

A.M.D.G.

Alumni-led Ignatian Retreat
BRIEFING PAPER 2019

Dromantine Retreat & Conference Centre, Newry, Co. Down
Tel. +44 (0)28 30 28 19 64

The Logistics:

Wednesday, 27th November 2019:

Meet Gonzaga 16:40

Depart Gonzaga 16:45

We recommend you eat before departure, as the journey will take 2.5h

Arrive Dromantine 19:30

Friday, 29th November 2019:

Depart Dromantine 15:00

Arrive Gonzaga 17:30

The Requirements:

Please bring:

01. Pyjamas, large towel, wash-bag, three sets of underwear and hankies, socks, shirts, trousers, track suit, pullover, hoodie, indoor and [good] outdoor shoes, full set of rain gear and cap [you will spent time outdoors every day!]
02. You may bring a water-bottle, book, sketch pad and pen. You will be given a journal for journaling. Please **BRING A WATCH, but NOT a mobile phone.**
03. If you wish bring some healthy snacks for in-between meals, if necessary, bring some change for travel to and from Gonzaga to home.

The normal school Code of Behaviour applies!

No excuse or explanation will be entertained for breaches of this code.

Special dietary requirements: Please inform Mrs Clarke and Ken Murray a.s.a.p.

This is a fantastic opportunity to be directed reflectively in tranquil surroundings for three days. The setting, atmosphere, peer-led groups and individual tasks will also offer you invaluable insights into yourself, your view of your own life and the world at large. It will be a tailor-made opportunity to build strong relationships with your peers, reflect on the past and envision your future. So throw yourself wholeheartedly into this unique and wonderful opportunity. Ken Murray and Jack Noone and all Leaders are looking forward to working with you throughout the retreat!