

Week 1

Days 1–7

MEALS Breakfast 07:30 • Lunch 12:30 • Dinner 18:15

LESSONS 15 hours per week

	Morning 08:45–12:30	Afternoon 13:00–18:30	Evening 20:00–22:00
Day 1 Arrival	Arrival Packed lunch	Check-in and campus tour	Welcome night
Day 2	Activities and sports	English lessons	Welcome presentation
Day 3	English lessons	Howth	Activities
Day 4	Glendalough & Dundrum		Activities
Day 5	English lessons	English lessons	Activities
Day 6	Dublin		Activities
Day 7	English lessons	Dublin National Gallery of Ireland	Activities

☒ Excursion
 ☐ English lessons
 ☐ Campus activities
 ☐ Evening programme
 ☐ Optional

☒ Entry ticket included

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.

Week 2

Days 8–15

MEALS Breakfast 07:30 • Lunch 12:30 • Dinner 18:15

LESSONS 15 hours per week

	Morning 08:45–12:30	Afternoon 13:00–18:30	Evening 20:00–22:00
Day 8	OPTIONAL Add-on Or self-care morning and activities on campus		Activities
Day 9	Activities and sports	English lessons	Activities
Day 10	Dún Laoghaire	English lessons	Activities
Day 11	Powerscourt Gardens & Bray ☐ Powerscourt Gardens		Activities
Day 12	English lessons	English lessons	Activities
Day 13	Dublin		Activities
Day 14	English lessons	Dublin	Farewell disco
Day 15 Departure	Check-out and departure Breakfast		

☒ Excursion
☐ English lessons
☐ Campus activities
☐ Evening programme
☐ Optional

☒ Entry ticket included

All excursions include a walking tour and are escorted by PLUS staff. Full-day excursions include a packed lunch. The meal cycle starts with lunch on arrival day and ends with breakfast on departure day.