

Firstly, we would like to thank you for choosing Donegal English Language School for your English and Riding/Surfing holiday. Please find below further information on your stay

What to bring

We recommend that you bring the following items

- Waterproof jacket
- Three pin plug adaptor
- Riding hat and boots of appropriate standards (see below)*
- One towel. A towel is provided but it is recommended to take an extra towel
- Warm clothes i.e. jumpers, jackets
- Body protector for cross-country**
- Three pin adaptor (for charging phone lap top etc)
- Lock for your suitcase
- Photocopy of passport to be kept separate to your passport (in case of loss)

There are hairdryers on campus. They are located in the coordinator room.

*Following changes the EU commission has made to hat standards, from 2016, Hats bearing **only** the EN1384 or BSEN1384 standard **will no longer be accepted.** For insurance reasons there can be no exceptions to the rule. If labels are cut out of the riding hat, unfortunately, it will not be able to be used.

However, hats **would be acceptable if they carry EN1384 or BSEN1384 and another standard** such as those listed:

- PAS 015 (1998 or 2011)
- VG1 01.040 (2014-12)
- ASTM F1163 (2004a or 04a onwards)
- SNELL E2001
- AS/NZS 3838 (2006 onwards)

For students who don't have a suitable hat, there are hats available for rent. The fee to rent a hat is €5 per week. This is paid to the riding school on the first day.

Full Body protectors are compulsory for all Cross-Country Lessons and any jumping over 60cm.

Body protectors must be BETA level 3 2009 standard or European standard EN 13158:2009. The European Standards for Back Protectors are EN13158:2009 and are CE marked to show their compliance to the PPE Directive 89/686/EEC
Anything before 2009 is not allowed

A limited number of body protectors are available for hire @€2.00 per session. It is recommended that students bring their own body protectors if they wish to jump cross country. If air jackets are worn they must be worn over a body protector.

What to expect – Riding

General Notes:

- Clients ride around 1.5 – 2 hours per day with other time being spent on horse care.
- Students are offered basic instruction in riding and outdoor activities.
- While jumping and cross country are one of the riding activities provided. We do not offer training courses in jumping, dressage or eventing.
- The horses provided are leisure horses & ponies, flexible and appropriate for activities offered.
- Goals of a student's riding week is to have fun on horseback, discover Ireland and improve English speaking.

All our lessons apart from absolute beginners are taught in the modern coaching manner. So all lessons are in open order with the riders being given an exercise to do in their own time, advice is then given to improve the horse & rider if needed. We no longer stand in the middle of the school directing riders telling them where to go and when.

Horse management in Ireland is often very different to other countries.

Our horses live in a natural environment in the fields. This system gives them the opportunity to live in herds, walk around, eat a natural diet and remain happy in their work. The grass grows for longer here due to the mild climate and rainfall. Grass is the horse's natural food it is what they would eat in the wild. The horse's natural life style is as a herd animal walking and looking for food, eating little and often. When living out the horses keep a lot of their natural protection against the weather e.g long manes, feathers and hairy legs. The horses also roll in the mud to give them extra protection from the wind and rain.

Grooming

As our horses live outside, grooming a grass kept horse is very different from grooming a stabled horse. Grooming is kept to a minimum so as not to remove the natural oils from the coat which help to keep the horse warm and dry, there is no strapping (full groom). The horse's just having the main parts of the mud taken off with a dandy brush with attention being paid to saddle and bridle areas. At the end of the day all horses are hosed off (water) to remove any sweat & sand. They are then fed and turned out to enjoy a good roll.

Shoeing

A lot of our horses do no road work at all so the need for shoes is kept to a minimum. Most of our horses are only shod in front as this reduces any injuries in the field from kicking.

Tacking Up (Saddle & Bridle)

Morning groups help groom and tack up and untack (put on/off saddle and bridle). Afternoon groups tack/ untack (take saddle and bridle off, hose the horses (wash them), feed them and bring them to the field.

At the start of each day the horses are caught up from the fields, fed, groomed and then tacked up. The horses are tied to the hitching rail or in the stalls ready for use.

Our horses live a fairly stress-free life and you will rarely see any of our horses with vices such as weaving, cribbing and wind sucking.

Leading.

For insurance reasons, a hat and gloves has to be worn at all times when leading your horse.

Horse Riding Yard Rules

1. Riding Hats must be worn and fastened at all times whilst handling the horses this includes grooming, tacking up and turning out/bringing in of horses.
2. Correct footwear must be worn at all times. No trainers/runners.
3. No jewellery may be worn whilst on the yard apart from watches. Any piercings that are visible and cannot be removed must be covered.
4. Gloves must be worn whilst leading any horse.
5. Mobile phones must be switched off whilst at the yard
6. No headphones, ipods etc. Are to be used whilst on the yard.
7. Body protectors have to be worn for all cross-country lessons.
8. Instructions given by any member of staff, are given for your safety and must be adhered to.
9. No smoking anywhere on the site.

What to Expect - Surfing

Equipment

We provide all the surfboards, wetsuits and boots for your surf lesson. We have changing facilities with hot showers and we give you a hot drink afterwards. We also transport you from the surf school to the beach and back in our minibus. All you need is a towel and swimsuit.

We use 4/3mm suits in summer and 5/4/3mm suits in winter.

Boards

We have a range of different boards that you can try on the surf lessons. We have regular Swell foam boards that are ideal for your first few sessions, and then we have more advanced soft boards that you can try as your skills progress. We also have a range of hard boards that you can try, such as NSP, Circle One and Powersource.

Lessons

Lessons take approximately 3 hours. Time in the water is usually 1 ½ hours, the remainder being allocated for getting wetsuits, transport to and from the beach, and introduction to the equipment.

Beaches

We use several local beaches for our surf lessons. Tullan Strand in Bundoran is our main beach in the summer as it nearly always has waves. If Tullan is flat it is likely that all other beaches in the area are also flat. When the swell is big we sometimes use Rossnowlagh or Streedagh. Rossnowlagh has the gentlest waves but can be exposed to the wind. Streedagh has more powerful waves and offers good protection from W and SW winds. Both beaches like mid to high tides. On a really big swell we use Mullaghmore beach, which has good wind protection.

Instructors

All lessons, for all levels, are supervised by instructors that are qualified by the Irish Surfing Association. All our instructors are experienced surfers who know the local waves intimately. All instructors are qualified beach lifeguards.

Lesson Numbers

Groups are kept to a maximum of eight people to each instructor for beginner adult and kid surf lessons, and a maximum of 6 for improver and academy lessons

Please come and talk to your instructor if you need any help or advice.

General Information

Residential

The residential centre is within three minutes' walk of the school. Students are housed in four bedroom houses with 8 – 11 students per house and one coordinator. The students will have their breakfast in the house and lunch and dinner at the language school.

Host Family

Host families want you to be a member of the family. They will appreciate your efforts to integrate, your active participation in family life and activities. Your smile, your gratitude and enthusiasm will be the best reward for the host family efforts and encourage the success of your stay.

You must always pay your share during an extra-curricular activity with your family. Please use an international calling card when using the host family phone

If not within 5 minutes walking distance, host families will bring you to school each morning and the school bus or host family will take you home every evening. You will have a warm lunch Monday to Friday at the school, a packed lunch on Saturdays and on Sundays you will have lunch with the families. On Monday, Thursdays and Saturdays, you will partake in evening activities on campus, during these evenings you will have dinner on campus and return to your family afterwards

Insurance

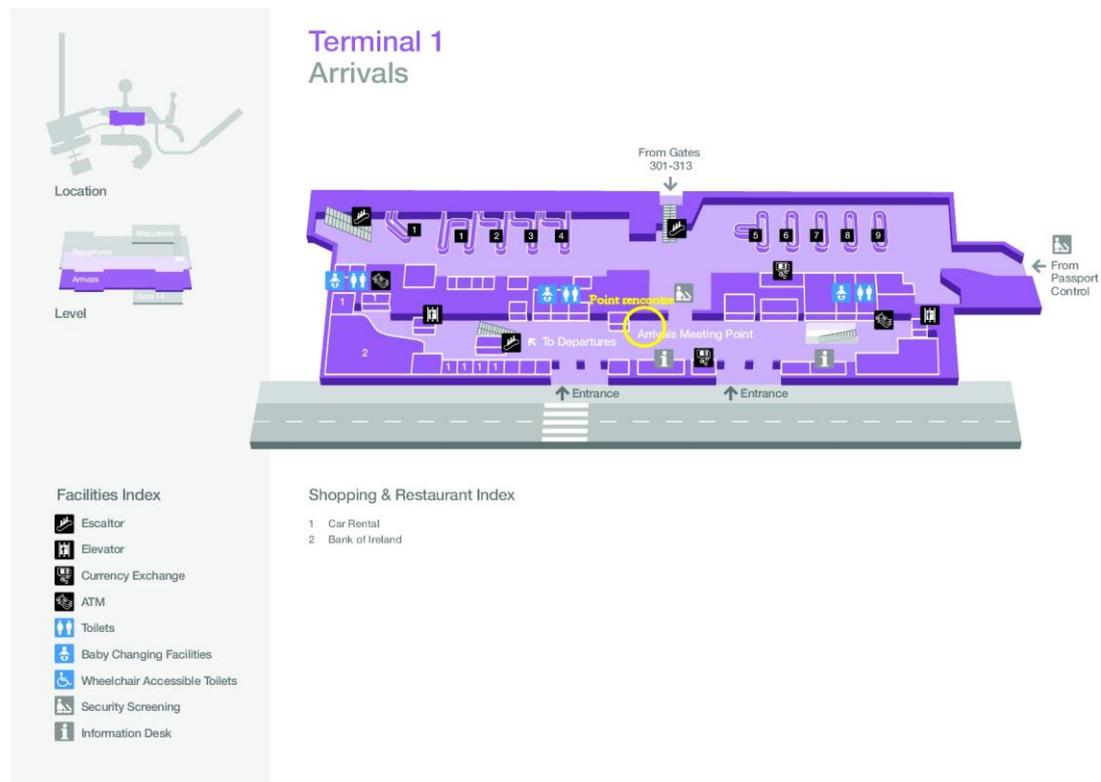
It is compulsory to have a European Health Insurance Card/E1 11. This is free for all European countries and will cover any doctor or hospital appointments in the case of any medical issues. It is also compulsory for all clients to have travel insurance. For all non-European citizens, you **must** take out private medical and travel insurance. We can arrange this for you or you can arrange yourself

Transfers

If opting for collection from Dublin airport

We are based 3 hours and 25 minutes by bus from Dublin airport. For this reason, we group transfers together. Typically, we have 2/3 buses at the airport on Sundays, this depends on arrival and departure times and number of students arriving. The shared transfers are based on arrivals between 10.30 am – 6 pm and departures between 11am – 6 pm. Students will typically have a 1 – 3 hour wait before the bus leaves the airport. **Please also note that for departures, if you flight is before 1 pm, you will leave Bundoran around 4.30 am in the morning**, this allows for adequate check in time at the airport (you need a minimum of three hours check in time in the summer) and then 3.25 hours to reach Dublin.

□ Collection: On entrance of arrivals in **Terminal 1** please make your way over to the **right**. You will see a sign saying Meeting point. Under or around this sign will be a Donegal Language School representative waiting to meet you with a Donegal English Language School Sign(see below).



If you are flying into **Terminal 2** (Aer Lingus) please make your way to the right towards the Spar shop and one of our representatives will be there to meet you. They will have a sign showing the following:



Airport sign will look like this

- **Arrival and Departures:** Arrival is anytime from 4 pm onwards. Departure is up to 12pm
- **Baggage:** Each airline has individual baggage weight restrictions. Please adhere to and leave room in your bag for presents going home. We have had experiences of students paying up to €100 for excess baggage and don't wish to see this happening again. Excess baggage is the responsibility of the student.

If opting for collection from Knock airport

- **Collection:** On entrance of arrivals please make your way to arrivals. A DELS representative will be waiting to meet you with a Donegal English Language School Sign.

If opting for public bus from Dublin airport

There is a direct bus from Dublin airport to Ballyshannon every two hours. To arrive at the bus stop, walk out of arrivals from **terminal 1** and cross the road, go through the tunnel and you will see a spar shop on your left, walk outside and to the left is the bus stop. Please go to bus stop number 7. To view the bus times please click [here](#). We then offer free transfers from Ballyshannon to Bundoran between **10am and 8.00 pm** daily. For transfers outside of these times we can arrange a taxi for you. The taxi fee is around €10

If we are collecting you from the bus in Ballyshannon, please send us an sms to 00353876008205 once you get on the bus in Dublin and then again when the bus

reaches Enniskillen. It is really important that you do this as sometimes the bus is late and it ensures that our driver is not waiting a long time to collect you.

Boarding Cards

Please set your son/daughter up with the airline app and they can then check in online prior to arrival and departure. If you need boarding cards to be printed, please email activity@donegallanguageschool.com before 6 pm on Saturday evening.

Please note that the office email addresses are not manned after 5 pm on Friday evening and activity@donegallanguageschool.com is not manned after 6 pm on Saturday.

If arriving by car

The address of the Camp is Donegal Language School, 1 Portbeg, West End Bundoran. You can find directions [here](#)

Arrival is anytime from 4 pm onwards

Contact

Students and group leaders can be contacted on 00353870518592. Students can be contacted from 6 – 9.00 pm each evening.

Residential Address: Donegal Language School, Portbeg, West End, Bundoran, Co Donegal

Laundry

Laundry is included in the overall programme. We collect the laundry every Thursday/Friday and it is returned to the students every Friday/Saturday.

Internet Access

There is free WIFI at the school. We also have Wi-Fi. at the residential accommodation in three houses. The other houses do not have WIFI access. The students in these houses can use the WIFI in the common area at the main house or at the school. Most host families have Wi-Fi.

Mobile Phone Usage

Please note that in order to encourage English language use and a more interactive language learning experience, phone use is restricted to 5.15 pm – 10 pm during the week for residential students. Students are allowed to use their phones at the weekends. Occasionally during the week, students will use their phones for some class room activities.

Bank Holidays

On Bank holiday Mondays ((19 March, 2 April, 7 May, 4 June & 29 October 2018), there will be no English classes, students are offered an excursion/activity in place). We open on the August bank holiday.

Good Conduct

Students must not be disrespectful or act in a threatening manner to fellow students or staff of Donegal English Language School or any members of the community. This includes raising their voices, using foul words or foul gestures, broadcasting music with explicit lyrics, being argumentative towards others or being disruptive in class.

Discrimination based on sexual preference, race, physical or mental ability, religion, age or ethnicity is not tolerated. Items which promote or encourage discrimination or illegal activity will be confiscated. Smoking and chewing gum is not permitted in the school buildings. Food and drinks are not permitted in classrooms.

The student is responsible for any damage he or she may cause to buildings, furniture, fittings, individuals, host family property etc. while registered with DELS. Should a student behave in an unseemly and/or inappropriate manner that may bring the school or its agent into disrepute or cause damage to its reputation or standing in any way, either real or imagined, he or she will be asked to leave.

Should a student break other school rules or behave badly he/she may be withdrawn from activities until behaviour improves.

If gross misconduct occurs, i.e. bullying or breaking an Irish law (**including drinking of alcohol, stealing or drug taking**), **the student will not be welcome to participate further in the course and will be removed immediately from the programme**). **Parents must make arrangements for the students to leave the campus/host family promptly/within 2 days.**

Going out in the Evening

Students will be walked to town and allowed to go to the different shops, amusements or supermarkets for one hour on a Friday evening only. Students must go as part of a group. No student is allowed to go alone without prior permission from the coordinators. If you do not wish for your son/daughter to do this, please let us know in advance of their stay. **For residential students only** – there will be free time on Sunday. Students are allowed to visit the town unaccompanied between 10 am – 3/4pm. If you wish for your son/daughter not to go to the town centre unaccompanied, please contact us.

What happens on my first day?

Arrivals for students are generally on a Sunday. All students are welcomed to and shown to their accommodation followed by a short introductory meeting. This meeting will go through the first day and any questions that may arise. On the first day of school, students take a test covering reading, writing, listening and speaking to ensure that they are placed in a level most suitable to them.

If the students have opted for one of the activity packages, their chosen sport takes place in the afternoon/morning depending on their age and level. Student Coordinators are on hand to help and assist all students through their first day.

Please click on the links to log on to [facebook](#) or [instagram](#) for regular updates on campus life @ DELS.

Parents hereby commit to undertaking full financial responsibilities if their son/daughter, is dismissed early from the programme in the event of bad behaviour.

Looking forward to meeting you

Kind regards, Gina and all the staff.