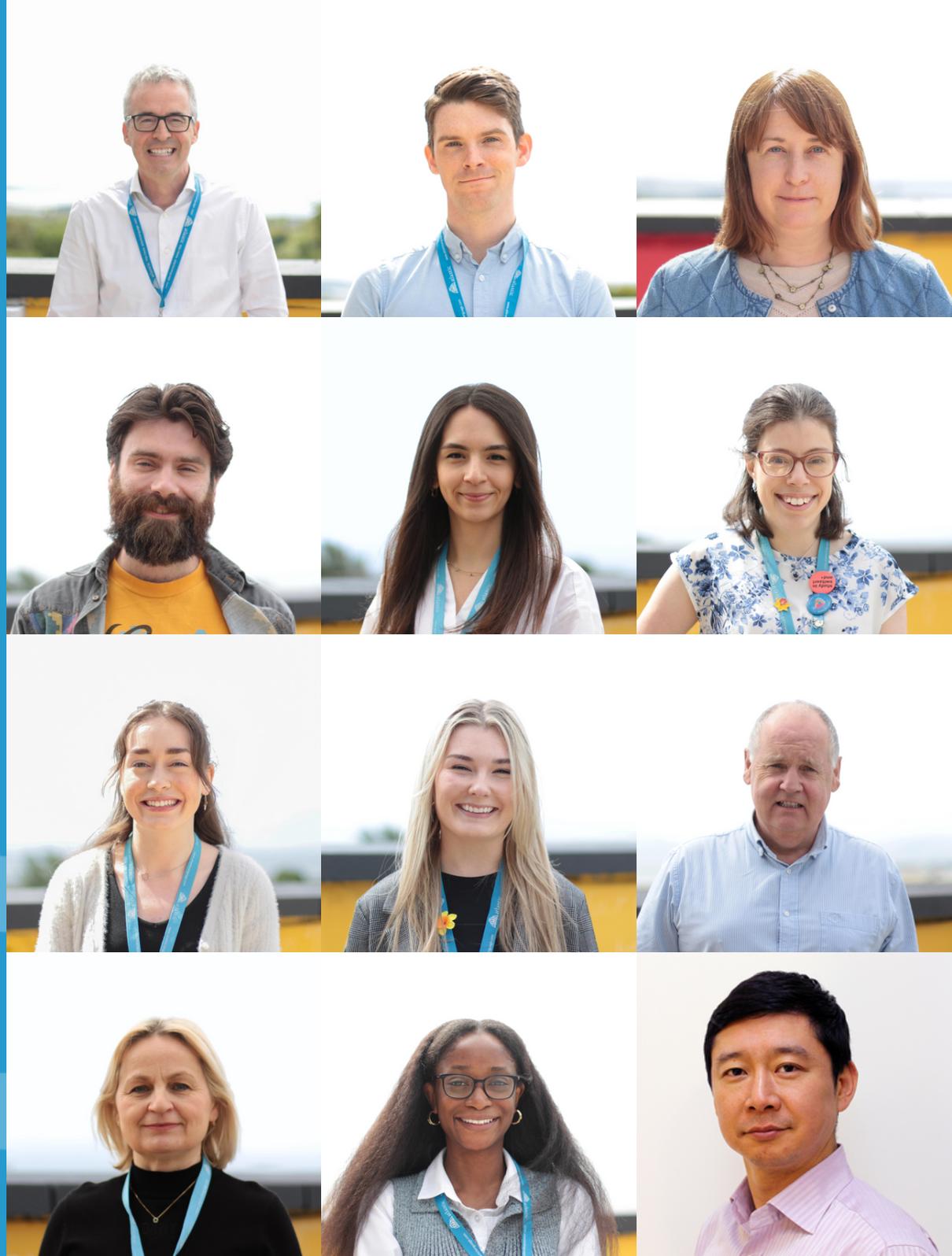
Atlantic Learning Environment

# The Atlantic Team

Our team at Atlantic is a diverse group of **professionals committed to your success.**

Our academic team, administrative staff and our friendly student services team are all here to ensure your time at Atlantic is supportive and enjoyable.

We foster a **community atmosphere** where every student feels valued and supported.





Atlantic Environment

# Galway City

## HOW TO GET HERE

Galway is well served by three of Ireland's major airports, Dublin, Shannon and Ireland West.

A regular Bus Service connects each of these airports with Galway city.

## WHERE TO STAY

Atlantic has partnered with accommodation providers in Galway to offer 2 & 3 bedroom apartment accommodation in addition to the many hotels, B&Bs and private rentals that are on offer in the city.

## Atlantic Student Experience

# Cultural Experience in Galway

The Erasmus experience in **Galway** is about more than just studying; it's about encountering a new culture and making exciting connections.

Outside the classroom, there is lots to explore.

Voted **one of the top cities in the world** to visit by Lonely Planet, Galway is a lively and charming city on the west coast of Ireland.

It's 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 a unique and enriching environment for your studies.

As part of your course, you can enjoy an excursion to one of the lovely destinations on the **Wild Atlantic Way** – the Aran Islands, the Cliffs of Moher or Connemara.

In the afternoons and evenings there are lots of activities to choose from: enjoy a music session in one of Galway's traditional pubs, try Irish dancing, cycle along the beautiful Corrib River, taste some whiskey in a local distillery, taste the best of Galway on a Food Tour.





“Atlantic offers high quality courses, and they are very professional, highlighting their close treatment and their incredible organization of the teaching and cultural activities”

**Mercedes Gimeno Rico**  
Cardenal Herra University, Spain

# Course Details



## Course Details

# Atlantic Courses

### Minimum Language Level

Academic Writing and Presentation Skills

**B2**

Lecture Effectively in English

**B1**

English for the Educational Workplace

**B1**

English for Professional Communication

**B1**

Intensive General English Language

**A2**

English for Proficiency Level

**C1**

Mastering Business English

**B2**

English Language and Irish Culture

**B1**

Mindfulness for Educators

**B1**

Social and Emotional Learning

**B1**

Team Building Skills for Higher Education Staff

**B1**

# Academic Writing & Presentation Skills

Focus on the techniques and strategies needed to write or present effectively in English, paying attention to style and register, as well as structure and coherence.

## WHO IS IT FOR?

This course is designed for academics, teachers, professors, doctoral students and researchers working in the higher education sector who want to enhance their academic writing and presentation skills.

## WHAT WILL I LEARN?

If you're writing essays, research papers or reports for publication, you'll gain the tools needed to produce clear and coherent academic work.

If you need to deliver compelling and well-structured presentations, this course will help you develop the necessary techniques to engage and inform your audience effectively.



*New For*  
2025

 Develop clear and compelling academic writing

 Enhance presentation skills through practice and feedback

 Improve written and spoken academic communication

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY                     | TUESDAY                | WEDNESDAY                           | THURSDAY                      | FRIDAY                                 |
|--|----------------------------|------------------------|-------------------------------------|-------------------------------|--|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Setting Objectives         | Academic Writing       | Structure                           | Engaging the Audience         | Presentations & Peer Feedback          |
|  | Course overview            | Noun phrases           | Opening Gambits                     | Attracting Audience attention | Self-reflection & tutor feedback       |
|  | Self-Assessment            | Coherence & cohesion   | Planning & presenting introductions | Practicing Strategic Pausing  | Review of personal learning objectives |
|  | Knowing your audience      | Signposting            | Planning & Presenting Conclusions   | Tackling Transitions          |  |
|  | Finding the right register | Inversion for emphasis | Handling Questions effectively      | Importance of verbal signals  |  |
|  |                            | Academic collocations  |                                     |                               |  |
|  | Walking Tour of Galway     | Pub Night              | "Skills Boost" Wednesday Workshop   | Irish Culture Workshop        |  |

## Course Details

# Lecture Effectively in English

B1

This course aims to give you essential tips for preparing and delivering engaging and effective lectures in English.

## WHO IS IT FOR?

This course is designed for Higher Education teachers - professors, lecturers, or doctoral students – who lecture through English to international student groups.

## WHAT WILL I LEARN?

This course will examine different lecturing styles and consider how to structure a lecture to maximise engagement. Topics covered include the importance of signposting and pacing, using engaging visual aids and how to employ nonverbal communication.

As a practical task, you will participate in and analyze a demonstration lecture, considering how to implement these principles into your own teaching practice.



*New For*  
2025

 Explore the principles of delivering your subject in English

 Analyse examples and practice delivering effective lectures

 Learn to implement these concepts in your teaching practice

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY                       | TUESDAY   | WEDNESDAY                                    | THURSDAY   | FRIDAY                                 |
|--|------------------------------|---|--|--|--|
| <b>Full-Day Excursion on Wild Atlantic Way</b>                               | Setting Objectives           | Cognition, Communication & Demo Lesson                        | Structure                                    | Engaging the Audience  | Presentations & Peer Feedback          |
| Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Effective Lectures           | LOTS & HOTS: Their Implication on Course Design & Methodology | Lesson Planning                              | Using Visual Aids  | Self-Reflection & Tutor Feedback       |
|  | Overview of Lecturing styles |   | Structuring a Lecture to Maximise Engagement | Effective Nonverbal Communication & Other Public-Speaking Techniques: Strategic Pausing, Dynamic Transitions | Review of Personal Learning Objectives |
|  | Self-Assessment              | BICS, CALP, Classroom Language                                | Leveraging Grammatical & Lexical Cohesion    |  |  |
|  | Knowing your Audience        |   |  |  |  |
|  | Finding the Right Register   | Demo Lesson   | Prosodic Cues, Signposting, Pacing           |  |  |
|  | Walking Tour of Galway       | Pub Night   | "Skills Boost" Wednesday Workshop            | Irish Culture Workshop   |  |

# English for the Educational Workplace

Learn to use English productively in your workplace – writing emails, interacting with colleagues and students, making presentations, and finding the right language for professional situations.

## WHO IS IT FOR?

This course is designed for administrative staff from all departments in Higher Education institutions who need to use English in their work with international students and colleagues.

## WHAT WILL I LEARN?

This intensive professional training course will help you to manage day to day interactions in English. You will practice the fundamental communication skills required to interact with peers, students, managers, and other stakeholders. You will take part in practical workshops and exercises designed to develop a range of skills and improve key vocabulary for the workplace.



 Enhance English proficiency for educational settings

 Use educational terminology effectively

 Write professional documents for educational workplaces

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                                    |
|--|---|--|---|---|---|
| <b>Full-Day Excursion on Wild Atlantic Way</b>                               | Interpersonal Communication                       | Effective Public Speaking  | Writing Skills  | Intercultural Communication   | Your Turn                                 |
| Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Getting to Know You!                              | Essentials of Public Speaking + Structuring language for Public Speaking | Essentials of writing-building coherence and adapting formality | Framework for Intercultural Competence  | Participant presentations & Peer Feedback |
|  | Setting Objectives                                |  |   | Analyzing behavior and preferences in Intercultural Situations                        | Reflections & Tutor Feedback              |
|  | Essentials of Interpersonal Communication         | Managing Nerves in Public Speaking                                       |   | Course Review & Certificates  |   |
|  | Language Focus Verbs for Polite Requests & Offers | Language Focus Tense Review for Clarity & Accuracy                       |   |   |   |
|  | Walking Tour of Galway                            | Pub Night  |   |   |   |
|  |   |  | Language Focus Complex Structures & Using Cautious Language     | Language Focus Conditional Sentences for Hypothetical Situations & Polite Expressions |   |
|  |   |  | "Skills Boost" Wednesday Workshop                               | Irish Culture Workshop  |   |

## Course Details

# English for Professional Communication

B1

A course for advanced English learners focusing on the communication skills required for professional work in an interaction context.

## WHO IS IT FOR?

This course is designed for staff from all departments in Higher Education institutions who want to increase their confidence using English professionally.

## WHAT WILL I LEARN?

This is a demanding communicative course which will help you to confidently network and liaise with stakeholders in internationalized settings where English is the language of communication. Tasks covered include how to write or present report, how to find the right register in emails, or how to use small talk effectively. Through practical exercises such as brainstorming, analysis, problem-solving and role-play you will practice different communicative skills and develop your fluency and confidence.



 Improve English for meetings, presentations, and negotiations

 Practice clear and persuasive workplace communication

 Write professional emails and business documents confidently

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY                             | TUESDAY  | WEDNESDAY                                    | THURSDAY                                    | FRIDAY                         |
|--|------------------------------------|--|--|---|--------------------------------|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Small Talk                         | Perfecting Presentations                         | Effective Emails                             | Key Communication Skills                    | Tangible Takeaways             |
|  | Setting Objectives                 | Step by Step Guide to Structuring a Presentation | Review Current Writing Style                 | Managing Meetings in International Contexts | Delivering your Message        |
|  | Icebreakers                        | Preparing for Challenging Questions              | Focus on Register & Tone                     | Being Diplomatic in Negotiations            | Reflecting on Knowledge Gained |
|  | Introduction & First-Time Meetings | Additional Tools to Perfect Your Presentation    | Learn New Phrases to Speed up Correspondence | Giving & Receiving Feedback                 | Planning Next Steps            |
|  | Networking & Relationship Building |  | Effective Use of AI in Written Communication |   |                                |
|  | Walking Tour of Galway             | Pub Night  | "Skills Boost" Wednesday Workshop            | Irish Culture Workshop                      |                                |

# Intensive General English



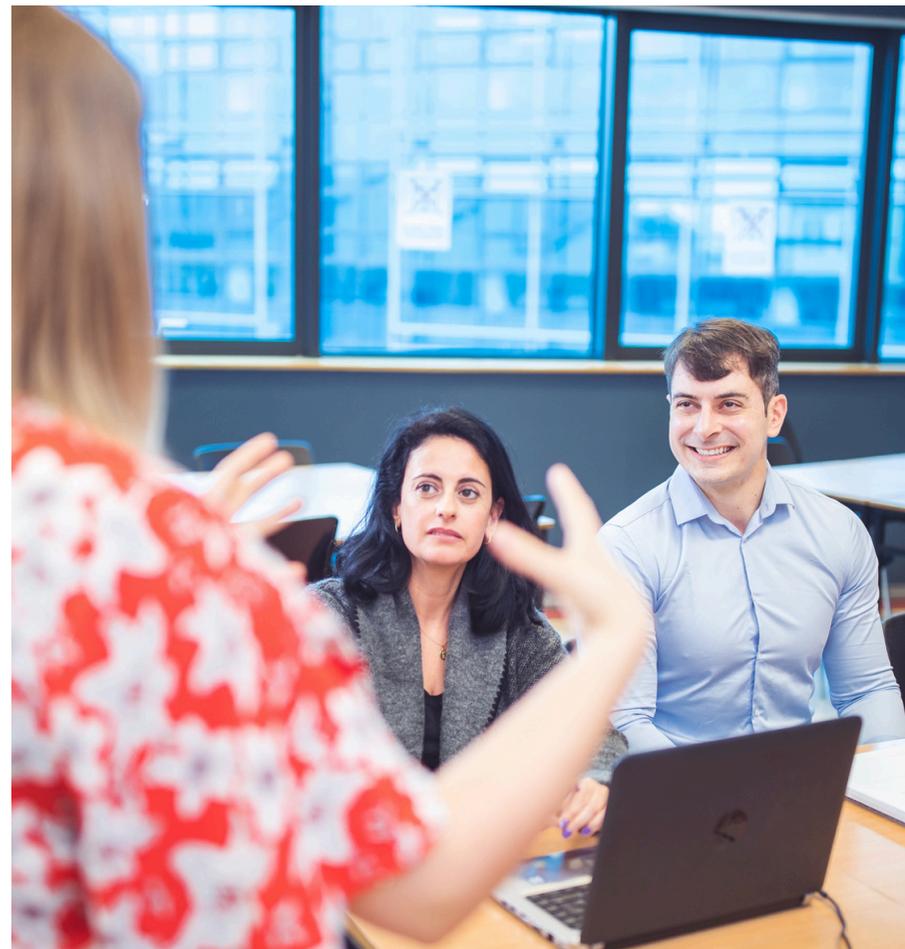
Improve your English language skills with this comprehensive course which is available at 5 levels. Develop understanding, fluency and core communication skills, growing your confidence in using English.

## WHO IS IT FOR?

All academic and administrative staff working in the Higher Education sector who want to refresh, improve, or boost their English language skills. This course is ideal for those needing to improve their English for work or growth.

## WHAT WILL I LEARN?

You will take part in dynamic international classes which encourage intensive immersion in English. Using an interactive and communicative approach, our experienced teachers will help you to practice the key skills of reading, writing, listening and speaking. You will also build your grammar knowledge and vocabulary in accordance with your language level. The goal of these classes is to increase your fluency and accuracy using English in day-to-day interactions.



 Enhance overall English proficiency through intensive practice

 Focus on speaking, listening, reading, and writing

 Engage in real-life language scenarios

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|--|
| <b>Full-Day Excursion on Wild Atlantic Way</b>                               | General English Class  |
| Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | A1 - C1 Levels Available<br>Focus on Speaking,<br>Listening, Reading,<br>Writing, Vocabulary,<br>Grammar | A1 - C1 Levels Available<br>Focus on Speaking,<br>Listening, Reading,<br>Writing, Vocabulary,<br>Grammar | A1 - C1 Levels Available<br>Focus on Speaking,<br>Listening, Reading,<br>Writing, Vocabulary,<br>Grammar | A1 - C1 Levels Available<br>Focus on Speaking,<br>Listening, Reading,<br>Writing, Vocabulary,<br>Grammar | A1 - C1 Levels Available<br>Focus on Speaking,<br>Listening, Reading,<br>Writing, Vocabulary,<br>Grammar |
|  | Communication Class<br>Focus on Improving<br>Spoken Skills (Fluency &<br>Pronunciation)                  |
|  | Walking Tour of Galway   | Pub Night  | “Skills Boost”<br>Wednesday Workshop   | Irish Culture Workshop   |  |

“This program has been a transformative experience, providing me with tools and knowledge to integrate sustainable practices in the classroom. Visiting Galway and collaborating with educators from other European countries has been like a breath of fresh air, renewing my commitment to environmental education.”

**Eduardo Terán-Yépez**  
Universidad de Almería, Spain





“I found this course practical with ready-to-use ideas to implement into my teaching and improve our awareness of students' emotions”

**Jane Breiger-John**  
Universite Paris-Saclay, France

## Course Details

# English for Proficiency Level



A course for advanced English language learners aiming to achieve a high level of proficiency in English.

## WHO IS IT FOR?

This course is designed for individuals who want to prepare for academic, personal or professional settings that require high competence in English.

## WHAT WILL I LEARN?

The course covers advanced grammar, sophisticated vocabulary and enhanced pronunciation training along with skills for boosting Reading, Writing, Speaking and Listening Skills. Interactive materials cover topics such as cultural nuances and idiomatic expressions used in native English-speaking countries. The participants will get an opportunity to analyze academic articles and literature excerpts and express themselves with ease, coherence and cohesion.



 Achieve higher English proficiency with advanced training

 Prepare for proficiency exams with targeted exercises

 Understand complex grammar and vocabulary

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|---|--|---|---|
| <b>Full-Day Excursion on Wild Atlantic Way</b>                   | Mastering Speaking Skills  | Mastering Writing Skills                                    | Mastering Reading Skills   | Mastering Listening Skills  | Presenting C2 level materials.                      |
| Options include;<br>Connemara<br>Aran Islands<br>Cliffs of Moher | Incorporating Sophisticated Grammar Form such as Third Conditionals, Inversion, Clefting | Editing & Refining your Writing with Feedback               | Using Comprehension Strategies like Predicting, Questioning, & Summarising | Listening for Gist, Detail, Stated Opinion & Understanding Humour | Teacher Led Feedback                                |
|  | Public Speaking Using Stress Intonation & Signposting                                    | Writing with Consideration of Register & Tone with AI Tools | Identifying Grammar Structures Used for Coherence & Cohesion               | Understanding Different Accents                                   | Summative Assessment                                |
|  | Interaction in Conversation & Clearly Stating your Opinion                               | Tips for Effective Writing at C2 Level.                     | Analysing Academic & Fictional Texts                                       | Listening as a Live Audience Member                               | Study Skills for C2 Level & Create a Follow-Up Plan |
|  | Walking Tour of Galway   | Pub Night   | "Skills Boost" Wednesday Workshop  | Irish Culture Workshop  |   |

# Mastering Business English



Take your professional skills to the next level with this Business English course which will immerse you in the wide range of business and professional English required to progress in contemporary business.

## WHO IS IT FOR?

Professionals working in a range of sectors, public or private, who wish to master the English required to function effectively in the contemporary working world.

## WHAT WILL I LEARN?

This course covers the wide range of business and professional English language. You will perfect your grammar and build your vocabulary through studying business contexts. You will improve your business speaking skills through presentations, debates, role-playing, surveys and analysing real cases from current affairs and business journals. The course will also consider the soft skills required for working in the professional world such as time management, teamwork and problem solving.



 Learn business English for corporate communication

 Practice meetings, presentations, and negotiations

 Write professional business documents

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY                                | TUESDAY  | WEDNESDAY                            | THURSDAY                                   | FRIDAY                          |
|--|---------------------------------------|--|--------------------------------------|--|---------------------------------|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Informal Business Language            | Day to Day Business Needs                          | Formal Business Language             | Successful Business Teams                  | Final Plans + Presentations     |
|  | Icebreakers                           | Time Management                                    | Conflict Resolution                  | Team Building Activities for the Workplace | Peer Presentations              |
|  | Setting Objectives                    | Techniques for Dealing with Stressful Environments | Roleplays & Building a Toolkit       | Key Language for Successful Leadership     | Peer & Trainer Feedback         |
|  | Needs Analysis                        |  | Diplomatic Language for Negotiations | Business Adjectives & Adverbs              | Review, Reflection + Next Steps |
|  | Mastering Colloquial Business English | Business English Idioms                            |                                      | Punctuation                                |                                 |
|  | Walking Tour of Galway                | Pub Night  | "Skills Boost" Wednesday Workshop    | Irish Culture Workshop                     |                                 |

## Course Details

# English Language & Irish Culture

B1

Discover more about Ireland while improving your English language skills in Galway, situated on the Wild Atlantic Way. Develop your confidence in English while also learning about the rich cultural heritage of Ireland.

## WHO IS IT FOR?

All Higher Education staff, academics, teachers, and administrative staff, who want to improve their English language competence while learning about Ireland!

## WHAT WILL I LEARN?

This course will help you to build confidence in key English language skills while gaining knowledge about a new culture. Using the principles of CLIL, this course blends content-driven lessons with language learning, so you can practice your language skills while participating in activities that deepen your understanding of Irish culture. During this course you will examine key aspects of life in Ireland through presentations, tasks, research, songs and interaction with the people and unique culture of the west of Ireland.



 Improve English while exploring Irish culture

 Participate in cultural activities and excursions

 Engage in language exercises with Irish cultural elements

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY  | TUESDAY                               | WEDNESDAY                                   | THURSDAY                               | FRIDAY                            |
|--|---|---------------------------------------|---|--|-----------------------------------|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Life in Ireland   | What is Ireland Famous for?           | A Brief Introduction to Irish History       | Importance of Music in Ireland         | Reflection & Review               |
|  | Questions for an Irish Person about Ireland             | Irish Culture Around the World        | The Celts                                   | Contemporary Irish Music               | What we have Learned              |
|  | General Knowledge Quiz                                  | Origins of Halloween                  | The Famine & The Legacy of Immigration      | Traditional Music in Ireland           | Presentation of Research Gathered |
|  | Research Groups & Task Allocation                       | Recent Issues in Contemporary Ireland | Irish Independence                          | Falling in love with Irish Dance       | Feedback & Review                 |
|  | Indirect Question Forms when Interviewing Irish People. | Significant Changes in Recent Years   | Northern Ireland; Complex History & Society | Learning English Through Songs & Music |                                   |
|  |   | Hedging & Generalised Statements      | The Irish Language + Irish English          |  |                                   |
|  | Walking Tour of Galway                                  | Pub Night                             | "Skills Boost" Wednesday Workshop           | Irish Culture Workshop                 |                                   |

# Tools for Mindful Educators

Learn the foundations of mindfulness as applied to education and explore how it can improve wellbeing and foster critical thinking, performance, creativity and empathy.

## WHO IS IT FOR?

This course is designed for all staff working in the education sector who would like to improve the quality of their professional experience and interpersonal interactions.

## WHAT WILL I LEARN?

Mindfulness is known to improve well-being and promote critical thinking, performance, creativity, and empathy, all of which are valuable life skills which can benefit our professional lives. During this course you will learn how to reduce stress and increase well-being; how to communicate effectively and with compassion; how to foster intercultural relations and collaboration.



 Learn mindfulness to reduce stress and improve focus

 Integrate mindfulness into teaching practices

 Promote mental well-being for educators and students

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY   | TUESDAY                                     | WEDNESDAY  | THURSDAY                                   | FRIDAY                            |
|--|--|---|--|--|-----------------------------------|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Intentions, Objectives & Defining Mindfulness & Emotional Intelligence   | Incorporating Mindfulness into my Life      | Mindfulness and the People & Situations that Affect Me | Mindfulness for Academic Performance       | Becoming a Mindful Educator       |
|  | Basic Mindfulness Practices  | Increasing Wellbeing & Reducing Stress      | Embracing Difficulty & Overcoming Challenges           | Using Technology                           | Creating & Implementing a Project |
|  | Exploring the Theory of Emotions<br>Template for Creating a GROW Project | Increasing Performance, Self-Esteem & Focus | Enhancing Teamwork & Developing Compassion             | Stimulating Creativity & Critical Thinking | GROW Project Presentations        |
|  |  |   | Resolving conflicts                                    | Adapting & creating resources              | Peer & Trainer Feedback           |
| Walking Tour of Galway   | Pub Night  | "Skills Boost" Wednesday Workshop           | Irish Culture Workshop                                 |  |                                   |

## Course Details

# Social & Emotional Learning

B1

This is a course for teachers who would like to enhance their engagement and connection with students.

## WHO IS IT FOR?

This course is designed for all Higher Education teachers, from lecturers and professors to tutors and teaching assistants.

## WHAT WILL I LEARN?

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 will introduce teachers to the principles of SEL, showing how these strategies can be employed in the classroom to empower students to improve their academic performance while decreasing stress and anxiety.



 Understand social and emotional learning (SEL)

 Incorporate SEL strategies in teaching

 Improve students' social and emotional skills

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|---|
| <b>Full-Day Excursion on Wild Atlantic Way</b>                               | Self-Awareness  | Self-Management   | Social Awareness  | Relationship Skills   | Responsible Decision-Making                           |
| Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | 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: Listening “between the lines’ | Considering Ethical Responsibilities                  |
|  | Setting Objectives  | Analysing Strategies Teachers can use to Build Self-Management Skills in their Students | Exploring Strategies for Enhancing Student’s Social Awareness       | Resolving Conflicts   | Analysing & Solving Problems                          |
|  | Sharing Intentions, Outlining Objectives and Defining Social & Emotional learning |   | Academic collocations   | Sharing Anecdotes   | Presenting Reflections on Social & Emotional Learning |
|  | Walking Tour of Galway  | Pub Night   | “Skills Boost” Wednesday Workshop                                   | Irish Culture Workshop  |   |

# Team Building Skills for Professionals



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

## WHO IS IT FOR?

This course is designed for staff across all departments within the Higher Education sector who would like guidance on how to collaborate and cooperate effectively with their colleagues.

## WHAT WILL I LEARN?

You will focus on the teamwork skills required to work effectively and productively in a Higher Education context. Classes will examine topics such as team development, team roles, group dynamics, and conflict management. An added value is the opportunity to share your ideas and experiences with fellow HE staff from all over Europe.



 Develop team-building strategies for workplace collaboration

 Navigate team dynamics and resolve conflicts

 Practice leadership and communication skills

## Course Details

# Course Timetable

Courses run from Monday to Friday, 25 programme hours per week.  
Afternoon social and cultural activities & full-day tour on previous Sunday.

| SUNDAY   | MONDAY                             | TUESDAY                      | WEDNESDAY   | THURSDAY                                  | FRIDAY                           |
|--|------------------------------------|------------------------------|---|---|----------------------------------|
| <b>Full-Day Excursion on Wild Atlantic Way</b><br><br>Options include;<br><br>Connemara<br><br>Aran Islands<br><br>Cliffs of Moher | Getting to Know You                | Diagnosing Problems          | Individuals Vs Group;<br>Building Trust & Tolerance | Activities for Creating Exceptional Teams | A New Way to Team Build          |
|  | Needs Analysis                     | Is Your Team Dysfunctional?  | Promoting Cooperation & Collaboration               | Tools for Teambuilding                    | Participant & peer feedback      |
|  | Reflecting on Past & Present Teams | Peer to Peer Problem Solving | Constructive Criticism Roleplays                    | Lead your Own Team                        | Self-reflection & tutor feedback |
|  | Agreeing on the Concept of "Teams" |                              |   | Listening as a live audience member       | Course Review & Certificate      |
|  | What Makes an Effective Team       | Case Studies                 |   |   |                                  |
|  | Surveying Our Peers                |                              |   |   |                                  |
|  | Walking Tour of Galway             | Pub Night                    | "Skills Boost" Wednesday Workshop                   | Irish Culture Workshop                    |                                  |

“The lessons were motivating, and the teacher used various tasks and activities to maintain our attention and interest. The atmosphere of the lessons was always positive and supportive.”

**Szilvia Daranyi**

Fáy András Mezőgazdasági Technikum, Hungary





“I wanted to brush up on my English skills. Now, after a week of the Erasmus+ program at the Atlantic, I find myself sitting in my student flat in Galway, Ireland with gleaming eyes, reluctant to leave. What an enriching experience this program has been: not just for language development, but for so much more”

**Daniela Harder**

CBS International Business School, Germany

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