



"providing for groups, working with individuals"



Whether you are looking for a fun-based event or an intense team-building programme, allow us to customise a package to maximise your groups full potential.



Location:

UL Activity Centre is situated on the western shore of Lough Derg, two miles from the picturesque village of Killaloe in East Clare, 20mins from Limerick City, access from N7, follow R494 at Birdhill and continue on to R463.

Contact:

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orking with individuals"

The following are some of the clients that have reaped the benefits of our expertise and highly interactive packages:

Irish Life	Hibernian Insurance
Irish Rugby Team	Limerick Senior Hurlers
Cadbury	AIB
Munster Rugby Team	Tyrone Senior Footballers
Anglo Irish Bank	Ulster Bank
Cardiff Blues RFC	Kilkenny Ladies Hockey
O2	Price Water House Cooper
Glasgow Thistles RFC	HSE
Dell	London Irish RFC
Cork City FC	Kerry Bio Science
Analog Devices	Irish Senior Boxing Squad
Colchester United FC	Genworth Financial
Corporate Games UK & Ireland	Halifax
Cork Senior Hurlers	Tipperary Senior Hurlers
Saracens RFC	RTE



Team Bonding Programme

A Team Bonding Session at ULAC is designed to

- Develop team ethos and team spirit
- Break down barriers
- Increase social interaction and boost morale
- Experience good old-fashioned fun in a new and exciting environment.

All of this is done through the medium of team based outdoor adventure activities.

"I would recommend this programme for getting people to see each other as more than work colleagues. It is a good tool for breaking down perceived barriers"

Emer O Toole, Schwarz Pharma

"There is nothing like the great outdoors to bring a group of people together as a team while also having good fun. Looking forward to the next visit already"

Thomas Dunne, QAD Ireland

"A massive boost to our team spirit and cohesion as a complete unit, just some of the many benefits we took away from our visit to ULAC"

**Declan Kidney,
Head Coach Munster Rugby**



Team Building Programme

A Team Building Session at ULAC is designed with each groups specific needs in mind. Mixing theory and practical activities, this session aims to address, resolve and overcome work place obstacles. Communication, Decision Making, Goal Setting or Leadership Skills are just some of the team-based issues that can be targeted. Combining this type of event with a conference or sales meeting proves beneficial to both management and staff, thus ensuring quality time spent away from the office.

"The programme provided our staff with the opportunity to see themselves and their colleagues perform outside the constraints of a work environment, it gave them fresh insight into the strengths and weaknesses of their team. Working with the UL team was a very pleasant experience. They addressed our needs with exactly what we wanted and were very professional"

Mary Brislane, Irish Life



"As a group we have done many team building exercises and this undoubtedly was one of the best – venue, setting so picturesque. Activities challenged everyone without intimidating or threatening. I would definitely bring a group back again. I had great confidence in the competence of the facilitators. They were very professional as well as personable and gave us great confidence"

Kate Kinnerk, O2 Ireland



Recreational Programme

A Recreational Session at ULAC gives participants the opportunity to experience a variety of fun based adventure sports in a safe and learner friendly environment. This type of session can be used as a sports & social outing, an enjoyable break away from the office or a well-earned reward. A recreational programme guarantees participants will release energy and have some well-deserved fun.

"Facilities were perfect, activities were fun, staff were excellent and the sauna rounded off a day we will never forget"

Karen Mc Grath, BDO Simpson Xavier

The variety of activities available was great and the fun element was present in all, can't wait for next visit already"

Marian O Connell, Intel

"The activities were a lot of fun which is always beneficial to a team which works under stressful conditions"

Christina Keane, HSE

