




UCC Sample Programme 2010

Sun Day 1	Mon Day 2	Tues Day 3	Wed Day 4	Thurs Day 5	Fri Day 6	Sat Day 7	Sun Day 8	Mon Day 9	Tues Day 10	Wed Day 11	Thurs Day 12	Fri Day 13	Sat Day 14	Sun Day 15	
Arrival	Testing & Lessons 	Lessons				Lessons									
	 Cork City Orientation												 St Finbarr's Cathedral		 Cork Public Museum
			Evening Activities												
Depart															

*Please note that this is only a sample programme and activities will change according to dates and availability

KEY	
	Sports & Activities Workshops can include: Football, Gaelic Football, Basketball, Volleyball, Tennis, Badminton, Tag Rugby, Team Building Games, Simply Fun Games, Drama, Improvisation, Mime, Arts & Crafts
Evening Activities	Evening Activities can include: Themed Discos, Sports Nights, Quiz Nights, Treasure Hunts, Movie Night, Photo Scavenger Hunts, Karaoke, Irish Nights, Bingo Nights

Meal Times	
Breakfast	08.00 – 08.45
Lunch	12.15 – 13.30
Dinner	17.00 – 19.00
Lesson Times	09.00 – 12.30
Activity Times	
Afternoon	13.45 – 17.00
Evening	19.30 – 22.30
Full Day Excursion	08.45 – 17.00