



UISCE

★ ★ ★ Ireland's only accredited Irish College with Adventure Sports ★ ★ ★



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Rialacha - Rules

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The primary course rules are listed on the Socruithe Taistil form enclosed. Please read and accept the code of conduct and Irish Language rule.

Árachas - Insurance

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Students are fully insured during all activities on the course. The insurance of students' own personal belongings is each individual's responsibility. Please note that the activities taught at Coláiste UISCE are classified as adventure sports. Therefore despite all the precautions that are taken through safety measures, equipment, student / teacher ratios etc. there will always exist the possibility of accidents. Coláiste UISCE will not be liable for any accidents which may occur which are not due to the negligence of Coláiste UISCE. Students are therefore advised to take out their own personal accident insurance before coming on the course. Details of a sample policy from Allianz Ireland have been enclosed.

A rate of 10.00 euro has been negotiated for students from Coláiste UISCE. This policy will cover all hospital and medical bills should your child require medical assistance as a result of an accident while at Coláiste UISCE. The policy has no excess or minimum claim amount. We believe that this insurance represents excellent value for money and therefore recommend availing of this cover. To avail of the cover please tick the appropriate box on the enclosed form and forward payment.

Banc - Bank

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The Coláiste runs a bank for the safe keeping of students' pocket money. All students are strongly advised to put all of their pocket money in the bank on arrival and this money can be withdrawn as necessary on a daily basis.

Fóin Phóca - Mobile Phones

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At Coláiste UISCE we realise that mobile phones are now a normal part of teenage life and are an important tool for keeping in touch with home. Students are now permitted to bring their mobile phones on their course at Coláiste UISCE. However, in order to preserve the Irish speaking atmosphere on the course, phones will be taken up on arrival and given out for a set period of time in the evenings.

Please note that students will be permitted to use the texting facility only. Each bean an tí also has a landline in case of emergencies. Calls should therefore be kept to a minimum especially during the first three days of the course.

Important messages to students may be sent through the office phone, by calling the principal on 097-82111 ext: 301.



Uaigneas Baile - Homesickness

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According to our research homesickness is the distress caused by separation from the specific home environment or attachment objects - a form of separation anxiety. Feelings of longing are often accompanied by anxiety and / or depression. These symptoms may range from mild to severe. Homesickness frequently occurs when one travels and may be exacerbated by unfamiliar environments or foreign cultural contexts. Homesickness is especially common in youths. Young people may experience a sense of dread, helplessness, or separation anxiety on their first day of school, summer camp, or on a protracted summer vacation away from parents.

Prevention and Treatment

- Keeping a positive attitude
- Maintaining contact with home
- Recognizing & acknowledging the challenge being experienced
- Showing empathy through letters (traditional or electronic)
- Activity
- Communication
- Enjoying what's different about the novel environment
- Bringing something special from home
- Friends, Mentors and Buddies giving support
- Setting short targets to achieve - 2 / 3 days

Everyone experiences homesickness differently so in the event of your child experiencing homesickness, please contact our principal immediately so a joint approach for your child can be agreed.

Airgead Póca - Pocket Money

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Pocket money is a personal matter. There is a small shop in Coláiste UISCE where students may purchase drinks, crisps, bar, hoodies, t-shirts etc. Coláiste UISCE now uses a local launderette for students laundry. Please note that the cost of laundry varies depending on volume, last year the cost was between 8 - 10 euro per bag.

*** Students travelling by public transport should ensure that they have enough to cover the cost of their return ticket***

Cuairteanna- Visiting During The Course

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During a course in Coláiste UISCE an atmosphere 'Gaelach' is created. To preserve the Irish atmosphere we do not recommend unnecessary visits as they cause disruption to the students' Irish Language learning environment and prevent them from gaining maximum benefit from the course. If however parents wish to visit, we recommend Saturday as being the ideal day for visits. If you are planning to visit and take your child out or give other parents / guardians / people permission to do the same, it is essential from a child protection perspective that Coláiste UISCE receives formal notification / permission in writing at least 2 days prior to the visit. Please note it is also necessary to sign a permission slip on the day of the visit.



Seicliosta Práinneach - Urgent Checklist











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- 'Socraithe Taistil - Travel Arrangements' Form - filled out
- Rules and Code of Conduct on reverse read, signed and returned
- Considered optional personal insurance
- Balance of Course Fee paid






Liosta Don Chúrsa - Checklist For The Course

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ESSENTIAL ITEMS

- Swimming togs (2 if possible) 
- 3 x Towels (old towels advisable) 
- Booties or old runners and socks for watersports 
- Thermal top or polyester jersey / top for under wetsuit 
- High factor sunscreen 
- Tracksuit and runners 
- Rain jacket or rain gear 
- Spare inhaler for students with asthma 
- Old shorts for wearing over wetsuit 
- Refillable Water Bottle 

STANDARD ITEMS

- Jeans, T-Shirts, Sweatshirts / Fleece 
- Toilet bag and toiletries 
- Writing materials, A4 pad and A4 binder for notes 
- Pens, colouring pencils 
- Dictionary Irish/English 

OPTIONAL ITEMS

- Camera, Football boots, Musical Instrument 
- Logbooks (from any previous certificates in watersports) 



Srianta - Restrictions

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The following items are not permitted and will be confiscated upon arrival and returned at the end of the:



Srianta Bagáiste - Luggage Restrictions

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Please ensure all clothes and luggage are clearly marked and labelled. Coláiste UISCE will not accept responsibility for clothes lost or left behind during the course.

McNulty's coaches, (our bus contractor) has informed us of their health and safety guidelines which recommends that student's luggage be comprised of the following:

- Soft bags / Holdall bags preferable to suitcases, dimensions of which do not exceed 900 x 400 x 600.
- Maximum of two bags per students with a max weight of 15kg (2 x 15kg).
- No backpacks are permitted on the bus, all personal belongings must be on person.

Tinneas - Vaccinations & Illnesses

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In accordance with HSE guidelines, in the event of your child displaying symptoms of a contagious illness e.g. (mumps, noro viral infection – stomach bug, swine flu, meningitis), it will be necessary to take your child home immediately in order to avoid the spread of the illness. Students should have received TWO doses of the MMR and MenC vaccine as part their primary childhood immunisations prior to attendance

Head lice- due to the massive outbreak of headlice nationally, we ask that all parents check and take the necessary measures to avoid any further spread.

Lóistín - Accommodation Requests

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Accommodation is granted on a first come first served basis. Personal requests are subject to availability and cannot be guaranteed. A maximum of one friend can be listed and both forms must correspond.

Cód Éadaí - Dress Code

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In keeping with our child's protection and welfare policy, Coláiste UISCE has introduced a simple dress code. Due to our diverse age group, the dress code requires that students' midriff and under-clothes must be covered at all times. Students must refrain from wearing potential offensive logos on their clothing/jewellery. For more information please contact the office.



Fáilte & registration will be held between 3:30pm and 6:00pm. **Please note accommodation & registration is not available prior to 3:30pm.** Dinner will be provided on the evening of arrival at 7:00pm.

a. Travelling from the East

Students travelling from the East can meet Uisce coaches in B&Q carpark at Liffey Valley. Students must register at 10.30am sharp with the teacher. Travel information can be booked via your online account <https://bookings.uisce.ie/accounts/login/> using your email as your username.

b. Travelling from the South

Students travelling from the South are advised to travel by Bus Éireann to Galway on the following expressway buses. If travelling from Cork, take the Cork/Galway expressway departing at 9:25am. If travelling from Limerick, take the Limerick/Galway expressway departing at 11:25am and arriving in Galway at 1.45pm, where students will be met by an UISCE representative, students wishing to get the UISCE bus from Galway should meet at hotel Meyrick at 2pm for a 2:15 departure.

If travelling to Galway by car, please use either Euro Car parks, Forster Street OR Q-Park Eyre Square car park.

c. Travelling from the North/North-West

Students using private transport should arrive at Coláiste UISCE Eachléim between 3:30pm and 6:00pm. A map showing the location of the Coláiste in relation to Béal an Mhuirthead, as well as a list of the towns you will pass through if travelling from Dublin can be printed from our web site www.uisce.ie. Students who wish to avail of a bus service from Ballina should contact the office for further details.

In order to avoid confusion on the day of arrival, please book your proposed method of transport to and from Coláiste UISCE at least two weeks prior to the course start date.

(We recommend that students using public transport confirm bus times at their local station so as to ensure the times have not been altered).

Ag Fágáil - Departure

Uisce coaches will arrive in Galway bus station for 12:30pm to meet the 1:05pm Bus Éireann bus heading south, arriving in Limerick at 3:20pm and Cork at 5:25pm. Students that are getting private transport from Galway can meet the bus at hotel Meyrick at 12.30pm.

Students travelling to Dublin will depart at 10:30am and arrive at the B&Q carpark at Liffey Valley between 3.30 - 4.30.

Students using private transport should arrange for a 11:00am sharp departure time from Coláiste Uisce.





UISCE

Ionad Fiontraíochta Eachleim

An Eachléim

An Fód Dubh

Co. Mhaigh Eo

Éire

F26VY94

Bookings and Enquiries:

Coláiste UISCE: 097 82111

School and Adult Tours: 097 82473

Marketing office: 097 82479

eolas@uisce.ie

Office Hours

9:30am – 5:30pm Mon – Fri

Using Google Maps to get directions:

<https://www.google.com/maps/place/Aghleam,+Co.+Mayo/@54.118217,-10.1102949,15z/data=!3m1!4b1!4m5!3m4!1s0x4859a48d93cc33f3:0x17d638247fd29819!8m2!3d54.1182179!4d-10.1015402>