



Information for delegates

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1. EIFLE/IEEF annual general meeting:

The European Institute of Family Life Education /Institution Européen d’Education Familiale (EIFLE/IEEF) Annual General Meeting will take place in Knock, Co Mayo Ireland from 3rd to 5th October 2025. The venue for the meeting and scientific conference will be Knock House Hotel (www.knockhousehotel.ie) on the grounds of Irelands Marian shrine in the West of Ireland. The Natural Family Planning Teacher Association of Ireland (NFPTAI) are honoured to welcome you to Knock in 2025. Please see information below to help you plan and organise your visit. We promise to give you a “*Ceád Mile Failte*” (one hundred thousand welcomes in Irish).

We will gather on Friday 3rd October 2025 at 6pm for dinner in the Four Seasons restaurant, Knock House hotel followed by the opening EIFLE/IEEF meeting in the main conference room of the hotel. There is an opportunity to attend a Vigil to midnight for the first Friday at Knock shrine before retiring to bed.

We will celebrate mass in the apparition chapel 10 minutes’ walk from the hotel at 8am on Saturday 4th October followed by breakfast. The scientific conference is open to the general public and will begin on Saturday at 9.15am with registration from 8.30am. The theme of the scientific conference is *Family, Life and Education; our hope for the future*. Speakers include Dr Phil Boyle (Neo fertility), Nurse Kay O’Dwyer (Napro Ireland) and Dr Fidelma Healy Eames (former government senator and educator). There will be a buffet lunch for conference delegates at 1pm and the conference lectures will end by 3.30pm. There is an opportunity for a complimentary tour of Knock Shrine Museum and the creation garden following the scientific conference. We will meet for dinner at 6pm at the Four Seasons restaurant, Knock House hotel followed by the annual general meeting for EIFLE/IEEF members in the hotel. Hopefully we will have some time



on Saturday to relax and enjoy some Irish music in the bar of Knock House hotel before bedtime.

Sunday the 5th October will begin with breakfast followed by further EIFLE/IEEF meetings/workshops in the hotel meeting room. Closing mass will take place in the apparition chapel, Knock shrine at 12.30. We hope you take some time following the meeting to enjoy the West of Ireland and The Wild Atlantic Way.



2. Tickets for the Scientific conference: Saturday 4th October 2025

There will be a charge of €60 to attend all or part of the scientific conference on Saturday 4th October. *Family, Life, Education our Hope for the Future*. Tickets are available through Eventbrite.

There is an additional charge of €30 for the conference lunch payable through Eventbrite.

There is a complimentary tour of Knock Shrine and Creation Garden following the conference. Places are limited, so please book through Eventbrite.

Delegates not staying at the hotel are welcome to join EIFLE/IEEF for evening dinner on Friday and Saturday by paying the hotel reception directly.

There will be no charge for EIFLE/IEEF delegates attending all other meetings at Knock House hotel on Friday evening, Saturday evening and Sunday morning.

To book conference tickets, conference lunch and a complimentary tour of Knock Shrine museum on Saturday 4th October, please click on the Eventbrite link below.

- Conference ticket: €60, 9am to 3.30pm
- Discount for students and old age pensioners €55 (with valid ID, contact NFPTAI)
- Conference lunch: €30
- Complimentary tour of Knock shrine museum (3.30pm -5pm): free

<https://www.eventbrite.ie/o/nfptai-73350755083>

3. Accommodation in Knock:

Knock House hotel have agreed a generous conference rate for dinner, bed and breakfast for Friday 3rd and Saturday 4th October for EIFLE/IEEF delegates staying at the hotel. Delegates staying elsewhere can join us for dinner on Friday and Saturday at the hotel for an additional fee of approximately €30 per person, payable to the hotel reception on the day.

Please see details to book dinner, bed and breakfast at Knock House Hotel below. Accommodation bookings are made directly with the hotel, be sure to use the conference **Booking Reference** that you will receive after registration for the conference on the IEEF website. to avail of the conference discount for delegates.

Unfortunately, Ireland can be an expensive country and it advisable to book well in advance to get the best rates. Self-catering, hostels and bed and breakfasts tend to be better value than hotels. Alternative accommodation options are available in Knock at the many guest houses, hostels and self-catering. This list will be extended in 2025 when venues set their 2025 rates. The shrine hostel (St Mary's is already booked by another group for that weekend), but the Alexian Brothers provide accommodation in their monastery and self-catering at a reasonable rate. The Little Way Centre also provides simple but very reasonable accommodation. Please see details below.

Bed and breakfast and self-catering accommodation in Ireland can be made through www.booking.com and www.airbnb.com . The nearest towns to Knock are Ballyhaunis, Claremorris, Kiltimagh and Kilkelly and accommodation tends to be less costly in these areas, but you will need a car to get to Knock.

a) Knock House Hotel (conference and meeting venue)

Ballyhaunis Road, Knock, F12R6Y5

Phone: (094) 93 88088

Reservation Email: reservations@knockhousehotel.ie

info@knockhousehotel.ie

website: www.knockhousehotel.ie

EIFLE/IEEF conference rate: Quote the **Booking Reference** you received in the EIFLE confirmation Email.

See website for pricing details.

Children sharing with adults – 50% discount off adult rate.

Children occupying their own bedroom – Full Adult rate.

Children under 3 years old free of charge sharing with adults.

Please note, to ensure that guests are affiliated with the Conference, ALL bookings for this conference must be booked

a) over the phone 00353 94 88088 quoting the **booking reference**

b) by email quoting the **booking reference** and sending your credit card information. This is necessary for the hotel to have a deposit for the booking.

b) Knock Guest Houses and Hostels***Drum Haven Bed & Breakfast***

Drum, Knock, **T:** (094) 938 8046, **E:** lindajor@eircom.net

Cara Guest House, Knock, Co. Mayo

Tel: (094) 93 88315, **Mob:** (087) 7654776, **E:** jpkelly@eircom.net

Magdalen Lawless Bed and Breakfast, Churchfield, Knock

T (087) 2236381 (Rooms En-Suite) magdalenlawless@hotmail.com

Little Way Centre Old Airport Road Carrowmore Knock Co. Mayo Ireland, Message

+353852547285 / telephone 094 9388406

Alexian Brothers Community, Churchfield, Knock, Co. Mayo, Ireland.

Telephone 094 937 6996 / EMAIL cellerbruders@gmail.com www.alexianbrothers.ie

Madonna house (self-catering):

St. Theresa's two rooms 4 single beds (cost €70 a night)

St. Bridget's 1 single room and a twin bedded room (cost €65 a night)

St. Mary's 1 single room twin beds (cost €55 per night)

Monastery (bed and breakfast):

St Mark's twin-room B/B single occupancy €40 per night, double €70 per night

St. Luke's twin bedded (Price as above)

St. Kevin's single room (€40 a night)

St. Andrew's single room (price as above)

Knock International Hostel, Main street, Knock

www.theinternational.ie phone: +1 (087) 232-3047 email:

rachael@theinternational.ie

St Mary's hostel, Main Street, Carrowmore, Knock, Co. Mayo, F12 PK20,

www.stmarysknock.ie Phone: (094) 938 8156 email: info@stmarysknock.com

(please note, St Mary's is already fully booked by another group for the weekend of 3-5th October 2025, but may have cancellations)



4. Knock Shrine

Knock, Co Mayo is Ireland's Eucharistic and Marian International shrine and the heart of Catholic faith in modern Ireland. On a wet evening on 21st August 1879 about 25 people from the tiny village of Knock witnessed a silent vision of Our Lady with St Joseph, St John the Evangelist and the Lamb of God upon the altar at the gable-end of the parish church for over 2 hours. The visionaries were aged between 5 years and 74 years. Fifteen of them later gave evidence at the subsequent official church enquiries in 1879 and 1936 which found their evidence to be trustworthy and satisfactory.

Many theologians have pondered the rich symbolism of the Knock apparition. The presence of Our Lady reflects the deep Marian devotion of the Irish people. St Joseph is present as the protector of the Holy Family and the Church. St John comes as a preacher and reflects the people's strong Christian faith and devotion to the sacraments. The Lamb of God upon the altar symbolises the mystery of The Holy Mass and The Eucharist. The vision at Knock occurred at a time of great hardship for the Irish people and brought them comfort and sustained them in their faith. Today Knock is recognised by the catholic church as an international Eucharistic and Marian shrine that welcomes over 1.5 million pilgrims every year.

Knock is a place of prayer where pilgrims come to bring their worries and troubles to Our Lady and find peace and comfort. We hope The EIFLE/IEEF visit to Knock will bring hope and encouragement to continue your great work in promoting Family, Life and Education.

For more details on Knock Shrine and the facilities please see www.knockshrine.ie

DiscoverIreland

5. Visiting Ireland

For information on travel essentials, visas, currency, weather, electricity, driving, travelling to and around Ireland, things to do and places to visit please visit the official tourism Ireland websites: www.ireland.com www.discoveireland.ie

The Wild Atlantic Way passes through Co Mayo. This is a 2,600km coastal route taking you through the most spectacular coastline (in our view) in all of Europe. www.wildatlanticway.ie

Remember the weather is changeable! Wear layers, bring warm clothes, rain gear and sunglasses. Be prepared for four seasons in one day.

The currency is Euro in the Republic of Ireland and Pounds Sterling in Northern Ireland.

Drive on the left! Conduire á gauche! Links Fahren! Guidare a sinistra!

Plugs in Ireland are three-pronged. The electricity supply is 230v/50hz.



6. Getting to Knock

By Air: Knock Ireland West Airport Knock is located 20 Km from Knock Shrine with scheduled services from the UK and Europe. A shuttle service operates from the Airport to Knock Village and Knock House hotel, remember to book in advance. www.irelandwestairport.com

By Ferry: Ferries from the UK, France and Spain to the ports of Dublin, Belfast, Wexford and Cork. www.irishferries.com
www.poferries.com www.steneline.co.uk

By road: Knock is 220 Km from Dublin, 70 Km from Galway, 260 km from Belfast, 250km from Cork. It is located on the N17 road, between Galway and Sligo.

By public transport: Bus services are available from all major towns and cities and stop near the Shrine Grounds. visit www.buseireann.ie The nearest train station is Claremorris (11 km), which is on the Dublin Heuston – Westport Line. Shuttle and taxi services available from the shrine and Knock House hotel. www.irishrail.ie



7. The Natural Family Planning Teachers' Association of Ireland

The EIFLE/IEEF annual general meeting 2025 will be hosted by The Natural Family Planning Teachers' Association of Ireland (NFPTAI). We are an Association of teachers of natural family planning (NFP) in Ireland, teaching the Fertility Awareness Based (FAB) NFP method, namely the Symptothermal Double-Check (Multiple Index) Method of NFP.

We are proud members of EIFLE/IEEF and our course in NFP and FABM is accredited by the institute. We are pleased and honoured to welcome other member countries to Ireland in 2025. Please do not hesitate to contact us for more details.

www.naturalfamilyplanningireland.ie info@naturalfamilyplanningireland.ie

