

TESTIMONIALS

“Our school has been offering this trip as sixth form end of year trip for fifteen years. Pupils are immensely enthusiastic about the programme and the ecological principles of the land they are staying on, and Marlene collaborates actively in the organization and management of the programme. The beautiful and large domain, gorgeous food, cosy chalet accommodation, and varied programme, are guaranteed to make this trip a success. I thoroughly recommend this trip to any school.”

Rita De Pauw, Sint-Lodewijkscollege Belgium
Email ritdepauw@hotmail.com for a reference.



“I really enjoyed this trip: interesting activities, lovely food, great company, and much laughter.”

Evelien Bracke, former pupil
Sint-Lodewijkscollege Lokeren Belgium

FURTHER INFORMATION

For programme discussion and further information, contact Marlene ffrench Mullen:

- via email: slinabande@gmail.com;
- landline: 00353 1 281 9990
or 00353 1 281 0551;
- mobile: 00353 87 2732413.
- Website: <http://slinabande.ie/>.

Historic-Cultural Study Trip to Ireland



- A week of Irish culture and nature
- Based in the beautiful ecological grounds of Slí na Bande, near the Irish sea, at the foot of the Wicklow Mountains
- Run by a Belgian-Irish family
- Twenty years' experience in school trip organization
- Catering and logistics by an international team of young and dynamic people.

www.slinabande.ie

A wide choice of activities

Guided Cultural Outings

(www.heritageireland.ie)

- Neolithic tomb of Newgrange (3,200 BC, older than Stonehenge and the pyramids);



- Hill of Tara: Iron-age residence of the High Kings;
- Early Christian settlement Glendalough (AD 600), founded by one of the first Church Fathers, St Kevin;
- Day trip to Dublin:
 - National Museum (collection: Prehistoric, Early Christianity, Bog Bodies, Viking Age, Irish Gold);
 - Trinity College Dublin (Old Library and Book of Kells exhibition);
 - Kilmainham Gaol (former prison where leaders of the Irish rebellion were imprisoned, e.g. Eamonn De Valera);
 - Other museums: National History Museum, Chester Beatty Library;
 - Evening activity: traditional Irish music in one of the many pubs of the trendy area Temple Bar.

Guided exploration of the natural area

- Day trip in the Wicklow Mountains, to Lug na Culligh (highest peak of the Wicklow Mountains), Lough Dan (beautiful lake), e.a.;
- Cliff walk from Bray to Greystones;
- Full-day activity on the land, with focus on group dynamic, yoga, sweat lodge (optional), use of swimming pond and hot tub.

Option: bus trip to the West of Ireland, with exploration of the Burren (a limestone region known for its geological, botanical, and archaeological riches, with dolmens, bronze age graves, and ogham writing).

Evening Activities

- Set dancing (Irish dancing);
- Traditional Irish music in authentic pub;
- Yoga classes by experienced yoga teacher Marlene Ffrench Mullen (Irish Yoga Association; Marlene also holds an M.Sc. in Psychoanalytic Psychotherapy, University College Dublin, *first class Honours*);
- Massage techniques;
- Introduction to Irish music history;
- Introduction to Irish archaeology (in collaboration with Heritage Ireland).

Practical Information

- Price: €450 per person (price valid until 1st May 2013)
 - Includes transport from and to Dublin Airport and to activities;
 - Full board for 6 nights, includes homemade bread and vegetables grown on the land;
 - Flights **not** included;
 - One teacher free of charge;
- Maximum number of pupils: 25 (excl. teacher)
Minimum number of pupils: 12 (excl. teacher).



