



Active Campus Programme Descriptions

Residential Life Training

This is an information session on Queen's Sport and the Active Campus programme delivered to the Residential Life Assistants at QUB Accommodation.

Active Campus Information Day

This is an information session aimed at QUB Staff. During this drop in session staff will have the opportunity to find out "Who is Active Campus" and what staff wellbeing programmes will be delivered through this semester

Staff Football

This is a friendly mixed gender soccer league which runs for 12 weeks aimed at improving staff wellbeing. The first 4 weeks of this programme will be social football where players can change teams each week in preparation for the 8 week league which will begin from week 5. All abilities welcome!

Campus Run

Campus Run is a weekly social running group that is open to Staff, Students and the Wider Public. Participants have the choice to run or walk a distance of 2K, 3K or 5K around the University Campus.

Student Club Check In Day

A variety of QUB Sports Clubs will be coming to QUB Accommodation for an information session. They will be in BT1, BT2 and BT9. This is open to all students living in QUB Accommodation

Staff Netball

This is a 10 week social netball programme for QUB Staff Wellbeing. This programme is a mixture of skill games and social matches to help participants learn/ relearn the rules. This programme is open to all abilities.

Academy Sport Taster Day

Queen's Sport are hosting a taster day at Upper Malone Playing Fields. Participants will have the opportunity to try 5 different sports Hockey, Rugby, Soccer, GAA Football and Hurling. There will be an information session on these sports and how to get involved in the QUB Fanbase. This event is only open to students living in QUB Accommodation.

Student Wellbeing Sports Day

This Pre-Semester event is in collaboration with Student Wellbeing. A Sport's Day-themed event with an aim to connect with others, be active and work together in various fun physical activities and challenges. All fitness levels are welcome.

Fresher's Fair

This event is run by the QUB Student's Union. Explore 200+ of our Clubs & Societies ranging from academic, creative, charitable, cultural, political, religious, to sporting and everything in between! There's something for everyone whether you're a total newbie or a seasoned pro.

Couch to 5K Programme

This is a 10 week programme which is designed to help you improve your running stamina from a 'couch' to a 5K as part of a weekly social running group.

Staff Badminton

This is a 10 week social Badminton programme for QUB Staff Wellbeing. This programme is open to all abilities for those who have played before or this is their first time trying the sport.

11 a side league

This is a 10 week league of recreational soccer for QUB Students. Up to 24 teams are able to enter this league with a max of 15 players each. Matches will be played both at Upper Malone Playing Fields and Belfast City Council Pitches.

5 a side league (Monday + Wednesday)

This is a 8 week league of recreational soccer for QUB Students. Up to 18 teams are able to enter these leagues with a max of 7 players each. Matches will be played at the pitches at the back of the PEC (OTF)

World Mental Health Day Class Combo

This event is a combination of three different fitness classes; Indoor Cycling, Kettlebells (weights) and a core workout. This session is open to QUB Staff, Students and PEC Members. This event is to raise awareness of World Mental Health Day.

World Mental Health Day Yoga Session

This event is a yoga session delivered in the Great Hall on the main Queen's Campus in collaboration with Mind Your Mood. This session will be open to QUB Staff, Students and the Wider Community to raise awareness of World Mental Health Day.

Papyrus Hope Walk

HOPEWALK is PAPHYRUS's flagship fundraising event which takes place each October across the UK. It's an opportunity to raise awareness and funds for PAPHYRUS and suicide prevention. The walk will take around 30-minutes.

Social Futsal

This is an 8 week programme of recreational soccer. This programme is for individuals to sign up to play weekly soccer. Each week participants will be placed into different teams. A maximum of 18 players can attend this programme and each of the teams will route their matches throughout the 90 minute programme.

Social Basketball

This is a 6 week social basketball programme. This programme is a mixture of skill games and social matches to help participants learn/ relearn the rules. This programme is open to all abilities for those who have played before or those only new to the sport.

International GAA

This is a 6 week programme aimed at International QUB Students to introduce them to Gaelic Athletic Association (GAA) Football. Through this programme participants will learn the rules and basic skills of the GAA Football. At the end of this programme there will be a friendly game against another University International GAA team. Throughout this programme there will also be an introduction to Irish culture.

Halloween Dodgeball

This is a one off annual fun Dodgeball event for QUB Students and Staff. Participants can sign up as part of a 6 person team or sign up as individuals and be assigned a team. This event has a Halloween theme and everyone is encouraged to come fancy dressed.

3 v 3 basketball tournament

This event is a one off mixed gender basketball event which is open to both QUB students and staff. Teams will compete in teams of 3 against each other in 5 minute matches. Participants can sign up as part of a team or sign up as an individual and be assigned to a team.

Santa Run

This event is a Christmas themed social run. Participants have the choice to run or walk 2K, 3K or 5K with some refreshments afterwards

American Football

In collaboration with Belfast Trojans this is a 4 week programme that will introduce participants to the sport of American Football. This programme will go through the rules and practise the skills needed to play American Football.