



UISCE

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



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The primary course rules are listed on the website at <https://uisce.ie/wp-content/uploads/2019/04/Rialacha-an-Choláiste.pdf>. Please ensure you have covered these with your child prior to course start date.

## Árachas - Insurance

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.

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 call the office on 097-82111.

## Fóin Phóca - Mobile Phones

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.

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 extension 400.



## Uaigneas Baile - Homesickness

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

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.











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

## Cuairteanna- Visiting During The Course






To prevent the spread of COVID 19 no visits are permitted. Parents are not permitted in the building when dropping off their child and must maintain social distancing while in the car park



## ESSENTIAL ITEMS

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

## STANDARD ITEMS

Jeans, T-Shirts, Sweatshirts / Fleece		<input type="checkbox"/>
Toilet bag and toiletries		<input type="checkbox"/>
Writing materials, A4 pad and A4 binder for notes		<input type="checkbox"/>
Pens, colouring pencils		<input type="checkbox"/>
Dictionary Irish/English		<input type="checkbox"/>

## OPTIONAL ITEMS

Camera, Football boots, Musical Instrument		<input type="checkbox"/>
Logbooks (from any previous certificates in watersports)		<input type="checkbox"/>

# Covid 19 Liosta Don Chúrsa - Essential Items

Refillable water bottle	<input type="checkbox"/>
5 packets of pocket tissues	<input type="checkbox"/>



## Srianta - Restrictions

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



## Srianta Bagáiste - Luggage Restrictions

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.

- 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

In accordance with HSE guidelines, If your child's medical condition falls into either the very high risk (also called extremely vulnerable) or high risk group as defined by the HSE, they will not be able to attend Campáí UISCE. In the event of your child displaying symptoms of a contagious illness e.g. (mumps, noro viral infection – stomach bug, swine flu, meningitis, COVID 19), 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

Parents can book children onto a course as a household/isolation group or as a single individual, who will share accommodation with another child. (Subject to available spaces)

## Cód Éadaí - Dress Code

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 underclothes must be covered at all times. Students must refrain from wearing potential offensive logos



Unfortunately, Uisce will not be providing their normal Galway or Dublin bus pick up service for our Camps.

Given the current Covid 19 situation, it is recommended that parents drop off and pick up their children at UISCE. It is recommended that groups of friends' co-ordinate their travel arrangements between each other to economise on journeys. As friends will be grouped together as part of the same "Pod" during the course, sharing a car should not be a problem.

For those students and parents who are not able to organise drop off or pick up by car, public transport is available from the East and the South to Ballina bus station. Details of connecting busses and trains to Ballina can be found on the relevant websites.

Subject to demand and viability, UISCE will arrange a coach to and from Ballina at an estimated cost of 40-euro return (20-euro one-way). This coach will leave Ballina at 17:00 on Monday and arrive in Ballina at 12:00 on Saturday, to allow for connection with Bus Éireann buses from/to Dublin and Galway.

The drop-off time at UISCE is strictly between 17:00 and 19:30 on the day of arrival and the pick-up time is between 09:30 and 10:30 on the day of departure.

Please contact the office on 097-82111 if you plan to use public transport for more information.





UISCE  
Cuan Eilí  
O.P. Clochar  
Béal an Átha  
Co. Mhaigh Eo  
Éire  
F26 HF10

Bookings and Enquiries:  
Coláiste UISCE: 097 82111  
School and Adult Tours: 097 82473  
Marketing office: 097 82479  
[eolas@uisce.ie](mailto:eolas@uisce.ie)

Office Hours  
9:30am – 5:30pm Mon – Fri  
Using Google Maps to get directions:

<https://www.google.com/maps/place/UISCE/@54.1479613,-10.0609549,12.42z/data=!4m5!3m4!1s0x4859a5c03802617f:0x8c52445a62d3db7a!8m2!3d54.1631593!>