IRELAND
Short-Term and Year Immersion

2012-2013 Program Guide
The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
Your UCEAP Network

Local UCEAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientations, and academic advising; and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates UCEAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** provide academic and operational program information to you and your campus as well as administrative support for all aspects of your participation.
- **Operations Specialists** manage the logistics of the program. They coordinate document requirements, visa application instructions, health and safety precautions, acceptance and placement by host institutions, arrival and on-site orientation, and housing arrangements.
- **Academic Specialists** advise on academic policies, review courses taken abroad for UC credit, and document your registration, grades, petitions and academic records.
- **Student Finance Accountants** assist primarily with UCEAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

Operations Specialist
Michelle Bobro  
**Phone:** (805) 893-3246;  
**E-mail:** mbobro@eap.ucop.edu

Academic Specialist
Lisa Read  
**Phone:** (805) 893-2810;  
**E-mail:** lread@eap.ucop.edu

Program Advisor
Liam Brenner  
**Phone:** (805) 893-3246;  
**E-mail:** lbrenner@eap.ucop.edu

Student Finance Accountant
Rachel Wilson  
**Phone:** (805) 893-5927;  
**E-mail:** studentfinance@eap.ucop.edu

UCEAP Systemwide Office
6950 Hollister Avenue, Suite 200  
Goleta, CA 93117-5823  
**Phone:** (805) 893-4762;  
**Fax:** (805) 893-2583
UCEAP Online

Bookmark your Participants program page. This resource lists requirements and policies you need to know before you go abroad, including your Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, UCEAP Student Budgets, and payment instructions.

Connect with us! Join our Facebook network via the UCEAP Ireland page.

Study Centers Abroad

This program is administered from a UCEAP Study Center with a UC faculty consultant and program officers. Study Center locations are in London and Edinburgh. Study Center staff will advise you on academic matters and ensure that your academic program meets UC requirements. They also provide general information and help with living in Ireland. The host university also has advisors who will work with you to plan your course of study.

The Study Center is the first point of contact for advice or assistance during the year.

Contact Information

London Study Center
3 Bedford Square
London WC1B 3RA, United Kingdom

Phone (calling from the U.S.): (011-44-207) 079-0562
E-mail: London@uceap-uki.org.uk

Edinburgh Study Center
50 Buccleuch Street
Edinburgh EH8 9LP
Scotland, United Kingdom

Phone (calling from the U.S.): (011-44-131) 662-8988
E-mail: staff@uceapedinburgh.org.uk

Phone Number Codes

U.S. international code .............. 011
(dial this to call from the U.S.)
Ireland country code .............. 353
Dublin city code ................. 1
Cork city code ................. 21
Galway city code ................. 91

Approximate Time Difference
Add 8 hours
**Academic Information**

Please see the Academic Information chapter of the UCEAP Guide to Study Abroad for critical academic information and policies, including unit requirements, taking less than the program requirements, the MyEAP Study List registration process, changing courses, petitions, and grades. While abroad, direct all academic questions to the London or Edinburgh Study Center staff first, with one exception: direct any questions regarding satisfying home UC department degree or major requirements through UCEAP coursework to your home UC department or college advisor.

Irish faculty and staff can be helpful in understanding how your host university works. Remember, however, that they work with students from many North American colleges, and they are not responsible for knowing specific UCEAP academic requirements or exceptions. The people who can answer those questions are the UCEAP Study Center staff based in London and Edinburgh, who are in close contact with your host university. Contact them to resolve any academic (or other) concerns, confusion, questions, or difficulties throughout your program. You should also let them know about any issues that may impact your academic performance (illness, housing problems, personal issues, anxiety, or similar concerns) throughout your time in Ireland.

**Program Overview**

Among the many unique opportunities offered by study abroad in Ireland is the chance to experience Irish academic culture. Many UCEAP participants find it to be far more independent than the UC culture, often with suggested (rather than mandatory) readings, a higher expectation of independent study, and final grades highly dependent on just one or two essays or exams. Although this can be daunting at first, UC students who manage this responsibility find it gives them the freedom to tailor their experience and their studies to more closely match their personal academic interests. Be sure to read Exams & Grades in this chapter carefully, as the exam system is very different from UC and requires preparation through the term.

In Ireland, students usually follow a more specialized academic curriculum than is the case at UC. During your program abroad, plan to take most courses in your major at an upper-division level; completion of all lower-division requirements in your major is recommended prior to departure. Many host universities limit the amount of coursework that can be taken outside the major.

Generally, fewer courses are offered than at UC; depth rather than variety is stressed. There are also fewer hours of formal instruction and a greater expectation of independent work. The assigned academic advisor will help you plan an appropriate course of study and will be available to discuss progress and offer advice during your program.

You are encouraged to take advantage of course offerings not normally available at your UC campus. If preparation is adequate, you may enroll in honors courses with second- or third-year host university students.

Most UCEAP students find academic programs in Ireland interesting and challenging. Classes at Irish universities tend to be small by UC standards, particularly in the humanities and social sciences. The smaller size creates a stimulating learning environment, often with more personal instruction and student-teacher interaction than at UC. If you are in the sciences...
UCEAP STUDENTS SAY...

“...I worked as hard, if not harder, in Ireland as I did in the U.S. It’s a bit different though—not as much class time per se, but lots of reading and research on your own time.”

and engineering, you will most likely find a greater emphasis on practical (laboratory) work than at UC. Essays are an integral part of undergraduate life, often even for science and engineering students. There is significantly more writing expected of students in Ireland. Any academic work submitted late will be marked down and may even receive a mark of zero.

You will choose one field of concentration during your program with the expectation that you will do most, if not all, of your coursework in that field. You will concentrate more in a single subject than is done at UC. Depending on the host university, you may be permitted to do some coursework outside that field. However, most host universities limit the amount of such coursework. Plan to deepen your understanding of the field in which you have completed introductory work.

Internship Opportunities

You are encouraged to seek out internship opportunities in business and industry, the professions, government, the arts, or with non-profit public interest groups in Ireland. Past UC students have taken part in science research projects with host university professors, archaeological explorations, arts festivals, and other exciting internships which they have found greatly rewarding and often very beneficial to their future studies. While such internships are not arranged directly by UCEAP, host university international offices and Study Center staff will support applications and do their best to facilitate placement.

Host University Information

- There is limited overall capacity in the Republic of Ireland, especially for drama and art studio majors. UCEAP cannot guarantee acceptance by an Irish host university.

Visit the UCEAP Ireland web page to learn more about your host university.

Most Irish universities offer a three-year undergraduate program leading to a bachelor’s degree. In their first year, students are already at the equivalent of the sophomore year in a U.S. university. Rarely do students change majors or undertake a double major in widely disparate fields (e.g., English literature and psychology). Instead, students study a single subject for the entire bachelor’s degree program. Work commonly done at the first-year college level in the U.S., such as lower-division mathematics, is completed in secondary schools and is rarely available at universities. However, many universities now offer beginners foreign language instruction and some also offer broad curriculum courses in other subject areas.

Most UC students are placed at the second-year level for work in their major department, although first-, third-, and fourth-year coursework may be taken, if appropriate. In Ireland, as in the rest of Europe, professional study, such as law or medicine, is done at the undergraduate rather than the post-graduate level. Consequently, if you are in a subject such as physiology or some branch of biology, you may be taking some of your courses in a medical school. If you are in a major such as law and society, you should limit your schedule to one law course per term. Aim to take classes in jurisprudence or international law rather than in areas of specifically Irish legal practice, such as criminal, civil, or family law. Classes in sociology, criminology, politics, and history are appropriate for UC pre-law majors.
Course Information

You will most likely be assigned an academic advisor who will help you plan an appropriate course of study based on your qualifications and host university offerings. If your host university does not assign such an advisor, you may rely on the staff of the International Office or department course organizers.

Again, if you have difficulty and don’t know who to consult, start with the Study Center staff, who will refer you to the right person at your host university, and can clarify UCEAP academic requirements. You should also take your home UC departmental advisor’s contact information, as you may need to email them questions about new courses or about your home degree requirements.

UCEAP Minimum Load

While on UCEAP, you are required to take a full-time course of study and enroll in a minimum of 21 UC quarter units each semester. You are also required to enroll in what the host university considers a normal, full-time course load for its students. This load will vary widely among the universities.

If the Irish university requires fewer units – you must still fulfill your UCEAP minimum requirements, unless you have a predeparture disability exemption or get a deficit load petition approved while abroad. Deficit loads are typically only approved in health or other circumstances beyond your control (not needing the units to graduate is not an acceptable justification for a deficit load). See the UCEAP Guide to Study Abroad chapter on Academic Information for more detail regarding minimum UCEAP load.

The Irish course load generally transfers as 42 to 48 UC quarter units for the year. If you are approaching your campus maximum at graduation, refer to the section on Variable Units in the Academic Information chapter UCEAP Guide to Study Abroad.

Registration

Try to be flexible as you begin the course registration process at the host university; it can be a cumbersome and decentralized process. You will register in one of three ways depending on your host university:

1. You will directly visit individual departments, complete a module choice form in which you select courses, and return the completed form to a host university administrator who maintains the academic record.
2. You will be enrolled in courses directly by the international student office.
3. In some circumstances, course registration is done in consultation with the academic department(s) of interest. In this case, you will compile a list of courses of interest as part of your application package prior to departure. The host university’s international student office reviews the course list and inquires with the departments about course availability.

Keep in mind that the courses chosen prior to departure are not guaranteed; course registration is confirmed either shortly before or after arrival, depending on your host university’s registration process. Confirmed courses will sometimes appear in your admission letter from the host university.

If you are a graduate student with UCEAP-approved study plans, you can be accommodated in most fields. Admission is more likely if you establish contact during the application process with a possible sponsor for a particular project.
UECAP STUDENTS SAY...

An important quality to have is self-discipline. You must be able to work on your own, without a teacher looking over your shoulder, or things will be very difficult. With many exams at the end of a year, it’s very easy to let your studies slide. Be careful!

In addition to reviewing information in this guide, contact the Campus EAP Office for more information.

Honors (third-year) courses in the departments of Humanities and Social Sciences have limited space at some universities. This has particularly been the case in the fields of English, history, literature, politics, psychology, and sociology. If you are interested in any of these areas, you must be flexible about course choices.

In addition to registering at your host university, you must also complete your MyEAP Registration Study List. The Study Center staff will guide you through this process and advise you of deadlines for course changes and petitions. Be sure to read all e-mails from her during the registration process and review your final Study List carefully, as it determines how your Irish courses will appear on your UC transcript.

Full-Time Participation
You are expected to remain in the program through the entire period as noted in the UCEAP program calendar (per Student Agreement, Section 8). Host universities often have a two- to four-week “revision” period without classes, which is intended for intensive study and final exams. Although you may be able to choose courses you can complete prior to the revision period, you are required by UCEAP to choose at least one course that goes through the entire program, or do an independent study or something similar, in order to remain academically engaged at the host university until the end of the program. There are reciprocal exchange, housing, visa, and other issues involved, and UCEAP cannot make exceptions. If you depart early for any reason, you will be withdrawing from the program and must submit a Petition to Withdraw.

Modes of Instruction
In general, Irish students are expected to engage in more independent study than most students in the U.S. Contact hours with faculty instructors are fewer than in an American university, but usually more intense. Also, instead of textbooks, wide-ranging book lists are employed, giving you an opportunity to read broadly in a given field. Instruction generally consists of lectures, seminars, tutorials, and labs or practicals. Science courses usually integrate the lecture and lab into a single course. The tutorial system includes formal and informal teaching conducted in small groups where you can discuss written work or topics you have prepared. Tutorials may consist of reports and discussions, with each student contributing a different experience to the whole. The tutor facilitates the discussion and gives guidance on future work.

Seminars are larger group discussions, usually based on short papers written in advance by one or two students. In seminars, you will be encouraged to contribute your own views and test your opinions against those of others. Tutorials and seminars are supplemented by lectures, which are often used to cover the groundwork in a subject. Lectures, which may be on very diverse subjects, are not required nor tested; instead, the assessed academic work tends to be accomplished in the tutorials. Instruction may also be divided into both core courses (lectures and tutorials) and special papers or projects. You may be expected to select a mix of both kinds of courses in the same fashion as the local students.
UCEAP STUDENTS SAY...

“To whatever extent I’ve experienced culture shock, it hasn’t been about living in a different country as much as attending a university where things are done differently—sometimes in ways that I found frustrating.”

Academic Culture

To the UC student caught up in the intensity of 10-week quarters (or 15-week semesters) and accustomed to the anonymity of large lectures, the Irish university systems may sound like academic paradise. But be prepared; in fact, there is much that you will find unfamiliar in the Irish system. You will spend much time during the early weeks at the university simply learning this different university culture.

The pace and the amount of direction you will receive will be different. Rather than receiving a syllabus detailing what to read for each class meeting, expect to simply receive a long reading list. This list will constitute the material of the course and you will likely need to find your own way through the reading. Tutors and lecturers may give some guidance about what will be covered in a certain class meeting, but they may also assume that you are familiar with the works on the list. This lack of specific direction can be frustrating, especially at the beginning. Expect to ask questions about reading, background knowledge, and the like.

Faculty members, most often called lecturers (“professor” is a rare title held only by the head of a department or a chairman), can frequently be found in their offices, but they are not generally required to hold specific office hours. Like their UC counterparts, some are readily available and some are elusive.

You will have to adapt to the relative infrequency of class meetings. Classes typically meet once a week. At some host universities, there will be one lecture and a tutorial/seminar meeting each week. Although you will spend far less time in class, this does not mean less work. You will be expected to read more independently. An exception to this schedule applies to the science classes, which often involve frequent class meetings and long lab sessions, called practicals. Since most classes meet infrequently, each class meeting is extremely important; come to class prepared and expect to participate when appropriate. For the most part, UC students are used to speaking up in class and frequently find that this gives them an advantage over the local students who are sometimes more reticent about participation.

You may need to buy some texts; however, fewer texts are required than at UC and you can use more library resources. Unfortunately, academic libraries in Ireland are generally not as user-friendly as the UC libraries. The collections are typically smaller and the hours are more restricted. Students frequently photocopy the chapters and sections of books they need. (The costs of photocopying are about twice what they are in California.)

Independence

You are expected to be more independent than you might normally be at UC. There is rarely any immediate accountability for the material presented in lectures; students often demonstrate their mastery of material in exams at the end of the year. There are no regular tests, and few assignments other than papers provide feedback. As a result, you may not know where you stand academically in some courses until completion of final exams at the end of the academic year. You will need to work with less direction, fewer in-term assessments, and less sense of how your performance will finally be judged. The advantage of such a system is that you can set the agenda of your own education and tailor it to your particular interests.
UCEAP STUDENTS SAY...

“Be diligent and work! Self-discipline is expected here. Yes, I heard this advice before I left, but it’s much, much too easy to ignore it.”

Writing Ability
There is more emphasis on writing in Ireland than at UC. You may need to submit two or three essays per term, even in the sciences or mathematics. Excellent writing ability is the norm, and marking down for poor writing, spelling, and grammar is common. Seminars and tutorial sessions often require papers and oral reports.

Most Irish students have been trained rigorously in writing. The majority of their entrance exams are written in essay format. Significant emphasis is placed on literacy, not only if you are in the humanities and social sciences, but also if you are in the sciences. It is important to express intelligent ideas clearly and coherently using well-supported arguments. Spelling and grammar errors are unacceptable. This is as important in exams as it is in essays written during the term. Change your laptop setting to “English (Ireland)” and use the Spelling and Grammar function.

You will need to be familiar with a different style of essay writing. Instructors typically expect more outside (secondary) sources to be evident in essays than at UC. A good essay will attempt to insert itself into the critical discourse on the topic, not appear simply as the writer’s personal thoughts. Research your topic thoroughly (or more thoroughly than the hectic pace of UC quarters generally allows) and use that research in your essay. Pay close attention to the correct citation of sources. Plagiarism, even if accidental, will incur severe penalties.

Study Habits
Students in Ireland may appear rather puzzling in their study habits. They may seem to study very little, especially early in the term. This is particularly true of first-year students, who most often are not required to do more than pass their exams. However, some of this appearance may be deceptive. While American students may be accustomed to talking about how much and how hard they have to work, Irish students are not, and in fact like to appear altogether nonchalant about their studies, as if there is always time for a free evening. UC students have come to suspect them of being closet scholars, working in secret on weekends late at night. Whatever the case, you will probably find that your own secret weapon is the study habits formed in the crucible of a pressured quarter or semester system.

Exams & Grades
Irish Examination System
Exams are a serious business in Irish universities—far more so than almost any final exam at UC—and local students prepare for them in earnest since their entire final standing may be riding on the result. Often, 70 percent or more of the final grade is based on exams, and there are still many courses that just have one final exam. Each university has an office with authority over every aspect of the exam system (variously called the Board of Examiners, Grade Board, Review Board, or similar). They are not flexible about changing exam dates.
Exams are “blind double-marked,” meaning that two outside readers judge your anonymously-submitted final exam or paper. This system operates in order to ensure transparency, fairness, and quality assurance. If there is a large discrepancy between the grades given by the two instructors, or you are on the cusp between two grades, your work will be sent to an impartial external examiner. Due to this system, if your performance falls short in an exam, the course grade will not be adjusted, even if you demonstrated substantial effort in the course. If you feel there was a true error in your grade, or you have other concerns, consult the “Grades” section of the UCEAP Guide to Study Abroad academic chapter.

Note that some Irish universities offer their students a chance to “re-sit” or re-take exams, or to submit a paper at a later time. However, regardless of any option given to you by your host university, UCEAP students are never allowed to re-take an exam or submit any assignment after the program ends and/or after you return to California. See the Academic Information chapter of the UCEAP Guide to Study Abroad for full details of this critical regulation.

Preparing for Irish Exams
Keep up with your reading and class attendance throughout the year so that final exam time will not be unnecessarily stressful. Take notes throughout the year so that you can effectively “revise” or study, especially during the spring revision period.

The Edinburgh Study Center staff have years of experience helping UC students adapt to the Irish system, including exams. Review their website, which has much more detail and advice about many aspects of Irish host universities. For example, they note that the goal in “revising” for Irish exams is to draft answers to several likely questions, including references to major authorities or critics with succinct quotes, so that the exam hours are filled with writing what has already been thought through. While some creative thinking is always required in the exam, it is difficult to complete the required essays without a careful process of preparation. This is very different from simply rereading materials (and different from the type of “cramming” that you may do at UC).

Check previous exams for your course, often available at the library or on the website. They will give you many clues about the kind of questions asked and the kind of study required to answer them. Some instructors provide a list of dummy “prompts” or questions for essay exams for students to prepare before the exam. Familiarize yourself with the structure of the exam before the event by asking questions of your instructor or tutor.

If you typically are a disciplined student and are able to keep up with your work, the Irish academic model can actually be more rewarding and liberating, and may even seem easier. However, if you often procrastinate, you’ll need to find ways of staying on track. Do not hesitate to ask your faculty or the Study Center staff if you feel you don’t understand the academic expectations. The earlier you ask for help, the more likely you will be to succeed.
Grade Reporting

For more information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad. Specifically, note the Grades section and the 90-day window for processing batches of grades. You can only request individually expedited grades once it has been 90 days since the end of the program, and then only if your particular grades are complete (often the problem is with the host university’s particular department or division).

While some Irish grades are processed within two to three months, some are often quite slow. Much depends on the Examination Review Board schedules, which change from year to year. Irish universities that have historically transmitted grades to registrars past the 90 days include Trinity College Dublin and University College Dublin.

You may get notice of your individual Irish grades in a host university portal system. However, because you will earn UC grades (not Irish grades) there are additional steps to get it from the host portal to your registrar. Irish grades must still be submitted to the Study Center; reviewed, converted, and entered for the UC faculty; electronically signed by the UC faculty, sent to the Systemwide Office, and then transmitted to the UC registrar.

Seniors should especially consider these issues, to make sure they do not require grades sooner than what may be possible. No individual expediting is possible until the end of the 90-day window, regardless of graduation or graduate school deadlines.
UCEAP STUDENTS SAY...  

“
It’s easy to underestimate the degree to which you will feel foreign. The key is to be honest about how you’re feeling and what confuses you. Find people you can talk to and share with. Don’t struggle to assimilate entirely or to understand everything you feel. Have patience and courage!

Expect a completely different way of socializing, especially if you’re under 21. Be prepared for the centrality of alcohol consumption in the culture. Going to the pub daily is a very easy pattern to fall into. Be aware.

”

CULTURAL AWARENESS

Educate Yourself

You are encouraged to become acquainted with the Republic of Ireland prior to departure. Keep up with current events by reading articles in newspapers and magazines and by watching films set in contemporary Ireland. UC libraries subscribe to the main daily newspapers published in Dublin, and weekly or monthly magazines of news and commentary also should be available.

Recommended Reading


Travel Guides

UCEAP students report it is wise to acquire a few guidebooks before departure. There are a number of travel books that give comprehensive accommodation, sightseeing, historical, and travel information, covering practically all countries of the world. Suggested travel series include the Rough Guide, Lonely Planet, Blue Guide, Michelin Guide, and Intelligent Traveler’s Guide. Other resources are Time Out, DK, Insight, and Footprint guidebooks.

Adjusting to Irish Culture

You will likely hear about culture shock in your UC campus orientation meetings. Some students feel the term overstates the matter, others feel that shock is just the right term to describe how it feels to adjust to a foreign environment. In any case, adjusting to life, even in a country where the language is the same and much of the popular culture is shared, can present significant challenges.

Though many returned students describe their UCEAP term as “the best time” of their lives, they admit that genuine effort is required to make the adjustment, especially in the first term.

To begin with the obvious, Californians need to adjust to a significantly cooler, darker, damper climate. In fact, compared to much of North America, Ireland and the British Isles experience a mild climate, warmed by the Gulf Stream. But this may seem increasingly irrelevant after weeks of overcast skies and temperatures in the 30s and 40s. Few Californians are prepared for the increasing dark of November and December. Because of the latitude, the days approaching the winter solstice grow very short, and darkness lasts from approximately four in the afternoon until eight in the morning. Even when it can be seen, the sun is low on the horizon. The compensation, of course, is the impressive explosion of spring and the relatively longer days of May and June.
Making good friends with local students is clearly important to the process of adjusting to student life. UCEAP students report that the best way of doing so is to join some of the clubs and sports teams that are available. Nearly all students have remarked that they find friendships are slower to form than they expect, and some effort is frequently needed to get to know fellow students.

Nearly all students report that they encounter the most difficult times in late November and December, that the combination of gray weather, shortened days, adjustment to a new academic system, and homesickness bears down the hardest. But virtually all report that the first term is the most difficult and that after the winter break they feel considerably more at home in their host universities.

The Study Center will organize a Thanksgiving lunch event. All students are invited and strongly encouraged to attend.

**Social Conduct**

**Stereotyping**

Although Irish people may be one of the most stereotyped groups of people around the world, Asian-American students report a significant amount of stereotyping by local citizens (e.g., students are assumed to be Japanese tourists and locals speak a few words of Japanese to them). All Asian-American students report this unexpected behavior.

**Drinking & Smoking**

You will find quite different practices and attitudes toward drinking and smoking. In general, Irish students use pubs for socializing a great deal, and a night out may be more frequent and involve the consumption of more alcohol than you may be used to. You are not required to adopt this cultural practice and should note that pubs serve a range of nonalcoholic beverages. Coffee shops are becoming increasingly popular. Smoking, while more controlled than a few years ago, is still quite common, especially among university students.

**Sexual Orientation**

Although the Irish are not as open about sexuality, especially in the smaller cities, you will find that larger cities have well established gay, lesbian, bisexual, and transgender (GLBT) communities. In addition, most universities offer GLBT clubs. The age of consent for gay males is 17 years. There are no legal prohibitions against lesbianism.
**ARRIVAL & ORIENTATION**

**Travel Documents**
You are not required to present a birth certificate to the host university, even if requested. Your passport is sufficient identification.

Make photocopies of all important documents and keep the copies in a separate location from the originals. Have accessible an electronic list of passport and credit card numbers, and any other personal information that would need to be replaced if stolen or lost.

**Entry Clearance (Visa)**

**First Step:** You are not required to obtain an entry clearance prior to departure. However, you will be required to show proper documentation of your student status and evidence of financial support in order to pass through Irish immigration. Further information about this process can be found in the UCEAP Predeparture Checklist.

**Second Step:** Within 30 days of your arrival in Ireland, you will need to register with the Garda National Immigration Bureau (GNIB). The International Office at your university will have detailed information for you. You will need to show the GNIB all the same original documents you showed upon arrival to Irish immigration. You will also need to present your student identification card from your university, proof of residence, and a credit card to pay the €150 immigration fee. The UCEAP Participation Letter from UCEAP that you show to Irish immigration upon arrival also contains the proof of insurance required by the GNIB. You can print out an insurance card from the [UCEAP website](http://wwwUCEAP.com) and attach it to the letter. In addition, the GNIB requires you open a bank account in Ireland before registering with them. At time of publication, semester students need to deposit £2000 and year students need to deposit €3000. These amounts are subject to change. Different rules apply to financial aid students (see the Entry Clearance instructions in the UCEAP Predeparture Checklist).

The entry clearance rules for students studying in the United Kingdom and other countries are completely different; do not be confused by other UCEAP students' visa requirements.

**International Student Identification Card**
An international student identification card (ISIC) may be cheaper abroad than in the U.S.; you may want to wait to purchase one for the term abroad on UCEAP.

Additional information about passports, visas, and other required documents is provided in the *UCEAP Guide to Study Abroad* and in the UCEAP Predeparture Checklist.
UCEAP STUDENTS SAY...

“Less is more! Take no more than one suitcase; you’ll want to buy things when you get there that are appropriate to the weather and to the current fashion.

A backpack is essential for traveling (and if you fill it, that undoubtedly will be too much stuff).

Pack lightly. Don’t take more than you can carry! You’ll have to carry all your own baggage from the airport onwards. Carrying all that baggage can really be a drag. Also, there are sometimes stairs involved where wheeled baggage doesn’t work so well. Pack only what you’ll need for the first few weeks and have everything else sent.”

Packing Tips

- The UCEAP Student Budget does not include funds for the purchase of clothing abroad.

Identify all luggage on the inside and outside with your name, address, and destination (the international office at the host university is preferable). Pack lightly, as all carriers have weight restrictions. Luggage restrictions vary by airline.

Objects such as scissors, pocket knives, knitting needles, nail clippers, etc., must be packed in your checked luggage; they will be confiscated if found in your carry-on luggage.

Essential

- Clothing that is washable and quick drying
- Clothing that can be layered (T-shirt, fleece or lined vest, cardigan/pullover sweater)
- Jeans and fleece-lined pants
- Lightweight and warm jackets
- Warm socks
- Scarf and gloves
- Flip-flops, walking shoes, casual footwear
- One dressy outfit
- Coat (thrift shops sell good quality coats appropriate for the weather)
- Umbrella
- Rainwear and rain boots (available at all large department stores)

Optional

- Bathrobe and slippers
- Beach towel
- Lightweight blanket
- Seat pad (good for train and bus travel)
- Travel-size sleeping bag
- Empty backpack (to bring home items purchased abroad)
- Travel alarm clock and flashlight
- Small gifts for new friends (with UC logo or California designs)

Do Not Pack

- Medications that are illegal in Ireland
- Fragile items, unless they are bubble-wrapped
Insurance for Personal Possessions

The UCEAP Insurance Plan includes a personal property benefit; however, it is your responsibility to determine if it will suit your needs. You must look into the benefits prior to departure and decide whether or not you will need to purchase additional coverage, especially if you are taking anything of value like a laptop or camera.

In addition, your parents may already have insurance coverage for personal possessions, though it may not cover items that are in transit or abroad. Some host university accommodations fees also include partial personal possessions coverage, which may provide compensation for some stolen items. Find out if these policies, combined with the UCEAP policy, are sufficient to cover the items you will be taking with you.

If you decide to purchase additional coverage, it is best to obtain insurance before departure because most theft occurs in the airport or while moving into housing. The host university does not protect student belongings, even in university accommodations.

Electronics

The electrical current used abroad is 50 cycles AC rather than the 60 cycles current used in the U.S., and voltage abroad is 220–250 rather than the standard U.S. 110–125 volts for small appliances. Most electrical outlets abroad have three-pronged sockets. In general, North American appliances need both a converter and an adapter for use abroad. However, travel irons, curling irons, blow-dryers, electric razors, etc., can be purchased in the U.S. with either a built-in converter or a dual voltage function. These appliances will need only an adapter to be used abroad. (Appliances without either a built-in converter or a dual voltage function will need an external converter, which can be purchased at electronics stores or travel specialty shops). U.S. clocks must be battery-driven to operate abroad. UCEAP students recommend that you purchase small appliances once abroad, although they will be more expensive than they are in the U.S.

If you plan to take a laptop, be sure that the AC input of its power supply will accept 240 volts and 50hz (AC input: 100–240V; 50–60hz); if it does not, purchase a transformer before departure. The correct adapter plug (for three-pronged outlets) can be easily found in the U.S. or abroad.

Since the cost of electricity abroad is high, and improper use of appliances may damage both the electrical outlets and the appliances, ask before using the outlets. Some university accommodations will test your appliances to make sure they are compatible. Information on purchasing appliances and accessories can be found on the Magellan's and Distant Lands websites.
To avoid theft, never leave your luggage unattended.

Travel to Ireland
No group flights have been arranged by the program. You are responsible for making your own travel arrangements to the Irish university. Even if you are on full financial aid, you are responsible for reserving and purchasing your airline ticket. Your Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase a changeable airline ticket. Standby tickets are not appropriate.

See the Mandatory Orientations Abroad in this chapter. You must arrive at the Irish university on the Official Start Date as provided in the UCEAP program calendar.

The start date of the program can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. In addition, flights are routinely changed or canceled. Confirm your flight schedule with your airline about two weeks before departure. UCEAP is not responsible for any unrecoverable transportation charges incurred for independent travel. In order to be kept informed of any program changes, you must update MyEAP with any changes in your address, e-mail, or phone number.

Financial Aid Students
Your financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to the Republic of Ireland. If your independent travel costs are greater than the airfare estimate in the UCEAP Student Budget, notify your financial aid counselor. Neither UCEAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Customs Fees
Do not ask other students to carry any items abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines may not allow you to carry items for others. If you are allowed to board the plane with the items, Customs abroad may charge you a high duty for those items. They will assume you plan to sell them, especially if you already have similar items of your own. This is particularly a concern with electronic goods.
UCEAP STUDENTS SAY...

“Meeting all of the other UCEAP students during orientation helped me immensely! It’s so nice running into them on campus. We try to eat together and go to town together. It needs to be repeatedly stressed that the first two weeks will be absolutely confusing.”

Mandatory Orientations Abroad

You are required to attend two mandatory orientations abroad. One is provided by your host university and, around the same time, UCEAP Study Center staff will travel to Ireland to provide the UCEAP orientation. You are required to attend all UCEAP orientation sessions. The dates and sites appear in the UCEAP program calendar for your host university.

Note:

- The Official Start Date and city
- The suggested earlier date to arrive if necessary to find your own housing
- The host university orientation date
- The date and city of the UCEAP orientation

There may be an extra orientation charge by the host university. The UCEAP Student Budget, factors these costs into one of the line items, which means that the UC Financial Aid Office also factors these costs into the financial aid package (if you receive financial aid).

You will receive instruction on course registration during the host university orientation and most universities begin their Registration Week during orientation; therefore, it is not likely that you will be enrolled in your preferred classes if you miss the host university orientation.

You are subject to dismissal from UCEAP if you do not arrive on the Official Start Date and at the place and time specified in the program calendar (Student Agreement, Section 10).

If the UCEAP orientation conflicts with a religious observance, individual accommodation is possible. E-mail your request to the UCEAP Systemwide Office so appropriate arrangements can be made ahead of time.
The UCEAP Student Budget does not include funds for recreational travel.

LOCAL TRANSPORTATION

Travel within Ireland

The Eurail pass must be purchased in the U.S. You can select length of time and travel zones. The pass can be mailed by the issuing party only to a U.S. address. The pass is valid in the Republic of Ireland, but not in the U.K.

After residing abroad for six months, you will be eligible to buy the Interrail pass, good for one month of travel throughout Europe. Students often use this pass during spring break and find it to be an excellent value.

Storage While Traveling

Numerous sites exist where you can store luggage, either during breaks or while traveling after the end of the program. Most storage sites are usually at airports, underground stations, and train stations. Rates and hours will vary, so confirm all details in advance.

Return Travel

If you do not make round-trip arrangements, be sure to book a return flight with plenty of lead time once abroad. Travel agencies at the host university often offer cost-effective flights. Study Center staff can refer you to a local travel agency for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.
FINANCIAL INFORMATION

Understanding Your Finances
Understanding your finances before, during, and after your program is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to UCEAP
- UCEAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while abroad (how do I get my financial aid from my home campus and how are my fees paid?)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account
Your MyEAP Student Account is similar to your UC campus financial account. It will be available as soon as you are selected for your program in MyEAP. You can make payments through this account using e-checks or credit cards (MasterCard, American Express, or Discover). The fees that you owe UCEAP will be applied to your account after your program predeparture withdrawal date, which is listed in MyEAP. For the amount due to UCEAP prior to fees being posted on your account, refer to the UCEAP Student Budget Payment Vouchers. Program fees are subject to change.

UCEAP Student Budget
Carefully review your UCEAP Student Budget. Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. Review your UCEAP Student Budget frequently. The Payment Vouchers are on the second page of the UCEAP Student Budget.

Instructions
- Download and print your UCEAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the UCEAP Student Budget and Payment Vouchers to the person responsible for paying your UCEAP bills. Sign this person up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you will be receiving financial aid, see also the UCEAP Financial Assistance web page.
Handling Money Abroad

Initial Expenses

Before leaving the U.S., exchange $200 into euros. The funds will be useful upon arrival for snacks, transportation, tips, and unexpected purchases. Some U.S. banks will purchase the foreign currency for you; the process may take a week or more. Dollars can also be exchanged for foreign currency at airports.

Take funds in an easily negotiable form to last through the first few months abroad. Even after you open a bank account, checks will take up to six weeks to clear. Therefore, you should take as much money as possible in the form of travelers checks (issued in the foreign currency) in order to open a bank account with immediately accessible funds. You will initially need a minimum of U.S. $325 for textbooks and basic supplies. Budget additional funds for warm clothing and travel.

Take a bank card that enables access to funds in a U.S. bank account at an ATM. The bank card must have a four-digit PIN. Most U.S. banks will charge currency exchange fees when money is withdrawn from an ATM. The fees can be high. However, Irish banks will not charge currency exchange fees.

Banking

In general, banking practices in Ireland are similar to those in the U.S. In order to open an account, you will need to provide proof of a local address, proof of host university registration, and personal identification (passport).

Most large U.S. banks maintain partnerships with prominent Irish banks. Prior to departure, find out which bank your U.S. bank is affiliated with and what services they offer. Past participants have used Bank of Ireland and Allied Irish Bank.

After arrival, go to a nearby bank and open a special student account (this is called a current account, as distinguished from a deposit account, which is the equivalent of an American savings account). There is often a branch of one of the main banks on campus or nearby.

Banking practices are more restrictive than those in California, and there are some differences. You will receive a debit card instead of a checkbook.

Travelers Checks

You can take travelers checks issued in the foreign currency to open a bank account and for immediate use after arrival. Travelers checks are not as widely accepted at retail venues abroad as they are in the U.S. You will first need to cash your travelers checks at a bank. Not all banks provide this service or cash American Express travelers checks, and some banks will charge a fee. You will need to show your passport as ID when cashing travelers checks. If you are opening a bank account, take any amount of travelers checks. If you are not opening a bank account, take only a small amount of travelers checks and rely on your ATM card for cash.
Transferring Money
Wiring funds from a U.S. bank to a foreign bank is an option if funds in your foreign account run low. The sender in California can order a wire transfer from a major bank for a fee; however, most if not all major banks now require the sender to be a customer. The fee is fixed, so the larger the amount sent, the better. The money is electronically transferred to your account abroad and a second fee is charged. Money sent in this way is instantly accessible.

Many financial aid students request (via the UCEAP Electronic Funds Transfer form) that their financial aid be deposited electronically into their U.S. bank account (rather than being mailed as a hard copy check to their U.S. address). This large deposit can then be wired by the student’s power of attorney in the U.S. to the account abroad.

Another way to transfer money is by using a banker’s draft, which can be purchased at a U.S. bank in dollars and sent abroad by mail for deposit. Make sure the foreign bank will accept the banker’s draft without waiting for collection from the U.S.

Host University Fees
You are not obligated to pay application or registration fees that are normally required by the host university. Disregard these two kinds of fee requests when returning forms to the host university. You are, however, responsible for all housing deposits and expenses, the international student orientation fee (often called the “freshers’ conference fee”), and other charges.
COMMUNICATIONS ABROAD

Study Center Contact
It is important for you to keep in contact with your Study Center during the year. The Study Center address is noted in Your UCEAP Network in this guide.

Study Center office hours are generally 9:30 a.m. to 5:30 p.m. Monday through Friday. The office may be closed for lunch. You may contact the Study Center anytime and leave a message on the answering machine. Until you are settled in at your host university, you can have phone messages left at the Study Center office. Inform callers that the time difference is eight hours ahead of California.

International Calls
There are two types of public phones in Ireland: coin and calling card. Calling cards are the most convenient method for making calls from public phones and are available from the post office, travel centers, some news agents, and machines on underground platforms. Many pay phones also take major credit cards and charge cards. Unfortunately, phone card phones may not be available in the residence hall and you may have to walk to one elsewhere on or off campus.

Collect Calls
Collect calls are expensive! Do not phone the Study Center this way unless you have an emergency. In Ireland, dial 10 for the operator and for long-distance calls.

Directory Assistance
For information in Ireland, dial 190 for Directory Enquiries and 114 for international calls.

International Phone Calls
You are strongly encouraged to use Skype for all international calls. If using an international calling card, the direct dialing code to the U.S. is: 001 + area code + number. You can call the U.S. collect through the international operator.

Computer Access & Use
Internet access is available at all host universities in the Republic of Ireland, but facilities and resources are not the same as at UC. You will likely need to wait to access a computer.

Information on computer and e-mail access differs slightly by host university, but you will either receive instructions from your host university in a packet before departure, at the university’s orientation immediately prior to the beginning of the term, or when you register for classes on site. To set up your computer and e-mail access, contact the university’s international office or computing services department, or your academic department.
Mail
Local mail service is usually fast. Airmail takes from six to ten days to or from California.
If you already know your host university address, you can arrange for mail to be sent there.

Shipping
Packages generally take six to eight weeks to send by surface mail. Host university offices will not accept or store heavy or bulky packages. Have your parents or friends mail your packages to your university address after arrival. You will need to time your shipment to be delivered after you arrive. Staff will not collect luggage that has been shipped in advance or pick up any luggage that must be claimed at a customs office or dock.
**Housing & Meals**

**General Information**

- Many dormitories require students to vacate their rooms during the holidays, so storage can be a problem.

You will live in a university hall of residence, flat (apartment), or a room in a private home. You must make your own housing arrangements, deposits, and payments (even if you are on full financial aid). Housing information should be e-mailed to you by the host university after notification of acceptance. Communicate directly with your university’s housing office and discuss housing questions with the UCEAP Program Manager at the Study Center.

Most host universities provide excellent housing information online. Look for information on host meet-and-greet services, temporary housing, social activities, and other options offered to incoming students.

Most universities allocate and send confirmation of housing in late August for fall arrivals. Be sure you have submitted the housing application by the university’s deadline, usually in June or July.

**Searching for Private Housing**

If you do not reserve dormitory housing before departure, you are advised to travel to Ireland two weeks before the Official Start Date of the program. Private housing is scarce in some locales and you may be in competition with other students for the available spaces. If you need to store luggage while you look for housing, storage sites are usually at airports and train stations, but arrangements can sometimes be made at hostels or host university international offices.

**University College Cork**

Housing demand is high in Cork, and limited space is available in the campus-owned Castlewhite apartment complex and in the privately-owned Brookfield Holiday Village. Therefore, you must submit your housing application promptly.

The Castlewhite apartment complex has three, four, five, and six single-bedroom apartments. Some doubles are available. Brookfield Holiday Village offers self-catering, four-bedroom apartments and eight-bedroom town houses. Accommodations have TVs, phones, fully equipped kitchens, and heat. Bed linens are provided. There is a bathroom for every four bedrooms.

If you do not secure university-sponsored housing, you can live in either a private residence or a flat, which are both popular with Cork students. The University of Cork Accommodation Office will assist you in your housing search.
National University of Ireland, Galway

Most UCEAP participants choose to live in private residences or flats in Galway and enjoy living in this lively town.

You may also secure university-sponsored housing. Galway has limited space available in Corrib Village (Baile Na Coiribe) self-catering flats, located halfway between the campus and the town. Phones are not allowed in the rooms. Other accommodations are available in Dunaras and Niland House.

UCEAP students report restrictive rules and rental agreement problems at Corrib Village. However, they highly recommend the main block of Dunaras, not the 100s wing, which is in a more central location.

Galway also offers homestays. Click on “Digs” in the Galway accommodation website for detailed information.

Trinity College Dublin

You will likely need to find your own accommodation in Dublin.

The university offers a limited number of rooms on campus and at Trinity Hall. You must apply online after admission, but TCD usually sends the instructions for applying online very late. Past UCEAP participants note that Trinity Hall is quite a distance from the campus and suggest you look for private accommodation closer to the college. University housing is not guaranteed to UCEAP students.

You are encouraged to contact the university’s Accommodation Advisory Service and/or a real estate agent in Dublin before arrival to obtain assistance with searching for private housing in the community. A new, private complex called Winter Gardens is near the university and students living there report it is reasonable and popular.

The university has a system of temporary accommodation to provide a base while you look for permanent housing. The temporary accommodation must be reserved well in advance of arrival, will cost approximately €24 per night, and can be used for a maximum of two weeks.

University College Dublin

The university will hold a few rooms for UCEAP students provided you submit a housing application by the deadline. The campus is in Belfield, a 15-minute taxi ride from Dublin city center. Some students prefer to live close to campus, while others prefer to live close to central Dublin.

If you do not want to live on campus, you are encouraged to contact a real estate agent in Dublin before arrival to obtain assistance with searching for private housing in the community.
How to Secure Your Housing

To ensure host university housing, even where it is guaranteed to international students by the university, you must take the initiative to obtain, complete, and return all housing forms and deposits required by the university. All participants, including those on full financial aid, must make their own reservations and pay the required deposits (in euros) prior to departure. The forms and deposits must be received by the host university by their established deadlines.

Carefully read all housing contracts prior to signing. These contracts are legally binding and commit you to the full cost of the housing for the period of time specified, regardless of the length of time you actually use the housing. Contracts are usually for the entire academic year. Do not assume you can depart university housing mid-year unless the contract states it is solely for a term or the university specifically allows a mid-year contract termination without fees.

The housing reservation begins on the date specified in the contract. The initial move-in date may or may not be negotiable after the reservation is made, and you will need to make your own arrangements if you arrive earlier than the specified move-in date. Carefully choose your initial move-in date.

Housing Office

Do not communicate with the host university housing office until you have completed a housing request form or until you have actually been accepted by the host university.

Know Before Choosing Housing

Quality and Distinctions

Housing quality is extremely variable, even on a single campus. The basic distinction in university housing is between residences in which meal plans are part of the package (halls or catered accommodations) and self-catering residences that provide shared cooking facilities for groups of students (anywhere from four to a dozen or more). Within this basic distinction, there are large dormitory-style buildings either on campus or some distance from it; or nearby older houses, mansions, or blocks of flats that the university has converted to student housing. A typical configuration of university housing built in the past 20 to 25 years consists of accommodations for four or five students with separate rooms, with a common entrance and cooking facilities; bathrooms may be shared or private (en suite) in the individual room at additional cost.

In residence halls, bed linens are usually provided or available to rent, but towels are not. Each hall is headed by a warden or similar officer who frequently has the authority to decide whether a student can be accepted into the hall or released from a housing contract.

Ambience

UCEAP students strongly advise that you request housing shared by more mature students if you select university accommodations. International students typically are housed with first-year students (freshers) who are living away from home for the first time and who may not be held to the same academic levels as more advanced students. Freshers can be noisy, boisterous flatmates, and they may not study as diligently as UC students.
**Meal Plans and Dietary Needs**

Whether you choose a catered or a self-catering residence will depend on personal needs and preferences. Catered halls are obviously the most convenient, and meals taken together in the common refectory are a way to meet a wide variety of students. However, freshers usually choose the catered halls and the quality of the cuisine is reported by UCEAP students to be lower than that provided in UC halls; UC students often tire of the food. Vegetarians, vegans, and those with other special dietary needs should not elect a residence with a meal plan (vegetarian and other options are limited). With a self-catering residence, you have control over what and when you eat. You may share meals with your flatmates or cook individually. Pots, pans, dishes, and flatware are frequently provided by the accommodation, but in some cases you may need to purchase them. Inexpensive kitchen utensils and other supplies can be purchased at charity (thrift) shops.

**Smoking**

If you do not smoke, you may want to inquire about smoking practices among flatmates and come to an agreement at an early point in your association. If you do not want to share a flat with smokers, clearly note this in your housing application.

**Distance from Campus**

A significant difference from UC housing is that accommodations owned by the university may be at some distance from the campus. Carefully check the housing description to determine whether you are within walking distance of the campus, or whether there is quick and inexpensive local transportation. Bus transportation is widely available and you can obtain an inexpensive bus pass.

**Private Housing**

Another housing possibility is non-university housing in lodgings (rented rooms in private homes with some meals provided) or in flats (apartments shared among three or four students). In the latter, heat and utilities usually are not included in the rent. A number of UCEAP participants have reported that private accommodations in the community are preferable to university housing. You are advised to discuss housing questions with UCEAP returnees or with UCEAP students currently abroad. Your Campus EAP Office has e-mail addresses of current participants, many of whom have indicated they will be glad to discuss their experience by e-mail.

**Housing Closures**

Many dormitories are closed during the winter and spring breaks. However, some dorms allow students to remain during breaks if they have requested such accommodations on the original housing application. Carefully read and complete the original application in order to know if you will need to make alternate food and lodging arrangements during breaks. If you travel during breaks, provision can usually be made for storing belongings.
IRELAND, 2012-13

Extracurricular Activities

UCEAP STUDENTS SAY...

"I didn’t realize how much I’d love it here. I bought my airline ticket home for Christmas when I was really homesick, and now I really wish I hadn’t. I’d love to stay here for the holidays. I advise students not to be hasty—your homesickness will last only a few weeks and then you will be fine.

Don’t worry about not having anywhere to stay during holidays; people are extremely generous and thoughtful, and they understand that you’re stranded as an international student.

Join a sports team. You get to meet so many people and travel all over the country.

Making a whole new set of friends was the challenge I most feared, but most people are so friendly it hasn’t been a problem at all. I now have a few true friends who I know will stand by me throughout my life."

Get Involved

You are encouraged to participate in cultural activities while in Ireland. Join sports, music, theater, or art groups; provide volunteer services to social organizations; participate in athletic events and religious activities; and attend lectures, discussions, and receptions in academic and community circles. Most universities offer organized clubs ranging from political societies to sports clubs. Student organizations generally recruit new members actively during the campus orientation.

Before visiting the U.K. during breaks, read The Knowhere Guide for inside information and tips that only locals know. This website lists popular attractions including local music scenes, shopping, cafés, art galleries, cinemas, festivals, and much more.

University College Cork

The campus, located on the banks of the River Lee, is within walking distance of the town center of Cork, the second largest city in Ireland. The city is a busy seaport with a variety of educational, sporting, and cultural facilities. Among Cork’s cultural offerings are an art school with public painting and sculpture galleries, an opera house, two theaters, and a museum. The city has an active social life and is a center each year for international film, choral, and jazz festivals. Among many others, the university has a rowing club and a canoe club.

National University of Ireland, Galway

The campus is located on the banks of the River Corrib, close to the center of Galway City, and includes social and recreational facilities. Hurling and Gaelic football are popular Irish sports, with clubs on campus. Societies include “chocolate,” quiz, juggling, and arts (with instructors and supplies provided).

Trinity College Dublin and University College Dublin

With a population of over one million people, the city of Dublin offers a particularly congenial atmosphere for students. Dublin has all the resources of a capital city, with a full and varied cultural and intellectual scene. The campus of University College Dublin is located in Belfield in the southern suburbs of Dublin, and it is within easy access of the city center. The campus itself provides ample facilities for recreation and sports, including a modern sports center.

Trinity College Dublin is located in the center of the city, just one block from the National Gallery of Ireland. The campus is home to the largest library in Ireland. Sports, club, and society information is posted on the Front Gate at College Green.

Working

The work situation in Ireland is quite different from other countries due to an impacted job market and high unemployment rates. Visiting students must apply for a work permit, which may or may not be granted. The permit process takes six months to a year. Therefore, do not expect to earn money during your time abroad.
UCEAP STUDENTS SAY...

“
You’ll probably get sick when you first get there. Almost all of us got horrible cough and cold symptoms. It lasted about two weeks.

Be sure to incorporate Vitamin C into your daily diet.
”

Health

▶ In addition to the following section, read the Health chapter of the UCEAP Guide to Study Abroad.

▶ Before departure, review the U.S. CDC Travelers’ Health information website for specific health information for all your travel destinations.

Medical Facilities & Protocol

Modern medical facilities and highly skilled medical practitioners are available in Ireland, but due to high demand, access to medical specialists and admissions to hospitals for certain non-life-threatening medical conditions may result in extensive waiting lists. Call the Study Center for guidance.

If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. The Study Center can recommend a clinic to visit, provide advice about the UCEAP insurance claims process, and help if extended absence is expected. (See the following insurance section and the Insurance chapter of the UCEAP Guide to Study Abroad.)

The student health service on Irish campuses is no longer free of charge. The services do not provide full 24-hour coverage, and you are advised to register with a local general practitioner as well. Most routine medical treatment takes place in a “surgery,” the medical center or office where one or more doctors practice. If you require more specialized services, the student health service will further refer you to a specialist such as a psychiatrist. Although you might be able to make your own appointment directly with a specialist, this is not the usual procedure. If you are referred to a specialist, then your personal physician or specialist in the U.S. should probably consult directly with the specialist in Ireland. There may be a fee for this consultation if it is done by phone.

If you plan to request a referral to a specialist, provide a letter from your health care provider to the student health service. The letter should specify your diagnosis, treatment, and medication. It will be needed for appropriate referral and further medication prescription. The specialist, general practitioner, or any other medical services will charge fees. All services will need to be paid for up front. You can then submit a claim form for reimbursement to the UCEAP insurance provider.

Generally, it will cost €10 to see a nurse on campus, €25 to see a doctor on campus, €50–60 to see a doctor off campus, €60 per day for hospitalization, and €40–70+ for dental care. Note that the Republic of Ireland does not have a National Health Service as does the U.K. Instead, there is a public health system that will limit the cost of hospitalization for year-long students to €750. However, hospitalization costs for short-term students are not covered or capped by the Irish public health system.

You can also call international collect the UCEAP travel assistance provider, Europ Assistance, in the United States to ask for medical referrals and to facilitate payment directly to medical providers, in particular if you face a medical emergency. Contact information: Call collect at 1+ (202) 828-5896 or e-mail ops@europassistance-usa.com. Identify yourself as a UCEAP student.
Psychological Health
While the transition to your studies in Ireland through UCEAP can be an exciting opportunity, you may be coping with personal, financial, health, and other stressors. The Study Center and UCEAP Systemwide staff can help you navigate the Irish health care system. They can help you with information about local services, UCEAP insurance coverage, and other considerations to help you restore balance, build strength, gain emotional resiliency, and increase your personal well-being. The UCEAP insurance will cover your visits to a private physician, if necessary. There is no co-pay or deductible. Ask the UCEAP Study Center staff and/or read the Insurance chapter in your UCEAP Guide to Study Abroad.

Insurance
Read the UCEAP Insurance Plan policy brochure so you understand your coverage while on the program. The University of California automatically purchases accident, health, and repatriation insurance for all participants. There is no co-pay or deductible. In case of an emergency, the UCEAP health and accident insurance coverage includes access to a 24-hour emergency assistance professional network, Europ Assistance, with UC dedicated telephone lines. You can call them 24/7 collect. This multilingual service can help locate medical treatment and coordinate with doctors and hospitals, while confirming health insurance coverage and arranging direct payment of medical bills. It can also help on emergency medical evacuation, emergency reunion benefit for a parent to travel to bedside if you are in a hospital, etc. Print your insurance card (PDF) and carry it with you at all times. Share a copy with your parents.

For more information on medical and non-medical benefits, read the Insurance chapter of the UCEAP Guide to Study Abroad.

Medications
Over-the-counter medications of most types are available, but many U.S. brands are not (ask the pharmacist for substitutes). Some medications available over the counter in the United States may require a prescription in Ireland. Pharmacists may not be able to dispense medication prescribed by U.S. physicians and may direct you to obtain a prescription from a local doctor before providing your required medication.

Before departure, consult with the UCEAP assistance provider, Europ Assistance, to make sure your medication is legal in Ireland. Call: 1+ (866) 451-7606 or e-mail ops@europassistance-usa.com
Accessibility

While in Ireland, individuals with disabilities may find accessibility and accommodation very different from the United States. Irish law requires access to public buildings for persons with disabilities, and this requirement is enforced. Under Irish law, public service providers should ensure the service is accessible to those with mobility, sensory, and/or cognitive disabilities. Significant changes have been made in recent years to having an accessible public transportation system.

The majority of buses and trains in the main city areas of Ireland are now equipped for individuals with limited mobility, sight, or hearing disabilities, although some train stations and pathways may not be as easily accessible. Mainline and suburban trains require special portable ramps to permit boarding from the platforms to the carriages. These are available at all terminal points and major junctions and stations that have staff on duty. They are also available on some trains. Travelers are advised to contact the local railway station in advance to ensure such facilities are available. There are many resources available online for those with mobility, sensory, and cognitive disabilities.
Safety

UCEAP takes your safety and security very seriously and provides credible and timely advice during predeparture and while in Ireland. However, as in the U.S., you are ultimately responsible for your personal safety.

Before traveling, ensure that you are fully prepared, that you are aware of any risks and have mitigated them. International travel is a great opportunity, and you should know how to optimize the experience for yourself. While UCEAP provides resources aimed at facilitating a safe travel experience, it cannot ensure that your travels and stay in Ireland will be problem-free or account for all the potential health and safety risks that you might experience.

Crime

Ireland is comparable to other Western European countries in that the majority of crime—usually non-violent, petty crime—takes place in the larger, more densely populated cities (Dublin and Limerick). Ireland does have drug and violent criminal activity, but these incidents are generally confined to gangland/organized criminal communities.

Dublin is a reasonably safe city. The only dangerous area into which a visitor might venture would be the northern part of O’Connell Street at night. The Gardai (police) recommend that you do not leave valuables exposed in a parked car, be as careful of your handbag or wallet as you would be in any major city, and do not carry your passport or large amounts of cash or leave them in your hotel room.

Because handguns and assault rifles are illegal in Ireland, the level of actual violence, especially the life-threatening sort, is lower than in the U.S. Typically, visitors to Ireland tend to become the victims of crime when they drop normal security practices and vigilance due to excessive alcohol consumption and/or the misconception that there is little or no crime in Ireland. Most central-city parks present few risks in daylight hours, but larger open areas and the commons and heaths in and adjacent to major cities should be treated with caution. In all cases, seek out and accept the advice of local university officials, police, and others with experience in your community.

Tips:

- Keep your valuables, especially wallets, passports, credit cards, and the like, in buttoned or zippered inside pockets, or in money belts or fastened bags.
- Never leave bags, backpacks, or suitcases unattended, not even in locked cars.
- Burglary is on the rise in the student residences. Keep your room door locked at all times, and store valuable items in locked drawers or closets if available.
- Exercise common sense about your personal safety and belongings and do not be lulled into a false sense of security by the perception that Ireland and continental Europe are safer than the U.S.
- Do not carry large amounts of cash and, unless traveling, leave your passport in a safe place in your room.
- Always be aware of your surroundings, especially in highly populated areas or in situations where you would be time or place predictable.
Criminal Penalties
While you are in Ireland, you are subject to local laws, even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different from our own. If you break local laws in Ireland, your U.S. passport will not help you avoid arrest or prosecution. It is very important to know what is legal and what is not in your host country. Penalties for possessing, using, or trafficking illegal drugs in Ireland are severe, and convicted offenders can expect long jail sentences and heavy fines.

Road & Public Transportation Safety
Ireland’s public transportation system has a good safety record. Bus service in the cities is generally adequate. Pay close attention to where bus stops are in both directions, as the drop-off and pick-up locations could be several blocks away from each other. Intercity bus and train services are good.

Pedestrian Safety
Use caution if you lack experience with traffic moving on the left, especially when walking on narrow winding roads. Motorists may drive through red lights, park on pavements, and drive over crosswalks when pedestrians are using them. Motorists often turn left without signaling and may park at bus stops, forcing pedestrians into the road.

For more information, refer to the Association for Safe International Road Travel website.

Fire Safety
Know all exits and have a fire escape plan. Read more in the Fire Safety section of the UCEAP Guide to Study Abroad.
Emergency Contacts

What Is an Emergency?
An emergency is a serious, unexpected, and often dangerous situation requiring immediate action. The following are considered emergencies:

- Any life/death situation
- A traumatic event requiring immediate assistance
- An arrest
- Civil unrest or natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.

- During office hours (8 a.m.–5 p.m. Pacific Time): Contact your Operations Specialist at the UCEAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry the local emergency contact information at all times:

U.S. Embassy in Dublin
42 Elgin Road
Ballsbridge
Dublin 4
Ireland

Phone
- During business hours: (+353 1) 668-8777
- For emergencies involving American citizens: (+353 1) 668 9612

Fax
- Main Embassy: (+353 1) 668-9946
- American Citizen Services/Passport Unit: (+353 1) 668-8056

If you have a health, travel, or safety emergency and do not have access to local or UCEAP representative emergency information, contact the UCEAP travel assistance provider, Europ Assistance, available 24/7:

- Call international collect: 1+202-828-5896
- Call within the U.S.: 1+866-451-7606
- E-mail: ops@europassistance-usa.com