





First Things First!

Preparing for Departure

- **About Foundation for International Education (FIE)**

The Foundation for International Education (FIE) supports US universities, colleges and their faculty in the provision of a Dublin study abroad experience for their students. In partnership with Dublin Business School, FIE provides a high level of student support helping you in every way we can, so please use us as a resource.

- **Prepare Now!**

While you might feel like your term in Dublin is ages away, start planning now as your departure will sneak up on you! We've prepared this document to address any questions that you may have as your departure approaches, and in compiling the following information, we have tried to be as accurate and up to date as possible. However, the world is a changing place and some information may no longer be spot on, so please use this as a guide, and feel free to contact us with any further questions.

- **Be Prepared to Experience Culture Shock**

For many of you this is your first time living in a new country - you are no doubt feeling a mix of emotions. While we can prepare you for your arrival, once you arrive, the experience belongs to you. Be prepared to undergo some culture shock: what people experience when they are placed into a new or foreign environment. Many students do not anticipate going through culture shock in a country like Ireland because it is English-speaking. However, you will face many changes and differences, some of which will be subtle and disguised. There are lots of little adjustments that you will need to make in your habits and attitudes, but keep an open mind and take it all in your stride. Moving to any new country is a challenge, but it is also a very exciting opportunity to learn. Things may be different in Ireland, but that is why you've come here!

Here are some tips to help you prepare for a new culture:

- Be open-minded about the differences in other cultures. Expect differences and embrace them - It's not wrong, just different!
- Size and space is much smaller! - Be prepared to have less space, so don't over pack!
- You may want to read some of the many famous Irish authors to give you a better sense of Irish history, life and culture.

What to pack:

Possibly one of the biggest dilemmas you will face prior to arriving in Dublin is the all-important issue: What to pack?

First of all, there are documents that you absolutely must have with you when arriving in Dublin. The Irish Immigration Authority requires that students have the following when going through immigration:

- **A valid US passport.** Check that your passport is valid for the entire duration of your stay in Ireland, and for any optional travelling you do at the end of the semester. It is also recommended that one family member have a passport as well, should they need to fly over in the event of a serious emergency. It takes about 8 weeks for a passport to be processed so plan ahead.
- **Evidence of Course and Payment of Fees, or Immigration Letter.** You will be provided with an immigration letter from your host Irish college (Trinity, UCD or DBS) prior to departure.
- **Evidence of Private Medical Insurance.** Your program includes a health insurance package with Endsleigh Insurance. FIE will provide you with such evidence. Otherwise, you must make the appropriate arrangements for yourself, and you must have insurance before your program begins.
- **Evidence of Self-Sufficiency.** A copy of a bank statement showing that you have access to at least €2,000. A print out of your online bank balance will be sufficient; however the bank account must be in your name, showing a monetary amount equal or greater than €2,000 according to recent exchange rates and must not be older than 30-days from the time you register with immigration. Given that you will have 30-days to register with immigration from your day of entry into Ireland, FIE advises you to print out a bank statement a day or two prior to departure.
- **Address at which you can be reached in Ireland.** You can use FIE's main address: Foundation for International Education, c/o Dublin Business School, 13-14 Aungier Street, Dublin 2, Ireland.

Be sure to make photocopies of all of these documents and keep them in a safe place at home and with you in Ireland.

Should you lose your passport, having copies makes the process of replacing them much easier.

Most airlines will allow you one checked bag in addition to a carry-on and personal bag. It is important that you only **pack only what you can carry yourself**. Airlines have weight restrictions – you will be charged if you exceed the limit, **so check with your airline to see what they will accept**. It's also a good idea to bring a smaller “weekend” bag for any short trips you decide to take.

Don't forget!

You will need an **adapter** if you want to bring any electronics from home because Irish electricity does not match US voltage. Ireland uses 230 volt AC and power outlets have the same plug as the United Kingdom, which is different from the plug used in continental Europe. Most travel stores and airport shops sell the adapter you will need, which you can buy in the US or in Ireland.

A small non-electric, **battery-powered alarm clock** will be essential, or a cell phone with an alarm. Batteries are the same in the US and Ireland. Although you may purchase a converter or look for dual voltage appliances, it is advisable to avoid using converters on digital equipment. Most of the basics, such as hair dryers, can be purchased upon your arrival. It is best to leave hair dryers, straighteners and electric shavers at home, as they frequently blow Irish fuses, resulting in power loss and a broken appliance.

Bring **copies of prescriptions** for any **medications** you will need, and for glasses or contacts if you wear them. It is also a good idea to bring your own contact lens solution, as it can be expensive to buy here. Have enough medication for the duration of your stay, because you may not be able to get an appropriate equivalent, and be sure to carry your medications in their properly labelled bottles. **Any necessary prescriptions should be packed in your carry-on bag**. We also recommend that you bring your preferred over-the-counter cold medicine, as there is nothing worse than searching for the right medication when you don't feel well.

You will need your own **bath towels**. They can be brought from home or purchased after you arrive in Dublin at a reasonable price in stores such as Penneys, Guiney's, and Dunne's in the City Centre. But remember: bring at least one towel for your first few days! Bed linens will be provided, as will basic kitchen supplies.

Dublin is a compact city, so you will do a **considerable** amount of walking every day – probably much more than you did back home. Be sure to bring **comfortable shoes** that were designed for walking. You don't want to spend your experience abroad limping around from blisters or stress fractures! Fashionable —runners/sneakers are popular footwear in Dublin.

A **travel-sized umbrella** that fits in a backpack or handbag is a must. The weather here can change suddenly and without warning. Additionally, a warm **water-resistant coat** is essential as even the summer months can become unexpectedly chilly at short notice. Rain boots or —wellies are essential foot gear for any ladies living in Dublin, while the men tend to wear water-proof trainers or Timberland style boots. To save bag space, you can always purchase these items once you reach Dublin.

Part of your experience of living abroad is to get to know and experience the culture of your new country. You will soon notice that overseas, Americans have a way of standing out in a crowd. You aren't a tourist now, so don't act like one!

Above all: if you don't wear it at home, you probably won't wear it here. If you leave anything at home you can always buy it here. You will also want to **leave space for bringing back souvenirs and other things you buy** or accumulate in the next few months!

Helpful Tips for Packing:

- Pack light—only bring what you can comfortably carry
- **Know the baggage rules for intra-European flights. Check with the airline you are considering flying with before departure**
- Try to wear your biggest or heaviest items on the plane
- Bring clothes that can be layered and that wear well with others
- Ziploc bags are perfect for packing things like underwear (which you want to keep clean and dry) or toiletries and cosmetics (which might leak due to cabin pressure during a flight)
- Stuff smaller items, like socks, into shoes and crevices
- Tightly rolling your clothes can save space and avoid wrinkles
- **Keep all your valuables, prescription medications and important documents in your carry-on luggage**
- **Anything sharp should be packed in your checked luggage**
- Attaching a bright tag to your checked luggage will help you find it more quickly at baggage claim
- Full bottles of shampoo and moisturizer are heavy and take up precious space in your suitcase, so bring small travel-sized bottles to get you through the first few days -- many (but not all) American brands are available here at pharmacies like Boots as well as grocery and convenience stores
- In the unlikely event that your luggage is delayed, you may want to **pack a change of clothes and toiletries in your carry-on bag**
- Some medications that are legal in the US may be illegal in other parts of the world – you may need a letter from your doctor explaining what the drug is used for, and verifying that you have brought just enough for the duration of the programme. If you are concerned about whether a certain medication is legal in Ireland contact the Irish Medicines Board www.imb.ie
- **You can also check with the Irish embassy about travelling with medications**
- **Do not lock your suitcase** – the Transportation Security Administration (TSA) scans checked bags and reserve the right to break locks and search bags

Student Apartments

You will be staying in FIE's student dormitory location: Griffith College. Detailed information on this location can be found below in the Student Handbook section of this file. Finish reading here first though ☺

Weather

For those of you accustomed to four seasons, you will find the climate and weather patterns in Dublin considerably different. In simple terms, Dublin has two seasons: spring and autumn. Dublin won't get as brutally cold as it does in some parts of North America, and it generally stays mild throughout the summer. Even when the sky is clear and brilliantly blue in the morning, the weather can change quickly and dramatically and by lunch it might be pouring. Dressing in layers is key, as you will experience —four seasons in a day here.

Rain is a major component of life in Dublin, and in a typical year it rains on 150 days. It will become second-nature for you never to leave home without your keys, wallet, phone and umbrella. Generally speaking, the temperature will not range very far outside of 35° to 65° Fahrenheit. For more specific details of the weather, go to www.weather.co for current conditions.

Laptops & Mobile Phones

A mobile phone with an Irish number will be a necessity for your programme in Dublin. You can either purchase a mobile phone on arrival for as little as €25-30, or you can bring a spare phone from home. If you intend on bringing a phone from home, it must first meet three requirements: 1) it must be unlocked or have the ability to be unlocked in Dublin, 2) it must be a tri-band or higher and 3) it must have a slot for a SIM card. Many American network providers lock their phones so that users cannot switch networks. If you are unable to get your phone unlocked at home, there is a service in Dublin that can unlock your phone for you. This typically will cost approximately €20. Irish SIM cards are typically either provided for free by the mobile network or cost under €10.

Ireland's primary mobile networks are: Vodafone, o2, 3, and Meteor. All of the above offer pay-as-you-talk plans. These plans are good value for money and allow you to top up your phone in a similar fashion to loading money onto a gift card. Please do not order an international plan from a US network provider. These can be incredibly expensive in practice and do not provide you with an Irish phone number.

Be wary of bringing your smart phone or tablet. Data plans will quickly see the cost of mobile communication skyrocket and Wi-Fi is not always widely accessible in Ireland. As such, laptops or tablets that exclusively depend on Wi-Fi are not practical for travel in Ireland.

Banking and Local Currency

We advise you not to arrive in Dublin with all your money in your wallet. To get you through your first few days, it is helpful to arrive with a few hundred Euros in cash. Exchange money at your bank, as the currency exchanges at the airports charge higher rates. Ask for mixed notes in smaller denominations. ****notes larger than €100 will not be accepted in most stores here so make sure the notes you bring are €100 or smaller****. Do not plan to keep large amounts of cash in your room.

Some of you may choose to come with traveller's cheques, one of the safest ways to bring money with you. However, they can be a hassle to cash as places may charge a fee or offer a lower exchange rate. Additionally, having money wired to you at a Western Union will cost a fee, depending on the amount wired. Money typically successfully transfers within 15 minutes.

It is strongly recommended that you get a credit card if you do not already have one. The only major credit cards widely accepted in Europe are Visa and MasterCard.

One of the easiest ways to get money from home is with a bank or debit card. If you do need to be sent money, an easy option is to have someone from home deposit money into your account – allowing you to withdraw it from an ATM. European ATMs have four digit pins—so only use the first four digits of your American pin when withdrawing money in Ireland.

Additionally, some bank cards act as debit cards and can be used to make purchases where major credit cards are accepted. Using a credit card or your debit card in an ATM will always give you the best exchange rate, it however is important to be mindful that the bank that the ATM belongs to will most likely assign a transaction fee and nearly all US banks assign a foreign transaction fee for each cash withdrawal made from a foreign ATM. Find out if your American bank is affiliated with any international banks – this might save you from paying a transaction fee from both your American bank and the ATM's

Irish bank. If you do have to pay a fee, it is cheaper to withdraw larger amounts less frequently, rather than €30 every other day. Some vendors may give you the option to purchase in either Euros or US Dollars. Please note that all items should always be purchased in the local currency—as this will ensure the best conversion rate.

US banks also assign transaction fees for purchases made on a US credit card while abroad. Before you leave— make sure you find out from your bank how much this fee is and ways to minimize it.

Make sure you let your bank and credit card companies know that you will be abroad so they don't freeze your account (to protect you from fraudulent charges), and check that your card(s) will work overseas – you don't want to find yourself unable to access money!

You'll find the Irish banking system less convenient, as they are closed on weekends and have lobby hours from 10 am to 4 pm (or 5pm on Thursdays). The biggest banks in Dublin are Bank of Ireland, Allied Irish Bank, National Irish Bank and Ulster Bank.

Allied Irish Bank Westmoreland Street Dublin 2 01 679 9222	Bank of Ireland 2 College Green Dublin 2 01 677 6801
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How much money to bring?

How much money you should bring depends on your personal financial situation and what sorts of things you plan on doing in Ireland. Please remember that Americans enjoy a relatively low cost of living compared to the rest of the world, and Dublin is an expensive place, even by European standards. Your dollars will not go as far here and unfortunately what costs \$1 in America will not always cost €1 or less in Dublin. At the time this was written (July 2012), the exchange rate was approximately \$1.22 to €1.00. For the most current exchange rate you can check online at: <http://www.xe.com/ucc>

As per the Irish Naturalisation & Immigration Service (INIS) requirements, you must have access to a minimum of €2,000 (not in cash) set aside for the duration of your stay for food and personal expenses. You will most likely not need all this, but you need to show evidence of it for immigration. Keep in mind that your purchasing power is directly related to the dollar/Euro exchange rate. Your program fee covers your tuition, housing, insurance and associated program events only.

Below is a rough idea on the cost of living in Dublin:

1 litre of milk: €1.40

Loaf of bread: €1.60

Box of cereal: €4.00 Pack of cigarettes: €9.40

Can of soup: €1.50

Drugstore cosmetics: €6 to €12

Large coffee: €3.00

500ml bottle Coca-Cola: €1.40

Candy bar: €0.90

Take-away sandwich/wrap: €4.50 to €5

500ml bottle of water: €1.80

Taxi from City Centre to nearby residential areas: €10.00 Average bus fare to City Centre: €1.65

Pint of Guinness or beer: €5+

Spirits: €6+

Entrance to nightclub: €5 to €15

Theatre tickets: €15+

Entrance to gig: €10+

Cinema: €7 to €10

Student Discounts

Getting an ISIC (International Student Identity Card) is a good idea as ISIC holders may enjoy specific discounts – however, these discounts are not always limited to ISIC holders and normal student ID cards can often work just the same. You can purchase an ISIC in the US for about \$25 which includes some insurance coverage/ benefits, or you can buy it after you arrive in Dublin at travel agencies such as STA Travel and USIT (like Travel CUTS) for €13 (which does not provide any insurance coverage). The real benefit of an ISIC card comes with elective travel to the Continent, where major tourism sites will often only accept an ISIC card as a verified form of student identification.

If you plan on using the Irish Rail system to travel domestically, it is essential that you obtain a Student Travelcard. You can only obtain it within Ireland—the most convenient location is in Trinity College’s Student Union Shop. For a bargain price of €12, you will recoup the cost of the card the first time you take the train— saving an average of €35. There are also countless other discounts including Dublin Bus, the LUAS and numerous retail and restaurant outlets.

Insurance

FIE has taken out a comprehensive health insurance package with Endsleigh Insurance; your health insurance is included in your fees. This insurance includes coverage for 21 days of leisure travel. It may however, not be suitable for all your health needs. Please determine in advance of departure whether supplemental health insurance would be advisable for your particular health background. All students must have health insurance before your program commences; make sure you check before you depart.

***Read all insurance documents that FIE send you carefully so you know what you are and are not covered for. ***

Safety Abroad

Dublin is a safe city by comparison to major cities in the US. However, you should always use your best judgment when you are in a new environment: if you happen to be alone at night, stay in well-lit and busy pedestrian areas. Like any big city, Dublin has its rougher neighbourhoods - if you wouldn't want to go there during the day, stay away at night. Petty theft and pick-pocketing, as in any highly populated city, occur most commonly, so always be aware of your surroundings and use your common sense. If you do find yourself in trouble, contact the Garda, Ireland's law enforcement, which has local stations all over the city. In case of emergency, dial 999 or 112.



Student Handbook
Your Spring Semester starts here...

Look for the Student Handbook
in the Student Handbook



Use this Student Handbook as a guide for planning your time in Dublin, and for day-to-day reference once you've made it through your transatlantic flight, braved the airplane food and maybe even slept for a few hours. This should take you through what we think you'll need to know, so get comfortable and happy reading!

Jet-lag, the fatigue and confusion experienced after a long journey to a place in a different time zone, can feel a little staggering at first, but most people adjust to the time difference in about a week. Some of you will find it easy to stay awake in the evenings, but the important thing to remember is to wake up at a reasonable time! You won't be helping yourself by sleeping until the afternoon during your first few days. Setting an alarm clock in the mornings, avoiding naps and forgetting about what time it is back home are good ways to get over jet-lag quickly. Besides, your adrenaline should be kicking in – why nap when you can explore your new city?

For many of you this will be your first time living in a new country - you are no doubt feeling a mix of emotions. Be aware of **culture shock** – what people experience when they are placed into a totally new or foreign environment. Moving to a new country is a challenge, but it is also a very exciting opportunity to learn. There are lots of little adjustments that you will have to make in your habits and attitudes, but keep an open mind and take it all in stride. Things may be done differently in Ireland, but this is why you've come! Remember, culture shock affects everyone differently – some people may experience feelings of culture shock in the first few days because of all the changes, while others find themselves feeling homesick weeks later after the novelty of the new place has worn off. You are all going through this experience together and everyone experiences culture shock in some way.

For those of you accustomed to four seasons, you will find the **climate** and weather patterns in Dublin very different. In simple terms, Dublin has two seasons: spring and autumn. The temperature will tend not to range very far outside of 35° to 65°



Fahrenheit so it won't get as brutally cold as it does during a North American winter, and it generally stays mild throughout the summer. Though Irish winters aren't known for their arctic temperatures or snow, their trademark damp cold could give any New England winter a run for its money. So bundle up and be prepared! Also, even when the sky is clear and brilliantly blue in the morning, the weather can change quickly and dramatically, and by lunch it might be pouring. Dressing in layers is important as you will experience "four seasons in a day" here. Remember, rain is a major component of life in Dublin – it will become a habit for you to never leave home without your keys, wallet, phone and umbrella.

A Brief History

Dublin, one of Europe's most prosperous cultural capitals, has undergone a major transformation in the past two decades. Dating back to the Bronze Age, the Fair City has had its share of civilizations, beginning with the Celts about 2500 years ago, who converted to Christianity in the 5th century before a succession of invasions begun around the year 800. The Vikings controlled Dublin until the Normans arrival in the 12th century, before they in turn were supplanted by the English. England's monarch Henry VIII became King of Ireland in 1542. As British Crown also heads the Church of England, Catholics were gradually disenfranchised by the enactment of Penal Laws, designed to force conversion. With famine and mass emigration from the mid-19th century the population of the island decreased by more than one half. Gaelic cultural revival and agitation for political independence gained traction early in the 20th century and Ireland became a free state in 1922. There was great controversy over the Partition clause, which allowed six counties in Ulster to remain in the United Kingdom and, while Ireland became a completely autonomous republic in 1949, the six counties of Northern Ireland remain part of the UK.



After several decades of continued population decline and relative poverty in Europe, from the 1990s Ireland experienced a dramatic surge of growth. The 'Celtic Tiger' economy brought international businesses and huge amounts of money into the country and Ireland's capital found itself with unprecedented wealth. However, after the credit crunch of 2008 the Irish economy underwent a dramatic contraction and unemployment soared to 15% in 2012. It is hoped that recovery has now begun, but the boom is definitely bust.

The boom years attracted many migrants from Eastern Europe and beyond the EU, making Dublin a vibrantly cosmopolitan city with a diverse, young population.

Dublin is also home to many famous cultural figures, and is known for its authors: Jonathan Swift, Bram Stoker, Oscar Wilde, Samuel Beckett, WB Yeats, and James Joyce, who captured a day of Dublin life in one of the most important

and influential of all novels, *Ulysses*. U2, Guinness and Colin Farrell are all offspring of the city as well.

Home to several universities, Dublin is also a popular choice for students wishing to study abroad. With its rich history, friendly population and love of the craic, we are sure you will enjoy your time studying here.

Getting Around Dublin

At the heart of a metropolitan area with more than one million people, Dublin's city centre remains compact enough that most places can be reached by foot. However, in the case of torrential rain or a longer journey, Dublin has several options **for public transportation**.

Dublin City Bus

Bus Átha Cliath, the Dublin City Bus, runs from 06:30 until 23:30 each night, with buses in the city centre running about every 10 to 20 minutes. It has routes that cover most of the city so you shouldn't have to walk too far to reach your nearest bus stop. Timetables posted at each stop indicate times of departure from the original station, but some newer bus stops show the expected delay and there is Real Time information online and by a downloadable app. Printed timetables are available at the main bus station on Upper O'Connell Street. However you plan your trip, it's always best to allow some extra time.

The city is divided into stages, and depending on what stage you are travelling to and from, expect to pay anywhere between €0.60 and €3.00 per fare. Single fare tickets can be purchased on the bus, but the driver cannot give you change – if you overpay, you will be given a receipt which can then be cashed in at the main bus station. The buses only accept coins and no notes, so make sure you always have a few Euro in change on you. You can also buy a commuter card at the main station or at selected news agents, which offer discounted prices. See Leap Card



Night Link

The Night Link service operates after Dublin City Bus has finished. It runs from the City Centre out to suburban residential areas once an hour. It only operates on Friday and Saturday nights between 00:00 and 04:00. The Night Link costs €5.70 approx. per journey, payable in advance at a kiosk or with coins on-board.



Luas (pictured above)

The Luas light rail service serves two tramlines, the Red and the Green. Irish for “speed,” the Luas connects the suburbs to the City Centre and runs frequently (4-5 minute interval at peak times). Tickets can be purchased at machines located at all stops or at most ticket agents. For a single trip expect to pay around €2.50, or €6.40 for an all-day pass.

DART

The Dublin Area Rapid Transit is an electric train that runs North and South along the coast to and from the seaside towns of Howth and Bray – most useful for people commuting to and from the suburbs. It runs every five minutes during peak hours and every fifteen during off-peak. A single fare from the City Centre to Howth or Bray costs around €2.80.



Leap Card – Recommended!

A Leap card allows you to use the one card for Dublin Bus, DART and Luas. To get the card you pay a €5 refundable deposit and simply top up your credit in one of the 400 leap card vendors in the city. All fares are discounted with the Leap card and you never have to worry about having correct change, so it's a worthwhile investment.

Taxi

Taxis are an easy, safe and direct manner of navigating the city, but they aren't cheap. As soon as you step into the taxi, the meter is set to €4.50, and mileage dictates your fare. Be sure that your driver runs his meter so that you are not overcharged. A taxi ride from the City Centre to surrounding residential areas will cost around €8, but the rates increase after 8pm and on bank holidays. Taxi drivers are registered and usually have a list of charges for their passengers to see. It's always cheaper to share a taxi, despite a €1 per person supplemental fee.

When leaving the pubs late at night, expect to wait at a **Taxi Rank** – an organized line of people waiting for a taxi at designated places around the City Centre. *You won't outsmart anyone by standing a block further down the street – the Taxi drivers will always go to the Taxi Rank first.*



Dublin Bikes

The Dublin bike scheme has seen more and more Dubliners hop on their bikes and leave the cars at home. There are 44 bike stations dotted around the city, where you simply pick up your bicycle, go for a spin and drop it back to one of the other stations. To use the scheme you pay an annual subscription of €10. Your first 30 minutes is free, so the scheme is ideal for travelling around the city centre.



Walking

Luckily, Dublin's compact layout makes this option the easiest, cheapest, and most pleasant. But as American pedestrians there are two things that you must look out for: motorcycles and traffic direction. Motorcyclists are much more common in Europe than in the States, and these drivers often act as if they own the road – since they are small and fast, they zip around idling cars at stoplights. Be careful when jaywalking! Additionally, it takes a few days to remember that traffic generally comes from the right-hand side when you are crossing the street. In America you're accustomed to looking left first so it's an automatic reaction to look left, see a clear street and go! Streets here, when two-way, will have cars zooming from the right in the lane closest to you. Look both ways but look to your right first! Lots of people cycle in Dublin, so it is wise to also look out for these commuters—though being run over by a bike will cause less damage than a car—it is still an unpleasant experience.

Dublin Bus

59 Upper O'Connell St
Dublin 1
01 873 4222
www.dublinbus.ie

Luas

01 646 3400
www.luas.ie

DART & Irish Rail

01 836 6222
www.irishrail.ie

City Cabs

01 872 2688

National Radio Cabs

01 677 2222

Safety and Crime

Dublin is a safe place by comparison to major cities in the US. You should always use your best judgment when you are in a new environment – and if you happen to be alone at night, stay in well-lit pedestrian areas, don't walk with headphones in and keep an eye on your surroundings. Like any big city, Dublin has its rougher neighbourhoods - if you wouldn't want to go there during the day, stay away at night. Petty theft and pick-pocketing, as in any highly populated city, occur most commonly, so always be aware of your surroundings and use your common sense. If you do find yourself in trouble, contact the Garda, Ireland's law enforcement, which has local stations all over the city. In case of emergency, dial 999 or 112 (dialling 911 will not work here!)

Bridewell Garda Station
(The closest to your accommodation)
Chancery Street, Dublin 7
1 666 8200

Main Garda Station
Pearse Street, Dublin 2
01 666 9000





Student Apartments Dublin

- **General Housing Information**

You will have a thorough housing orientation (mandatory) that provides details on how to use Irish appliances. Electricity and heating is more expensive in Ireland than America. Irish citizens are careful not to overuse energy—they expect visitors to their country to abide by a similar policy.

You will need to adjust to this new and greener way of life. It means not leaving lights on if you are not in a room, switching plugs off if you are not using the appliances they are affiliated with, taking shorter showers and putting a sweatshirt, sweatpants and thick socks on if you are cold.

There will be **no towels or toiletries provided** in most apartments unless otherwise specified. You may bring your own, or buy these items upon arrival, but remember to bring what you will need for the first few days! Penneys, an inexpensive department store, is a popular option for buying linen and towels. There are two in Dublin's city centre, one located at 47 Mary Street, and another located on O'Connell Street. Guineys and Dunnes are two other department stores in the City Centre that sell similar items fairly inexpensively.

There will be an Accommodation Welcome Pack in your apartment when you arrive. **Please read it thoroughly.** It will contain maintenance request forms, an inventory list of everything your apartment should have, directions on how to use Irish appliances and explanations on household differences, instructions on how to conserve energy and information on your rights and obligations while residing in Dublin.

The managers of the building monitor noise levels and expect all students to respect the property and other tenants. Please be considerate of those with whom you share a building and living space. Disruptive behaviour and loud parties are not permitted. Upon checking into your accommodation, you will need to sign an accommodation rules and conduct form. If you are found to be in violation of these rules, you will receive a written warning or be asked to leave your accommodation in extreme cases. If you already have a written warning and have committed another housing violation—you will be immediately asked to vacate your accommodation—with no refund awarded. If your infringement is serious enough—you may be removed from the programme receiving no programme refund and no academic credit for your semester here. You are expected to conduct yourself with respect at all points in time.

Griffith College

Griffith Halls of Residence is located in the Portobello area of Dublin. Griffith College is a modern urban campus which sits alongside Dublin's Grand Canal on the grounds of a former army barracks dating back to the 1830s. The residence is located on the south side of the city and sits on the edge of the city centre giving students a relaxed environment with the convenience of the city on their doorstep.



Students will have access to all the facilities and amenities available at Griffith College during their stay including access to the library, on campus shop and restaurant, games room, sports facilities, and more.

Apartments consist of:

- Two shared bedrooms
- Students have access to a number of bus routes to the city centre
- Each apartment has 2 bathrooms, 1 main bathroom and one En-suite both with shower, toilet and basin facilities
- Each bedroom has 2 single beds with your own study desk, bedside locker and wardrobe
- Each apartment has a common living space which consists of a living area with 2 couches, TV and coffee table, and a kitchen with dining table and chairs
- Each kitchen is equipped with a fridge freezer, cooking hobs, microwave, electric kettle, and storage cupboards
- Free Wi-Fi internet access is available in each apartment

Security

Students will have access to apartment blocks and rooms via an electronic key. Access to campus (after 11pm) is by way of hand recognition through a security gate. CCTV in resident corridors and on campus grounds is in operation. Campus patrols are done 24/7.

Electricity/Waste

Electricity is included for each apartment. Recycling stations are located on campus for glass and aluminium cans. Please be conscious of the amount of electricity being used and always recycle where possible to help the environment.

Laundry

Students will have access to laundry facilities are available in the basement with both washers and dryers. Washing costs €3.00 and drying costs €1.50, local laundrette's are available but are more expensive. The laundry room is also equipped with Wi-Fi. Online system for checking availability of machines and alerts for when cycles are complete.

Computer access

Students will have Wi-Fi access in each apartment and throughout the campus.

Mail & Packages

Each apartment has a mail box located outside the main door of their block. Registered post and parcels will be delivered to the accommodation office. Students will be notified by e-mail when a package arrives.

Postal Address:

Your full name

Apt (Number) Block (1A/2A or 1B/2B)

Griffith Halls of Residence

South Circular Road,

Dublin 8,

Ireland



Communication

Phone

For those of you who feel lost without a cell phone attached to your palm, there are affordable ways of staying connected with your friends in Dublin. Ireland has **mobile networks** such as Vodafone, 02, 3, and Meteor that offer pay-as-you-talk plans – but first you will need a phone. Phones can be as cheap as €50, and then it is up to you to decide how many minutes you would like to buy. Some networks have lower rates for network-to-network calls and texts – so it would be a good idea for you and your friends to stick to the same network. Try the Carphone Warehouse, which sells each Irish network (as a result they give unbiased advice), to see which has the best deals – generally, Meteor is known for being the cheapest. Additionally, depending on whatever your phone from home is, if it is a tri-band or more, it will work here. Most American networks lock their phones so that their customers can't switch service providers, but there is a shop on Moore Street (just off of O'Connell Street in the City Centre) that unlocks phones for €20. If this is the case, you will only need to buy a new SIM card which costs around €10 and then you will have a local Irish phone number. No matter what network you choose, it is much cheaper to text, but all incoming calls and texts are free!

Phone numbers (landlines) in Dublin always begin with 01, and then xxx xxxx. If you are dialling a Dublin number from within Dublin you do not need the 01, unless you are dialling from a mobile. Mobile numbers always begin with 08.

Your family and friends back home will not only miss you and want to hear about your adventures here, they want to know you're alive and well! Though you may get caught up in the fun of living here in Dublin, remember to touch base every so often! The best thing to do for making international calls is to Skype. Skype can be downloaded for free and computer to computer calls are free of charge—calls to

landlines or mobiles from Skype are as inexpensive as it gets and if you have a webcam, you have the option of video chatting to your friends and family back home! Make sure Skype works on your computer without a headset or buy a suitable headset in the States or in Ireland. A second option is to purchase a **phone card**. Most newsagents (convenience stores) will have calling cards available in different Euro amounts—they are best used with a land-line phone. Remember that your mobile phone will charge you per minute even when you use a calling card. When calling the US, dial 001 followed by the area code and number: for example, 001-(312)-555-1234. For people to call you from the US, tell them to dial 011-353-(drop the 0)-8X-XXXX.

Post

The price of a stamp for a letter or greeting card to the US is around €0.95. Branches are located all over the city with hours from 9:00-17:30 Monday through Friday and 9:00-13:00 on Saturdays. Most post office branches close for lunch between 13:00 and 14:15 so plan accordingly! You can drop stamped post into the green post boxes around the city.

An Post

South Anne St, Dublin 2
01 677 7127

General Post Office

O'Connell Street, Dublin 1
01 705 7000

Internet

DBS, UCD and Trinity and our student residences, have wireless internet. Also, with its large student population, it is not hard to find an internet café in Dublin, and there is at least one in every neighbourhood.

Transport

Below are some common routes you may take and the approximate cost of the journey using a Taxi

Route	Approximate Distance/Cost
Griffith College to City Centre	1.9km/€6-€9

Note: €2 will be added at peak times and charges may apply for extra passengers

Transport Apps

Hailo

The Hailo App is a safe and convenient way to get a taxi. Simply press the location button and a taxi will collect you at your current location. You can see your driver before he arrives and your journey is tracked so it is a very safe way to travel. You can pay by cash or card and you will receive a receipt via e-mail. The app is for use on Android and iPhone devices. <https://hailocab.com/ireland>

Dublin Bus <http://www.dublinbus.ie/en/your-journey1/mobileapps/>

The 'real time' Dublin Bus App tells you what buses serve the bus stop you are at as well as how many minutes your bus is away from that stop

The 'route planner' App serves the same function as above but allows you to plan specific routes and also gives all Dublin bus timetables.

Useful Websites

An Post (Ireland's National Postal Service) <http://www.anpost.ie/AnPost/>

Mobile phone carrier <http://www.o2online.ie/o2/>

Mobile phone carrier <http://www.vodafone.ie/>

Mobile phone carrier <http://www.meteor.ie/>



Dining & Socialising in Dublin

Pubs

Pubs are a staple of Dublin culture and can be seen as frequently as traffic lights around the city centre. They are open 7 days a week and range from small traditional open fire pubs to the super modern establishments of the Celtic tiger. So whether you are a trend setting hipster or want to find a cosy corner and

listen to some traditional Irish music, Dublin will have a place for you. During the afternoon pubs are generally frequented more like restaurants with almost all pubs now serving food from traditional Irish fare to fine international cuisine. Most pubs serve traditional Irish 'pub grub' such as fish and chips, stews, pies or a full Irish breakfast in the morning but you can also stick with sandwiches, a carvery meal or even salads and pasta. Breakfast and lunch prices range from around €5 for a sandwich to €10 to €15 for a main meal.

Fast but good Food

If you are on the go, rushing to class or don't feel like spending top dollar on a meal, Dublin has a wide selection of cheaper, tasty eats that won't burst your budget. Many restaurants have prepared sandwiches, wraps, pastas and salads that you can either eat in or take away. Pop-up informal eateries have become extremely popular in Dublin and is where you can find a quality bite to eat that won't break the bank.

FIE Recommendations

Ukiyo's, Exchquer Street, Dublin 2

A great little Japanese eatery and bar serving a fantastic lunch menu, the Burrito selection or Bento Box is highly recommended. Lunch menu is served 12-5pm. The restaurant is also open for dinner with karaoke available. Lunch €6-€10. <http://www.ukiyobar.com/flash.php>

Neon17, 17 Camden Street, Dublin 2

An informal Asian street food eatery where you get plenty of food for your buck, you also get to make your own ice cream cone on the house for desert. Open 12 noon-11pm. Price €5-€10. <http://neon17.ie/>

Green19, 19 Camden Street, Dublin 2

Very popular with locals, this hip restaurant is known for its cocktails and good atmosphere, there is a good selection of main courses for €10. The hamburger and chips is recommended and if you have a date and you're on a student budget then this is the place to go and impress! Open 10am-11pm. <http://www.green19.ie/>

Georges Street Arcade

Established in 1882 this market arcade offers everything from custom made jewellery to frozen yoghurt. It has some hidden gems for lunch away from the busy streets of the city centre. Opens 10am-6pm.

<http://www.georgesstreetarcade.com/>



- **Simons Place**, One of the best cafes in town serving homemade fresh sandwiches, soups, salads, buns and coffee. Students, artists, businessmen and locals alike all gather together in this cool café where the walls are lined with all the latest gigs and events happening in Dublin. Opens for breakfast from 8.30am daily, avoid the 1pm rush as the queue is out the door. Try the hot cinnamon buns straight from the oven!
- **Little Mac's**, a cool little 8 seat diner serving homemade fast food, the chicken burgers are delicious; FIE students get a discount here!!!!!!
- **Yogism**, handcraft your own fat and gluten free frozen yogurt and choose from a huge selection of toppings from fresh fruit to gummy bears. Guess the weight and you get it for free!

Restaurants

Dublin has grown over the last 15 years from a modest food faring city to one now competing on an international scale when it comes to fine dining. With a diverse population Ireland now offers almost any type of cuisine you can think of. Most Irish people would likely argue the best traditional food is made at home and this is probably true. Generally Irish people like to try something different when they go out. Restaurants in Dublin usually offer an early bird menu between 17:00 and 19:00 which offers the best value. Going to a restaurant in Dublin is as much about socialising as it is about the food. Although you don't generally tip barmen in Ireland it is expected in restaurants, unless there is a service charge. Tipping 10%-15% is standard, 20% if you have had exceeded expectations.

Nightlife

Home to hundreds of pubs, bars, music venues and night clubs Dublin is hive of entertainment. At the weekend sporting events generally dominate most pubs with rugby and premier league football on most Saturday and Sunday afternoons. In the evenings from around 7pm, live music sessions, DJ's or just the noise of conversations drowning out the background noise take over from the afternoon crowd. Wednesday and Thursday nights are generally when students go out and many clubs will do promotions for students.



Areas

Temple Bar is the area south of the Liffey and north of Dame Street easily recognised by its cobble stone streets. Temple Bar is lined with an array of restaurants, pubs and street performers. Prices for food and drink are noticeably higher here, but there is often "traditional" live music on offer. You should explore this area as it has some less expensive places off the main square. Avoid the traditional pubs on the square as these are very expensive and are aimed at tourists, don't expect to find many locals spending their evenings here as it tends to be mostly a tourist area for nightlife. <http://dublinstemplebar.com/>

Camden Street has become a vibrant spot for nightlife in recent years with clubs, bars and live music venues lining each side of the street. *Whelan's*, <http://www.whelanslive.com/> *Anseo* and *Against the Grain* are just three of the many great spots here.

Harcourt Street houses most of Dublin's nightclubs where students and young professionals tend to go around 11:00 pm or 12:00 am. Harcourt Street lies one street over from Camden Street. Some clubs and pubs reserve the right to refuse entry to anyone under 21 or 23, but there are plenty of fun establishments that do not operate a strict door policy.

Grafton Street in the area between South Great George's Street and Dawson Street is where you will find a good deal of swankier bars, pubs and clubs.

Opening Times

Pubs will serve last drink orders at 11.30pm from Sunday to Thursday and 12.30pm on Friday and Saturdays. Many city centre and music bars will serve until 2.30am. There are many nightclubs and wine bars that stay open very late. Some clubs will charge an entry fee, wine bars also charge very high prices for their bottles but you are essentially paying for a longer night out. Going out in Dublin can be expensive and prices can range depending on the night and what you're drinking. Guinness is priced anywhere from €4 to €5 per pint. A pint or bottle of beer will cost between €4.50 and €6 which is cheaper than a cocktail which can cost up to €10. In pubs near universities and in the city centre around George's street, there are many mid-week specials and deals on cocktails so keep your eye out or ask an Irish classmate where to go! Also, you will be charged for both the spirit and the mixer when you order a mixed drink (such as a vodka and tonic). One major difference here you will appreciate is that you are not expected to tip your bartender.

Dress codes have become less strict in recent years and really depends on your preferred destination. People will generally dress up when going out at the weekends to clubs and bars but you will find people will be more casual if just going to their local pub. Don't be offended if a doorman requests to see an ID card – your driver's license should work in these cases. Smoking is banned inside all public spaces but most places will have a smoking area.



General rules of thumb:

The legal age for drinking in Ireland is 18. Regardless of your age, there are various things for all of you to consider before consuming alcohol in Ireland:

- Some premises will operate an over 21's door policy so you may be refused even if you have ID
- Serving sizes here are much larger than at home. Drinking three 20-oz pints is almost twice the volume of three 12-oz bottles.
- If you are used to drinking light pilsner beers at home, you will be surprised to see a lack of light offerings in Ireland. As a fact, the beer and cider here is much stronger by volume. There has been a popular increase in craft beers in Ireland, some of these are heavy and very strong and can contain higher levels of alcohol which you won't know about if drinking on tap
- Irish students tend to drink at a much slower pace than the typical American co-ed because pub-going focuses not on the act of drinking but on the art of socializing – learn a lesson from your native counterparts!
- Crime rates are low in Dublin by comparison of international standards and it is a safe city to go out in, however Dublin is a compact city and most places serving alcohol close at the same time which means large crowds of people on the streets at the same time so stay with friends, mind your personal belongings when out, don't leave drinks unattended and don't look for trouble!

With larger servings and higher alcohol by volume levels, a careless night out can lead to disaster, or even worse, dismissal from the program. FIE does not, in any way, encourage or condone binge drinking. Please know that reckless over-consumption of alcohol is a surefire way to get kicked off the program and sent back home faster than you can say, "What's the craic?"

Shopping

Retail

If you find yourself at a loss for warm or waterproof clothes, or you just crave a little good old-fashioned retail therapy, Dublin is the place to do it. In Ireland, sales tax or VAT, is included in the price listed on the tag for all retail and food goods – if it says €25, you pay €25 – don't worry about trying to figure out sales tax in your head! Remember that sizing is different here too: shoe sizes are generally 2 sizes smaller, while clothes sizes are 2 to 4 sizes larger. For example, if you are a size 12 dress in the states, you will most likely be a size 14 or 16 in Ireland.

There are two main areas in the City Centre where shopping can be done, Henry Street (north of the Liffey) and Grafton Street (south of the Liffey). **Grafton Street** boasts Dublin's most prestigious and



posh department store, Brown Thomas, with expensive boutiques and high fashion designers. At the top of Grafton Street is the St Stephen's Green shopping centre – arranged like an American mall but with beautiful and ornate windows.

Henry Street claims Arnott's, Dublin's first department store, and two shopping centers similar to American malls: the Jervis Centre and the Ilac Centre. Penney's is a department store famous for its bargains and is a great place to buy clothes, cheap towels and bedding, and has two stores near Henry Street.

A quick ride on the Luas into the suburbs will take you to the two most popular malls, The Square in Tallaght, and Dundrum Centre in Dundrum (get off at Balally, one stop after Dundrum). Dundrum is the more popular of the two—laying claim as Ireland's largest shopping mall. Alternatively you can take a bus to the west of Dublin to visit the Blanchardstown Centre or the Liffey Valley Centre, both of which have an abundance of shops and restaurants.

Groceries

Dublin has a handful of grocery stores, and you will get the most from your Euros by shopping at the major chain stores like Aldi or Lidl (the cheapest two options) or Dunnes and Tesco's, rather than your local corner shop such as a Spar or Centra. Be aware that grocers are required to charge a bag tax for plastic bags, which is 22c per bag. You can always buy reusable bags, carry a backpack, or just reuse your plastic shopping bags. Try heading to the North City Centre, where the discount stores Aldi and Lidl are located off Parnell Street in addition to the fruit and vegetable cart vendors located on Moore Street (make sure you insist on picking out your own produce). The Irish tend to shop less in bulk and only buy what they need for a day or two at a time. This is particularly useful for things like meat, fruit and vegetables which tend to rot if you don't use them quickly enough. Items such as cereals and pasta can safely be purchased in larger quantities. Irish food has fewer preservatives than American products so things like bread and milk tend to rot quicker here than in the States—adjust your shopping patterns accordingly.

Dublin has some excellent farmers markets too –Smithfield is home to the Dublin Fruit and Vegetable Market on St Michan's Street and there is also farmer's market in Meetinghouse Square in Temple Bar on Saturdays from 10:30 am to 4:00 pm.

Guide to Irish Colloquialisms

The Irish are well known for their gift of the gab but the problem for those of you from across the water will lie in understanding such expression. Irish people tend to talk quite fast and this won't be a problem in a one-on-one conversation but when a group of Irish are all talking amongst themselves, it can get confusing!!! Irish people also tend to curse a lot, you should not take offense to this as it is often just a way emphasize what they are saying. In social situations expect a lot of cursing among young people!

Irish people probably use more slang than any other nation on the planet. This may be new to you and an adjustment from the norm so to help you from scratching your head in confusion, below are some words and terms you may come across.

Slang varies across Ireland and what a person from the South says, a person from Dublin may not understand, slang is mainly related to youths conversing in social situations so when speaking to mature people or other students you should have no problem in understanding.

General Conversation

Irish	American	Irish/American
Craic	Good time	What's the craic?/How are you?
Fair play	Nice one	Fair play to ya/Good for you
Can't be arsed	Won't or does not feel like doing something	Can't be arsed studying/ I do not feel like studying
Work away	Go for it	Can I have the last slice of pizza?/Yea, work away
Lads	Generally boys or men	Are ye lads headin out?/Are you guys going out tonight
Cheers	Informal thank you	Here's your change/Cheers

Courting

Irish	American	Irish/American
Your man/Your one	That guy/That girl	Look at your one/Check out that girl
Tart	Someone who looks like they sleep around	Your one looks like a tart/That girl is slutty
Ride	Sexy or to have sex	He's a ride/He is sexy

Education

Irish	American	Irish/American
Module	Course	Subject i.e. Sociology
Course	Module/Degree	BA Business Studies

Check out the following website for an entire breakdown of Irish slang and where particular phrases are used. <http://www.irishabroad.com/culture/slang/irishslang.asp>. You can always ask your Irish friends to minimise using slang if you don't understand as they probably don't even realise their doing it. They will also be more than happy to explain any words or expressions you have come across that you would like explained. A group of friends might even have their own slang words or apply different meanings to words for their own amusement!

Expressions

Irish	American
Knacker	Derogatory term for someone who is potentially threatening or seen to be threatening
Knacker/Pikey	Also a derogatory term for someone from the Travelling/Gypsy community (This term can cause offence so be careful)
Culchies/Boggers	Term Dublin people use for those from anywhere that isn't Dublin ☺
Doing the dirt	Cheating on one's boy/girl friend
Match	Live sports event
Jacks	Toilet
Session	A long night of drinking
Grand	OK/Sure/No problem
Jammers	To refer to somewhere as being too busy
Scoops	Alcoholic drinks
What's the story?	How are you doing?

"Story boss, r ye lads headin out or what? Tis gonna be some banter watchin' the match with a few scoops down da local"

Confused?

Re-read this sentence at the end of term and if you can translate it, you are a true Irish student!



Places of Worship

While the predominant religious affiliation in Ireland is Roman Catholic, there are other religions represented as well, a few being:

African Choir
St Peter's Church
Phibsborough
Dublin 7
01 838 9708

Islamic Foundation of Ireland
Mosque & Islamic Centre
163 South Circular Road
Dublin 8
01 453 3242

Sikh Temple
Gurdwara Guru Nanak Durbar
78 Serpentine Avenue
Ballsbridge, Dublin 4
01 667 1558

Russian Orthodox
St Peter & St Paul
Harold's Cross Road
Dublin 6
01 496 9038

Terenure Hebrew Congregation
33 Rathfarham Road
Dublin 6
01 490 5555



Roman Catholic Church – various locations throughout the city:

www.catholiccommunications.ie

Church of Ireland (Protestant religions) – various locations throughout the city:

www.ireland.anglican.org

Places of Note and Culture:

The Book of Kells and the Old Library

A celebrated illuminated manuscript created by monks in 800s AD. Tour includes a walk through the Long Room of Trinity College's Old Library, home to over 200,000 antique texts and maps, the oldest surviving harp in Ireland, and famous busts of classic scholars.

Trinity College Dublin, College Green, Dublin 2

Chester Beatty Library

An astounding collection of rare Asian and Middle Eastern books, manuscripts, art and costume.

Clock Tower Building, Dubh Linn Gardens, Dublin Castle, Dublin 2

Christchurch Cathedral

A Gothic-style cathedral dating back to 1186, today it is home to the Church of Ireland's Dublin diocese.

Christchurch Place, Dublin 2

Dublin Castle

Once the seat of English rule in Ireland, Dublin castle is a glittering palace set in the heart of the city centre.

Entrance off Dame Street, Dublin 2

Dublin Writers Museum

Rare editions, original manuscripts, letters and paintings of Ireland's most celebrated authors and poets are displayed here.

18 Parnell Square North, Dublin 1



Guinness Storehouse

At the site of the St James Gate brewery, this newly remodelled section includes a museum tour of the history of Guinness. The Gravity Bar at the tour's end provides stunning birds' eye views of the city and a free pint!

St James Gate, Dublin 8

Aviva Stadium

Home to the Irish football (soccer) and rugby teams, the new stadium also serves as an open air music venue.

4 Lansdowne Road, Ballsbridge, Dublin 4



Croke Park

This is the home of Gaelic games and with a capacity of 82,000 is the largest stadium in Ireland. If you get a chance make sure to visit the stadium on match day to sample a unique atmosphere and to see Gaelic football and hurling in all their glory.

Jones's Road, Dublin 3

Merrion Square

A gorgeous park lined with Georgian townhomes, filled with statues, busts and foliage, and fewer pedestrians than St Stephen's Green.

The National Gallery

Irish art is the main focus, but the collection includes work by the masters of Europe from the 16th century to the present.

Clare Street and Merrion Square West, Dublin 2



The National Museum

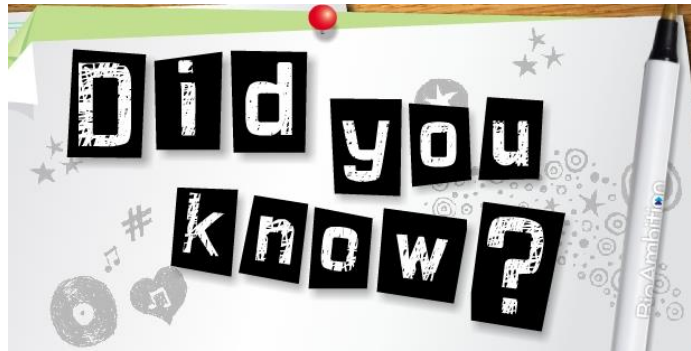
A collection of Irish treasures dating from the Bronze Age to the Easter Rising, including the Tara Brooch and St Patrick's Bell.

Kildare Street, Dublin 2

St Stephen's Green

Originally one of the three commons from the medieval city, the current layout of St Stephen's Green was designed in the 1880s.

Full of lush flowerbeds, charming walkways and beautiful fountains.



Facts you really need to know about Ireland and Dublin

- The Republic of Ireland is an island with a population of approximately 4.5 million people.
- Ireland's currency is the Euro (€).
- Ireland is on Greenwich Mean Time (GMT) - during Standard time, it is 8 hours ahead of LA and 5 hours ahead of NYC.
- The island is divided into 32 counties (including the 6 counties comprising Northern Ireland) within 4 provinces: Leinster, Munster, Connacht, and Ulster (all of Northern Ireland is within Ulster). Northern Ireland is its own country, independent of the Republic of Ireland, and its residents are citizens of the United Kingdom. The situation between Ireland and Northern Ireland remains a very delicate issue.
- Ireland's culture is heavily influenced by the Roman Catholic Church.
- Ireland is a very welcoming nation towards Americans, but the locals may enjoy a political debate for the sake of discussion. Do not take offence to their questions as many are truly interested in hearing your views. Follow international news and keep yourself educated.
- Dublin is located in County Dublin, in the province of Leinster.
- The population in Greater Dublin is approximately 1.5 million.
- Dublin is divided into postal districts, with even postcodes located south of the River Liffey and odd postcodes located on the north side. Postcode numbers increase the further you are from the City Centre (which is comprised of Dublin 1 and 2).
- A major difference in culture is that everything in Dublin (and most of Europe) is much smaller! You will find that cars, buildings, and space in general are not as large as in the US, and you might notice the difference in space in your apartment where you may be living closely with others

Useful Websites

Below are the links to individual travel organisations:

<http://www.buseireann.ie/site/home/> (Ireland's national bus service)

<http://www.irishrail.ie/home/>

<http://www.luas.ie/> (Dublin's Light Rail Tram System—like a subway)

<http://www.dublinbus.ie/home/>

Below is the website for the student travelcard and the one just below is a link to the application form which can be completed after students arrive in Dublin. The card entitles students to travel and retail discounts in Ireland.

<http://www.studenttravelcard.ie/>

<http://www.studenttravelcard.ie/pdf/application%20form.pdf>

Below are web guides to Dublin and online maps.

<http://www.visitdublin.com/>

<http://www.visitdublin.com/travel/maps/dublin.aspx>

<http://www.dublinuncovered.net/info.html>

<http://www.softguides.com/dublin/maps/centre.html>

These last two sites provide general information about Ireland and some maps.

<http://www.discoverireland.ie/>

<http://www.ireland-information.com/irelandmaps.htm>



	Resource	Address	Telephone
Immigration	<i>United States Embassy</i> http://dublin.usembassy.gov/	42 Elgin Road, Ballsbridge, Dublin 4	01-668 7122
	<i>Garda National Immigration Bureau</i>	13-14 Burgh Quay, Dublin 2	01-666 9100
Tourism	<i>Dublin Tourism Centre</i>	St Andrew's Church <i>Suffolk Street, Dublin 2</i>	01-605 7700
	USIT http://www.usit.ie/	19/21 Aston Quay O'Connell Bridge, Dublin 2	0818 200 020
(Medical) Pharmacies	<i>O'Connell's Late Night Pharmacy</i>	55 O'Connell Street, Dublin 1	01-873 0427
	<i>Leonards Corner Pharmacy</i> Weekdays 9am-10pm Weekends 9.30am-10pm (10% Student discount)	106 South Circular Road, Dublin 8 (Griffith college Crossroads)	01-4534282
	<i>Brady's Pharmacy</i> <i>(Medical Practice beside pharmacy)</i>	12 Upper Camden Street, Dublin 2	01-475 1531
(Medical) Hospitals	<i>St James Hospital</i> http://www.stjames.ie/	James Street, Dublin 1	01-410 3000
	The Mater Misericordiae University Hospital http://www.mater.ie/default.htm	Eccles Street, Dublin 7	01-803 2000
	<i>St Vincent's University Hospital</i> http://www.stvincents.ie/	Elm Park, Dublin 4	01-269 4533
(Medical) Centres/GP	Harcourt Health http://www.harcourthealth.ie/location.php Weekdays 8am-7pm	35 Upper Camden Street, Dublin 2	Dr: 01-4759544 Den: 01-4759551
	<i>Grafton Medical Clinic</i> http://graftonmedical.ie/contact-us/ Mon-Fri 8.30am-5/6pm	34 Grafton Street, Dublin 2 (City Centre)	01-6712122
	<i>Dame Street Medical Centre</i> http://www.damestreetmedicalcenter.com/ Weekdays 8.30am-7pm Saturday 11am-5pm Sundays 2pm-4pm	16 Dame Street, Dublin 2 (By FIE Office)	01-6790754

<i>(Medical) Dentist</i>	Aungier Street Medical Clinic http://www.aungierclinic.ie/ <i>Mon-Fri 8.30am-6pm Sat 11am-3pm</i>	76 Aungier Street, Dublin 2	01-4005708
	Dublin Dental Hospital http://www.dentalhospital.ie/	Lincoln Place, Dublin 2	01-612 7200

Useful Contacts and Resources

General Notes:

The two city centre pharmacies listed above stay open later than standard retail hours and also open on weekends, please note that there are no 24hr pharmacies in Ireland so it is recommended that you check if you require anything at the end of each week such as refilling a prescription so you have enough medication to see you through the weekend.

Pharmacies are very knowledgeable in Ireland and will be able to help and advise you on many minor medical issues. Although they cannot issue certain medicines without a prescription it is worth visiting a pharmacy before consulting with a doctor as there will be no charge in the pharmacy and if you don't require a prescription you will pay approximately 50 Euro for the same information at a GP office. (If you have existing medical conditions or feel you need to consult with a doctor then do so immediately) A standard GP visit in Ireland will cost approximately 45-50 Euro for a consultation.

Help Line	Telephone	Website
Rape Crisis Centre	1800 778 888	http://www.drcc.ie/
Victim Support	01 878 0870	
Asthma Line	1850 445 464	
Women's Aid	1800 341 900	http://www.womensaid.ie/
Samaritans	1850 609 090	http://beta.dublinsamaritans.ie/contact-us/
Childline	1800 666 666	https://www.childline.ie/
Emergency Services	999	

(HSE)Health Service Executive

For all medical and dental services near you please see: <http://www.hse.ie/eng/services/maps/>

We are so looking forward to meeting you in the Spring!!

If you took the time to read through this whole document thoroughly,
then you deserve a little joke:

*Paddy Englishman, Paddy Scotsman and Paddy Irishman haven't seen each other
for a year so they meet up for a drink.*

*During the year all of them have had a son. Paddy Englishman says: "It's funny
cause my son was born on Saint George's day so we ended up calling him
George."*

*Paddy Scotsman says: "Man, that's strange cause my son was born on St.
Andrew's day and we called him Andrew."*

*Paddy Irishman says: "Jaysus that's exactly the same thing with my son
Pancake!"*

Safe Travels and see you soon!

