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# Today's agenda

01 Course Introduction and Academic Policies

02 Travel and safety

03 Travel dates

04 Your itinerary

05 Cost and payment options

06 How to enroll

# Mental Health, Resilience, and Trauma in Post-Conflict Communities (1)



- Students will travel to both Northern Ireland and the Republic of Ireland. The course explores themes of resilience, mental health, and trauma in post-conflict societies.
- The travel experience examines the ongoing recovery of Ireland/Northern Ireland from the thirty-year cycle of political and sectarian violence labelled as 'The Troubles' which ended in 1998.

## Mental Health, Resilience, and Trauma in Post-Conflict Communities (2)



- The immersive experience will involve interdisciplinary discussions about reconciliation and restorative justice with academic partners at Ulster University.



- The main project for the course challenges students to consider truth and reconciliation and inter-generational traumas within the context of Northern Ireland & Ireland and in relation to the Calls to Action in Canada.

# Academic Policies

- 0.5 general elective course
- Available to all current UofGH students
- Course Structure
  - Prior to departure, classes in-person (first or second week in May)
  - Pre-departure orientation (mandatory, in-person)
  - Study tour
  - Coursework



# Eligibility & Admission Criteria

- **Academic suitability**

- ✓ Applicants must meet the admission requirements and be in good academic standing
- ✓ Instructor consent is required

- **Completed and signed application**

- ✓ The online application will collect your personal information and ask the following questions:
  1. What draws you to this specific global learning opportunity? Briefly explain how it connects to your academic interests (across any discipline), intellectual curiosities, or career plans.
  2. What do you hope to gain from this opportunity? Name one or two specific things you want out of this experience (e.g., a skill to practice or an issue to explore) and how this tour will help you do that.
  3. What challenges do you expect while on the tour (culture, language, personal)? Tell us about a time you adapted to something new and how that experience will guide you on this trip.
  4. What strengths will you bring to the group? Share any relevant experience or preparation (academic, personal, or interpersonal) and how it will help you contribute to a supportive, academically engaged cohort.

- **Interviews – as needed**

- **First deposit of \$199**



# Safety and Support



# Our global presence

In almost any time zone, in almost any country or region, EF is there. We have dedicated EF team members located around the world, ready to help our students and customers in any situation, on any day. Our global presence prioritizes safety and our global negotiating powers delivers affordability.



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51,500

Team members  
around the world

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600

School and offices  
in 50 countries

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120

Countries with  
an EF presence





Let's go to...

# Ireland & Northern Ireland



*Dublin, Galway, Derry, Belfast, Southeast Ireland – 11 Days*



“There are no strangers here; only  
friends you haven’t yet met.”  
Irish Folklore or W.B Yeats



*Dublin, Galway, Derry, Belfast, Southeast Ireland – 11 Days*



# Dublin, Athlone & the Castlebar region

Days 1-4

Day 1



Fly overnight to  
Ireland

Day 2



Take a walking tour  
of Dublin

Day 3



Travel by ferry to the  
Aran Islands on the  
Atlantic Coast



See the Cliffs of  
Moher from below  
on the ferry

Take a walking tour  
of Galway with  
your group



Day 4

Visit Glengowla  
Mines



See a sheepdog  
demonstration



# Derry, Belfast & Dublin

Days 5-8

Day 5



Explore the western coast's small villages on the way to Derry



Visit Donegal Castle

Day 6



See Derry with a local expert guide



Visit Giant's Causeway and the Carrick-A-Rede rope bridge

Visit Titanic Belfast



Day 7

Take a guided tour of Belfast



Explore more of Dublin & visit St. Patrick's Cathedral



Day 8





# Waterford region & Dublin

Days 9-11

Day 9



See Kilkenny on the way to the Waterford region



Explore Glendalough

Day 10



Visit the Waterford Medieval Museum

Day 11



Travel home



# Travel dates

May 11, 2026

May 11 to May 21

May 24, 2026

Earliest departure

**Requested travel dates**

Latest return

Should unforeseen external factors affect a tour's departure date, EF strives to keep the updated departure dates within one to two days of the original date.



# Everything included



Full-time Tour Director who's with you every step of the way



Expert-led sightseeing tours in iconic destinations



Transportation including round-trip flights



Tickets to bucket-list experiences and attractions



Daily breakfast and dinner featuring regional cuisine



Overnight stays in hotels with private bathrooms

# What you're responsible for

Spending money

Passport and visas

Lunches and snacks

Free time excursions



# Coverage and policy flexibility

Global Travel Protection Plan (Individual Coverage)  
\$149

With this plan, you have access to representatives knowledgeable of these benefits 24 hours a day, so you can relax and enjoy the trip of a lifetime!

The Global Travel Protection Plan includes:

- Illness and Accident Coverage
- Baggage and Property Coverage
- Tour Cancellation and Interruption Coverage

Cancel For Any Reason (CFAR) (Insurance Add-On)  
\$149

This provides additional tour cancellation protection. You can contact the EF traveller support team to opt out if you do not need this.

EF has a Traveller Support Team at 1-800 263-2806 or at [travellersupport@ef.com](mailto:travellersupport@ef.com). They are available Monday through Friday from 9am to 6:00pm EST. For additional information about tours and EF, you can also visit our [HELP CENTRE](#).

*As of September 1st, 2025, the Global Travel Protection Plan, including the CFAR Insurance Add-On, is underwritten by Zurich Insurance Company Ltd (Canadian Branch).*



# Tour price

## Total Price

Based on a private tour of 15 - 19 paying travellers  
Price valid for travellers enrolled September 5, 2025 - September 30, 2025

Total Price

**\$5,977**

### Student Price Breakdown

Program Price (includes extension)	\$5,409
Private Group (15-19 paying)	\$420
Peace of Mind	FREE
Global Travel Protection Plan	\$199
Early Enrollment Discount	-\$200
CFAR Insurance Add-On	\$149

Monthly price  
as low as

**\$1,160**

**Total student price: \$5,977**

(including taxes)

Quote created on 09/09/2025\*

The program price is valid for today. Program Price includes HST/GST where applicable (domestic tours only), departure taxes and airport fees. Please call 1-800-263-2806 for more information.

To view EF's Booking Conditions, visit [eftours.ca/bc](https://eftours.ca/bc) which outline full price inclusions, payment schedule, cancellation, and refund policies.

# Ways to pay for tour

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Preferred method

## Automatic Payment Plan

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02

Pay in full at enrolment

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03

Manual Payment Plan\*

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04

Pay with FlexPay

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# UofGH Study Abroad Financial Aid

- **Tuition Waiver**

- ✓ Tuition is waived for students accepted into the course, conditional on the completion of the study abroad course

- **\$1,000 Travel Grant**

- ✓ Each accepted student receives \$1,000 travel grant, deposited into their student account at the start of the Summer semester (early May)

For 2025-2026, this is equivalent to approximately **\$1,721**



**Your Traveller  
Support Team  
is here to help**



Call us:

**1-800-263-2806**

Enroll by October 20<sup>th</sup> for

**\$200 off**

Program Price will be increasing October 1<sup>st</sup> !

ENROL

***READY TO TAKE OFF?***

Enrollment number:

2936950PS

**[eftours.ca/enrol/2936950PS](https://eftours.ca/enrol/2936950PS)**



NOW

# NEXT STEPS

## Step 1

- **Submit Online Application (by Sept 30 for priority review, or by Oct. 20 for final deadline)**
  - ✓ Apply at [www.guelphhumber.ca/current-students/global-learning](http://www.guelphhumber.ca/current-students/global-learning)

## Step 2

- **Pay \$199 deposit** to EF Tours on the **same day** you submit your online application
  - ✓ Secure your spot on the EF tours by Sept. 30 to lock in the price. Program price will increase Oct. 1
  - ✓ NOTE: your application *will not be considered complete* without the deposit

## Step 3

- **Wait for an email regarding your application status (after Oct. 30)**
  - ✓ Further steps and instructions will be provided in the email