



KINSALE FRIARY

School Retreats

Our school retreats and reflection days offer students an opportunity to explore and deepen their relationship with God and to reflect on life and faith in a safe, fun and meaningful way. Our retreats are creatively facilitated through multimedia, group discussion, personal reflection and more. They help to build up the group and allow friendships to grow. We are aware that the needs of young people change and develop as they grow and mature. Our secondary school programmes are age appropriate, addressing both the human and spiritual needs of each year group.

Rooted in the Carmelite Spiritual Tradition, our retreats provide a space for quiet reflection in the unique and tranquil surroundings of Kinsale Friary.

Our retreats are given in a friendly, laid-back environment helping students to take that much needed "time out" and each member of our retreat team works with the sincere intention of making the day relevant and meaningful for every student.

We pride ourselves in tailoring our content and delivery to ensure that each retreat experience compliments the faith goals for each school we work with. Please contact our team to make an enquiry or to explore new ideas and initiatives that will best meet the needs of your School.



"Come away and rest awhile"
Mark 6:31

Kinsale Friary

The Friary is a place of prayer and hospitality. Kinsale has been home to a community of Carmelite Friars since 1334. The Friary and its Church, enjoy panoramic views of the town and its harbour. Since their arrival in Kinsale, successive communities of Friars have tended to the pastoral needs of many people, drawing on the Carmelite Charism of prayer, community and service and to this day continue to offer a place of welcome, refreshment, prayer and hospitality.



The Retreat Team

Our new school retreat team is staffed by former members of the Ennismore school retreats program, bringing a combined 50 years of experience in providing retreats for thousands of students from schools all over Cork City and County. Our team includes a therapeutic play practitioner, a guidance counsellor, a drama therapist and professional story teller, a poet and an actor, have worked with youth from all walks of life for the majority of our working lives and bring all our experiences and skills we developed along the way to our school retreats.

We also emphasise the importance of stillness through meditation, prayer and mindful walks incorporating nature and also, of course, fun into our day as much as possible. The team are child centred and focus on fostering Empathy and Compassion in the students themselves as well as for each other and the wider community, using fun activities such as games, poetry, storytelling and open engaging discussions promoting compassion and the importance of kindness in this ever-changing world.

We are excited to be continuing the tradition of Christian retreats being provided for Cork school children, in partnership with Kinsale Friary.



A Typical Day

09.30	*Arrival, Welcome, Introductions etc.
09.45	Icebreakers
10.15	Guided meditation followed by work in small group
11.00	Break
11.15	Work in small groups
12.20	Lunch
13.00	Wellbeing activity / Movie Clip
14.00	Eucharist / Prayer Experience
14.30	Evaluation & *Depart

*Arrival & departure times can vary to suit the needs of schools.



COSTS

To confirm your school's booking please return the retreat booking form with your non-refundable deposit of €250.00

€14 per student attending School Retreat in Kinsale Friary is made payable on the day. Lunch provided for the accompanying teachers, students are asked to bring a packed lunch. Tea, coffee, hot chocolate and biscuits will be provided for teachers and pupils alike. A small tuck shop is also available in the Friary.

CHILD SAFEGUARDING

The Kinsale Friary offers a retreat service to (Primary & Secondary) schools. Our retreat team members will guide class groups on day retreats, always in agreement with school management that the school staff, who must accompany the children, are responsible for all aspects of the safeguarding and wellbeing of the children attending. We adhere to the Carmelite Safeguarding Handbook 2020 which can be found here: www.carmelites.ie All staff in the Carmelite Friary, Kinsale who have contact with children are Garda Vetted, attend NBSCCCI Child Safeguarding Training and are committed to a Code of Conduct that is consistent with good practice in working with children.



KINSALE FRIARY School Retreats Booking Form

To confirm your booking please return this booking form with your non-refundable deposit of €250.00 cheque to

Carmelite Friary, Lower Catholic Walk, Kinsale, Co. Cork. P17 WR88

Minimum number of students: 25 | Maximum number of students: 50

Name of School:	
School Address:	
Contact Person:	
Phone:	
Email:	
Position/Office Held:	
Retreat Required (Please tick where appropriate)	
<input type="checkbox"/> Confirmation Retreat	
<input type="checkbox"/> One Day Retreat <input type="checkbox"/> Five Week Preparation Programme	
<input type="checkbox"/> Secondary School Retreat/Reflection Day	
<input type="checkbox"/> 1st Year 'Friendship' Day	
<input type="checkbox"/> Transition Year Wellbeing Programme	
Five days ran over several weeks – each day with a unique theme.	
<input type="checkbox"/> 6th Year Cherith Retreat	
This retreat focuses on relationships (with oneself, others and God.) The retreat includes reconciliation and liturgy.	
<i>Schools can discuss specific needs and requirements etc with our coordinator.</i>	
Date Required:	Class Year:
Total number of students attending:	
Please inform Kinsale Friary of any issues which the retreat team should be aware of during the retreat: pastoral issues, special dietary requirements, medical or addition needs etc.	

Students must be accompanied and supervised during breaks by at least one staff member / teacher representing the school.

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All school groups must have the appropriate insurance cover indemnifying them from any possible action claims by their members against the remote possibility of being sued for negligence in the events of accidents or damage for which the officers of the applicant group could be deemed liable from their activities in or use of our facilities.

Payment can be also made by credit card made payable to Kinsale Friary.

Credit Card Number: _____ / _____ / _____ / _____ Expiry Date: _____ / _____

Name on Card: _____

Billing Address: _____
