

Activity Date & Time	Implementation schedule	Physically/ Remotely	Contact hours	Autonomous work for students (max hours)	Learning outcomes
Activity 1 Tuesday 29 Sept 2026 10:00 – 12:00 CET	Welcome and introduction to the Student Research Hub, overview of the Surf and Turf Physics experience. Distribution of the Student Activity Pack and participant information. Completion of the participant questionnaire (required for surfing logistics, equipment allocation and safety planning) and the pre-activity survey. Opportunity for participant questions and discussion.	Remote	3	2	Develop an understanding of the structure, content and expectations of the Student Research Hub.
Activity 2 Tuesday 6 Oct 2026 10:00 – 12:00 CET	Online discussion session. Following independent review of the Student Activity Pack and participant information, participants will discuss selected activities and questions, clarify key physics concepts, and explore how these concepts will be investigated during the laboratory visits and the Surf and Turf Physics field experience. Participants will also have an opportunity to ask questions prior to the in-person mobility.	Remote	3	4	Develop an understanding of the physics concepts that will be investigated during the laboratory and field activities.

Activity 3 Wednesday 14 Oct 2026 10:00 - 15:00 CET	Visit to SETU Carlow. Tour SETU Carlow campus, meet academic and research staff. Participate in physics teaching session, laboratory demonstrations and practical activities showcasing the application of physics within Health and Sports Science and Applied Science.	Physical	5	2	Application of physics across Health and Sports Science and Applied Science, including its contribution to sustainable scientific innovation.
Activity 4 Thursday 15 October 2026 10:00 - 15:00 CET	Visit to SETU Waterford. Tour Physics laboratories and selected research facilities, meet academic staff and Physics students, and explore the role of physics in interdisciplinary research, innovation and coastal sustainability.	Physical	5	2	Understand the breadth of physics education and research and its contribution to interdisciplinary science and innovation.
Activity 5 Friday 16 October 2026 09:00 – 16:00 IST	Participate in the Surf and Turf Physics field experience. Undertake surf instruction, land-based physics investigations and collaborative activities exploring waves, forces, buoyancy and energy transfer while considering coastal sustainability and responsible use of the marine environment.	Physical	8	2	Apply fundamental physics principles through practical investigations and observations in the coastal environment.
Activity 6 Monday to Friday 19 – 30 October 2026	Independent Activity Review the Student Activity Pack, analyse observations and experimental investigations, complete the post-activity questionnaire, and prepare a recorded reflective PowerPoint presentation summarising learning gained throughout the Student Research Hub and reflecting on the value of experiential learning.	Remote	0	10	Communicate scientific principles and learning gained.

Activity 7 Tuesday 30th October 2026 10:00 – 12:00 CET	Online closing session. Discussion of key learning outcomes, experiential learning and coastal sustainability. Submission of a recorded reflective presentation and evaluation questionnaire.	Remote	3	2	Reflect on the Student Research Hub experience and communicate learning outcomes effectively.
Total Hours			27	24	