



28 Feabhra 2022

We are delighted to announce that there will be an overnight school tour to Freedom Surf & Adventure Centre in Tramore for all 3rd Years taking place from Friday, 13th May to Saturday, 14th May.

The centre is putting on a bi-lingual option for us in Irish and English. However, please note that this trip is specifically designed to cater for all of our students including those who do not study Irish. It is a wonderful opportunity for all of our 3rd Year group to experience the coastline, history & rich culture of Waterford.

The activities will include surfing & bodyboarding lessons, coastal adventure hikes, ecology trips & group bonding team challenges. There will also be a year group activity run by the teachers on our evening in the hotel. Please see sample itinerary attached with this letter.

The costs will include all of the activities, coach transport to & from Tramore, overnight accommodation in the four star Majestic Hotel Tramore with dinner, breakfast & packed lunch for the return journey. The rooms booked for us are twin rooms.

Although the price cannot be finalised until a booking deposit is paid by all those wishing to participate, we estimate that it will cost between €175-€185 all inclusive. This price may be towards the higher range if the number of students coming is lower than expected to cover the cost of transport. The final figures will be known when the first deposits have been received.

Anyone wishing to guarantee a place will need to pay a deposit of €70 via the school app & fill out the permission slip on the app by Friday, 11th March. The final balance will be requested by Friday, 8th April.

As a year group, they have missed out on some of our usual tours & trips in 1st & 2nd Year due to school closures as a result of the pandemic. We hope that this trip will mark all of their great efforts over the last three years & will also enable them to get to know others better in their year group before they enter senior cycle. If you or your daughter have any queries regarding the trip, please contact Sinéad Giblin, Year Head at sgiblin@loretofoxrock.ie

Le meas,

3rd Year Head/Tutor Team & Roinn na Gaeilge



Bilingual Adventure Education Centre

The Beach House ,Tramore, Co Waterford.Tel(051) 386773 . M: 0863914908

www.freedomsurfschool.com

Freedom Surf & Adventure Trip – 1 Night Stay over **Sample Itinerary (1 ½ Days)**

Day One

9.30am: **Hotel Check in.**

Freedom Staff Meet and Greet Students.

9.45am .

Students take the Lakeside walk to Freedom Surf Centre (5 minute walk).

Students divided in to 2 Groups. Group A will take part in Water Activities. Group B will take part in a guided Historical Coastal Hike. Groups switch around after lunch.

Group A:10am .Surfing Lesson and Bodyboarding Lesson.

Group B: 10am Coastal Adventure Hike.

12.30pm pm Lunch

Groups Switch around.

3.30pm Group Reflection on days Activity.

3.45pm - Hotel Room Allocation.

5pm - 6.pm Evening Meal .

6pm – 7.30pm Ecology Walk

8pm-10pm-Evening Activity with teachers in hotel

10pm-10.30pm – Return to rooms & lights out

Day 2.

9.15am Breakfast

10am – 12.30pm Surfing Lesson & Bodyboarding Session. Ocean Team Challenges.

12.30 – 1pm Pack Lunch.

1pm-1.15pm Reflection/Group discussion on the day's activity.

1.30pm Depart Hotel.

Note: What to Bring

1. A **Pack Lunch** for Day one.
2. Bring a Sports bag with towel/swimwear and put your pack lunch in to this bag.
3. Bring a second bag to contain all other clothing.
4. We recommend students bring a change of clothes/ spare shoes & Wind / Rain Jacket.

Accommodation :

<https://www.majestic-hotel.ie/>

Hotel Rooms : Twin Rooms. Two students per ensuite room (2 beds in each room)

Freedom Surf School - Bilingual Adventure Education Centre

Approved by: The Irish Surfing Association, & Failte Ireland. Supported by Foras na Gaeilge

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