



30 years
nations
1978 - 2008

THE NATIONS TOTAL ENGLISH PROGRAMME

OVER 60 HOURS OF LIVING AND LEARNING ENGLISH

Live it...

Use it...

Keep it!

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The Nations Total English Programme

Over 60 hours of working and living through English each week

Individual coaching is at the heart of *The Nations Total English Programme*.

Your personalised training programme is developed and augmented through language and intercultural workshops, simulated negotiations/meetings, presentation sessions plus a full and enjoyable social programme.

Pre-Training Analysis & Preparation

When you register for *The Nations Total English Programme*, we carry out a detailed pre-training analysis. This analysis identifies your individual goals and the specific areas you need to focus on during your training. We then adapt *The Nations Total English Programme* to suit your needs. The pre-training analysis also helps us plan which of our trainers are best suited to help you achieve these goals. The success of your training programme is largely determined by the expertise and personality of your training team. There is no substitute for experienced and highly competent trainers. Our trainer team has on average 12 years experience with Nations.

Course Structure – Business and Professional English Language Immersion Training

One-to-One Training

Daily individual training sessions focus 100% on your individual needs. These intensive coaching sessions prepare you for situations that you will encounter in real life. Your trainer team will develop realistic, practical scenarios each day to help you increase your confidence and effectiveness when [communicating in English](#).

Simulated Professional Activities

You will be challenged to put into practice what you learn in your individual training. A range of simulated situations are organised including [English language meetings](#), negotiations, conference calls etc... Each activity is recorded and detailed feedback given by your trainer.

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English Language & Multi-Cultural Workshops

As an international professional you need to be able to communicate effectively with people from different cultures. Our language and cultural workshops are designed to help you become more successful in English in a wide range of day-to-day situations relevant to your job.

These practical sessions allow you to test the English you have learned in your individual training.

Presentations

The ability to make successful, influential [business and professional English language presentations](#) is often very important in international commerce. If presentations are important for you, we will coach you on how to effectively deliver successful presentations to groups of various sizes. Skills covered include planning the presentation, delivery techniques and dealing with questions. Each presentation is recorded and detailed feedback given by your trainer.

Personal Recorded Feedback

Each day you will be provided with a personalised recording of the key expressions you worked on during your one-to-one training. This can be listened to each evening and is an excellent source of revision material. This helpful recording acts as your own personalised language course when you return home.

We challenge and work you hard during the course. However you will also have a lot of fun!

The team at Nations carefully plans an interesting social programme that ensures you have a productive yet enjoyable experience in Ireland.

Working Lunches/Dinners & Socialising

A variety of daily activities are organised to help you become more comfortable and confident when socialising through English. These include working lunches and evening dinners and informal social outings. The language skills you develop here will help you become very comfortable and confident when meeting or hosting international visitors.

Saturday Excursion

Every Saturday participants are taken to visit some of the most beautiful locations on the Irish coastline. The excursion is an ideal opportunity to practice your English in an informal way with a member of the Nations team.

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Post-Course Feedback & Support

Once your training with Nations is complete, it is certainly not a case of 'out of sight, out of mind'. We offer a system of post-course support to all participants. Before leaving Ireland your trainers will develop an on-going learning strategy to help you maximise the benefits of your training. When you return home Nations will send you a detailed training evaluation. This evaluation details your overall performance (based on the 'Common European Framework' scale) and makes recommendations and suggestions for continuing training if necessary. Nations also provides distance learning programmes that combine telephone, e-mail, conference call simulation etc...

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The Nations Total English Programme

Over 60 hours of living and learning English

Monday		
09.00 -12.20	Individual Coaching	Targeted to your individual needs
12.30 – Ø	Working lunch	Network and socialise over lunch with participants & trainers
14.00 - 16.00	Individual Coaching	Targeted to your individual needs
16.30	Welcome reception	Presenting yourself and your company over drinks
Tuesday		
09.00 - 12.20	Individual Coaching	Targeted to your individual needs
12.30 – Ø	Working lunch	Network and socialise over lunch with participants & trainers
14.00 - 16.00	Individual Coaching	Targeted to your individual needs
16.30 --18.30	Linguistic and cultural workshop	Develop your English by putting what you have learned in individual training into practice in a group setting
19.00 – Ø	Dinner with group and trainer	<i>Prolonging your English training in a more informal setting</i>
Wednesday		
09.00 - 12.20	Individual Coaching	Targeted to your individual needs
12.30 – Ø	Working lunch	Network and socialise over lunch with participants & trainers
14.00 - 17.00	Case study	Simulated meeting
18.30 -	<i>Social programme</i>	<i>An informal outing with colleagues and trainers</i>
Thursday		
09.00 - 12.20	Individual Coaching	Targeted to your individual needs
12.30 – Ø	Working lunch	Network and socialise over lunch with participants & trainers
14.00 - 16.30	Presentation session	Make a short formal presentation with video feedback
17.00 --19.00	Linguistic and cultural workshop	Develop your English by putting what you have learned in individual training into practice in a group setting
19.00 – Ø	Dinner with group and trainer	<i>Prolonging your English training in a more informal setting</i>
Friday		
8.30 - 9.00	Focus group	Delivery of feedback after the week's training
09.00 - 12.20*	Individual Coaching	Targeted to your individual needs
12.30 – Ø	Working lunch	Network and socialise over lunch with participants & trainers
14.00 - 15.30	Individual Coaching	Targeted to your individual needs
Saturday		
9.00 - 18.00	<i>Excursion</i>	<i>Having fun in English</i>

* To plan return flights, please note that training ends at 12.00 p.m. on the last Friday of a course of more than one weeks' duration

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Accommodation Options

Recommendations for choosing accommodation on The Nations Total English Programme

When you participate on one of our training programmes in Ireland we know how important accommodation is. We take great care in selecting a variety of options for you to choose from. In general participants on our programmes choose between hotel, bed & breakfast or accommodation with one of our selected host families. Once you decide which option best suits your needs, Nations will do all the organising for you.

Due to the fact that *The Nations Total English Programme* provides over 60 hours of working and living in English each week, there is no difference between any of the above options in terms of your progress in English. One way or another you will be immersed in English all day.

Hotels

- Choice of 3 and 4 star hotels located in the heart of Cork city centre
- Internet access available
- Access to gym and swimming pool available in certain hotels

Bed & Breakfasts

- Small hotel style accommodation
- 10-20 minute walk from city centre

Host Families

- Airport collection on arrival
- Transport to training centre each day
- Meals included
- 30-60 minutes drive from city centre

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Why choose Nations?

Value for Money

Our immersion training is fast, effective and motivating. You will achieve your learning objectives in as short a time as possible. You won't have to wait months or years to make real progress. As you get maximum results in the minimum time, it is extremely cost-effective.

The Nations Total English Programme

Offering over 60 hours of working and living in English per week, this course combines individual training, intercultural workshops, simulated professional activities and a full social programme. We believe that *The Nations Total English Programme* is unique in providing you with such a comprehensive and well-balanced training experience.

Our Experience and Expertise

Nations is the trusted training partner of many of the world's leading companies and organisations. Since 1978, over 10,000 participants have found our training courses practical, effective and results-driven. We have developed strong working relationships with our clients over the years, with 90% of our business coming from existing clients.

The Training Team

The success of a training programme is determined by your motivation and the quality, expertise and personality of your training team. There is no substitute for experienced and competent trainers. Our training team has on average 12 years teaching experience with Nations. You will work closely with your trainer on all aspects of your training programme and are encouraged to give input and feedback at all times.

Our Commitment and Concept of Service

By working with Nations you have made a major commitment to mastering English. We guarantee you and your organisation that we will provide high quality training solutions to ensure maximum results. We are committed to providing you with a first class, professional service before, during and after your training.

Ireland

A relaxed, friendly and welcoming country, open to influences from America, Britain and Europe. Ireland is one of the most scenic and tranquil countries in Europe, making it the ideal location in which to take a break from your busy professional life. Cork is Ireland's second largest city and was chosen as the 'European Capital of Culture' in 2005. The international airport is located approximately fifteen minutes from the city centre by taxi and provides direct flights to and from many European destinations.

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Our Clients

AGBAR		
Air Liquide	Framatome	Santander Consumer Bank
Arval	Freudenberg	Saint Gobain
ATOS	GTZ	SB Alliance (Bongrain group)
ATR	Guerlain	Schwarz Pharma
Axa	Helaba	Siemens
Baxter	Henkel	Sika Industry
Bayerische Landesbank	Hitachi Europe	SNCF
Biomérieux	Holcim	Société Générale
Boehringer Ingelheim	Hypovereinsbank	Sparkassenakademie
Bose GmbH	IKEA	SPIE
Bouygues construction	Johnson & Johnson	Syngenta
Cortal	Karstadt	Unicredito
Cartier	Kraft Foods	Unilever
Dade Behring	Lufthansa	Vallourec
Deka	M-Real	Vamo-Excel
Deutsche Bundesbank	Méto	Vattenfall
Dell SA	Munich Re	Vectronix
EADS	Nestlé	Vivendi
EDF	Novartis	Von Roll
Essilor	Reckitt Benckiser	Wella
Europäische Reiseversicherung	RWE Systems AG	Wolseley

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Course Dates, Reservations and Fees 2009

Your intensive training is at the heart of *The Nations Total English Programme*. This means that, depending on availability, you can start your programme at a time of your choice.

Please contact us either by telephone on +353 21 4277422 or by email at training@nationstraining.ie to discuss your individual training requirements.

2009 Prices in EURO (prices are not subject to VAT)

Our training fees include:

Pre-training analysis and preparation
The training itself
Nations pedagogical packs
Socio-cultural programme

Post course feedback and support
Attendance sheet
Refreshments
Saturday excursion

	First Week	2nd & subsequent weeks
TRAINING FEES	€ 2,650	€ 2,490
LUNCHESES, DINNERS*	€ 320	€ 320
TOTAL	€2,970	€2,810

*Incl. 5 lunches and 2 dinners after evening workshops

ACCOMMODATION

Hotel from € 100 per night

Host Family
Half-board, airport collection,
transport to the Nations training centre each
morning € 510 per week

Bed & Breakfast from € 70 per night

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Working Together

Thank you for your interest in Nations. We hope that we will have the opportunity of working with you and your organisation in the near future. Since Nations began over 30 years ago, certain **key values** have influenced our approach to business:

- ✓ A commitment to our clients, based on a medium to long term partnership
- ✓ Delivery of top quality training in an enjoyable and stimulating atmosphere
- ✓ Pleasure in giving top quality total service

Choosing Nations as your training partner guarantees you and your organisation a **first class, professional and personalised service.**

By working with Nations Ireland our clients have made a major commitment to mastering English. It is our responsibility to provide a programme that ensures maximum results. English training at Nations Ireland is a means to mastering English once and for all.

Thank you

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For enquiries please contact:

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