

## DIANSRAITH – Intensive Streams & Skills Courses

Coláiste UISCE are now offering a variety of specialist streams and skills courses. These courses are all “As Gaeilge” and designed for students who wish to focus on specific areas and skills. See website for further information.

### • Diansraith

Key exam skills & techniques for Junior & Leaving Cert. Achieve optimum results in Honors & Ordinary level.

### • Sailing, Catamaran, Windsurfing & Surfing Skills

Skills courses are focused on progressing to the next level for you. All levels from entry to advanced are catered for.

## SÁBHÁILTEACHT - Safety

Safety is our top priority at all times. Coláiste UISCE is the only Gaeltacht Irish College accredited by the Irish Sailing Association, the Irish Surfing Association, the Irish Windsurfing Association and the Irish Canoe Union.

All our water sports and activities are taught by experienced and qualified instructors, with an instructor student ratio compliant with all governing bodies. We provide twenty-four hour supervision for our students. Our strong team of night supervisors report daily to the course Principal.

Centre Courses & Facilities are regularly inspected and approved by:

- Irish Sailing Association
- Irish Canoe Union
- Irish Surfing Association
- Health Service Executive (HSE)
- An Roinn Oideachais agus Eolaíochta
- An Roinn Gnóthaí Pobail, Comhionannais & Gaeltachta

## RIACHTANAIS - Requirements

Students must have completed 6th Class in primary school, be at least 12 years old and have a basic level of Irish before attending Coláiste UISCE.

Students are expected to adhere to a code of conduct for the duration of the course. Caithfidh gach duine iarracht a dhéanamh Gaeilge a labhairt i gconaí. Students must make a determined effort to speak Irish at all times.

## IONAD UISCE - The Centre

At Coláiste UISCE we are committed to providing the highest possible standard to you, our customer. UISCE is perfectly situated on the water's edge of the Blue Flag Beach at Cuan Eilí and features:

- 30 First Class en-suite bedrooms completed to Fáilte Ireland standards
- A spacious dining room on the water's edge with spectacular panoramic views of Cuan Eilí
- 4 classrooms
- Commercial kitchen approved by HSE
- 2 on-site slipways for easy access to the water
- Modern fire alarm system
- CCTV security cameras and night supervisors
- Laundry and drying room facilities
- 2 seven-a-side soccer pitches
- 2 basketball courts
- Indoor climbing wall
- Large archery room & PE hall



## TEAGMHÁIL - Contact

www.uisce.ie  
eolas@uisce.ie  
097 82111

UISCE  
Cuan Eilí  
OP Clochar  
Béal an Átha  
Co. Mhaigh Eo

BOOK ONLINE [uisce.ie](http://uisce.ie)



Ireland's #1 Irish College with Adventure Sports

Learning  
Irish  
Fun

Coláiste UISCE  
Summer Gaeltacht Courses

approved by ISA

# AG FUGHIL ...GAEILGE ...UISCE STYLE!!!

## EACHTRAÍ ACTIVITIES

### UISCE - Watersports

Seoltóireacht - Sailing  
Clársheoladh - Windsurfing  
Tonnmharcaíocht - Surfing  
Caigheacáil - Kayaking  
Currachóireacht - Canoeing

Clár Coirp - Body Boarding  
Snorcallú - Snorkelling  
Tógáil Raift - Raft Building  
Tarrtháil - Water Safety  
Léimt ón gCéibh - Pier Jumping

### EMOTIONAL INTELLIGENCE ★ DEVELOPING LIFE SKILLS

Our team-building challenges require communication, team work, co-operation and problem-solving skills. The adventure sports require determination, concentration and focus. Our evening activities allow for group interaction and socialising. All of these are important life skills for people to learn and develop. Our experienced instructors facilitate and integrate these important life skills through the various activities, promoting respect for each other during your course at UISCE.

### TALAMH - Land Activities & Team Challenges

Dreapadóireacht - Climbing  
Boghdóireacht - Archery  
Treodóireacht - Orienteering  
Cispheil - Basketball  
Peil - Football

Rugbaí - Tag Rugby  
Siúlóidí - Guided Walks  
Cluichí Foirne - Team Games  
Uas Fhriosbaí - Ultimate Frisbee  
Tóraíocht Taisce - Treasure Hunts

### CÁ BHFUIL CUAN EILÍ

UISCE is situated adjacent to the beautiful blue flag beach of Cuan Eilí, which is renowned for its clear, turquoise water and fine golden sand.

This safe sheltered bay is perfect for learning windsurfing, sailing and canoeing while the rolling waves of the Atlantic beach just 500 metres away is an excellent location for learning the exciting sport of surfing.

young, enthusiastic,  
dedicated team

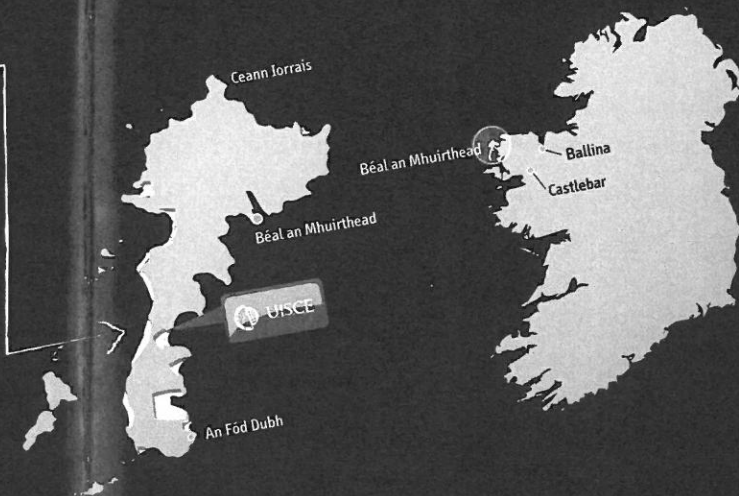
low pupil-teacher ratio

receive recognised  
certificates

### EILE - Other Activities

Céilí  
Gaisce - Adventure Journey  
Fleadh Fhulachta - Bar-b-que  
Bréigéide - Fancy Dress  
Tráth na gCeist - Table Quiz

Drámaíocht - Drama  
Amhránaíocht - Song Contest  
Seó Tallainne - Talent Spot  
Búgaí Búgaí - Disco  
Scileanna Sorcas - Circus Skills



approved by ISA



## Spórt Trí Ghaeilge



Coláiste UISCE is a unique activity based Irish College, located at the heart of Gaeltacht Mhaigh Eo. The enjoyable experience of adventure sports through Gaeilge helps students develop a new positive perspective of the Irish language. 'Making Irish fun' is our motto. We now have over 20 years' experience in providing safe, enjoyable Irish activity courses at Coláiste UISCE.

During your course at Coláiste UISCE your standard in Irish can improve beyond even your own expectations. Formal Irish classes, outdoor activities, interacting with local families, evening activities and céilithe all mean that you are totally immersed in the Irish language. We want you to fall in love with Gaeilge and have fun doing so.

In addition to all the healthy energetic fun and lifelong friendships formed during the course, your progress in Irish will shine through upon your return to school. Students discover an improvement in their written work and can converse easily with increased confidence.



GAEILGE ↓ SPÓRT / SPRÁOÍ ↓

## OIDEACHAS BEO – THE OUTDOOR CLASSROOM



The teaching media of sailing, windsurfing, archery, kayaking, climbing and surfing take Irish out of the classroom and give you a new perspective of the language. In this way, Irish itself is being developed and associated with modern, exciting adventure sports. Students return from the Gaeltacht having achieved a nationally recognised certificate in various water sports.

Outdoors, the experienced instructors teach you to put what you've learned into practice. Learning Irish this way achieves dramatic results; it changes your whole attitude to speaking "As Gaeilge".

Learning Irish is easier in the outdoor classroom.

I hear ? → but I forget

I see 👁 → I remember

I do ! → I understand

- Confucius

## STRUCHTÚR AN CHÚRSA - Course Structure



Students are divided into Irish classes on the night of arrival. We aim to keep class numbers as low as possible to ensure our teachers can dedicate their time to the specific needs of the class. We cater for all levels from basic to advanced Irish.

Each Irish class is then sub divided into groups for activities. Individual attention and tuition on the water is an integral part of the course.

“ Academically my son's Irish improved tremendously and he found the sporting experiences both challenging and rewarding. ”

Clare Fallon - Gaillimh

## CLÁR AMA - Timetable



- 🕒 08:15 Bricfeasta
- 🕒 09:30 Ranganna Gaeilge nó Eachtraí
- 🕒 13:00 Lón
- ✓ 14:00 Eachtraí nó Ranganna Gaeilge
- 🕒 18:00 Dinnéar
- 🎵 20:00 Eachtraí Oíche (Céilí, Fleadh Fhul. srl.)
- 🕒 22:00 Suipéar
- 🏠 22:30 Seomraí
- 🌅 23:00 Soilse Amach

## LÓISTÍN - Accommodation



Accommodation is provided in both the centre and with local families. Places are allocated on a first come basis.

### Bean An Tí

All our Bean an Tí accommodation is inspected and approved by An Roinn Gnóthaí Pobail, Comhionannais & Gaeltachta. Transport is provided from and to the houses each day.

### Coláiste Accomodation

Our coláiste accommodation comprises of 4 & 5 bed ensuite rooms and adheres to Fáilte Ireland standards. All students are fully supervised at night with the Principle staying on-site for the duration of the course.

## CAIRDE - Friends



Coláiste UISCE encourages friends to attend together. In the interest of ensuring an Irish atmosphere a maximum of 2 friends may be accommodated together. However, due to the friendly atmosphere nurtured in Coláiste UISCE, students leave with many new friends.

Coláiste UISCE is one of the only Gaeltacht Colleges to limit their intake so to avoid disappointment we advise you to book early

