

# General Programme Information 2025



## PROGRAMME OVERVIEW

- The basis of MLC programmes and the main key to its' success is that students do not reside in a school, residential centre or other group accommodation, instead they enjoy the all-encompassing experience of staying with an Irish host family.
- Staying with a host family is designed to allow students to learn English through total immersion in an English speaking environment. It also allows students to learn about Irish culture while having a fun experience and often making long-lasting friendships with the host family.



# 1



# 2

## MATCHING TO A HOST FAMILY

Students are carefully matched to a host family based on the programme and student information provided.

Each and every family is carefully selected and approved. They are happy to welcome students into their home to share the daily life of their family.



## 3 WILL THERE BE OTHER STUDENTS WITH THE FAMILY?

Each student will be the only student of their nationality with the host family. There may be a student of a different nationality also staying with the host family at the same time.



# 5

## WILL THERE BE EXCURSIONS?

There are no specific excursions on most programmes (except Homestay & Excursions).

Host families do tend to make some special outings with their students to show them the local area and if the family are going on a family day out the student is included. On a day to day basis family life continues as normal.



## 4 WILL STUDENTS HAVE THEIR OWN ROOM?

In the summer, students may have their own room, they may be sharing with a host child or they may be sharing with another student of a different nationality. As each family home is unique to each family, every one will be different. Specific requests can usually be accommodated.

# 4

# 6

## WILL WIFI BE AVAILABLE?

99% of host families do have wifi in their homes but dependant on the home location, it may sometimes not be available.



# Programme Summary 2025



## HOMESTAY BASED PROGRAMMES

- Homestay
- Homestay & Excursions
- Homestay with a Teacher (optional excursions)  
**\*one to one & two to one\***
- Farmstay
- Horse Riding (Experienced Riders)

**\*\*Please be advised there will be Irish kids in the host family but they may not be a similar age\*\***

## ACTIVITY SUMMER CAMPS

- Basketball Camp
- Multi Activity Outdoor Camp
- Music, Acting & Dance Camp
- Outdoor Adventure Camp
- Pony Camp
- Rugby Camp
- Soccer Camp
- Surf Camp
- Tech & Activity Camp
- Tennis Camp

**\*\*Please be advised that we do not guarantee kids in the host family\*\***

**RESIDENTIAL CAMPS & BESPOKE CLOSED  
GROUP CAMPS ARE AVAILABLE UPON  
REQUEST!!**

# Homestay Programme 2025

## PROGRAMME OVERVIEW

The basis of the homestay programme and the main key to its' success is that students do not reside in a school, residential centre or other group accommodation, instead they enjoy the all-encompassing experience of staying with an Irish host family.

Staying with a host family is designed to allow students to learn English through total immersion in an English speaking environment. It also allows students to learn about Irish culture while having a fun experience and often making long-lasting friendships with the host family.

The focus of this programme is on the student participating in daily family life and activities.



## DAILY ITINERARY

There is no set daily itinerary. Every family's day is different from that of another.

The focus of this programme is on the student being warmly welcomed to experience the life and activities of their host family.



## LOCATION

Homestay families are located throughout Ireland

## STAY LENGTH

Homestays usually range from two to four weeks. Longer or shorter stays can also be accommodated.

## WILL THERE BE OTHER STUDENTS WITH THE FAMILY?

Each student will be the only student of their nationality with the host family. There may be a student of a different nationality also staying with the host family at the same time.



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Homestay with Excursions



## 2025

### DAILY ITINERARY

The focus of this programme is on the student being warmly welcomed to experience the life and activities of their host family. Every family's day is different from that of another.

Each week will include one full day and two half day excursions with the student. Excursion days vary from family to family depending on their routine. Excursions will reflect the interests of the student and the host family.



### EXCURSIONS

This programme involves one full day and two half days of specific excursions each week. Excursion destinations are individual to each family adding to the uniqueness of this programme.

Excursions may be to places of cultural, historical, leisure or sporting significance. Eating out and experiencing Irish cuisine often forms part of an excursion.



### LOCATION

Homestay families are located throughout Ireland.



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Homestay with a Teacher (& optional excursions) One to One & Two to One 2025



## PROGRAMME DETAILS

Teachers are qualified and experienced TEFL or English teachers.

For two to one tuition, students must be booked in together and be of a similar English level.

Each hour includes 50 minutes of tuition and a 10 minute break

10 hours per week = 2 hours per day

15 hours per week = 3 hours per day

20 hours per week = 4 hours per day (2 in morning and 2 in afternoon)



## DAILY ITINERARY

Tuition takes place from Monday to Friday in the host family home. Tuition takes place in the mornings for optimum concentration and to leave afternoons free for family time.

Every family's day is different from that of another and routines vary for each one.

## LOCATION

Homestay families are located throughout Ireland.



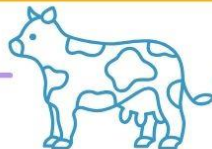
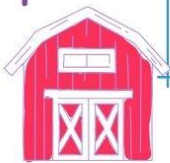
**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Farmstay Programme 2025

## DAILY ITINERARY

Every family's day and routine is different from that of another, but the focus is on the farm and students will be involved in a variety of activities (non-motorised and non-mechanical). Students should bring warm, practical clothes.

STUDENTS INTERESTED IN DOING THIS PROGRAMME MUST LIKE ANIMALS.

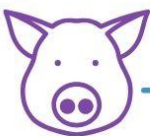


## FARM DETAILS

Family farms vary between drystock, dairy, sheep or mixed farms. The level of activity differs dependant on the farm and on the time of year. Farm life continues as normal while the student is visiting and the family welcome them to become involved in any suitable farm activities with which the student wishes to become involved.

## LOCATION

Farmstay families are located throughout rural Ireland



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# Horse Riding Programme (Experienced Riders Only) 2025



## DAILY ITINERARY

Every family's day and routine is different from that of another. Horse riding is a key component of the day, with the student guaranteed at least 8 hours riding per week but often much more! The student is also expected to partake in the care of their allocated horse during their stay and become involved in yard duties etc.

### STUDENTS MUST BE EXPERIENCED HORSE RIDERS



## HORSE - RIDING DETAILS

The number of horses and facilities owned by or available to each family vary greatly. Our families range from those who own and run equestrian centres where each family member is involved, to those who own just two horses and only one host child rides. This range ensures that we have families to meet the needs of every student who comes on this programme irrespective of their riding experience.



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**



## TO BOOK THIS PROGRAMME

A video of student riding must be sent to MLC to show ability. Students height and weight must be provided at time of booking.

### ESSENTIALS TO BRING

- Riding Hat
- Body Protector
- Riding Boots
- Jodhpurs

### LOCATION

Horse riding families are located throughout rural Ireland

# Basketball Camp 2025



## CAMP OVERVIEW

To teach young players the real skill of the game and provide them with opportunity to improve their skills while playing in a fun and competitive capacity. Students are subdivided into groups of 10 to 15 students, determined by ability. Students of the same nationality are separated as much as possible.

This camp is suitable for all levels of players.

**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

**LOCATION:** Various Locations



## ACTIVITIES INCLUDE

- Shooting
- Passing
- Dribbling
- Fun Games
- Rebounding
- Offence
- Defence
- Tournaments

## WHAT YOU NEED TO BRING

- Sports gear (shorts, t-shirt/jersey)
- Runners
- Packed Lunch
- Water



## DATES

- Weeks Beginning
- June 30th, 7th, 14th, & 21st July

## DAILY TIMINGS

- Monday - Friday
- 3 hours (times vary)

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- Average 60 - 70 per week



## STUDENT NATIONALITIES LAST YEAR

- 80% Irish
- 20% International

## AGE RANGE

- 10 to 16

## BOY TO GIRL RATIO

- 1:2



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**



# Multi Activity Outdoor Camp 2025



## CAMP OVERVIEW

Students will develop new skills, enjoy a sense of personal achievement and enhance relationships, all whilst enjoying the beautiful outdoors. Campers are divided into activity groups according to age and for best mix of nationalities. Students will be taught about safety equipment (if applicable), and the techniques for each activity

**LOCATION:** Various Locations



## ACTIVITIES OFFERED

- Archery
- Laser Combat
- Challenge Course
- Communication Breakdown
- Team Challenges
- Canoeing
- Kayaking
- Bog Obstacle Course



## WHAT YOU NEED TO BRING

- Tracksuit
- Trainers
- A complete extra set of clothes
- Swimwear or shorts and t-shirt
- Towel
- Waterproof Gear

## DATES

Weeks Beginning:  
• June 30th, 7th, 14th, & 21st July

## DAILY TIMINGS

- Monday to Friday
- 10:00 - 16:00

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 100 to 120 per week

## STUDENT NATIONALITIES LAST YEAR

- 75% Irish
- 25% International

## AGE RANGE

- 8 to 14

## BOY TO GIRL RATIO

- 1:2



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NATIONALITY IN YOUR HOST FAMILY!**

# Music, Acting & Dance Camp 2025



## CAMP OVERVIEW

At theatre camp students will learn all about performance arts. Students are split into small groups according to age.



## CLASS TOPICS

- **Music** - Breathing techniques, diction, projection, harmonies, singing, dynamics
- **Drama** - Improvisation, mime, scene writing, projection, etc.
- **Dance** - Hip Hop, Musical theatre, Contemporary and many more



**LOCATION:** Various Locations

## FINAL SHOWCASE:

On the last day of the camp students partake in a show which gives them the opportunity to showcase their learning from the previous two weeks. The show gives everyone something to work towards during the camp and provides students with the chance to perform on stage in a state-of-the-art theatre.



## WHAT YOU NEED TO BRING

- Comfortable Clothes



## DATES



- Week beginning June 30th & 7th, July.
- Final show date tbc – will be Friday 11th or Saturday 12th July.

## STUDENT NATIONALITIES LAST YEAR

- 70% Irish
- 30% International

## DAILY TIMINGS

- Monday to Friday
- 10:00 to 14.00
- Lunch : 45 minutes

## AGE RANGE

- 5 to 17

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 50 to 70 per week

## BOY TO GIRL RATIO

- 1:9



**YOU WILL BE THE ONLY STUDENT OF YOUR  
NATIONALITY IN YOUR HOST FAMILY!**

# Outdoor Adventure Camp 2025



## CAMP OVERVIEW

This refreshing approach to the outdoors allows young adventurers to develop new skills, enjoy a sense of personal achievement and enhance relationships, all whilst enjoying the beautiful outdoors.

Campers are divided into activity groups according to age and for best mix of nationalities.

Students will be taught about safety equipment (if applicable), and the techniques for each activity

**LOCATION:** Carlingford



## ACTIVITIES OFFERED

- Zip-topia
- Abseiling
- Archery
- Challenge Course
- Communication Breakdown
- Body Zorbing (Mini-Zorbs)
- Rock Climbing
- High Ropes Course
- Laser Combat
- Zorbing
- Canadian Canoeing
- Frenzies
- Pier/Pontoon Jumping
- Raft Build Challenge
- Water Trampoline
- Sailing
- SKYPARK
- Windsurfing

## WHAT YOU NEED TO BRING

- Tracksuit
- 2 x Trainers (older trainers for watersports)
- A complete extra set of clothes
- Swimwear/ shorts, towel & t-shirt



## DATES

Weeks Beginning:

- June - 23rd & 30th
- July - 7th, 14th, 21st & 28th
- August - 4th & 11th

## DAILY TIMINGS

- Monday to Friday
- 09.30 to 17.00
- Lunch : 13.00 to 14.00

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 100 to 150 per week

## STUDENT NATIONALITIES LAST YEAR

- 60% Irish
- 40% International

## AGE RANGE

- 8 to 16
- Average age bracket 12 - 16

## BOY TO GIRL RATIO

- 1:1



**YOU WILL BE THE ONLY STUDENT OF YOUR  
NATIONALITY IN YOUR HOST FAMILY!**

# Pony Camp 2025

## CAMP OVERVIEW

Students are subdivided into groups of 8 to 9 students, determined by ability. Students of the same nationality are separated as much as possible

This camp is suitable for all levels of rider.

**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

**LOCATION:** Multiple camps / various Locations



## ACTIVITIES INCLUDE

- Grooming
- Stable management
- Two hour daily lessons in:
  1. Show jumping and cross country
  2. Mounted games
  3. Forest games



## WHAT YOU NEED TO BRING

It is advised that you bring all of your own equipment.

You must bring jodhpurs and a waterproof coat. The equestrian centre can provide riding hats, boots and body protectors in some instances.

**\*\*We need to know the student's weight, height and riding experience.**



## DATES

Weeks Beginning

- June - 23rd & 30th
- July - 7th, 14th, 21st & 28th
- August - 4th & 11th

## DAILY TIMINGS

- 4 Days per week
- Exact times vary - Minimum 4 hours per day

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- Average 30 per week

## STUDENT NATIONALITIES LAST YEAR

- 80% Irish
- 20% International

## AGE RANGE

- 8 to 17

## BOY TO GIRL RATIO

- 2:8



**YOU WILL BE THE ONLY STUDENT OF YOUR  
NATIONALITY IN YOUR HOST FAMILY!**

# Rugby Camp 2025

## CAMP OVERVIEW

This camp covers the break down and teaching of all areas of the rugby spectrum, such as skills, conditioning, nutrition and mental preparation in an enjoyable and friendly environment.

**\*\*Students should have at least a basic knowledge of rugby.**

**LOCATION:** Suttonians RFC, Sutton, Dublin 13



## ACTIVITIES INCLUDE

- 10 days rugby training with top coaches and players from Ireland and Europe
- Participation in the renowned IRI rugby sevens tournament
- Tour of the world famous Aviva Stadium on Lansdowne Road
- Full provision of high quality IRI training gear
- Interaction with young Irish rugby players who will also attend the course
- Organised social interaction with Irish peer groups

## WHAT YOU NEED TO BRING

- Rugby Boots & Training Shoes
- Gumshield/Protective Clothing (Pads, Headgear etc)
- 3 x Training Kits (Shorts, Socks, Jersey & a spare change of Kit)
- Gym gear
- Light Raingear



## DATES

### 2 week Programme

- Monday June 30th - 11th July
- Monday 14th to Friday 25th

## DAILY TIMINGS

- Monday to Friday
- 09.00 to 16.00
- Lunch : 13.00 to 14.00

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 110 students per week



## STUDENT NATIONALITIES LAST YEAR

- 55% Irish
- 45% International

## AGE RANGE

- 12 to 18
- Average age 15

## BOY TO GIRL RATIO

- 9:1

## COACH NUMBERS

- 5 Skill Coaches
- 3 Strength & Conditioning
- 2 Speed



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Soccer Camp 2025

## CAMP OVERVIEW

This camp develops budding players fundamental skills through practice and participation of drills and games. More seasoned players will focus on extra technical and skill-specific training and everyone will come together in the afternoon to participate in mini-leagues and small-sided games.

**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

**LOCATION:** Various locations



## THE PRINCIPLES OF FOOTBALL TAUGHT ON THE PROGRAMME INCLUDE:

- Warm-Ups
- Skill Development
- Fun Games
- Dribbling
- Passing
- Shooting
- Defending
- Heading
- Small-Sided Game



## WHAT YOU NEED TO BRING

- Shin guards
- Football boots and runners
- Rain jacket
- Name tag for your bag
- Any medication you need



## DATES

Weeks Beginning

- June - 30th
- July - 7th, 14th, 21st & 28th
- August - 4th & 11th

## DAILY TIMINGS

- Monday to Friday, minimum 3.5 hours per day

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- Approximately 100 per week

## STUDENT NATIONALITIES LAST YEAR

- 60% Irish
  - 40% International
- (Average nationalities across all age groups)

## AGE RANGE

- 10 - 14

## BOY TO GIRL RATIO

- 8:2



**GOAL!**

**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Surf Camp 2025

## CAMP OVERVIEW

- Host families drop students to the surf school in the morning and collect them
- Lessons are for two to three hours per day; students are grouped by age and ability (divided into smaller groups of 8-10)
- All abilities are welcome; even if students have never surfed before
- Changing facilities are provided by the surf school
- Surfboards, wetsuits and boots are provided



**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

**LOCATION:** Various locations (Surf hotspots in Ireland)



## WHAT YOU NEED TO BRING

- Swimsuit
- Towel

**\*\*Students must NOT bring their own boards\*\***



## DATES

Weeks Beginning

- June - 23rd & 30th
- July - 7th, 14th, 21st & 28th
- August - 4th & 11th

## STUDENT NATIONALITIES LAST YEAR

- 50% Irish
- 50% International

## DAILY TIMINGS

- Monday to Friday
- Two to three hours per day

## AGE RANGE

- 8 - 17

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 10-25 per camp

## BOY TO GIRL RATIO

- 1:1

## INSTRUCTOR TO STUDENTS RATIO

- 1:8
- All lessons, for all levels, are supervised by instructors qualified by the Irish Surfing Association



**YOU WILL BE THE ONLY STUDENT OF YOUR NATIONALITY IN YOUR HOST FAMILY!**

# Tech & Activity Camp 2025

## CAMP OVERVIEW

Students are split into small groups to learn digital skills through activity-based workshops to solve real life problems for any community, business or industry.

**LOCATION:** Carlow

## EXCURSIONS

Students will also enjoy two half days of excursions per week with their groups.



## MODULES

- Robotics
- Coding
- Story Mapping
- Google Earth Pro
- Sticky Notes
- Trellis
- Mind Tool
- STEM
- Leadership & Team Building
- Social Media Literacy
- Design Thinking & Human Centered Design
- Data Analytics & Visualisation
- \*Bring own laptop if desired



## DATES

Weeks Beginning

- June 30th
- July - 7th, 14th & 21st

## DAILY TIMINGS

- Monday to Friday
- 10:00 to 16.00

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- Approx 20 per week

## STUDENT NATIONALITIES LAST YEAR

- 65% Irish
- 35% International

## AGE RANGE

- 13 to 17

## BOY TO GIRL RATIO

- 2:3



**YOU WILL BE THE ONLY STUDENT OF YOUR  
NATIONALITY IN YOUR HOST FAMILY!**



# Tennis Camp 2025

## CAMP OVERVIEW

Students are divided into groups, division is mostly ability based but depending on activity or event it may be by gender or age.

Daily activities focus on technical, tactical, physical, and psychological training either on their own or as a combination.

- A physical element e.g. Serve technical and tactical training.
- Tactical training - moving your opponent, fun game, warm down, recap
- Match play practice
- Round robin events
- Team events

**\*Please note this is a fun summer camp as opposed to an advanced, technical training academy.**

**LOCATION:** Mullingar, Co Westmeath



## WHAT YOU NEED TO BRING

- Rackets x 2
- Tennis footwear (Omni court)
- Tennis appropriate clothing
- Change of clothes



## DATES

Weeks Beginning

- June - 30th
- July - 7th, & 14th

## DAILY TIMINGS

- Monday to Friday
- 10.00 to 17.00
- Lunch : 13.00 to 14.00

## NUMBER OF STUDENTS ON CAMP LAST YEAR

- 30-35 students per week

## STUDENT NATIONALITIES LAST YEAR

- 55% Irish
- 45% international

## AGE RANGE

- 12 to 17



## BOY TO GIRL RATIO

- 6:4



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NATIONALITY IN YOUR HOST FAMILY!**