



Welcome to Dublin



Welcome to FIE – Dublin!

Dublin is a city that can trace its origins back 1,000 years, a city full with culture, history and mythology. It was in this city that Dracula was first conceived; where Viking kings squabbled over land; where U2 was born; and, of course, where the world's best pint of Guinness is served.

We are really excited that you have chosen to spend your time here in Dublin! We know moving to a new city can feel a bit overwhelming with the jet lag and the constant barrage of information, so we hope this student handbook will help ease your transition. You will also find some guides which we hope will help you plan some exciting trips while also keeping you safe.

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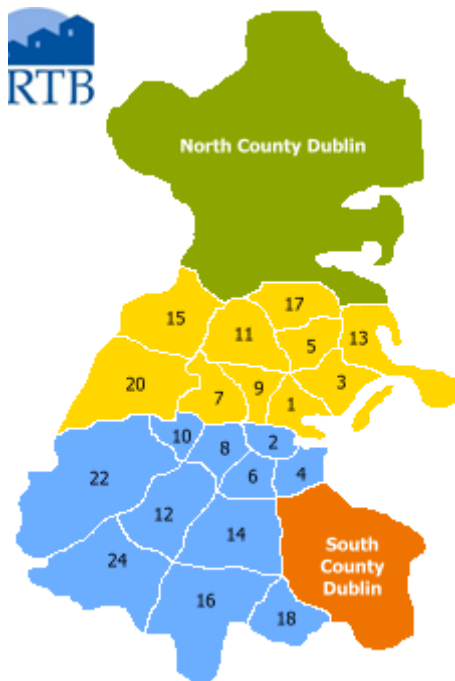
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Postal Codes of Dublin City



Preparing for Departure

A bit about the Foundation for International Education (FIE)...

FIE supports US universities, colleges, and their faculty in the provision of a Dublin study abroad experience for their students. FIE provides a high level of student support helping you in every way we can, so please use us as a resource.

Packing List:

Must-Haves when entering the Country

- US Passport
- Acceptance/Immigration Letter
- Proof of Insurance (more about this to follow)
- Evidence of Financial Self-Sufficiency
- Any medical prescriptions (see below for more info)

Packing tips

- Adapters – if you plan on traveling around Europe while you're here, you need to have a UK/Ireland plug adapter AND a European adapter.
- Pack your prescriptions in your **carry-on bag**. Worst-case scenario, if your luggage is lost in transit, you will at least have your necessities on you.
- Water gear! – Umbrella, rain boots, rain jacket, rain pants, waterproof bag to keep your electronics safe. All can also be bought in Dublin!

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. 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 stride. Moving to any new country is a challenge, but it is also a very exciting opportunity to learn.

Tips to prepare you for a new culture:

- Be open-minded about all the differences in other cultures.
- Size and space is much smaller! Be prepared to have less space, so please don't over-pack.
- Read up on some of the many famous Irish authors to give you a better sense of Irish history, life, and culture.
- For more info about culture shock, homesickness, and stress, please visit this [site](#).

Weather in Ireland

Ireland is notorious for its rain. In a typical year it rains on 150 days. Therefore it is a major component of life in Dublin. Temperature-wise, it stays between 35° to 65°F throughout the year. Dressing in layers is the key to success because the weather has a reputation for changing very quickly from blue warm skies to cold windy rain. For forecasts and weather reports, please check out this [site](#).

Price Comparison

If you'd like to see some of the differences in cost between where you're from and Dublin, check out this cool [website](#).

Preparations for Prescriptions

You are allowed to carry a **3 month supply** of your medication with you to Ireland. Things to remember:

- You **must** have your prescription on your person when entering Dublin airport
- You **must** have a photocopy of the prescription in your suitcase

What if you can only bring one month supply?

Your parents need to email the Irish Medicines Board (enforcement@imb.ie) for the attention of Sean Cullen

They will need to state:

- Your name
- The courier company name
- The tracking number
- The type and amount of medication.

The package itself needs to include a photocopy of the prescription on the outside of the box.

Independent Research

If you want to go above and beyond and get the inside scoop of Dublin and Ireland before you arrive, check out some [books](#), [movies](#), and [music](#) that will give you taste of the wonderful and diverse [culture](#) we have here. If you would like to learn more about Irish history, check out this [website](#) that gives a succinct history on important eras in Ireland.

FIE – Some rules and regs

We take the rules very seriously; if you break them you could find yourself faced with anything from a fine up to a flight home. Don't break the rules and the chances are we'll get along great! On the following pages you will find some of the general rules followed by some residence specific ones.

- **No underage drinking** – the legal drinking age is 18. If you're 17 we know who you are, you know who you are – just don't do it.
- **No drugs** – we operate a very simple zero tolerance policy on illegal drugs. You will find yourself on a flight home if you are found to be using illegal drugs. This includes prescription drugs for which you do not hold a valid prescription
- **No Bullying** – Be respectful and polite at all times and to all people. If you feel bullied or suspect someone is being bullied, please talk to a member of FIE staff.

We want you to have the best time possible whilst in Dublin and these rules are here to help that happen. If you're unsure of any of the rules, or would like a full copy of the Code of Conduct, just ask an FIE staff member.



Housing for FIE

Blackhall Place

First of all, **where is Blackhall Place?** Blackhall Place is located on the North Side of the City. Dublin is divided by the River Liffey, and there is a local rivalry between the north and south side, so wear your north side colours with pride!

Nearby attractions

- Lighthouse Cinema – funky arthouse cinema
- Cobblestone Pub – for Irish music every night
- Phoenix Park – 9 times bigger than central park, it's definitely worth a look. Keep an eye out for the deer!

Maintenance

Upon arrival you will receive an inventory list. Check it and return it to reception. We understand that things break and/or occasionally stop working. If this is the case, please report it as soon as possible. To log a maintenance request, go to www.blackarch.ie. Don't forget to include your apartment and room number in your report.

Mail

If you're getting any letters delivered to you, please use the following address:

Your apartment number
9-13 Blackhall Place
Smithfield, Dublin 7



However if you are getting a package delivered to you, please use the following address:

Your Name

The DMG Business Centre,

Your apartment number,

9-13 Blackhall Place,

Dublin 7

Rules

- **Quiet hours** – Between 10.30 pm and 9.00 am there should be no noise decernible outside the apartments.
- **No overnight guests** – If you have friends coming to visit there are plenty of good hostels in Dublin. Check out the hotel guide for more info.
- **No smoking indoors** – Across Ireland there is no smoking indoors and this includes your residences. You are allowed to smoke in the courtyard, but not on your balconies. (This is also true for those that live on the ground floor.)
- **No parties** – These are disruptive to other residents and local neighbourhoods, and therefore will not be tolerated.

For more rules, please check your Blackhall Manual which will be given to you on arrival. This location includes wifi, laundry self-services at cost, and nightly rounds for security (2-4 times a night). For more info about the amenities in the apartment, please visit their [website](#).

Griffith Halls of Residence (GHR)

First of all, **where is GHR?** Griffith College is located on the South Circular Road. Dublin is divided in two by the River Liffey and there is a local rivalry between north and south. Griffith is on the South Side, so wear your south side colours with pride.

Nearby attractions

- St. Patrick's Cathedral – a good place to catch up on some history
- The Grand Canal – perfect for sunny day walks
- Devitt's Pub – trad Irish music on Friday and Sat night

Maintenance

Upon arrival you will receive an inventory list. Check it and return it to reception. We understand that things break and/or occasionally stop working. If this is the case, please report it as soon as possible. Go to the accommodation office to log a maintenance request. Their office can be found on the second floor over the arch between blocks 1A and 1B.

Mail

Your address for the semester is:

Your apartment number, Your block number

Griffith Halls of Residence

South Circular Road, Dublin 8

Your letters and packages will be collected by the RLS's and you will receive an email to notify you.

Rules

- **Quiet hours** – Between 11.00 pm and 7.00 am there should be no noise discernible outside the apartments.
- **No overnight guests** – If you have friends coming to visit there are plenty of good hostels in Dublin. Check out the hotel guide for more info.
- **No smoking indoors** – Across Ireland there is no smoking indoors and this includes your residences. There are courtyards available on the campus for those that smoke.
- **No parties** – These are disruptive to other residents and the local neighbours, and therefore will not be tolerated.
- **No propping open doors** – The doors in your apartments are fire doors. They are there to keep you safe.

For more rules, please check the Griffith Code of Conduct.

This location includes free wifi, laundry self-services at cost, and 24/7 security. For more information about the amenities in the accommodation, please visit their [website](#).

WHAT IF I AM ILL?

We really hope you don't get ill while you're in Dublin, but if **you feel unwell at any time during your semester please follow the steps below:**

Step 1: Assess whether the situation is an emergency. (i.e. If you were in the US, would you call 911 in this situation?) If it is an emergency, do not hesitate **to call 999 or 112 to access the emergency services** (ambulance, police & fire departments). Emergency ambulances will charge for being called out. At the time of writing, this service cost €100. If it is not an emergency situation read through the following steps.

Step 2: Do you need medication for a minor ailment, such as a cough, cold, rash, etc? You should seek advice at a local pharmacy (please see list below). A pharmacist can give you over-the-counter medication that is stronger than off-the-shelf remedies, and the pharmacist may help cure your illness without having to visit a general practitioner.

North Side near BlackHall

Blackhall Pharmacy
13 Ellis Quay
Smithfield, Dublin 7
Tel: +353 (0)1 67 22 600

South Side near Griffith

South Circular Pharmacy
80 S Circular Rd
Dublin 8
Tel: +353 (0)1 45 37 069

Step 3: Is your illness too severe to be treatable with over-the-counter medication OR have you been taking medication and you are still unwell? You should make an

appointment with a doctor. FIE staff are more than happy to help you book your appointment, but if you'd rather go ahead and make the appointment yourself, your first place to call should be Aungier Street Medical Centre, 1st Floor of 16 Redmond Hill, Aungier St, Dublin 2. They are open between 8.30am and 6.00pm Monday-Friday and 11.00am-3pm Saturdays. Contact them at: +353 (0)1 400 5708 to book an appointment.

<p>Need a Dentist? <i>Smiles Dentist</i> <i>28 O'Connell St</i> <i>Dublin 1</i> <i>Tel: 1-85-03-23-323</i></p>	<p>Please ensure that after seeking the appropriate medical help for your illness, you inform the following people:</p> <p>A member of the FIE team. They will ensure that you have all the subsequent and additional support you need to help you recover as soon as possible.</p> <p>Your Professor(s) if you are missing class due to illness</p>
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If you have any queries or feel uncertain regarding medical information, please contact an FIE staff member immediately.



What about Insurance?

FIE has taken out a comprehensive travel insurance package with health insurance benefits through Endsleigh Insurance; this 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. Make sure to read the policy documentation thoroughly.

Please contact Endsleigh directly if you have any questions about the insurance or whether it's right for you.

Irish Phone Plan

It is required that you have an Irish phone number during your semester here in Dublin. We suggest all students go on the same network as you can usually call and text each other for free through the same network. There are two ways you can obtain an Irish mobile phone number: buy a prepaid phone or a SIM card.

Prepaid Phone

Pro:

These phones are cheap. If it is lost or stolen, it is not too expensive to replace.

Con:

Depending on the phone you get, it may not be as technologically advanced as what you may be used to.

SIM Card

Pro:

You can keep all your contacts, apps, and photos in one place. Please contact your local provider from your hometown and make sure your phone is unlocked.

Cons:

If your phone is lost or stolen, it can be very expensive to replace, and you will not have a backup phone.

Example of Phone Plan option from the network Three from Fall '14

	€20 top up	€10 top up	€5 top up
Free Data	Unlimited	200 MB	100 MB
Free Any Network Texts	Unlimited	50 Free Texts	X
Free Any Network Weekend Minutes	Unlimited	X	X
Free Thee to Three Calls	Unlimited	50 Free Minutes	X

[Link](#) to Three's Prepaid Plans



Handy Apps to Download while in Dublin

Transportation

Dublin Bus
Luas (Trams)
Real Time Ireland (Trains)
HailO (Taxis)
Uber (Taxis)

Traveling around Ireland and Europe

Healix Travel Vaccinations
Visual Travel Checklist
Skyscanner All Flights Everywhere
Kayak
Hostelworld
AroundMe
Trip Journal
Google Translate
Word Lens
Wifi Finder

Finance and Budgeting

Trip Boss Expense and Budget
Mint.com

Communication

WhatsApp Messenger
Facebook Messenger
Skype

Current Events

The Irish Times News
Weather Channel

Shopping in Dublin

Dublin has an abundance of stores, boutiques, malls, and outlets. The two areas that act as a nucleus for shopping are Grafton Street on the South Side with the St. Stephen's Green Shopping Centre, and Jervis Street on the North Side with the Jervis Shopping Centre.

Comparison of Irish stores to American stores:

Dunnes. These stores can be a grocery store or a mall department store (i.e. Sears, Macy's, etc) depending on which of its satellite locations you are shopping in.

Penny's. This store is like a Target clothes and home goods section. Cheap but cute.

T.K. Maxx. You guessed it. This is the UK/Ireland version of a T.J. Maxx

Tesco. These stores are like a CVS or Walgreens or Walmart. They range from a variety of sizes, from Express to SuperStore.

Spar. This store is equivalent to a convenience store at gas stations. You can grab a candy bar, a sandwich, and a coffee.

The styles and prices in stores vary all over the city, but the one thing that remains similar is the closing hours. This may come as a surprise to some of you, but most stores in Dublin, except for some of the larger stores listed above, are closed by 6pm. Thursday is considered "late night shopping" which

is when the stores will stay open until 9 or 10pm. But that's only once a week! What can you do on the other nights to get your shopping fix in? This [website](#) continually updates its lists of late night and 24/7 stores.

Credit Cards: Chip and Pin

In Ireland, we are seeing fewer and fewer places that will take a credit card that does not have a chip in it. There are even some places that will not accept a card that does not have both a chip AND a pin. It is rumoured that sometime in 2015, the USA will be implementing the pin system, but until then, the best thing to do before purchasing anything is to politely ask if the store will accept cards without a chip and/or pin.



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 walking. However, in the case of torrential rain or a longer journey, Dublin has several options for public transportation.

- [Dublin City Bus](#)
- [LUAS](#)
- [DART](#)

We strongly recommend buying a [Leap Card](#) while you are in Dublin. You can use the Leap card for all the services listed above, which is great because you no longer have to carry exact change or pesky train tickets with you! The Leap card also gives you instant discounts when you travel.

Another way to get around is the [Dublin Bikes](#). There are loads of bike stations dotted around the city, where you simply pick up your bicycle, go for a spin, and drop it off at one of the other stations. To use this option, you pay an annual subscription of €10. It's free to use for 30 minutes when you have the subscription, so it is ideal for traveling around the city centre.

Dublin Travel Guide



Although Dublin has more than enough going on to occupy you throughout your programme, many of you may want to take advantage of your location to do some travelling whilst here, both around the continent and within the rest of Ireland.

This guide is to help you have all the info you need to plan your travels and excursions so that you make the most out of each trip you take!

Travelling Outside of Ireland

Dublin is a great base from which to explore the rest of Europe. Whether you want to explore castles or beaches, museums or theme parks, there are destinations for everyone. With a bit of careful planning you should be able to visit most European cities on a budget and take some great memories back with you.



Leaving Dublin

The Airport



Dublin airport, located to the north of city centre, services many European destinations. The airport has two terminals, most commonly budget flights are serviced by Terminal 1,

and other flights leave from Terminal 2, but be sure to check your booking information to ensure you start off in the right place. There are many ways to get to your terminal:

By Taxi

It should take around 30 - 50 minutes to get there in a cab, but do leave extra time if you're leaving during rush hour or departing from the south side.

By Bus

Buses to the airport go frequently and from a number of different places around the city. Some options are:

Airlink 747 from outside Trinity or O'Connell Street.

Bus Route 16 that picks up from all over city centre.

The Aircoach - they pick up from O'Connell Street and Grafton Street (outside Trinity). More information can be found, and tickets can be purchased, at www.aircoach.ie

Booking Flights

Many low-cost airlines depart very early or late in the evening. If your flight leaves at 6am you will need to be at the airport very early, so please bear in mind how you are planning getting to and from the airport when booking your flights.

There are many good comparison websites, which are great for finding cheap deals. These would be a good place to start:

www.expedia.com

www.skyscanner.com

Sometimes it's cheaper to go straight to the airline. It's worth trying:

www.ryanair.com

www.aerlingus.ie



Going to the UK? It is possible (and occasionally cheaper) to get to the UK by ferry. There are two ports from where to leave Dublin – Dublin Port and Dun Laoghaire. The best way to find out more about this option is to try www.ferry.ie

Ferries can take you to Liverpool and ports in Wales and Scotland. This is definitely a slower route and may not be appropriate for short weekend breaks.

Europe by Rail

Travelling Europe by rail is an exciting way to get around and see some of the beautiful scenery on offer. It's often the more efficient option and is definitely one of the **GREENER** ways to see the continent. For information about this can be found at www.eurail.com

Travelling in Ireland

Ireland has many varied and popular tourist destinations, from cities to explore and lots of lush countryside, as well as miles of scenic coastline. Here is some information that may aid in your exploration of our fantastic island!

Trains

Travelling by train in Ireland is a handy way to get between the larger cities in Ireland and ensures you will have beautiful views along the way. The image on page 24 gives you an idea of the possible destinations you can get to on the trains.



If you are travelling in a group you may find that there are discounts available. For more information on the trains and tickets you can buy, visit www.irishrail.ie

Coaches/Buses



Coach travel is another great option. While journey times are a bit longer, tickets are often cheaper. Check out www.buseireann.ie to find out more about the tickets.

Youth Hostels

IYHA (Irish Youth Hostel Association) operate a network of youth hostels across Ireland. They offer cheap beds and they



often have discounts for groups and can also provide activity packages. Visit their brilliant website for more information, www.anoige.ie

Tourist Information

Check out www.discoverireland.ie for a great guide for both Dublin and Ireland. The website is always jam packed with exciting things going on.

Travel Safety Tips

We really want you to have fun while you're here, but we want to remind you that travelling anywhere always comes with inherent risks and dangers that should not be taken lightly. You are a responsible adult and should act accordingly by taking the requisite precautions for your own personal safety.

You are insured by the FIE Endsleigh policy. This covers you for 21 days outside of Ireland. If you need to make a claim, be sure you keep all your receipts.

Below are some tips that you should read through carefully before embarking on any visit away from your study abroad programme:

- Always keep your passport secure in your room when not in need of it. Try not to ever carry it around with you unnecessarily.



- Always have a copy of your passport kept separately in the event that you do lose your passport.
- Do not carry unnecessary valuables around with you. The valuables that are absolutely necessary should be kept in a zipped bag or travel pouch to minimize loss or theft.
- Always know exactly where you are and how to get home.
- Always have emergency contact information with you and know the local emergency number. Make sure you take a contact number for an FIE member of staff.
- Always have a backup form of money to rely on should you lose your primary source. (ie. Keep a small amount of cash somewhere other than your wallet.)
- Practice vigilance in general at all times – you are likely to be visiting touristy areas which are often more prone to crime.

Finally...

Have a great time on your trips and stay safe. Please let us know before you travel so we know where you are in case of an emergency. Email a filled-out travel log **one week** in advance with all the details of your travel along with a contact number.

HAPPY (AND SAFE) TRAVELS!

Hotel Guide

You may well have friends and family coming over to visit and there are plenty of hotels to cater for them around Dublin. This is a rough guide as the prices do vary. Please be aware that these hotels are not endorsed by FIE, this is meant purely as a guide.

If people are coming over in a large group it can sometimes be easier, and cheaper, to rent an apartment. There are many companies that offer holiday apartments; here are just some of their websites:

www.dublinholidayapartments.com

www.dublincityapartments.ie

www.citybaseapartments.com

Budget Hotels

Budget hotels are hard to find in the centre of Dublin. Be careful - often the cheap hotels are associated with a nightclub or bar, which may not lead to a quiet night's sleep! This is especially true of the Temple Bar region. Here are some budget options:

Grafton Capital Hotel

Lower Stephen's St, Dublin 2

www.capital-hotels.com

Tel: +353 1 648 1221

Generator Hostel

Smithfield Square, Dublin 7

www.generatorhostels.com

Tel: +353 1 901 0222

Midrange Hotels

Jury's Inn Custom House

Custom House Quay, Dub 1

www.jurysinn.com

Tel: +353 1 854 1500

Alexander Hotel

41-47 Fenian St, Dublin 2

www.alexanderhotel.ie

Tel: +353 1 607 3700

Premium Hotels

Stephen's Green Hotel

1-5 Harcourt Street, Dublin 2

www.stephensgreenhotel.ie

Tel: +353 1 607 3600

Brooks Hotel

Drury Street, Dublin City

www.brookshotel.ie

Tel: +353 1 670 4000

Recipes

Here are a few recipes to get you started if you're unused to cooking all your meals. Most of them can be adapted to be vegetarian or to include meat, and they are all quite easy for the new chef. If you don't like one of the ingredients, most of the time it's fine to just leave it out.

If you would like to do some more recipe research of your own there are great resources online. A good place to start is the [BBC food](https://www.bbc.com/food) website where you can type in a favourite ingredient and get all sorts of recipes in return.

Rigatoni Pasta, Tomato, Basil and Mozzarella

A really simple idea for a quick evening meal. Serves 2.

Ingredients

2 tbsp oil
1 tbsp butter
1 medium onion, finely chopped
½ tin chopped tomatoes (200g)
½ ball of mozzarella
6 basil leaves
200g pasta

Method:

1. Put a large pot of salted water on and bring to a boil.
2. Put the oil, butter and onion in a separate saucepan and turn on the heat to medium. Cook the onion until it

- becomes a pale golden colour. Cook for about 1 min, stirring once or twice.
3. Add your pasta to the water once it comes to a boil and cook for 10-12 mins until al dente and then drain.
 4. Add the tomatoes and salt (you can also add chilli peppers for a bit of a kick) and cook in the uncovered pan at a steady, gentle simmer for 10 mins. Taste and correct with salt and pepper.
 5. Toss the pasta with the sauce, then add the basil and tear in the mozzarella and toss thoroughly again.
 6. Serve warm and enjoy!

Noodle Stir-fry with Spicy Chicken or Vegetable

This is a classic one pot wonder leaving very little washing up behind. Serves 2.

Ingredients

2 chicken breasts finely sliced (you can use tofu to make veggie, or just leave it out.)
½ red pepper cut into thin strips
½ yellow pepper cut into thin strips
50g mange tout sliced
½ courgette sliced
2 cloves of garlic chopped
1 thumb piece of ginger finely chopped
300g noodles cooked according to the packet

Sauce (Mix all these together in a small bowl)

5 tbs of soy sauce
5 tbs of sweet chilli sauce
10 basil leaves sliced
1 tbs chopped coriander
Juice of 1 lime

Method

1. Cook rice noodles according to the pack instructions and set aside.
2. Place a large frying pan on a medium heat for 2 mins to preheat. Add 1 tsp of oil to the pan and let it get hot for a couple of mins and then add the sliced chicken along with a pinch of salt and pepper and fry for two mins until sealed and golden on both sides.
3. Now add all of your chopped vegetables to the same frying pan along with a tbs of oil and fry on a high heat for 3-4 mins ensuring that you constantly toss the vegetables to prevent them from burning.
4. Then add your cooked noodles to the pan along with all the ingredients for the sauce and toss everything together to warm noodles through and then serve.

Spaghetti Bolognese

Another classic. Add carrots, peas or mushrooms to the mince if you're a vegetable lover. Vegetarians just use tofu mince, nom! Serves 4.

Ingredients

1 tbsp olive oil
200g/7oz lean steak mince
1 onion, finely chopped
1 400g/14oz tin tomatoes, chopped
230ml/8fl oz vegetable stock
2 tbsp tomato purée
1 tsp freshly ground black pepper
300g/10½oz spaghetti

Preparation method

1. Heat the olive oil in a large saucepan over medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
2. Add tinned tomatoes, vegetable stock, tomato purée and freshly ground black pepper. Stir well and bring to a boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
3. Place the spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain.
4. To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each and sprinkle with parsley.

Chocolate Brownie in a Mug

Finally, here is a sweet recipe to pop into the microwave!
Perfect for a treat for those late night essays. Serves 1.

Ingredients

1/4 cup flour (50 g)

1/4 cup sugar (70 g)

2 Tbsp (13 g) cocoa (natural, unsweetened)

Pinch of salt

Tiny pinch of cinnamon

1/4 cup water (60 ml)

2 Tbsp canola oil or vegetable oil (NOT extra virgin olive oil, it's too strongly flavored)

1 to 2 drops vanilla extract

1 small scoop of ice cream or 1 or 2 teaspoons heavy whipping cream to serve

Method

1. Place flour, sugar, cocoa, salt, and cinnamon in a microwave safe ceramic mug. Stir with a fork or spoon to mix well and break up any clumps.

2. Add the oil, water, and vanilla to the cup and stir until the mixture is smooth and there are no lumps.

3. Place in microwave and heat on high until the mixture is cooked through, about a 1 minute and 40 seconds for a 1000 watt microwave. You may have to experiment and adjust the time for less or more powerful microwaves. If you don't know the power level on your microwave, start with 60 seconds and increase until the brownie is done. It should still be moist, not dry, when cooked through.

4. Let cool for a minute and serve with a scoop of vanilla ice cream or a teaspoon or two of whipping cream poured over.

Useful Contact Info and Resources

Medical and Emergency	Telephone
<u>Emergency Services</u>	999 or 112
<u>Rape Crisis Centre</u>	1-800-77-888
<u>Victim Support</u>	116-006
<u>Garda (Police) Station (Pearse St., Dub 2)</u>	01-666-900
<u>St. James Hospital (James St. Dub 1)</u>	01-410-3000
<u>Dublin Dental (Lincoln Place, Dub 2)</u>	01-612-7200

Places of Worship, please [click here](#).

And Finally...

Have a brilliant time in Dublin! Please remember the FIE team are here to help you make the most of your time here. We want to know if you have a question, query or if you just need to chat – we'll always do the best we can to help you.

And remember to:

- Like our [Facebook page](#)
- Check your emails for exciting events
- Take loads of photos
- Make new friends
- Try new things
- Eat your greens!

HAVE FUN 😊