

Connect. Explore. Grow. Through Language & Culture

A Unique English
Retreat
on the Antrim Coast,
N. Ireland



Are you ready for an
immersive programme
that moves you, not just
your English?



Immerse yourself in an
authentic Northern Irish
experience; personalised,
cultural & unforgettable

- ✓ Build new friendships.
- ✓ Practice meaningful English
in real-life situations.
- ✓ Private guiding & hosting.
- ✓ Discover one of the most
stunning coastlines in the world
& the beauty of local life
- ✓ Learn, laugh, explore, grow.

*"I had the chance to enjoy a
wonderful holiday through the
immersion programme"*

Annalisa, Italy



MOVE & SHAKE Your English

The Move & Shake Retreat

THE 7-NIGHT PACKAGE



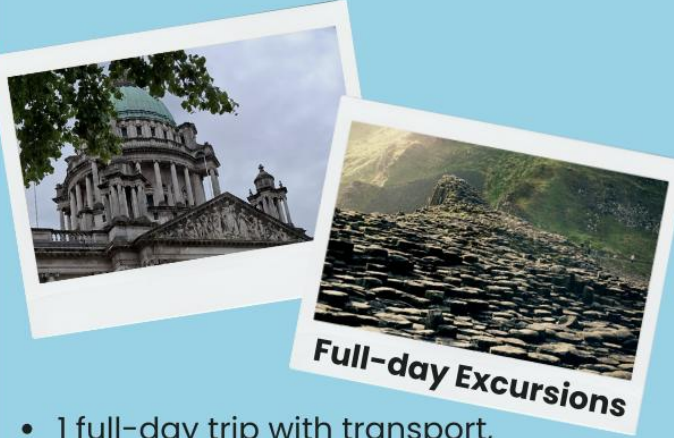
English Classes
10 hours (1-to-1)

- 5 × 2-hour sessions across the week
- Tailored to your level, interests & goals
- Includes prep, feedback, learning materials & post-session tasks



Cultural Excursions
Half day

- 3 local outings (e.g. artisan visit, heritage walk, local market)
- Includes: travel, entry fees, hosting & a cultural English task



Full-day Excursions

- 1 full-day trip with transport, guiding & immersive experience
- Destinations: Belfast, Giant's Causeway, Derry, Mourne etc.
- Includes: travel, entry fees, snacks & language support on the go



Meal Package

- All lunches & 4 home-cooked dinners/shared meals
- Focus on connection & local flavours

Extras

- Welcome pack-local artisan products
- Full support, admin, coordination with hosts, airport/train pickup
- Pre-arrival & post-stay online sessions

Total Programme Price: £1,099

(Based on the standard 7-night programme. Flexible options available on request. Excludes accommodation)
Instalment payment plans available



Local Accommodation

- Arranged separately from £60 – £105 per night (approx.)
- A private room in a carefully selected Airbnb, self-catering or local B&B.
- Some stays include shared living spaces or bathrooms, while others offer more privacy. All are chosen for their quality, warmth, comfort & character.
- All accommodation has been personally visited, vetted & approved by Move & Shake to ensure a trusted & welcoming environment.



Feel the language.
Breathe the culture.

moveandshakeyourenglish@gmail.com
www.moveandshakeyourenglish.com

Move & Shake In-Person Stays ACCOMMODATION

This is the growing list of recommended accommodation options, personally visited, vetted & approved by Move & Shake Your Shake. We've chosen them for their relaxed vibe, welcoming feel & trusted quality, so you can feel at home while exploring Northern Ireland.



Seafront Apartment
Carrickfergus from £105/night

- Stylish seafront apartment on the entire second floor
- Newly refurbished with a modern kitchenette, 1 double bedroom
- Walking distance: town centre, train station, Carrickfergus Castle
- Wonderful hosts, Sam & Saul
- *For individuals or couples*



Red Brae Cottage
Carrickfergus from £60/night

- Private double bedroom & bathroom
- Scenic views of Belfast Lough from the peaceful garden
- Full access to a kitchen, dining space, a cosy private room for relaxing
- Very welcoming host, Michele
- *For individuals or couples*



Downshire Private Suite
Carrickfergus from £60/night

- Spacious, comfortable en-suite double room in a quiet house
- All amenities with full use of kitchen
- Convenient location: near shops
- Super-friendly host, Patsy
- *For individuals or couples*



Joymount Cottage
Carrickfergus from £110/night

- Entire 2-bedroom property (1 double, 1 single)
- Cosily furnished, recently redecorated
- Superb location in town centre, across from the sea & Carrickfergus Castle
- *For families or small groups*



Coastal Cottage
Whitehead from £235/night

- Beautiful, semi-rural cottage with modern, well-equipped interiors.
- Amazing sea views; a scenic and relaxing coastal retreat
- 4 bedrooms (1 king, 2 double, 1 twin)
- *For up to 8 people*

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