



CyberBreak

A 24-hour digital detox

FROM 5pm Fri. 17th October
UNTIL 5pm Sat. 18th October 2025



Proudly supported by the HSE

| FRIDAY | PLAN/ACTIVITIES |
|----------|---|
| 5pm | |
| 7pm | |
| 10pm | |
| SATURDAY | PLAN/ACTIVITIES |
| 8am | |
| 10am | |
| 12pm | |
| 2pm | |
| 5pm | Congratulations! You did it! 24 hours with no smart devices... |