

**Mary Immaculate College  
University of Limerick**



**Guide for International Exchange Students  
2011 / 2012**

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## President's Welcome

Traditionally, Irish people welcomed visitors by saying 'Céad Míle Fáilte' which literally means 'One Hundred Thousand Welcomes'. I am very pleased that you are considering coming to Mary Immaculate College and wish to assure you of a warm welcome.

Mary Immaculate College is a College of Education and the Liberal Arts, linked to the University of Limerick. There are approximately 2,800 full-time students. In each academic year, we welcome international students from Europe, North America and Australia who come to study and enjoy themselves at the College. Because of its size, there is a friendly atmosphere, with many opportunities to make new friends.

The College is proud of its reputation as a caring institution where there is genuine concern for the individual. It provides the academic, physical and social environment in which not only learning but also personal development are encouraged and facilitated.

May I wish you a most enjoyable and beneficial period of study here.

*Guím gach rath ort anseo sa Choláiste.*

Prof. Peadar Cremin  
*Uachtarán / President*

## Application & Registration

Please complete the **International Exchange Student Application Form** and return it **via e-mail** to the Study Abroad Co-ordinator / International Office at your home university who will forward it to Mary Immaculate College by the relevant closing date.

### Closing Dates for Receipt of Applications:

- **27 May 2011** for international exchange students arriving in the Autumn;
- **30 September 2011** for international exchange students arriving in the Spring.

Should you have any queries about the international exchange student programme, please contact:

Contact Person: Ms. Ger Cahillane  
Address: The Placement Office, Mary Immaculate College, South Circular Road,  
Limerick, Ireland  
Tel: + 353 61 20 49 10  
Fax: + 353 61 20 45 06  
E-mail: [Ger.Cahillane@mic.ul.ie](mailto:Ger.Cahillane@mic.ul.ie)

## Academic Calendar 2011 / 2012

The academic year is divided into two semesters, each of 14 weeks duration.

### Autumn Semester

Lectures Start: 05 September 2011\*  
Lectures Finish: 25 November 2011  
Examinations: 05 - 16 December 2011

### Spring Semester

Lectures Start: 23 January 2012\*  
Lectures Finish: 20 April 2012  
Examinations: 01 - 12 May 2012

### Study Days

28 November - 02 December 2011  
23 April – 27 April 2012

### Breaks

Inter-Semester: 19 December 2011 – 20 January 2012\*  
Easter: 09 April 2012 – 13 April 2012

*\*Please note that international exchange student orientation is held **before** the commencement of each semester; please refer to page 6 for dates.*

## **Orientation Programme for International Exchange Students**

An orientation programme is organised before the start of each semester. It is very important that all international exchange students attend. The programme provides information about the College, its academic programmes and student facilities. Students meet with their academic advisors and obtain advice and assistance in planning their academic programmes. Social events help students to get to know each other and settle in to their new surroundings.

### **Orientation Programme Dates**

- Autumn Semester:                   **01 & 02 September 2011**
- Spring Semester:                   **20 January 2012**

On the day of orientation, please arrive at College Reception for **09:00**.

## Academic Information

The academic programme is semesterised and modularised. Each semester comprises 14 weeks: 12 weeks of classes followed by 2 weeks of examinations. Each course module lasts one semester and usually involves a minimum of 3 hours of lecturers / tutorials per week. It is recommended that international exchange students take a **minimum of 4 course modules per semester of study**.

### Student & Course Registration

Both student and module registration take place at Mary Immaculate College during the first week of each semester [after international exchange student orientation]; you will receive your College identification [ID] card during student registration. Should you make any changes to your module choices during the semester, please advise **both** your Academic Advisor and the Student Services Office [Eithne Galvin - [Eithne.Galvin@mic.ul.ie](mailto:Eithne.Galvin@mic.ul.ie) or Geraldine Windle - [Geraldine.Windle@mic.ul.ie](mailto:Geraldine.Windle@mic.ul.ie)] in of the change[s] **via e-mail**.

### Attendance at Lectures, Tutorials & Practicals

All students are **required** to attend lectures, tutorials and practicals. Absence through illness of 5 days or more should be reported to the Student Services Office [Room 112]. A medical certificate may be required.

### Attendance at Examinations

All students are **required** to attend all scheduled assessments and examinations. If you miss an end-of-semester examination, contact the Student Services Office [Room 112] for advice, as a matter of urgency. Should you be registered for a module on an attendance-only basis and not be required to take the examination, you are required to advise **both** your Academic Advisor and the Student Services Office [Eithne Galvin - [Eithne.Galvin@mic.ul.ie](mailto:Eithne.Galvin@mic.ul.ie) or Geraldine Windle - [Geraldine.Windle@mic.ul.ie](mailto:Geraldine.Windle@mic.ul.ie)] **via e-mail**.

## Grading System

A grade is awarded for each module for which a student is registered. The table below lists the grades which can be awarded, together with their Quality Point Value [QPV] and equivalents in the European Credit Transfer System [ECTS]. The QPV corresponds to the Grade Point Average [GPA] used in the North American system. The ECTS grades apply to European exchange students.

MIC / UL Grade	Award Equivalent	Quality Point Value [QPV]	ECTS Equivalent
<b>A1</b>	First Honours	4.00	A
<b>A2</b>	First Honours	3.60	A
<b>B1</b>	Honours 2.1	3.20	B
<b>B2</b>	Honours 2.1	3.00	B
<b>B3</b>	Honours 2.2	2.80	B
<b>C1</b>	Honours 2.2	2.60	C
<b>C2</b>	Third Honours	2.40	C
<b>C3</b>	Third Honours	2.00	D
<b>D1</b>	Compensating Fail	1.60	D
<b>D2</b>	Compensating Fail	1.20	E
<b>F</b>	Fail	0.00	F
<b>P</b>	Pass in a module taken on a Pass / Fail basis		
<b>N</b>	Failure in a module taken on a Pass / Fail basis		
<b>G</b>	Audit [no examination to be taken]		
<b>I</b>	Incomplete		
<b>NG</b>	Fail	0.00	F

## Credit Transfer

The European Credit Transfer System [ECTS] is a way of ensuring academic recognition between European institutes of higher education. It is based on a system of credits whereby a full year's academic programme is worth 60 ECTS and one semester's academic programme is equal to 30 ECTS. We are currently moving to full ECTS-compliance on a phased basis across the college: modules on years 1, 2, & 3 on our undergraduate programmes are ECTS compliant and have 6.00 ECTS credits each; year 4 on our undergraduate programmes have non ECTS modules with 3.00 credits each; these modules are the equivalent of 6.00 ECTS credits. All modules are equivalent to 3 US credits.

## **Academic Programmes**

### **Bachelor of Arts in Liberal Arts [B.A.]**

The main subjects available in the Liberal Arts [B.A.] programme are: English, French, Geography, German, History, Irish, Mathematics, Media & Communication Studies, Music, Philosophy, Psychology and Theology & Religious Studies.

Elective modules include: Irish Studies, Gender Studies and Information Technology. Special modules are offered to international exchange students including: English as a Foreign Language [EFL], *Gaeilge Ab Initio* [Irish for Beginners] and Irish Heritage Studies.

### **English as a Foreign Language [EFL] Course [6 ECTS]**

Courses in English language are offered in both the Autumn and Spring semesters. These modules are designed to meet the language needs of intermediate to advanced non-native speakers of English studying at university level. Students are assigned to the appropriate module based on their language proficiency. Language needs analysis is conducted to tailor course content to respond to students' requirements. Each course is worth 6 ECTS.

The English as a Foreign Language [EFL] modules aim to provide students with the opportunities to develop their communication skills more accurately and fluently in both oral and written expressions of English.

The English for Academic Purposes [EAP] modules will assist students in improving their academic reading and writing skills in terms of structure, register and accuracy of expression in addition to developing their communication skills.

### **Irish Heritage Studies [Léann Dúchais] [6 ECTS]**

The Irish Heritage Studies programme incorporates various aspects of the study of many disciplines, e.g., history, literature, geography, etc. It includes modules in, for instance, Celtic spirituality and mythology; public art and architecture in Ireland; folklore, storytelling, folk custom and belief in Ireland; Irish archaeology; the musical heritage of Ireland, etc. The programme aims to provide the student, with a comprehensive understanding of that heritage and a unique insight into those forces which together have gone towards forging modern Ireland.

### **Beginners Irish Language Course [6 ECTS]**

*Gaeilge ab Initio* is an Irish language course for beginners, concentrating on the spoken language. The emphasis is on the basic communication skills and grammar of the language, allowing the students to converse in Irish on matters concerning themselves and their interests. Course content includes: background and history of the Irish Language; Irish Language today; Irish mythology; Introduction to Irish place-names and Gaeltachtaí [Irish-speaking areas].

**International exchange students may take courses in any of the Arts subjects and at any level, subject to the fulfillment of any pre-requisites and/or departmental requirements.** Note, however, that class schedules may preclude certain course combinations and that student numbers in practical laboratory-based courses such as Media & Communications and Information Technology are limited. Please refer to detailed course and module information in the 'Module Descriptors for International Exchange Students'.

### **Bachelor of Education [B. Ed.]**

The Bachelor of Education [B.Ed.] programme comprises theoretical education, pedagogy of curricular areas, and teaching practice. International exchange students may take modules from the Bachelor of Education programme **only** if their home university has a **dedicated Education link** with Mary Immaculate College. **No other international exchange students may take modules / module components from this programme under any circumstances. Please also note that teaching practice modules, micro-teaching and/or classroom observation are not available to international exchange students under any circumstances.**

### **Issuing of Results**

Transcripts of grades obtained by international exchange students are sent to their home addresses and their home university co-ordinators following the meeting of the College's Examination Board after each semester of studies.

## Guide to College Services

### Access & Disability Service

The Access / Disability Officer co-ordinates the services available and provides information and advice on access issues. Prospective students from under-represented groups in third level, including socio-economically disadvantaged students, students with a disability, mature students, special minority groups are encouraged to contact the Access / Disability Officer to become familiar with the supports available.

Contact: Maura Moore, Acting Access / Disability Officer  
Room 112, Tel: 061-204927, E-mail: [Maura.Moore@mic.ul.ie](mailto:Maura.Moore@mic.ul.ie)

### Accommodation Service

Details of accommodation options can be found at:

<http://www.mic.ul.ie/accommodation/default.htm>

Contact: Florence Cleary / Cecily O'Grady - Student Services  
Room 112, Tel: 061-204503, E-mail: [Florence.Cleary@mic.ul.ie](mailto:Florence.Cleary@mic.ul.ie) / [Cecily.Ogrady@mic.ul.ie](mailto:Cecily.Ogrady@mic.ul.ie)

### Arts Office

Deals with all matters relating to the B.A. Degree and to the Arts component of the B.Ed. and B.Ed. & Psychology Degrees, including the submission of coursework.

Contact:  
Room RG1

### Banking

An ATM machine is located in the College and a banking service is provided each day in the College, Monday - Friday, 10:00 – 12:30 and 13:30 – 15:00 [Wednesday, 10:30 – 12:30 and 13:00 - 15:00].

### Bookshop

The Students' Union Office sells new titles for some of the courses taught in the College and also sells a limited number of second-hand titles.

Contact: MISU  
Tel: 061-400013  
Website: [www.misu.ie](http://www.misu.ie)

### **Chaplaincy**

The College welcomes students of all faiths and none. The facilities of the College chaplaincy service are available to all students. The Chaplaincy Team strives to promote the spiritual and psycho / social development of the entire College community, staff and students. It is possible to discuss issues of concern in confidence. The College Chaplain provides religious services, according to the Roman Catholic rite, in the College Chapel. Arrangements are in place to provide services for non-Catholic Students.

Contact: Chaplaincy Team:

Fr. Michael Wall, Chaplain

Office G48, Tel: 061-204331, E-mail: [Michael.Wall@mic.ul.ie](mailto:Michael.Wall@mic.ul.ie)

Sr. Delia O'Connor

Room R 201a Tel: 061-204915, E-mail: [Delia.Oconnor@mic.ul.ie](mailto:Delia.Oconnor@mic.ul.ie)

Website: <http://www.mic.ul.ie/chaplaincy/>

### **Computer Services**

Most courses require you to make some use of computers, for example, word processing essays, learning programming languages, surfing the Internet, viewing the Library catalogue and analysing research results. Note that all computer use is subject to the provisions of a Code of Conduct for Users. The majority of the student computers run Microsoft Windows and all are connected to the MIC network. Open-access PC cluster opening times are Monday – Friday, 08:00 – 22:00. Printing and copying are available in the open-access and library during opening times. Students are provided with e-mail accounts and full internet access is available from all networked student PCs.

Contact:

Rooms G33c, G34, G35, G36

### **Counselling Service**

Mary Immaculate College provides a professional, on-campus Counselling Service available to all students, free of charge. This service provides all students with the opportunity to talk, in a confidential setting, about any issues which s/he may not feel comfortable discussing with anyone else.

Contact:

Nessa Breen, Counsellor

Office C6, Tel: 061-204919, E-mail: [Nessa.Breen@mic.ul.ie](mailto:Nessa.Breen@mic.ul.ie) or [counselling@mic.ul.ie](mailto:counselling@mic.ul.ie)

Bríd O'Connell, Counsellor

Office G63, Tel: 061-204948, E-mail: [Brid.Oconnell@mic.ul.ie](mailto:Brid.Oconnell@mic.ul.ie) or [counselling@mic.ul.ie](mailto:counselling@mic.ul.ie)

### **Education Office**

Deals with all matters relating to the Education component of the B.Ed. Degree and all matters relating to the BA Degree in Early Childhood Care and Education including the submission of coursework.

Contact:

Room 304

### **Health Promoting College**

The initiative aims at promoting the health and well being of all members of the college community through policy development, the provision of programmes and activities and the implementation of specific health promotion strategies. A wide range of services are available to both students and staff. Examples include: yoga classes, blood pressure checks and advice on a range of lifestyle topics.

Office: G06, Tel: 061-204922, E-mail: [Health.Promotion@mic.ul.ie](mailto:Health.Promotion@mic.ul.ie)

Website: <http://www.mic.ul.ie/healthpromotion/>

### **Laptop Facilities**

Laptop facilities are available within the College for students. The College has free wireless internet access for students which is available in particular areas of the College.

### **Learner Support Unit (LSU)**

The LSU aims to improve the quality of learning by supporting students in the transition to third level study. It is made up of an Academic Support Counsellor and Academic Support Tutors. Any student is welcome to drop in to the centre for advice on any aspect of learning at MIC.

Contact:

Office: C1

Tel: 061-204373, E-mail: [lsu@mic.ul.ie](mailto:lsu@mic.ul.ie)

Website: [www.mic.ul.ie/lsu/index.htm](http://www.mic.ul.ie/lsu/index.htm)

### **Library**

The Library is the focus of academic life in the College and is situated in Áras an Phiarsaigh to the rear of the Foundation Building. Services to students include: borrowing facilities, reference and information services and photocopying.

Contact:

Rooms LG1 – LG4 and L201 – L203, Tel: 061-204370

### **Meals**

Breakfast, dinner and evening meal are available in the College restaurant at reasonable rates for all students who wish to partake of them. A tea and coffee service, together with a wide variety of snacks, is available in the College restaurant throughout the day.

### **Medical Centre**

The Medical Centre offers urgent, private and confidential acute medical care during college term. This service is free of charge and strictly confidential. The College Nurse is available from 10:00 – 16:30. Students must meet with Medical Centre nurses from Monday - Friday between 10:00 – 12:30 before getting an appointment to see Doctor on campus between 14:00 – 16:00. Weekend and after-hours cover is not provided by the Medical Centre and students who need medical treatment at such periods should proceed to their own G.P. Students who need urgent medical treatment should proceed to the A&E Dept. at Limerick Regional Hospital [Tel: 061-301111] which provides 24 hour cover or to St. John's Hospital [Tel: 061-415822] which is open from 08:00 to 20:00, Monday – Friday. Overseas students are asked to bring their European Health Insurance Card with them when attending the Medical Centre for treatment.

Contact:

Medical Centre, TARA Building

Tel: 061-204343

Out-of-hours Doctor on Call, Tel: 087-2506744 (the cost of this service is **not** covered by the College)

### **Notice Boards**

You will find the following notice boards in the Reception area: Uachtarán / President, Cláráitheoir / Registrar and An Fhoireann / Staff. Members of staff will also need to acquaint you of unscheduled events, change of plans etc. These notices will appear on the notice boards situated along the 'Information Corridor'- beside the main stairs in the Foundation Building. Many other notice boards which will contain news items of concern to you are to be found in various areas of the College.

### **Placement Office**

Services provided include the management and administration of the off-campus programme, administration of the international exchange student programme and provision of careers information service for final year B.A. students and B.A. graduates.

Contact:

Room G31

Tel: 061-204910

### **Post**

There is a post-box in the Reception area for outward mail, with a daily collection at 17:00.

### **Radio Station [Wired FM]**

Wired FM is a Student Community of Interest radio station, broadcasting to the third level students of Limerick city and suburbs. The station provides a voice for the students of Limerick and gives them a chance to offer a real alternative for fans of great music and speech based radio in the city. Genres such as R'n'B, heavy metal, indie, dance, rock, classical, traditional, folk and so much more are all catered for. The station also broadcasts weekly film, literature, sports, Irish language and arts programmes, combined with student current affairs output.

Contact:

Office LG05

Tel: 061-315773, E-mail: [manager@wiredfm.ie](mailto:manager@wiredfm.ie) or [studio@wiredfm.ie](mailto:studio@wiredfm.ie)

Website: [www.wiredfm.ie](http://www.wiredfm.ie)

### **Security**

Contact:

College and Campus Security Personnel can be contacted on 061-204982 or via the Main Reception desk.

### **Shop**

The Students' Union shop, An Siopa, is located in the TARA building and retails stationery, food, phone credit, stamps, newspapers at discounted prices, drinks and takeaway tea, coffee, speciality coffees & hot chocolate.

Opening hours are: Monday - Thursday 08:30 – 20:30, Friday 08:30 – 16:30.

### **Sports**

Mary Immaculate College encourages all students to take part in sport and recreation. Coaching is provided at introductory and advanced levels. Tailteann (Gym) is open Monday – Friday until 22:00.

Contact:

Tailteann Reception

Tel: 061-204306

Website: [www.mic.ul.ie/sport](http://www.mic.ul.ie/sport)

### **Student Clubs & Societies**

MISU promotes and coordinates the activities of clubs and societies and stimulates the growth of new societies. Clubs and Societies are a great way of meeting new people in college, providing an opportunity to mix with like minded individuals. New members are always welcome and students are encouraged to set up new clubs and societies, ensuring there is something for everyone. To join a club / society, just go along to Clubs & Socs Day which takes place in Week 1 of each semester or call in to the Student Activities Officer in MISU.

Contact: MISU

Tel: 061-400013

Website: [www.misu.ie](http://www.misu.ie)

### **Student Parent Co-ordinator**

'Through the provision of practical information and emotional support, this person will be the first point of contact for students experiencing crisis pregnancy, and student parents, in the event of them experiencing difficulties in any area of student life'. If you or your partner, become pregnant or if you are a student parent, the Student Parent Co-ordinator will ensure that you are aware of the supports available to you, both within the College and with external agencies.

Contact: Nicola Hurley, Student Parent Co-ordinator

Office: Room T307a, Tel: 061-204347 or text 'APPOINTMENT' to 087-9501160,

E-mail: [Nicola.Hurley@mic.ul.ie](mailto:Nicola.Hurley@mic.ul.ie)

### **Student Services**

Services provided include admissions, registration, accommodation, examinations, grants and access / disability.

Contact:

Room 112

Website: [www.mic.ul.ie/student-services/Noticeboard.html](http://www.mic.ul.ie/student-services/Noticeboard.html)

### **Students' Union (MISU)**

Mary I Students' Union (MISU) provides support, representation and services to its members, the students of MIC. MISU represents the student body in negotiations with college staff and management and with other organisations on a local, national and international level. Students are represented by the elected students' union executive committee officers. The union is administered by the general manager, the student activities officer and office administrator.

Contact: MISU

Tel: 061-400013

Website: [www.misu.ie](http://www.misu.ie)

## Finding Accommodation

Accommodation is sought in advance for students who complete and return the **Accommodation Request Form**, together with the **International Exchange Student Application Form**.

It is possible to book accommodation for the full academic year or for one semester but usually **not** for a period less than one semester. Payment is due for the full period booked.

A deposit is payable when accommodation is allocated. This is refunded at the end of the rental period, less any charges that may have accrued, e.g. agreed cleaning charges and/or damages. **Please note the deposit may be non-refundable in the event of cancellation. Terms and conditions vary depending on the accommodation booked and you should always read any rental agreement / lease carefully before signing it.**

### **Closing Dates for Accommodation Applications:**

- 27 May 2011 - for students arriving in the Autumn;
- 30 September 2011 - for students arriving in the Spring.

**You are advised to return your application form as early as possible, as accommodation is both limited and allocated on a first-come, first-served basis.**

### **Ashdown Student Accommodation [Full Academic Year Bookings Only]**

Address: Courtbrack Avenue, Limerick  
Tel: +353 61 44 22 00  
Fax: +353 61 30 76 80  
E-mail: [info@ashdownvillage.ie](mailto:info@ashdownvillage.ie)  
Website: [www.ashdownvillage.ie](http://www.ashdownvillage.ie)

### **City Campus Student Accommodation**

Address: Lord Edward Street, Limerick  
Tel: +353 61 40 34 00  
Website: [www.citycampus.ie](http://www.citycampus.ie)

### **Finding Your Own Accommodation**

Students who wish to source accommodation for themselves are advised to arrive early and stay in a local hotel or guesthouse for an initial period. Note that Limerick does **not** have a youth hostel which offers temporary accommodation. Finding suitable accommodation at a late stage can be stressful and time-consuming, and especially difficult for students who are staying for one semester only, as most accommodation on the private market is rented for the full academic year. Punch's Hotel, which is located only a few minutes walk from the College, may be suitable for your first days in Limerick. For further information, see: [www.patrickpunchshotel.com](http://www.patrickpunchshotel.com).

Details of accommodation may be obtained from the College's Accommodation Office [[Florence.Cleary@mic.ul.ie](mailto:Florence.Cleary@mic.ul.ie) / [Cecily.Ogrady@mic.ul.ie](mailto:Cecily.Ogrady@mic.ul.ie)], the accommodation website [www.daft.ie](http://www.daft.ie), the Student Union website [www.misu.ie](http://www.misu.ie), local newspapers - The Limerick Leader [[www.limerickleader.ie](http://www.limerickleader.ie)] and the Limerick Post [[www.limerickpost.ie](http://www.limerickpost.ie)]

## Travel to MIC

Mary Immaculate College is situated in the south western suburbs of Limerick city, within fifteen minutes walk of the city centre and close to the many social and cultural amenities of this historic city. The University of Limerick campus is located 8 km away, off the main Dublin-Limerick road. Regular buses from the city centre [William Street] travel to the University of Limerick.

### Arrival at Shannon Airport

Limerick City is 25 km south of Shannon Airport [<http://www.shannonairport.com/home.aspx>]. Transport to Limerick is available by bus, mini-bus or taxi. The bus journey from Shannon Airport to Limerick city bus / railway station costs about €6 and takes approximately 20 – 25 minutes. The bus timetable between Shannon Airport and Limerick City is available at: <http://www.buseireann.ie/pdf/1290185006-343.pdf>. City Campus Student Accommodation is located approximately ten minutes on foot from the bus / railway station. If you have luggage, you may wish to take a taxi from the station; this should cost no more than €6 [always ask first!]

### Arrival at Dublin Airport

There are buses outside the Arrivals Hall at Dublin Airport [<http://www.dublinairport.com/home.aspx>] which will bring you to Heuston Train Station from where you can catch a train to Limerick. The Number 748 bus runs every 30 minutes and costs €6 to get from the airport to the train station – see: <http://www.dublinbus.ie/en/Your-Journey1/Timetables/Airport-Services/>. Details of train services between Dublin and Limerick can be found at: <http://www.irishrail.ie/home/>. The train journey takes about two and a half hours and a ticket can cost up to €50, depending on the time you travel and whether or not you book in advance. Please note that some trains require you to change train at Limerick Junction – this may not suit you if you have a great deal of luggage, so it is recommended that you get a direct train to Limerick. When you get to Mary Immaculate College you can apply for a student travel card which will entitle you to much cheaper fares on inter-city buses and trains.

The Number 747 bus runs every 30 minutes and costs €6 to get from the airport to the bus station, Busáras – see: <http://www.dublinbus.ie/en/Your-Journey1/Timetables/All-Timetables/747/>. You can then get an Expressway bus to Limerick, see: <http://www.buseireann.ie/pdf/1286809151-12.pdf>; buses depart hourly and it costs approximately €12 to get to Limerick. The bus journey takes about four hours.

You may also wish to check out JJ Kavanagh's coach service, especially if you arrive at the airport late at night or early in the morning; see: [www.jjkavanagh.ie](http://www.jjkavanagh.ie).

### **Arrival at Cork Airport**

Cork Airport [<http://www.corkairport.com/home.aspx>] is located 110km from Limerick. You can travel onward to Limerick by bus or by train. For buses, please see Irish Citylink - <http://www.citylink.ie/index.php> or Bus Éireann - <http://www.buseireann.ie/inner.php?id=163> for bus routes and timetables. It costs approximately €15 to get from Cork to Limerick by bus. For details of train services between Cork and Dublin, please see: [http://www.irishrail.ie/your\\_journey/printed\\_timetable\\_pdfs/2010/Dublin%20Cork%20Composite%2010.pdf](http://www.irishrail.ie/your_journey/printed_timetable_pdfs/2010/Dublin%20Cork%20Composite%2010.pdf); it costs approximately €30 to get from Cork to Limerick by train.

### **Arrival at Kerry Airport**

Kerry Airport [<http://www.kerryairport.com/>] is located 95km from Limerick. Kerry Airport is less than ten minutes from the nearest train station from where you can get a train to Limerick; see: <http://www.irishrail.ie/home/>. Outside the main terminal is a bus terminus with bus services available directly from the airport to Limerick. Tickets for all bus services may be purchased onboard the bus.

**If any students are arriving late at night to any airport, train or bus station, please ensure you have booked your first night's accommodation and have arranged transport to your destination in advance.**

### **Reduced Travel Costs for Students**

To avail of reduced travel fares, students will need to get a Student Travelcard. Applications for this card are available from [www.studenttravelcard.ie](http://www.studenttravelcard.ie) and cost €12.00 [plus €3 photo charge from card agents].

### **Travel Links**

Further travel information is available as follows:

- Aer Lingus - [www.aerlingus.com](http://www.aerlingus.com)
- Ryanair - [www.ryanair.com](http://www.ryanair.com)
- Irish Ferries - [www.irishferries.co.uk](http://www.irishferries.co.uk)
- Irish Tourist Board - [www.discoverireland.ie](http://www.discoverireland.ie)

## Visa & Immigration Requirements

Citizens of certain countries require an entry visa for Ireland. Please check the Government of Ireland, Department of Foreign Affairs website to see if you are a citizen of a country that requires a visa to enter Ireland - [www.dfa.ie](http://www.dfa.ie). It is the responsibility of the student to apply for his or her own entry visa. All citizens of non-EEA countries, whether they require a visa or not, are subject to immigration control at the point of entry to Ireland.

### Immigration Requirements

#### Nationals of the European Economic Area

Citizens of the European Economic Area [EEA] are **not** required to present themselves to the immigration authorities in Ireland.

#### Non-EEA Nationals

All non-EEA nationals are required to formally register their stay with the Immigration authorities, Garda Síochána, Henry Street, Limerick. They will need to have the following documentation:

- Valid up-to-date passport
- Evidence of sufficient funds to support yourself during your stay in Ireland or a letter of sponsorship\*. An ATM receipt is **not** acceptable.
- Proof of health insurance for duration of stay
- Student Status Letter [letter from Mary Immaculate College confirming you are a full-time registered student]

Students should have these documents in their hand luggage when travelling to Ireland as they may be asked to produce them at the point of entry to Ireland [this is not a substitute for the formal registration of their stay in Ireland].

Once the applicant has been formally registered [normally within two weeks of arrival], they will be issued with an immigration card stating the period in which the applicant is allowed to remain in the State. The immigration authorities apply a charge of €150 for this card, payable by credit card, laser card or bank giro, **not** cash.

*\*Letter of Sponsorship Requirements – the letter should state that the sponsor will provide all financial and medical support necessary for the person named while they remain in Ireland. It should be specified that if granted permission to remain the person named will not become a burden on the State.*

Documented proof during the academic year 2010/2011 should show the student having at least €400.00 per month at his/her disposal.

## Health Insurance

### Nationals of the European Economic Area [EEA]

Students on a temporary stay in Ireland are entitled to public healthcare that becomes medically necessary during their stay in Ireland on production of a European Health Insurance Card [EHIC] or equivalent. This scheme does **not** cover any medical condition that existed prior to the student arriving in Ireland.

### Treatment from a General Practitioner [GP]

Contact any GP who is contracted to the Primary Care Reimbursement Services [PCRS] scheme. More than 2,000 doctors, representing the majority of GPs in Ireland, are contracted to the scheme. You can get details of PCRS doctors in your area from the local Health Office. If you are not sure whether the GP is a PCRS doctor, tell him / her that you are seeking treatment under EU regulations. GPs operate specified hours for surgery visits and these vary from practice to practice. Telephone the GP's surgery in your area to find out what the surgery hours are. 'Out-of-hours' cover is provided at other times; a telephone number for this service is usually provided on the GP's telephone answering service. Treatment is provided free of charge by PCRS doctors to all those who eligible under EU regulations.

### Treatment from a Specialist

If it is the clinical opinion of the GP that you require treatment by a specialist consultant, you will be given a referral letter by the GP. Tell the GP that you want to be treated as a public patient. Many consultants in Ireland see patients both publicly and privately; if you see the consultant as a private patient, you will **not** be covered by EU regulations. Treatment by consultants is provided free of charge in the public system to those eligible under EU regulations.

### Treatment from a Dentist

Emergency dental treatment for the relief of pain and urgent denture repairs are available to those eligible under EU regulations from a dentist contracted to the Local Health Office. Other necessary dental treatment is provided through local Health Office clinics as well as by contracted dentists. If dental treatment becomes necessary, contact the local Health Office or health centre to get details of contracted dentists or local Health Office clinics. In emergencies, ascertain that the dentist you choose yourself is contracted to the local Health Office to provide services under the PCRS system and tell him / her that you are seeking treatment under EU regulations.

### Other Services

Certain aural or optical services are available free of charge to those eligible under EU regulations. In line with the arrangements for Irish residents, you should contact the local Health Office in the first instance to access such services.

## Medicines

Prescription medicines must be dispensed by a GP in the public system [PCRS doctor] who will use a special prescription form to indicate to the pharmacist that the medicine is to be provided free of charge.

## Hospital Treatment

You can go direct to the Accident and Emergency unit of any public hospital if you need treatment of this nature. There is no charge for those eligible under EU regulations. For scheduled in-patient or out-patient treatment in the public system, you will need to be referred by a GP or specialist consultant contracted to the public system. In-patient and outpatient treatment in the public system is provided free of charge to those eligible under EU regulations. Treatment or accommodation as a private or semi-private patient is **not** covered under EU Regulations. Call 999 or 112 in case of immediate need of transport by ambulance to the nearest hospital.

The European Economic Area [EEA] comprises the 27 EU member states: Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovak Republic, Slovenia, Spain, Sweden, United Kingdom and the non-EU member states: Norway, Iceland, Liechtenstein and Switzerland.

## Other Nationals

Students from countries outside of the European Economic Area **must** obtain adequate private health insurance before coming to Ireland and have documented proof of same. Evidence of adequate private health insurance is also needed in order to meet immigration requirements.

# Money Matters & Practicalities

## Unit of Currency

Since January 2002, the Euro has been the unit of currency in Ireland. The Euro [denoted by € or EUR] is divided into one hundred cents.

## Banking

Bank of Ireland provides a service at Mary Immaculate College from Monday - Friday, 10:00 – 12:30 and 13:30 – 15:00 [Wednesday, 10:30 – 12:30 and 13:00 - 15:00]. To open a bank account with Bank of Ireland on campus, you will need only to present your passport and a supporting status letter from the College. Advice on foreign currency exchange can be provided on request. In addition, there is an ATM outlet on campus.

All major credit and debit cards [e.g. Visa, MasterCard, American Express, Diner's Club, Delta, Laser] are accepted throughout Ireland.

## Cost of Living

It is estimated that a budget of €160 - €200 per week covers accommodation, meals and other living costs. Individual budgets vary, however, depending on the cost of accommodation and level of personal expenditure.

## Shopping

### Bedding / Towels / Homewares

You should be able to find reasonably-priced homewares, bed linen and towels in the following stores:

- Penneys, O'Connell Street, Limerick City
- Guineys, William Street, Limerick City
- Dunnes Stores, Henry Street, Limerick City
- Heatons, Crescent SC, Dooradoyle, Limerick

## Food

If you are from Europe, you are most likely familiar with both Aldi and Lidl, both offer the most reasonable prices on fresh and frozen foodstuffs.

- Lidl, Childers Road, Limerick – a five minute walk from the Mary Immaculate College campus.
- Aldi, Childers Road, Limerick
- Tesco, Crescent SC, Dooradoyle, Limerick

## Electricity

In Ireland we use different plugs and have a different voltage to Europe and the USA. If you are bringing any electrical goods / cameras / laptops with you, you should purchase an adapter in your home country as it will probably be cheaper there but check the voltage! Voltage in Ireland is **220V AC, at 50Hz**. Most European appliances should work no problem. The plug in Ireland is a standard 3-pin plug [as pictured] so you need an adapter to suit this.



## Limerick City

Limerick, situated on the west coast of Ireland at the mouth of the river Shannon, is the Republic of Ireland's third largest city. Limerick city was founded as a Viking fortress in the 10th century. Reminders of the city's eventful past include the 12th century King John's Castle, the medieval precinct and St. Mary's Cathedral. The population of Limerick is about 80,000 and, with five institutions of higher education, there is a strong student culture. Limerick offers many activities for students, including a variety of historical, artistic and theatrical activities. There is a lively pub music scene catering for a variety of musical tastes, from Irish traditional music to jazz. The University Concert Hall [[www.uch.ie](http://www.uch.ie)] offers a range of classical, folk and rock concerts.

### **Tourist Information Office**

Arthurs Quay Park, Limerick City

Tel: +353 61 31 75 22

### **Limerick Web Links**

Limerick - Official Web Site -

[www.limerick.ie](http://www.limerick.ie)

Shannon Heritage -

[www.shannonheritage.com](http://www.shannonheritage.com)

Limerick Post -

[www.limerickpost.ie](http://www.limerickpost.ie)

Limerick Leader -

[www.limericleader.ie](http://www.limericleader.ie)

Irish Tourist Board -

[www.discoverireland.ie](http://www.discoverireland.ie)