UNIVERSITY OF NOTRE DAME
INTERNATIONAL STUDY PROGRAMS

DUBLIN STUDENT HANDBOOK

Spring 2012
A Message from the Director
Keough-Naughton ND Study Centre

We are deeply appreciative of your choice of Dublin as your ND international study programme, and we aim to ensure that your experience here with us vindicates that choice. We at O'Connell House are delighted to have you with us, and please be assured that we will do everything in our power to ensure that your stay here is happy, productive and fulfilling for you on every possible level - personal, academic, social, and cultural.

Let me state two things. First, you will get out of this program exactly what you put into it. Your willingness to immerse yourself, to talk with people, to do things will greatly enhance your experience here. Secondly, you will find that your time here passes very quickly: it is important to hit the ground running, and to be active from day one. Dublin is a great city for young people; Ireland is a friendly and interesting country; UCD and TCD are two fine universities, and O'Connell House is here to support, advise, and smooth your way.

Thanks to the tremendous support of the University of Notre Dame, this programme is well set up to provide a quality international experience. All we need is what you will bring, enthusiasm, curiosity, energy, and a willingness to stretch yourself. This is not our programme - it is yours. Please enjoy it.

Kevin Whelan
The Keough Naughton Notre Dame Centre is situated in the house in which the famous early nineteenth century Irish Catholic political leader, Daniel O'Connell, lived most of his life. Called 'The Liberator', he was a leader in the battle for Catholic Emancipation and instrumental in the 1829 law, which allowed Irish Catholics to sit in Parliament and hold high office.

O'Connell House is a late eighteenth century building on Merrion Square, the most elegant Georgian square in central Dublin. It is a four story red brick building with fine, light-filled rooms. Purchased by Notre Dame in 2002 and opened in 2004, it houses reception rooms, offices, classrooms, a computer room, a coffee room, a library, a chapel and two apartments in the basement. The House is open Monday to Friday, 9am - 5pm.

MAIL and PACKAGES
While each student does receive an individual dormitory address, it is highly recommended that ALL letters and packages mailed to students during their stay in Dublin be addressed directly to O'Connell House:

Keough Naughton Notre Dame Centre
O'Connell House
58 Merrion Square South
Dublin 2
Ireland

T: 011 353 1 611 0611
F: 011 353 1 611 0606

Daniel O'Connell on O'Connell Street
KEOUGH NAUGHTON NOTRE DAME CENTRE STAFF

Kevin Whelan: Michael J. Smurfit Director
Kevin was named the inaugural Smurfit Director of the Keough Notre Dame Centre in Ireland in 1998. A native of Wexford, Kevin has been a visiting professor at New York University, Boston College, and Concordia University (Montreal). He has lectured in over a dozen countries, and at the Sorbonne, Cambridge, Oxford, Torino, Berkeley, Yale and Louvain. He has published sixteen books and almost 100 articles on Ireland’s history, geography, and culture. Among these are The Tree of Liberty (1996), the Atlas of the Irish Rural Landscape (1997) and the forthcoming The Green Atlantic.
Email: whelan.12@nd.edu
Work: 011 353 1 611 0555
Home: 011 353 1 454 2854

Lisa Caulfield: Financial Controller and Building Manager
Originally from Toronto, Lisa completed an MA in English Literature at NUI Maynooth in 2003. She joined the Keough Naughton Notre Dame Centre in 2005 and is responsible for all budgetary transactions. In 2006, Lisa was also assigned the position of Building Manager for the O’Connell House.
Email: lcaulfie@nd.edu
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Joseph Stranix: On-Site Programme Co-ordinator
Joe graduated from ND in May 2009 with a major in history. He was one of the student office workers in the Office of International Studies and helped prepare the UCD Sp09, F09 and TCD 09-10 groups. Joe was a participant of the Trinity 07-08 group and very familiar with Dublin and the Irish Universities. The Keough- Naughton Notre Dame Centre welcomes Joe back as a colleague.
Email: jstranix@nd.edu
Work: 011 353 1 611 0556
Mobile: 011 353 86 819 6234

Eimear Clowry-Delaney: Senior Administrator:
Eimear comes from County Carlow in Ireland and joined O’Connell House in Sept. ’08. Her role includes the coordination of the Annual Madden Rooney Irish Seminar and Keough Summer Internship Programme. She graduated from Dublin City University in 2005 with a B.A. in Communication studies and is currently studying part-time towards and MA in Management- Community and Voluntary Services. She has spent time working at University College Dublin and Massey University, New Zealand.
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HTH insurance Psychologists in Dublin
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ON ND CAMPUS:

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IRELAND - THE ISLAND

Ireland is situated in the extreme northwest of Europe, with the Atlantic Ocean to the West and the Irish Sea to the east, separating Ireland from Britain. Ireland’s current population is four million with another 1.5 million in Northern Ireland. The Irish Free State was formed in 1921, the Republic of Ireland was then established in 1948, and Ireland formally joined the European Union in 1973. Article 8 of the Constitution makes Irish the first official language of the State. The national flag is a tricolour of green, white, and orange. The euro is the national currency.

Ireland is a parliamentary democracy. There are two houses of the Oireachtas (National Parliament). The Dáil (House of Representatives) has 166 members and Seanad Éireann (the Senate) has 60 members. The head of Government is the Taoiseach (Prime Minister) while the Tánaiste is the Deputy Prime Minister. The president is the honorary Head of State. The current President is Mary McAleese, and the current Taoiseach is Brian Cowan. The main political parties are Fianna Fail, Fine Gael, Labour, Progressive Democrats and Sinn Féin.

THE CITY OF DUBLIN

Dublin is the capital of Ireland, and is home to 1.2 million people within its greater metropolitan area. It is located on the east coast, with a harbour opening to the Irish Sea, that separates Ireland from Britain. Half the population of Dublin is under the age of 30, so it is one of Europe’s youngest capital cities. The city is bisected from east to west by the River Liffey and is serviced by public bus transportation (Dublin Bus), light rail (LUAS) and the DART (Dublin Area Rapid Transport), which hugs the coastline and circles the bay.

Early settlements in Dublin began their transformation into a city with the arrival of a Viking fleet in 837 AD. The Vikings constructed a fortress, which they called Dubh Linn, which means ‘black pool’. The city expanded slowly in the medieval period, but experienced huge growth in the eighteenth century. Much of the splendid architecture of the city dates from this ‘Georgian’ period.

Today Dublin is a rapidly-growing city, which boasts a strong presence of IT, financial services and other state-of-the-art industry. With the help of the young population and strong tourism, the nightlife is lively. A nationwide ban on smoking in pubs was introduced in 2004. Two of Europe’s top institutions of higher education, Trinity College Dublin and University College Dublin, are located in the city. The city is also home to a particularly strong cultural sector, including theatre, music, art, sport and film. Dublin has been famous for centuries as a literary capital. Among its writers are Jonathan Swift, Oscar Wilde, W.B. Yeats, James Joyce and Seamus Heaney.

IRELAND COUNCIL

Notre Dame maintains advisory councils for its principal academic components to advance their development in the broadest context. Council members participate in that development in several ways. Through attendance at meetings, they acquire an
understanding of the philosophy, plans, and priorities of the University. They in turn, as members of ND’s official family, share this understanding with others, serving as representatives of the University in their respective business and professional communities.

Ireland Council Members

Co- Chair: Donald Keough and Martin Naughton

Christopher Fox, Director Keough-Naughton Institute for Irish Studies
Kathleen Andrews  Brian Clingen  Robert Conway
John Dooner  Mary Lee Duda  Donald Keough
Michael Keough  Peter Lawson  John Madden
Andrew McKenna  Thomas Moore  Fergal Naughton
Martin Naughton  Bridget O’Brien  Michael O’Connor
Thomas O’Donnell  Niall O’Dowd  Jane Pfeiffer
J. Christopher Reyes  Phillip Rooney  Shirley W. Ryan
Richard Sweetman  John Tynan  Robert Welsh

Donald Keough is chairman of the board of Allen & Company Incorporated, a New York investment banking firm. He was elected president, chief operating officer and a director of the Coca-Cola Company in 1981. Mr. Keough retired in 1993 and he was then appointed advisor to the board. Mr. Keough currently serves on the boards of H.J. Heinz Company, *The Washington Post* Company, USA Networks, and McDonald’s Corporation. He is past chairman of the University’s Board of Trustees and is a trustee of several other educational, charitable and civic organisations. He received ND’s Laetare Medal in May 1993. In 1998, the Keough Notre Dame Centre was endowed by Mr. Keough, and this centre, in addition to the Keough Institute for Irish Studies, are named in his honour.
Martin Naughton, an Irish businessman and Notre Dame trustee, is a founding member and co-chair of the University’s Ireland Council. He has played a pivotal role in helping Notre Dame to become the pre-eminent American University based in Ireland. Born in Dublin, Mr. Naughton studied mechanical and production engineering at Southampton in England, qualifying as an engineer in 1961. In 1973, he founded Glen Electric, now the Glen Dimplex Group – one of the world’s major manufacturers of domestic appliances. The company, still family-owned today, has grown from a staff of seven in 1973 to more than 8,500 people in 29 manufacturing facilities worldwide, with annual sales of €2 billion. Despite its global reach, Glen Dimplex remains an Irish company, headquartered in Co. Louth, Ireland. It has factories in Ireland, California, Michigan, Canada, England, France, Germany, Holland, Norway, New Zealand and a joint venture in China.

ACADEMIC PROGRAMME INFORMATION

KEOUGH NAUGHTON NOTRE DAME CENTRE  2011-12
Each of these courses will be offered on a weekday evening for two hours.

Semester students will take two courses only, one of which is “Introduction to Ireland”.

Trinity year long students may take 1-4 courses at the Centre, 1-2 in the fall and up to 2 in the spring.

UCD year long students may take 4 courses during their time of study.

HIST 34430, SOC 34123, ANTH 34320, IRST 24208, An Introduction to Ireland
(Kevin Whelan) 3 credits; Mondays 6-8pm. (Fall and Spring)
University history requirement. University social science requirement, A&L second behavioral science requirement
This course explores the evolution of Irish culture from the eighteenth century to the contemporary period. It assumes no prior knowledge of the country and aims to give students a foundational understanding of the cultural inheritance of the island. While organized in broadly chronological terms, it will also examine crucial thematic concerns-landscape, history, languages, economy, society, politics and government, literature, music, sport. This course is offered in both the Fall and Spring.

ENGL 44519 Irish Literature 3 credits; Wednesdays 6-8pm.
University Literature requirement/University fine art requirement (offered Fall 2011)
The aim of the course is to offer an introduction to some of the best-known Irish literary masterpieces of the last 200 years. These include Bram Stoker's Dracula, Joyce's Dubliners, Synge's Playboy of the Western World, and Beckett's Waiting for Godot. The course also looks at the poetry of Yeats and Heaney.

ENGL 44531 Modern Irish Writing: 1950-2010 3 credits Declan Kiberd (offered Spring 2012) University Literature requirement. Period social shifts and renewed controversies led to the creation of major works of literature. A period of rapid globalization saw the ‘worlding’ of Irish writing, only to be followed by a major crisis in the economy which raised the very question of whether Ireland as a cultural project could survive the twenty-first century.
TRINITY COLLEGE DUBLIN
TCD was founded in 1592. The city centre campus occupies 47 acres. Trinity has 1,800 staff members and 15,000 students.

Of its 14,750 students:
- 88% Irish
- 7% European (EU)
- 3% North American
- 2% other parts of the world
- 40% male and 60% female

WHAT TO EXPECT WHEN FIRST ATTENDING TCD

First of all, relax and don’t stress. Class selection process is totally flexible and completely confusing. It is the furthest thing from DART you could ever imagine. Each department is different regarding how you have to get into classes, but everything is eventually sorted out in a satisfactory manner.

EVERY TRINITY STUDENT IS REQUIRED TO TAKE 40-50 units at TCD; 2-3 courses at Keough Naughton Centre; 2 TCD units equal approximately 1 ND credit. ND students studying at Trinity must take at least 15 ND credits a semester or 30/year.

You will most likely register in second and third year courses at Trinity College. Fourth year classes at Trinity can be much more challenging than 400-level classes at ND. Many times, they are more equivalent to a graduate-level course here in the States. You will find out during the first week of term which classes are best suited to your needs.

Most of your work will consist of essay-writing and exams. Your entire grade for a course may be based on your final exam. Do not procrastinate on your work just because you have nothing due until the very end of the term! Professors will expect more independent research than they do at ND. Do not expect books to be in the library by the end of the term. Get your work started and completed early and you will have a very successful year. As you are expected to study on your own initiative at Trinity College much more than at ND, you must be a self-starter. Use the library. Keep up with your reading even if there are no set assignments. Do not let everything pile up in the last few weeks - it can get too stressful.

The Trinity library has most of the textbooks available to borrow or read there. You can purchase some books (online is the best way at www.amazon.co.uk) or just spend lots of time in the library reading (which is what most Trinity students do). It may seem a bit intimidating at first, but everyone is very nice, and does want to help you. Just be patient, work hard, and, most importantly, enjoy your year!

Here are a few key steps/points to keep in mind to get you through the process:
1. Begin by checking in with the International Studies office on campus.
2. Visit your assigned departments and look over the timetables located on the department bulletin boards (or request them from the department office). This contains valuable information about what classes are available and at what times. It is important to have your pen and paper ready to take notes when looking over these timetables. The timetables are usually posted on the Friday of Fresher’s Week.
3. Check in with your advisor, where applicable: TCD students may make an appointment to meet with their advisor before classes begin so the advisor can explain the course timetable and registration requirements.
4. Choose which courses you are interested in pursuing, plus a few other possibilities. Decide on your final list of courses and obtain department signatures as needed. Information is available from each department about who signs your forms.
5. When you have finished your registration sheet, turn it in to the International Student Affairs Office, located near the Nassau Street entrance to the College. The information from the form will then be registered on the Trinity system and will be used in generating your ‘transcript’ at the end of the year. So, MAKE SURE IT IS ACCURATE! If you do decide to switch classes during term, arrange to meet with Kevin Whelan and Joe Stranix to discuss your decision. Also, make sure you inform the International Student Office of any changes in your class schedule; otherwise you will end up with an inaccurate transcript at the end of the year.
6. Finally, email your advisors at ND once you have arranged a tentative schedule to ensure you will get proper credit, and copy these emails to Peggy Weber and Joe Stranix (mweber@nd.edu, jstranix@nd.edu) so that they are on file for future reference.

OTHER TIPS

- If you are taking classes that meet for one term, you might not have a schedule for their meeting times ahead of time. Just fill out what you would ideally like to take, and then make changes with the form in the International Student Office as you need to. Also make sure that before the beginning of each new term you check the department’s posted class schedule (many times either the location or time of year long classes change from term to term and the lecturer might not tell you).
- If you want to take classes outside the departments to which you have been accepted, it is possible. You will need to contact the department you are interested in and find out if you can gain access to their courses.
  Enjoy the freedom in class selection - try out lots of different classes the first week. More than likely the first time you try to get into one of these classes, they will say “Oh, it simply cannot be done” - this is a favorite initial Irish expression which buys time - do not let it fool you. They love to say something is
impossible, while they are going to let you do it. It normally is just a matter of being polite and persistent to get what you want.

- Make sure you meet with your assigned tutor during Fresher’s Week and individuals in your departments who are assigned to care for international students. Your tutor will guide you through this confusing process, and help you with any problems you might have during the academic year. Use this valuable resource as often as necessary. If your tutor tells you something that you do not think sounds right, do not hesitate to talk to someone else.

- Talk carefully to each department to make sure you have everything that you need – some departments produce absolutely invaluable handbooks at the start of the year. Keep in mind that the department secretaries usually know everything there is to know about the department, so if your tutor cannot answer your question, go to the secretary. Always be polite and understated – it is more effective than forceful and worried.

**SCIENCE AT TRINITY – from a Science Student’s perspective**

*Each department at Trinity works independently from the other departments, so every student will have a slightly different experience depending on their course selection. Here are a few general facts:*

It is definitely possible to take courses in more than one department, but be careful with timetables - since each department makes their own, courses from different departments often clash.

Things happen slowly. Be patient, but also be persistent. They will be working on your questions, but asking politely again a few days later never hurts.

Go and talk to the departments, especially in the beginning. You need their help in selecting courses (you need permission to take each one) as well as becoming familiar with their system. The administrative assistants in each department are the best people to talk to about courses.

You will need lab coats and safety goggles for practicals (available in their ‘bookstore’ in House 6, or bring them with you.

The courses do not meet as often as ND classes, but they often cover the same amount of material. Therefore, you will have to do a lot of outside work to stay with the course material. Also, some courses assume that you already know material from earlier years, so you may have to do some background reading to catch up to the Trinity students (in other courses, you may be slightly ahead, so eventually it all evens out). Make sure that you read the advice posted on-line concerning writing a first class honors essay so you are prepared for the manner in which your papers will be evaluated.

**TCD UNDERGRADUATE HOUSING**

**TRINITY HALL**
Dartry Road, Rathmines.
(2.5 miles from Dublin Centre and from Trinity College)
Newly renovated dormitory in southwest Dublin, single bedrooms with personal bathroom and large desk, wardrobe, internet access, common kitchen and living area; you need to supply your own pots and pans.

**GOLDSMITH HALL**  
(On the Trinity Campus)  
Apartments setting, either 4 or 7 people to an apartment. Bedrooms are singles, with either a single or double bed, and a bathroom is then shared between two people (some bedrooms are ensuite). Common space includes kitchen area with stove, oven, and toaster. You will need to supply your own pots and pans (may be available at the O’Connell House).

**PEARSE STREET**  
(On the Trinity Campus)  
Modern rooms are located in the Pearse Street residences and the Graduate Memorial Building. They comprise single study bedrooms with a private bathroom. Network connections are available in both areas, television points only in the GMB. There is storage heating in Pearse St. and central heating in the GMB.

**FRONT SQUARE**

Newly refurbished ensuite apartments ranging from two to five bedrooms each with a kitchen/living room. Apartments with two bedrooms are adapted for universal access. The five bedroom apartment consists of four singles and one twin room. Network connections and television points (in living room) are available. Central heating.

**NEW SQUARE**

Standard rooms are located in New Square and the Rubrics. The rooms in New Square are mostly doubles, with a few singles available. These rooms have shared kitchen and bathroom facilities, with network connections in New Square and Rubrics only. Television points are available in Rubrics.

**BOTANY BAY**

Newly refurbished ensuite apartments. Shared apartment with two single bedrooms, living room/kitchen area, shower/toilet. Also some shared apartments with three single bedrooms, living room/kitchen area, shower/toilet. Network connections and television points available.
TEXTBOOKS and SCHOOL SUPPLIES

There is no bookstore on campus. You have to go to local bookstores to find your textbooks. Don’t buy too many books in the beginning - wait to see what you really need to own - many of your readings will be on reserve in the library where you can copy them or some you can take out of the library (but you may only have out 4 books at a time). Some of the books - especially Irish history and literature - may also be available through O’Connell House library. Check with the Director.

You can also go into town to the “open” market (behind Grafton Street or directly off St. George’s Street) to find the used bookstall - great literature section.

Reads of Nassau Street: supplies are located in the basement of the shop
TCD Student Union Shop, Front Square
Hodges Figgis: Dawson Street (parallel to Grafton Street - right outside the Nassau Street entrance to Trinity)
Waterstones: Dawson Street (directly opposite Hodges Figgis)

LIBRARIES

Most Irish students do not purchase books. Best advice - go to Trinity’s library immediately after you begin your classes and take out the first few books you need. Irish students tend to borrow books immediately after receiving a book list, so you will have to be quick off the mark. Again, many of the books you need may be in the library at O’Connell House, so it is worth having a look there before you visit Trinity’s library.

Former students highly recommend doing a tour of Trinity’s main library during Fresher’s Week. They have quite a confusing system and you can save yourself a lot of headache by doing the tour. Once you are issued a TCD Student card, you and up to three visitors per visit can see the Book of Kells for free!

TRINITY COLLEGE LIBRARY
The Library at Trinity College is the largest library in Ireland and holds collections of manuscripts and printed books dating from the end of the sixteenth century. Today, the Library contains four million volumes of books in addition to an extensive collection of manuscripts, maps and music. The Library is open M-F 9:30am-5:00pm (Thurs. evenings, Berkeley and Ussher are open until 9:00pm) and Saturday 9:30am-1:00pm. (During Michaelmas Term: M-F 9:00 am-10:00 pm. Sat. 9:30am-4:00 pm)

USSHER LIBRARY
Classics, history of art, theology, literature and languages, music, nursing, philosophy, periodicals

LECKY LIBRARY
Business, economics, social sciences, education, geology and geography
BERKELEY LIBRARY
History, law, official publications, psychology

HAMILTON LIBRARY
Math, science, and engineering

1937 READING ROOM
Lending Library: only 3 week-long book loans at a time. Libraries are packed during the spring terms when essays are due, so arrive early and claim a good seat before it gets full. Open weekdays (9:00am-10:00pm), Sat (9:00am-1:00pm), closed Sun.

KEOUGH NAUGHTON CENTRE LIBRARY
Open during regular O’Connell House hours; books must be checked out with the programme coordinator: extensive Irish studies collection.

FITNESS
Take advantage of Fresher’s Week and to stay active sign up for multiple clubs and sports groups. Some of the sport groups in Ireland are not as intense as sports at Notre Dame so do not be afraid or intimidated when signing up for various clubs! Trinity students also have access to a newly renovated athletic complex which includes a swimming pool, climbing wall, and a fitness room. This is located across the street from Goldsmith Hall, right after the sky bridge. The operating hours are Monday-Thursday: 7am-10:30pm, Friday: 7am-9:30pm, Saturday: 9am-6pm, and Sunday: 10am-4pm. It is closed during bank holidays and all activities cease 30 minutes before the Sports Centre closes. There are also some fitness classes offered; some classes (such as 15 minutes abs) are free; others range from €4-€5 euro per class. You can attend an orientation meeting during Fresher’s Week about the fitness center or look online at their website http://www.tcd.ie/Sport/index.php?nodeId=2&title=Home for more fitness information. There are also tennis courts available for use.

UNIVERSITY COLLEGE DUBLIN

UCD traces its origins to the Catholic University of Ireland, founded in 1854 with John Henry Newman as its first Rector. It has grown from its modest beginnings to an institution with over 18,000 students. It is situated on a large, modern campus 4km to the south of the city centre. Your UCD Centre for Study Abroad Director is Erik Lithander, and his office is located in the International Office in the Tierney Building. (phone: 716 8248; email: erik.lithander@ucd.ie).

ARTS
ND students who choose Arts register to take courses in the Faculty of Arts at UCD. Full time UCD Arts students are also allowed to register for one elective course in a department that is considered elective at UCD (business or science). There are usually 5 to 6 ECTS (UCD credits) per subject which translate to 3 ND credits. Students also take 1 or 2 three-credit courses at Keough Naughton Centre, one of which must be the Monday
evening Introduction to Ireland course. Semester students are limited to two O’Connell House Courses. Year long students may take 3 O’Connell House courses during their stay. ND students taking UCD courses through the Dublin program are pre-approved by the A&L dean’s for a total of 18 credits without applying for overload permission. There is a special orientation day for international students during which you will be briefed as to the course selection process and departmental meetings. You will take 5/6 ECTS units (UCD credits) in each subject. Please note that this may vary slightly by department. Your schedule must be approved by ND and by the UCD JYA Director before you complete the registration process. Please inform Sarah Holt or Joanne Reilly of any changes during the term.

JYA Arts students have the option of taking up to 2 courses at O’Connell House. Every student must take the Introduction to Ireland course.

**BUSINESS**

The JYA Business program is located in the Quinn School of Business. This school offers smaller class sizes - maximum 40 students - and a study centre with wireless facilities. Purchase a wireless card for your laptop if you will be studying business at UCD. You will collect your timetable for the semester on the first day of lectures at the JYA Business orientation meeting (please consult calendar for time and location). The timetable will list all the business classes offered during each semester, their times and meeting locations. There is a specific timetable for JYA (international) students. Business students register for courses before arrival by listing possible courses in preference order. Their registration is set at the time of their arrival.

All ND students who choose Business take 3-5 business and economics courses at UCD, and 1-2 courses at the Keough Naughton Centre (3 ND credits each), one of which must be the Monday evening Introduction to Ireland course. Business students must take at least 15 credit hours, but may take 18 hours with approval from their MCOB advisor. Business students may also take a philosophy course at UCD. An 18 hour course load must be approved by Gina Shropshire. Your Quinn School of Business advisor is Madeline Molyneaux.

**Note:** Business students should take a simple calculator with them for use at mid-terms and final examinations. Graphing calculators, etc. are allowed during the semester, but not for exams.

**SCIENCE**

JYA Science students will complete 3 Science courses at UCD (5/6 ECTS transfer back to ND as 3 credits, even lab courses.) in addition to 1-2 courses at O’Connell House, one of which must be the Introduction to Ireland course. Science students are also allowed to take 1-2 Arts course(s) at UCD. Information on courses offered in each semester is available online at the UCD website.

The JYA Science administrator at UCD is Joanna Long. Her office is located in Room 128 in the Science Faculty Office in the Science building which is located across from the services desk. (phone: 716 2365; email: joanna.long@ucd.ie). Joanna Long will be on maternity leave during the Spring 2012 semester. Annette Forde will be covering for her. Science students list 8 courses they wish to take on the on-line UCD application in
order of their preference. Per time table restrictions, three science courses are chosen by UCD for a student’s registration. Joanna or Annette will inform you as to any restrictions you might face in your course selection. Returning science students have reported that for all exams graphing calculators (which are referred to as programmable calculators at UCD, TI-83s and TI-89s) are not allowed. For exams, a simple calculator might not be sufficient, so it has been recommended that students also bring a scientific calculator for use on exams. Please remember to bring a lab coat and goggles with you as well.

ENGINEERING
JYA Engineering students must consult Catherine Pieronek at Notre Dame regarding their possible course selections at UCD prior to their departure from ND. Engineering students will then consult with their departmental advisor at UCD, Sue Phillpot, upon arrival regarding registration of courses and course selections. Engineering students will take 1-2 courses at the Keough Naughton Centre, one of which must be the Introduction to Ireland course offered on Monday evenings. Engineering students may also take 1-2 arts courses at UCD in addition to 3 Engineering/Science courses and the O'Connell House course(s).

UCD UNDERGRADUATE HOUSING

BELGROVE HALL
Apartments with 3 single rooms; shared kitchen, living room, and bathroom/shower facilities; three people per flat; duvet/pillow are provided but you will need to bring sheets; convenience store in complex and launderette on campus; wireless internet in all dorms. Belgrove Hall is co-ed.

ROEBUCK HALL
These newly constructed residences are top-of-the-line; apartments with 6 single rooms/ ensuite bathrooms; shared kitchen, dining, and common area; kitchen utensils/ cutlery and duvet/ pillow are provided but you will need to bring sheets; adjacent laundry facilities; wireless throughout. Roebuck Hall is co-ed.

BLACKROCK HALL
Single rooms with shared kitchens, showers and living areas; 45 minute walk to Belfield campus for class; 10 minute walk to Blackrock Village for shopping and pubs; bus 17 or 46A to UCD Belfield campus; good computer facilities and close to the business library; restaurant located just outside residence hall; internet access available in dormitories; laundry facilities available just outside. This dorm is co-ed.

MERVILLE HALL
Merville Hall consists of four to six bedroom apartments. Each apartment contains two shower rooms, a kitchen, and living space. Bedrooms contain a study desk and storage space. Kitchen has a refrigerator and freezer, sink and stove top. Wireless network is provided. Pillow and duvet are provided, but you need to bring your own bed linen, kitchenware and tableware.

GLENOMENA

Glenomena Dorm consists of six en-suite bedrooms with shared kitchen/living areas. All bedrooms furnished with work station, study lamp, storage and wireless internet. Kitchen furnished with stove top, microwave oven, two under counter refrigerators, kettle and toaster. Pillow and duvet are provided, but you must bring your own bed linen, kitchenware and tableware. This dorm includes graduate students and flats are co-ed.

TEXTBOOKS and SCHOOL SUPPLIES

There is a campus bookstore next to the library; however, books tend to be expensive. Your best bet is to go to O’Connell House and have a look at the books in the library there. As most students leave their books behind for others to use, you will most likely find what you need for classes in addition to numerous other books about Ireland. Another option is the “open” market (behind Grafton Street or directly off George’s Street) where you will find the used bookstall that holds a great literature section.

Other options:
Hodges Figgis: Dawson Street (parallel to Grafton Street - right outside the Nassau Street entrance to Trinity)
Waterstones: Dawson Street (directly opposite Hodges Figgis)
Reads of Nassau Street: supplies are located in the basement of the shop
UCD Student Center: library basement
LIBRARIES

Most Irish students do not purchase books. Best advice - go to UCD’s library (located in the Arts Block) immediately after you begin your classes and take out the first few books you need. Your UCD Student ID card works as your library card, and it is a good idea to get a copy card while you are there so you can photocopy a few pages from a large book. Keep in mind you can only borrow 6 books at a time for 2 weeks, unless you renew. You can also borrow books that are in high demand two at a time for 48 hours from the short loan collection (located to the left of the information desk). Renewals can be done online, but beware late fees, which can accumulate rapidly, especially with short-term loans. Lastly, Irish students are notorious for 1) borrowing books immediately after receiving a book list; 2) hiding books in order to be certain of their availability; and 3) packing the libraries around exam time. Good advice would be to check out books early, share, and be sure to take a look at the O’Connell House collection, which might save you a trip to UCD’s library.

UCD BELFIELD
Library open weekdays 8:30am-11:00pm weekdays, 9:30am-9:00pm Saturdays, closed Sundays.

KEOUGH NAUGHTON CENTRE LIBRARY
Open during regular Keough Naughton Centre hours; books must be checked out with the programme coordinator: extensive Irish studies collection.

COMPUTER FACILITIES

KEOUGH NAUGHTON CENTRE
iMac and iBook computers are available for student use during the O’Connell House hours: 9am until 5pm weekdays, or until classes finish on Monday, Tuesday and Wednesday evenings. The Centre is closed on weekends. All student computers have internet, email and Microsoft Office software available and are hooked into the Centre’s network. Printing facilities are also available in the Centre for student use.

If you choose to bring your own laptop, you may also hook into the Centre’s network (wireless connection is available). You may also use your laptop to print documents at the Centre. You will need a three flat-prong adapter plug for your laptop. No voltage converter is necessary. If you bring your laptop, bring your installation CDs with you, it might save you a shipment from the US in case something fails.

UNIVERSITY COLLEGE DUBLIN
PC computer labs are available in the Daedalus Building on campus, which is open from 10am until 9pm on weekdays, and from 10am until 5pm on Saturdays. All on-campus labs are closed on Sundays. UCD email addresses will be provided at the JYA Arts and Commerce orientation meetings, and for JYA Science and Engineering students, you will need to enquire at the International Student Office in the Administration Building about obtaining a UCD student email address. Please note that most students continue to use their ND email through webmail.nd.edu while in Dublin.
UCD - BLACKROCK
Computers are also available on the Blackrock campus. There are two computer labs in the business building, the Woodchester suites, which are open from 9.30am to 9.30pm on weekdays and from 9am to 4pm on Saturday. There is also one PC with a printer available in the Quinn School for JYA Commerce students. See Nuala Corr for location and passwords.

REMEMBER THE COMPUTERS CRASH OFTEN SO BACK UP ALL WORK AND SAVE REGULARLY!

FITNESS
There are various sports and fitness clubs offered at UCD; do not be afraid to join a club and try something new! There is also a fitness center that was just recently renovated; the gym costs €9 per day for UCD students and the monthly membership rates vary. Check the gym for the cost of a membership or call a representative and try to negotiate a rate. Fitness classes also are available at the gym, for about €35 per class. There are also tennis and squash courts along with an outdoor track. See http://www.ucd.ie/sport/facilities_fitness.htm for more information.

IMPORTANT PLACES:
The Post Office is on campus. Located in the Restaurant, which is the building right before Newman (the Arts Building).

ATMS: The AIB Bank across from Newman, outside the Restaurant, outside the Library, behind the Student Center.
Make sure to look up your bank’s ATM fees BEFORE you take out cash!

Dublin Airport—take the Aircoach. The stop is right outside of UCD’s gates. Sometimes, cabs will pick you up in the morning for the same fare- do it. In the morning, the aircoach can be notoriously late.

PACKING ESSENTIALS
1. **TICKETS** (you would be surprised how easy these are to forget!)
2. **PASSPORT**.
3. **LETTER OF ACCEPTANCE TO UCD** - YOU NEED TO PRESENT THIS DOCUMENT AT CUSTOMS TO GET INTO THE COUNTRY!
4. Letter of the University’s financial support for the semester/year abroad from Notre Dame.
5. Money belt or neck pouch to carry your passport and money while you travel- a definite necessity as pickpockets are rampant!
6. At least $30 (to exchange at the airport), 25 euro, or an ATM card to pay for transportation and first day expenses.
7. A small separate bag with a change of clothes, toothbrush and toothpaste, and any necessary medications - this may be a good idea in case your luggage is misplaced.

BAGGAGE
Currently, the baggage restrictions for Aer Lingus are as follows:
The weight of any one piece of baggage must not exceed 32 Kgs/70 lbs. (www.aerlingus.com). You are allowed one bag up to 50 lbs. without a fee. Your second bag carries a fee, and if any bag is over 50 lbs. there is an extra fee. You are allowed 1 carry-on (weight limit 13lbs/bag) and one personal bag. **N.B. It is recommended that all packages sent to you during your time in Dublin be shipped to the O’Connell House address. It is most important that all packages are CLEARLY MARKED “NO COMMERCIAL VALUE” on the customs form or you will incur duty at the point of entry (sometimes more than the value of the package) and a long delay in receiving it** Write on the custom form “used clothing”, etc. to distinguish from newly purchased goods.

Your flight might be a carrier other than Aer Lingus, such as Delta or Continental. Be sure to check their current baggage limits.

Remember, you will inevitably have more luggage going back home than you had on arrival due to souvenirs and other items you choose to purchase in Europe. A school backpack and traveling (hiking) backpack for touring Europe are always great items to purchase beforehand for such purposes.

**N.B. It is recommended that all packages sent to you during your time in Dublin be shipped to the O’Connell House address. It is most important that all packages are CLEARLY MARKED “NO COMMERCIAL VALUE” on the customs form or you will incur duty at the point of entry (sometimes more than the value of the package) and a long delay in receiving it** Write on the custom form “used clothing”, etc. to distinguish from newly purchased goods.

GENERAL ITEMS TO BRING FOR YOUR SEMESTER ABROAD

CLOTHES

As Dublin weather varies within a day from rain and wind to sunshine, LAYERS are always a great idea. Temperatures vary from 30-70 degrees Fahrenheit year round, and you should expect some rain on average every other day.
• Rain jacket (AN ABSOLUTE ESSENTIAL!)
• Wool cardigan/sweaters; another absolute essential for those cold and wet winter days—may be purchased in Dublin.
• Winter coat (preferably wool)
• Coat with a hood!
• Gym shoes or hiking boots
• Girls: tights, boots (to fit in), lightweight skirts for travel in the summer
• Good walking shoes/hiking boots suitable for rainy weather or outdoor trips.
• One dressy outfit for church or ND formal events: shirt/tie/jacket for the men, semi-formal dinner dress for the ladies and nice shoes. (It is always good to have one dressy outfit just in case— you never know what events will be going on!) Trinity students need an outfit for the Trinity Ball. Fall students might want to include dress/suit jacket for the Thanksgiving Dinner Celebration. A suit jacket is not mandatory for spring students, but recommended, just in case.
• Dress shoes are a good idea for pubbing/clubbing— keep in mind that high heels aren’t a good idea on the cobblestone streets of Temple Bar!
• Work-out clothes.
• Lots of socks and underwear.
• One pair of black pants.
• Scarves, hats and/or mittens if you are traveling during the winter months.
• Suggestion: If you have a number of sweaters/other items of clothing that take up a lot of space, it would be in your best interest to purchase vacuum bags that minimize the space occupied in your luggage. These bags are relatively inexpensive and can usually be purchased at a Target or Linens n’ Things.
• In Europe, students generally dress up more for classes and events. You don’t really need as many sweatpants and athletic clothes as at Notre Dame for class.

PERSONAL HYGIENE

Generally everything is more expensive in Dublin, and you may not have the same selection of brands as you do in the States.

• Shampoo/Conditioner in bulk size— if you like your brand, it’s worth the weight and space in your bag— also saves you spending money in Dublin.
• Prescription and over-the-counter medicines— make sure you keep them in the bottle/packaging they came in— if your checked bag is randomly searched, you won’t have any problems this way.
• Contact lens solution and extra pair of glasses, if required.
• Small towels that can be used for traveling throughout Europe. If you can find one, a quick-drying towel is a good purchase— the Aquis Microfiber Hair Towel is just one suggestion.
• Shower shoes (for youth hostels), and any other special toiletries you require.
• Soap/ anti-bacterial hand gel
MISCELLANEOUS

- Twin Sheet Set (may be nice to have right away when you arrive and are jet-lagged) - bring a set you don’t mind leaving behind.
- Duvet cover- may take up a lot of room in your luggage, but it is a good investment as duvets are common in Ireland- with a duvet it isn’t necessary to have a top sheet either, so this may save you some money and space.
- Rainproof gear and good hiking boots: these are needed for all of the programme trips. You need to be prepared for all weather conditions, including lots of rain and muck.
- Umbrella: good quality that won’t blow apart in strong wind- L.L. Bean makes a great windproof umbrella.
- Batteries: generally more expensive in Dublin.
- Camera and lots of extra film- rechargeable batteries for digital cameras are a good idea.
- Adaptors- you can purchase these in Dublin, but it is good to have a few handy for the first few days- make sure it has the American outlet on one side and the UK three prong outlet on the opposite. Additionally, Dublin airport and travel stores now carry World/USB adaptors - these handy inventions have convertible faces that account for virtually all electronic needs while on -the-go: a great investment.
- DVDs to watch your favorite movies and TV shows- you would be surprised how many you watch if there is no TV in your room! Keep in mind that these only work in laptops or DVD players made in the US.
- Battery-operated alarm clock for travel and accommodations.
- Pictures of family and friends; posters to decorate your room.
- Recipes for easy-to-prepare meals: Roebuck residents please note that your dorm does not have ovens, so collect stove top recipes only!
- Address book.
- Extra batteries (especially rechargeable)
- External hard drive to back up your laptop (or CDs/DVDs)
- Checkbook, number to reach your bank
- Emergency credit card (if possible) in case your debit card gets lost, etc…

IT’S YOUR CALL

- Laptop computers: highly recommended by students who have had them in Dublin. If you have one, bring it with you onto the plane in your carry- on luggage; if you have a wireless card, you can use this at O’Connell House, at all Residence Halls and the UCD campus. Make sure to bring a three-flat prong adapter plug to use in Ireland; your computer will automatically convert the voltage for you.
- Eurail pass: you can only purchase in the US; but you may want to make your travel plans first and then have your parents send it to you in Dublin. Anthony Travel will also arrange this for you once you are in Dublin. Fall students might want to purchase a Selectpass before arrival in Dublin to use the Eurorail & travel before the semester.
- School supplies: be aware that the Irish use a different size paper called A4; such items are readily available in Dublin city centre - go to Reads on Nassau Street, near Trinity.
• Musical Instruments: if you play an instrument and you can safely transport it to Dublin, bring it! Your personal addition to the weekly programme masses and other special events would be greatly appreciated!

• American Foods: Bisquick, syrup, JIF and other "typical" American goods can be found at stores such as Fallon & Byrne on Wicklow and Donnybrook Fair in Donnybrook; however, be prepared to pay a little more to cover import costs. Otherwise, chocolate chips, peanut butter (Skippy is NOT available, and other brands of “American” peanut butter sold in Dublin’s stores do NOT taste the same! You can find it if you really search! The Panda peanut butter brand is a close match.), Kraft Mac and Cheese, Kool-Aid, pancake syrup and any other foods you would not want to live without are a great idea to pack. Some American foods are available at the grocery chains Dunnes and Tesco; Spar or Centra grocery stores in Donnybrook are also good places to find American food.

• Formal dress: faculty balls occur at both UCD and Trinity.

• Sleep sack for hostels: sew a queen size sheet in half lengthwise or purchase a small silk sleep sack.

• Travel book - *Let’s Go* or *Lonely Planet* are excellent (some of these books are available at O’Connell House).

• Travel journal.

• Small sewing kit.

• Scientific calculators for science students’ exams.

**DO NOT BRING**

• A hairdryer, curling iron, or electric razor: converters, no matter how expensive, do not work for these items! A small collection of these items are available at O’Connell House at the start of each term- if you choose to purchase items of this kind with a three prong plug, Argos in St. Stephen’s Green Shopping Centre is a good place to go. NOTE: For electric razors, there are 110v outlets on most sink lights in Ireland labeled ‘for razors only;’ use in these will not harm your razor when charging. Some travel hair dryers will work in both the States and Ireland; you have to make sure that they have dual controls, but you still will need an adapter. It is easier to buy a hairdryer in Ireland.

• Pots, pans, dishes, etc: you’ll probably share a kitchen, and it is easier and considerably cheaper if there is just one set for everyone. Usually a good number of these items are left at O’Connell House for students arriving the following semester. Leaving students are usually willing to sell them to you and will contact you by e-mail.

• Video tapes/DVDs: UNLESS you are planning to play them in your laptop computers, video tapes and DVDs made in the States do not work in European VCRs/DVD players.

• Lots of summer/warm weather clothes.

• Books: too heavy and they take up too much room- use the library instead!
SOME OTHER TIPS...

Try to wait and buy non-essential items when you arrive- it’s difficult to trust that you can find what you need in a country you have never visited, but almost everything you need can be purchased in Dublin! Some items may be slightly more expensive, but when you arrive you will have a better idea of what you might need. Pack mainly clothes and other essential gear.

Please remember to factor $50-100 into your Dublin budget for start-up costs.

Finally, once you have packed everything it’s a good idea to try and unpack one-third of it as you inevitably will not need everything you have packed. Don’t forget that vacuum bags are a big help!

Also try to get in contact with current students in Dublin; a good way to save money is to try to buy items from current students such as phones, hairdryers, books, kitchen supplies, etc…

You should be able to get sheets, towels, pots and pans, dishware, etc… at the O’Connell House. If you purchase from a former student be sure they place your name on the item(s).

Join a sports team if you want to work out at all- MUCH cheaper and fun!

Embrace the local customs- tea, scones, stew, digestives, hobnobs, etc…
GENERAL ARRIVALS INFORMATION

Students are met upon their arrival at the Dublin airport, and taken by bus to their UCD accommodations. Please refer to instructions given in your departure letter from Peggy Weber.

If you miss your original flight, or are delayed and therefore traveling apart from the group, please notify Peggy Weber and/or Joe Stranix of any changes made. Directions will be given in the departure letter on whether you should travel directly to your UCD accommodations or to O’Connell House.

You can take a taxi to your dorm destination or you can take the Aircoach (€ 8 single, €14 w/return) directly to Merrion Square where O’Connell House is located and check in with the staff.

Look for updated information in your departure letter regarding a member of the O’Connell House staff meeting you at the airport.

Exchanging money at Dublin airport: an ATM machine is located in the arrivals hall on the far left-hand wall once you emerge from baggage claim; a Bank of Ireland is located in the departures hall, as well as a Bureau de Change; there is also another Bureau de Change in the arrivals hall.

Within your first few days of arriving on campus, the International Students Office (located in the Administration Building) will hold an orientation meeting regarding the UCD registration process and orientations for your semester at UCD so you are aware of their requirements. Details of any orientation meetings will be included in your Departure Letter from Notre Dame.

Trinity orientations take place during the first week of the semester.

GARDA NATIONAL IMMIGRATION BUREAU (GNIB)

Office Hours: 8am to 10pm - Monday through Thursday; 8am to 4pm - Friday; closed Saturday and Sunday.
Phone: 01 666 9100
Location: Former Irish Press Newspaper Office, Burgh Quay

You may be required to obtain a student visa. This depends on what stamp you receive when entering Ireland. Students staying the entire year are always required to register with the Garda.

It is best to register with the GNIB as soon as you register as a student at UCD or Trinity so that all of your documents are current. You may get turned away if your documents are outdated. The best time to go to the bureau is early in the morning or at 7pm in the
evenings. To get to the office, walk down Westmoreland Street and turn right just before the river onto Burgh Quay. Walk past Q Bar and Messrs. Maguire. The Bureau is two blocks down on the right hand side. You may not have to show all of your documentation; however, it is best to have it all in hand in case you need them. The Bureau only accepts checks or credit cards for payment. They do not accept a debit card. You are responsible for paying the visa fee! The fee for Spring 2011 was 150 euro. Regulations change in August of any year, so fall students should be aware of any possible changes. If you are extending your stay, be sure to extend your visa also so that it covers your planned departure date!

Current information on Registration with the Garda can be found on the website link: http://www.ucd.ie/international/information_for_students/registeringwithgnib/

TO REGISTER AS A STUDENT IN IRELAND, YOU NEED THE FOLLOWING:

1. Your acceptance letter from UCD.
2. Letter from UCD (UCD letterhead) with the following: your name, address on campus, and a statement which confirms that you are currently enrolled as a student at UCD and that Notre Dame has paid your fees (tuition) in full. At UCD, you may obtain this letter from the registration desk in the administration building, across from the Arts/Commerce block. At Trinity, you can obtain a verification letter from Student Records (in House 5, first house on the right after passing through Front Arch), stating that you are a registered student for that academic year. It can take a day for them to produce the letter for you.
3. Your passport.
4. Letter of financial support from Notre Dame.
5. A personal bank statement with YOUR name on it and at least €2,000 euro in your account; full year students should have evidence of €3,000 euro; this can be obtained from customer services at your bank. The bank statement cannot be in the parent’s name but a joint account is acceptable providing that you are one of the account holders. A photocopy of the original bank statement might not be accepted. Please redact your account number, the police do not need this private information. It is absolutely imperative that you bring the financial support letter from ND, in addition to a current bank statement. You may be required to have an Irish bank account with these funds in it, especially if you are staying in Ireland for the year. It is best to start the registration process as soon as possible, so you will have time to open an account and transfer sufficient funds in before the registration deadline.
6. Letter showing your permanent address in Dublin which can be obtained from any letter posted to you or from O’Connell House.
7. Proof of private insurance. At present, your HTH student study abroad insurance will suffice.

If you are in possession of an EU passport, you may not be required to complete the Irish Registration Process. However, this decision is left to the discretion of the GNIB and all students should be expected to complete this process. Please speak with the International Staff at your host institution after arrival for further instructions.
The Garda National Immigration Bureau (GNIB) could change their rules and/or requirements at any time.

PRACTICAL INFORMATION

SAFETY IN DUBLIN

Dublin is a big capital city, and therefore, has all the advantages and disadvantages that come with this type of city. There are over 10,000 heroin users in the city, and crime does exist. It is important to keep your personal safety in mind when traveling in and around the city - especially in city centre and the Temple Bar area. Crime does exist; do not be a victim of it.

Women especially should never travel alone at night. If you are going out to pubs, travel in groups. Do not get separated from your group when you are leaving to return to your accommodations. Use a ‘buddy’ system. Do not walk around city centre alone at night. If you find yourself in an unsafe environment, get to the nearest shop or take a taxi to your destination. Stick together at all times. Do not wander into unfamiliar areas of the city at night—they may not be safe. Be particularly aware of your personal safety when leaving pubs, and also that of your companions. Be aware, be responsible, and look out for each other.

FOR MEDICAL EMERGENCIES, DIAL 999
(NOT 911!)

Garda Siochana (the police): confidential line- 1 800 666 111

Rape Crisis Center: 1 800 778 888

Victim Support 24 hour helpline: 1 800 661 771

Kevin Whelan’s home number: 01 454 2854
Available 24 hours a day 7 days a week in any emergency.

Local Hospitals:
Trinity: St. James’ Hospital, James’s Street 01 410 3000
UCD: St. Vincent’s Hospital, Herbert Avenue 01 209 4533

At UCD: There is a nurse on call/doctor’s office located near the bookstore in same building as the library. Your nearest hospital is St Vincent’s Hospital on Herbert Avenue.

At O’Connell House: If you are having medical difficulties, please contact the Director 454 2854 (home) or 611 0555 (office), or the Programme Co-ordinator 611-0556 (office) or 086 819 6234 (mobile) immediately for further assistance.

EMOTIONAL ISSUES  (that everyone goes through)

Sudden Onset Homesickness (SOH): Occasionally, you will be hit with a bout of intense homesickness. This normally happens during a ND break when you see all of your friends’ facebook statuses about home. Also, after watching any sort of ND sport. The important thing to remember, however, is that it is completely normal to feel absolutely alone. Sometimes, you feel panicked knowing that everything is different in Ireland and you miss your home. The wave will pass and you will have a marvelous time.

Post-Visitor Depression (PVD): If someone is lucky enough to visit you, you will grow quite attached to having them there. From seeing a loved one more to having a designated friend at all times, having a visitor makes you feel on top of the world. Naturally, after they leave, it’s really tough. Round up some friends, go to a pub, and embrace the best parts of Ireland that you just showed them.

COMMUNICATING WITH THE STATES

Students rely mainly on their mobile phones for sending and receiving calls during their semester/year abroad. Students may also use O’Connell House for receiving important phone calls, especially interviews.

MOBILE PHONE POLICY
Students usually rent a cell phone from O’Connell House for use in Ireland. Upon your arrival, Joe Stranix will take you on a quick tour of Dublin where he will direct you to purchase a cell phone plan from the Meteor store on Grafton St. There are many good plans, and the O’Connell House Staff recommend that you buy a plan where you “top off” monthly and receive free texts for the entire month.

The ‘ready-to-go’ plans vary by vendors, but the average student spends 20-30 euro per month on outgoing phone calls and text messaging. You are not charged for incoming calls within the Irish network. Fall semester UCD students
who are traveling before the program may obtain information about renting a phone in Ireland before they start their backpacking adventure around Europe. You return your phone to the ND Centre when you leave for a full refund.

**UCD Belfield:** there is one phone for a dorm full of people (call waiting does not exist); if you get someone to answer it they are usually nice and buzz up to the person’s room; phone numbers available upon arrival.

**UCD Blackrock:** one phone for the entire dorm of 150 students; not a reliable source of communication.

**Mobile Phones:** Normally, students use between 20-30 euro call credit each month, but this can vary considerably as well. Tip to save money: some plans, such as **Meteor**, offer a deal whereby topping up by €20 a month allows the user to text and call between other same-service phones for free - get your friends on the same carrier to take advantage of this plus. Generally, 'topping-up' can be done at a variety of stores around town or over the phone after setting up a credit account usually online (helpful when traveling). Sometimes there are deals where you can get free text or calls with other users on the same network; it may be easier for all Notre Dame students to purchase the same plan. Specific instructions on how/where to purchase your plan are available before departure to all Dublin program participants. Dublin program staff usually take you to the Meteor store on Grafton Street to help you with your purchase.

**Phone Cards:** you can buy them in different increments. It is relatively distracting watching them all tick away (faster than you would believe). Some good cards are Swiftcall and Century. It is definitely not the cheapest way to call home but is good for local calls.

**Swiftcall:** provides you with an account which you can ‘top up’ at any time over the phone using your credit card; there is an access number which you dial, and from there, you can dial numbers abroad; great rates for calling to the States; ph: 1 800 79 43 82 to set up a personal account.

**Calling Cards:** you can get good international rates, but you have to make special arrangements with your calling card. They generally run about $1.50-2.00 per minute if you don’t have any special deal. It is a good idea for when you are traveling to foreign places and you might need to get in touch with your parents or friends.

Also, it is better to wait and buy phone cards in whichever country you are calling from; phone systems vary and you don’t want to be stuck with a calling card that doesn’t work from where you are calling. AT&T has a list of toll free numbers to call from each country that connect you to the States (keep in mind: depending on the country, you still might have to pay local rates when using these numbers). Another option while traveling is just to find an internet café. Some have really reasonable rates.
SUGGESTED PLAN: most people set up a specific time for their parents to call each month/week/day; parents can always reach you at your cell phones, but it can be expensive for them to contact you; parents can also reach you at O’Connell House before (not after!) classes, ph: +353 1 611 - 0611.

Skype: This is by far the cheapest option if you’re looking for a way to contact family and friends overseas; with Skype you are able to use your computer as the means through which you call people, and it’s absolutely free of charge. Simply visit skype.com, download the program, and purchase a microphone suitable for computer use (most are relatively inexpensive - go to Best Buy- and will have the Skype logo on the box so you know it is compatible to the program). Once your family and friends have done the same, you can create usernames and talk through the microphone just as you would on a telephone at no cost! Skype has become a favorite means of communication as it is free and easy to setup- plus, you can even add a webcam and see the person you’re talking to during your conversation!

Numbers to the States: dial 001- area code- phone number; AT&T access: 1800 550 000.

To Reach You from the States: dial 011 353 1 + last 7 digits of your phone number (land line); 011 353 8 (5, 6 or 7) + last 7 digits of your cell phone number.

Email: The easiest way to keep in touch with people from home. You will be given your UCD email address during registration. ND email can be accessed at O’Connell House, but also on any computer through ND’s Webmail. Email is cheap, regular, reliable, and can be accessed from nearly any country you visit.

Regular (snail) Mail: It takes about a week and a half for mail to get to you. It is still fun getting mail. It is very important to mark anything that you send “Air Mail.” It is necessary to mark the value of any personal items sent to you as zero: otherwise you will be liable to punitive duties. To send a letter from Dublin: in Ireland/Northern Ireland: 55c; in Europe/UK: 82c; to US: 82c **same rates for postcards unless oversized**

ALLOWANCE INFORMATION

You will receive an allowance during term time from Notre Dame that will be directly deposited into your American bank account. Please provide Peggy Weber with a voided bank deposit slip before leaving campus. Dates of stipend distribution will be provided in your departure letter. Please make sure to mark your calendar with those dates. The stipend is intended to help with food and transport costs (bus/rail passes). Please note that the allowance from ND does not cover your food bill or daily costs completely! With the dollar weak against the strengthening euro currency, inflation, and the overall cost of day to day living in Ireland (partly because of its small size and partly because it is in Europe, it is a much more expensive that the States anyway), it is important to save up during the summer! The allowance is not intended to cover all of our expenses and food and transportation costs will eat into your budget. Dublin is very expensive; create a weekly budget and follow it!
HOW TO SAVE MONEY IN DUBLIN

Dublin in recent years has become much more expensive. Although the recent recession has had some influence on cost of living in Dublin (for example, hotel rates are going down) prices continue to fluctuate. In order to save money, follow some of these helpful tips.

Make a weekly budget and stick to it! Really try to monitor your spending and set aside an allowance for things such as groceries and travel expenses. Be aware of the discount grocery stores and while some may require a slightly longer walk they are definitely worth the amount of money you save. Also, cooking at home and preparing meals in advance saves money; going out for lunch in Dublin on average is about €7. If you do plan on buying a sandwich, go to convenience stores such as Londis and Centra; they often have cheaper paininis or specials on sandwiches. Other sandwich shops often have student discounts; do not be afraid to ask if one exists! The open markets in Temple Bar and in Howth over the weekends often have a wide variety of fresh food at much cheaper price as well.

Pay attention to events happening around campus; there are often ‘discount nights’ at certain clubs and pubs that are advertised around the college. Pay attention to emails from student societies; they often have receptions or offer a discount for a certain venue on a particular night. Also be on the lookout for live Irish music nights at pubs. If you want to go to a theatre, look for student discounts. Sometimes certain societies or clubs offer discounts with a membership, pay attention to the flyers they post!

The National Gallery and many other attractions in Dublin are free; to have a fun afternoon exploring Dublin go to a free museum instead of some of the more costly tourist attractions. Other sights may also offer student discounts but you have to ask about these in advance.

When shopping if you are looking for a bargain avoid Grafton Street! Most of the stores on Grafton are also off of O Connell Street and have more sales. Stores such as Topshop and Urban Outfitters, while they can be pricey, offer a student discount. Pennys is also a good place to find clothes and accessories at much cheaper prices. Also always be on the lookout for any sales or coupons you can obtain through societies on campus.

When traveling, use discount websites and airlines such as Ryanair and try to book in advance. Be aware of sales going on and when a price is low make sure
to book it before it escalates! Watch out for overweight bags; these discount airlines really make a lot of money being strict about weight allowances.

TRANSPORTATION

Traveling from UCD Belfield to O'Connell House: Take the bus no 39a from the campus gates to a location close to Merrion Square or St. Stephen’s Green; the 39a is a direct route into town and only takes 20 minutes to travel to the Green and 15-20 minutes to the stop closest to Merrion Square. The 39a has a stop about a block away from Merrion Square. This is the closest route to O’Connell House from UCD. Currently, a standard one way fare from city center to UCD Belfield is €1.85, but these prices may change. If you are uncertain just ask the bus driver how much it will be to arrive at your destination.

Using the Dublin Bus: at each bus stop, there is a list of buses servicing the stop. All buses have their destination and route numbers displayed on the front of the bus. When the bus you need approaches, put your hand out to notify the driver you want to get on that bus. You must have the exact change for your fare; otherwise you will be issued a ticket for your change - given after your bus ticket is printed off. If you are using coins, enter the bus, stay on the left side, state the cost of your journey (i.e. €1.85 to Belfield) to the driver, and take your receipt. If you are using a pre-paid ticket, enter the bus, stay to the right side, the ticket reader is located on your right as you enter the bus. Please note that the bus does not accept bills and try to use exact change. Just as you are arriving at your destination, make sure to hit the red button notifying the driver that you intend to get off at this stop.

Monthly Bus Ticket: you can purchase a student monthly (or weekly) bus/DART ticket from Dublin bus which will give you unlimited travel access in the cityzone (where you will be living and studying) area for €82 per month called the Rambler. It is good for 30 days that do not have to be consecutive. These can be purchased from most convenience shops. You must have your Student Travel card to purchase a student bus ticket. It can be purchased in Dublin upon your arrival for approximately 15 euros. If you are caught traveling with a student pass but without a student travel card there is a 30 euro fine.

Rambler Ticket: If friends or family are visiting and have to stay even a little bit outside of city centre, we suggest that they buy one of the Rambler packs from Dublin Bus. It is much more convenient to use than worrying about exact change every time you use the bus. With the ticket, you can ride the bus whenever you want for the duration of your stay. If visitors are arriving at the airport and you are going to pick them up, we suggest that students buy the ticket beforehand, so that their visitors can use the pass straight from the airport. Dublin Bus now sells them in 3, 5, or 7 day Rambler packs. Currently the 5 day pass is €16.50 (student rate w/travel card). See website: www.dublinbus.ie for details on how to purchase a student travel pass and how to use the Dublin bus. Depending on your travel habits, a weekly, monthly, or 3 month Rambler pass might be the best for you. Once you arrive, inquire with O’Connell House staff to advise on which pass meets your needs.
Taxis: You will find taxis are easy to find in Dublin and are everywhere. There are more taxis in Dublin than in NYC. Find a taxi service that you like to use and write the phone number on your Dublin emergency wallet card.

TRAVEL

GENERAL TIPS: If you are coming to Dublin for the year, travel either before you begin term in September or else over Christmas break. Academic year students generally do not have time to travel over the spring break, as all of your papers and exams are due just after break. For those coming to Dublin for the fall, travel for two or three weeks before term starts, the weather is great and it is the beginning of off-season in Europe. For those of you coming in the spring, take a few weekend trips, but save your money for traveling during spring break and at the end of the semester. It is not recommended that you travel in groups of more than 4 people, as the large 10-12 person groups are just too difficult to manage. Women should not travel on their own!

Plane Tickets: USIT (right off O’Connell Bridge) is a student travel agency. Absolutely the best rates you can find, but sometimes you have to wait in long lines. Watch for specials during the first part of the year, when prices will be slashed in half. There is also a USIT office on campus at UCD. The office has a passport photo booth if you need pictures for the Alien’s Office, UCD departments, etc. There is a DUST (Dublin University Student Travel) office in TCD front square, and checking the prices is worthwhile. Ryanair (www.ryanair.com) and Aer Lingus (www.aerlingus.com) offers cheap point-to-point flights to European destinations. Discount airlines tend to fine you for things such as overweight baggage, so be sure to check on this.

Train: If you travel by train or bus at all in Ireland, it is worthwhile to get the Student Travel card. This card provides savings on bus and train travel throughout Ireland on Bus Eireann and Iarnrod Eireann. A Student Travel card can also be purchased for discounts on Dublin Bus and DART services.

Eurail: Different passes enable you to travel different places, different lengths of time. It is important for you to get the type that suits your purposes. Do not purchase it until you know more about your travel plans. Since you can only purchase them in the States, you might have to get your parents to get it for you. Look into your options; sometimes it can be cheaper to fly between places than it is to go by land. If you travel before the fall semester, you might purchase your Eurail pass before you leave the states.

Interail: Once you are in Ireland more than six months, you are eligible for these tickets that are much cheaper than Eurail.

FURTHER TIPS: If you are coming to Dublin in the Fall semester, we recommend that you take full advantage of the early arrival dates to drop off your luggage at O’Connell House and venture into Europe. Your best option is to book a flight online through RyanAir (www.ryanair.com) or Aer Lingus (www.aerlingus.com) before you leave the States to one of the following major destinations in Europe: London, Paris, Amsterdam,
or Rome. These should be booked for 3-5pm on the day that you arrive in Dublin, so that you will reach your final destination before dark. You will need approximately six hours after you land in Dublin to travel into the Centre, drop off your luggage, repack your backpack, grab a bite to eat, and then, travel back to Dublin airport. Please allow adequate check-in time for your onward journey. It is also recommended that you stay in Dublin on the day of your arrival and perhaps begin your traveling the following day. Always travel in groups and never alone. A group of four is recommended for safety and logistic reasons.

Once you arrive in Europe, you will then need your Eurail pass - which can be purchased through Anthony Travel at ND - to travel around. Please remember that you may not be on the train every single day that you are traveling, and to keep your train days to a minimum to avoid having extra unused days on your Eurail pass.

In the Spring semester, UCD students will have a two week break in March to travel in Europe. Travel plans can be decided after you arrive in Dublin and Eurail passes can still be organized through Anthony Travel on the ND campus. Once you start your semester abroad, you will have a much better sense of where and when (and who with) you wish to travel both during the March break and possibly, after your finals end in May.

**FINANCIAL INFORMATION/BANKING IN DUBLIN**

*About the Euro:*
There are seven euro notes, for amounts of 5, 10, 20, 50, 200, and 500 euros. There are eight euro coins, for amounts of 1, 2, 5, 10, 20 and 50 cents; a 1 euro coin and a 2 euro coin. There are 100 cents to one euro. Updated exchange rate information can be found daily at www.oanda.com.

*Irish Banks:* Please note that it takes about two weeks to apply for and obtain an Irish bank account. If you want to start a bank account, you need a letter from the UCD International Students Office that details your name, address in Dublin and home address in the States, and verifies that you are currently registered as a student for (x) number of months at UCD. Additionally, you need your passport, a personal bank statement with your name on it and at least €1,300 euro in your account (can be obtained from customer services at your bank) and funds to deposit into your account (€65 - 120 euro). Once you have presented this information, you must wait for approval (usually takes three business days - one week). Once you have approval, you need to wait until your cheque clears if it is issued from the States (it does not make a difference whether the cheque is issued in euros or dollars; the process is the same and usually takes up to one week). The bank will then mail your pin number to your campus address, and when you receive the pin you can obtain your ATM card. There is an AIB on Belfield campus (ATM just outside) and Bank of Ireland across the road near the Montrose Hotel; AIB and BoI are also located in Blackrock and city centre.
Allied Irish Banks (AIB) and Bank of Ireland (BoI) are equally reputable banks; AIB tends to offer better exchange rates and is more student friendly; choose the bank with a branch nearest to your main location.

**Credit Cards**: a good idea, especially in emergency situations; VISA and MasterCard are probably the most widely accepted (both in Ireland and the rest of Europe); you will get the best exchange rate of the day for your purchase, and this method provides a great way to keep track of how much you are spending.

**ATM cards**: most major bank cards (Cirrus, Star, PLUS, etc) are accepted in Ireland and Europe; there is no ATM fee from the machines in Europe, but your home bank might charge you for each transaction; make a note of your card’s PIN numbers as many keypads do not have letters on them; **withdrawals are taken directly from your checking account; you do not have the savings account withdrawal option as you do in the US**. This is your best option for when you are traveling in Europe.

Note: If you are using a ND Federal Credit Union debit card, your ATM withdrawal is restricted to $100 per day. If you have had your account for 6 months or more, this limit can be increased. Other banks might have policies like this - it is best to check ahead of time.

**AAA cards**: If you or your parents are members of AAA, you have the option of getting a cash passport card. The advantage of this card is that money can be added onto it at any time, and it is widely accepted in most ATM machines. While some students have found that certain ATMs in Europe do not read their ATM cards from home, the AAA card is known to be a reliable way of obtaining money no matter where you are. If your parents have access to your home bank account, they can add extra funds from your account to your card and it will be available within 24 hours for your use.

**PASS/Banklink Cards**: everyone has the option of opening a bank account in Dublin, with either AIB or Bank of Ireland; you will be issued with a pass/banklink card (an Irish ATM card) which enables you to take out money from any ATM in Ireland (only a €6 government charge per year); moving all of your money at the start of the semester into an Irish bank account saves you the cost of multiple transaction fees.

**US personal checks**: can be deposited into an Irish bank account, but may take up to six weeks to clear. Bank drafts are a better way to transfer money. If you choose not to use traveler’s cheques, have the cheque written out to either AIB or BoI. It is a good idea to bring a few of your own personal cheques in case you need to send one to the States with an application.

Be sure to call your bank before your departure to alert them to your travel destination(s). Otherwise, there could be holds placed upon your funds. This is also true if you are planning on purchasing plane or train tickets. Communicate your travel plans in advance!

**GROCERY SHOPPING**
Plan on shopping a lot when you first arrive - you are going to need to buy the items you could not bring with you. Remember to budget for this in your initial expenses!

It is best to take a backpack with you to the grocery store on your first trip, but remember most stores deliver if you do your shopping before 1pm (ask at the customer services desk for further information). Otherwise, try to avoid buying too much; you can hit all new levels of pain as the plastic handles of the grocery bag cut off all circulation in your fingers on your walk back.

It is also possible to shop on-line and get it delivered for a small fee - ask at the grocery store for further details. Please note you will be charged .15c for every plastic bag you need for carrying your shopping, so recycle and bring your own!

When you are shopping, keep in mind that Belgrove Residences do not have microwaves and Blackrock, Merville, Glenomena and Roebuck Residences do not have ovens. However, there are many ready-made meals you can purchase in grocery stores that easily heat up in ovens, and there are plenty of fresh items that can be used in stove-top recipes as well.

GROCERY STORES

CITY CENTRE

Dunnes Stores: located end of Grafton St. in St. Stephen’s Green shopping Centre (go downstairs for food) - for €1 they’ll deliver your groceries to your flat in the afternoon (must do your shopping before 1pm). Also on George’s Street, several blocks west of TCD.

Marks and Spencer: near Henry Street and on Grafton Street; gourmet food, ready to eat meals, more pricey than Dunnes but saves you the hassle of preparing meals yourself. Watch out for their specials, sometimes MS can have ultra specials.

Fruit and vegetable market: Moore Street; off Henry Street; great for buying fruits and vegetables in bulk; the ladies who run the stands are the real cream of Old Dublin and have been selling fruit and vegetables for generations.

Lidl: located off Henry Street- by the fresh food market (Moore Street). A gift of the German People to the hungry masses,, Lidl supplies you with all of the basic accoutrements, albeit with generic brand products. Whether you are throwing a gathering or just money-savvy, Lidl is the place to shop.

Tesco: There are several Tescos you can access, visit their website for more information. For a small number of groceries there is a Tesco south of the O’Connell House on Baggot St. To reach the Stillorgan Shopping Centre; 20 minute walk south of campus off the dual
carriageway (Route N11 - the main road outside the front gates of UCD on the 46A route) travel a few stops past the UCD stop on the 46A route; delivery service to your apartment available, ask at customer service for help; another location on the same road towards town, turn right at the radio tower. Tesco is a good option for the basics.

**Spar:** A lot like Tesco, but you may pay a little more on certain goods. The affectionately named "Golden Spar" around the corner from the OC has good to-go sandwiches and meals at reasonable prices.

**Londis:** Close to the bus stop on Baggot St. near the O'Connell House and in front of Trinity. They have some crazy deals, like the Weekly madness, a baguette sandwich for 1.83 euro. This is the certified cheapest deal besides the dollar menu in McDonalds, which is not too international.

**Convenience Stores:** two small shops on UCD campus. You may pay a little more, but the Merville Centra is generally good for last-minute items. Other on-campus options tend to be a bit more expensive; do not rely on these on a regular basis or your stipend money will not stretch very far.

**BLACKROCK**

**Roches Stores:** in Blackrock village; more expensive than Superquinn.

**Superquinn:** in Blackrock village; very good shop; delivery service available; great meat section.

**HOUSEWARES**

**CITY CENTRE**

**Roches:** On Henry Street, behind GPO; great for all household goods

**Dunnes:** bedding, towels, some kitchenware (St. Stephen’s Green shopping centre)

**Argos:** there is nothing you could possibly want to purchase that Argos will not carry. There is one in the back part of St. Stephens Green Shopping Centre, on the first floor.

**BELFIELD**

Go into town or there are small housewares sections in Tesco and Dunnes Stores in the Merrion Shopping Centre off the dual carriageway.

**BLACKROCK**

Go into town or there are small sections of housewares in Roches and Superquinn in Blackrock village.

**LAUNDRY SERVICES**

Belgrove/Roebeck
Self wash available. Three euros for wash, two euros for dry. Wash/dry/fold - five euros for up to fifteen pounds, and nine euro for 15+ pounds. This is a valuable on-campus resource, so use it.

**Duds ‘n’ Suds**
Located near campus: take the 11B from campus out the Clonskeagh Gates. Three euros per wash, three per dry. It is located at 121 Ranelagh Road (01) 491-0592. They are open M-F until 9 pm and on Saturdays and Sundays for only a few hours.

**UCD - BLACKROCK**
Laundromat in Blackrock residence (self service) and Blackrock village.

Please note that the amount of time it takes to wash and dry clothes may be much longer than what you are accustomed to in the US.

**TRINITY:**
Trinity College: One laundry room, west side of the Atrium. (€.50 per 20 minutes dry, €3 euro for wash)
Pearse Street: Oaida Station in Tara Street. Mon.-Sat. 9am-6pm.
Marlowe Dry Cleaners: South Saint George’s Street. Mon.-Sat. 9am-6pm

**ENTERTAINMENT**

**CONCERT/THEATRES**

**National Concert Hall:** located on Earlsfort Terrace, near Newman House; schedules published monthly, daily schedules published in the back of the *Irish Times* (www.nch.ie).

**Abbey Theatre:** ph: 878 7222; student discounts; located one block north of Liffey on Lower Abbey Street; Ireland’s national theatre (www.abbeytheatre.ie).

**Gate Theatre:** ph: 878 4045; located on Upper O’Connell Street; student discounts.

**Gaiety Theatre:** ph: 677 1717; located on South King Street right off Grafton across from the Stephen’s Green Shopping Centre, annual Christmas Pantomime is a Dublin tradition.

**The O2:** Located in Dublin’s Docklands. (Noah Quay, Dublin 1). This music hall is brand new and usually has concerts featuring popular artists. Book tickets online using ticketmaster: www.02online.ie.

**Schedules:** Check the back section of the *Irish Times* daily for concerts in and around city centre. Check the *Irish Times’* Friday supplement *The Ticket* listing all music, theatre and other cultural events for the forthcoming week. Ticketmaster (www.ticketmaster.ie) is another valuable source of information on Dublin events, as well as www.mcd.ie. Many
pubs often have weekly Irish live music nights (such as O’Neill’s). Be aware of flyers around campus and the city and take advantage of those nights.

MOVIE THEATRES
*Cinema schedules are published in the back section of the Irish Times daily.*

**Screen Cinema**: (ph: 672 5500) located on Townsend St. right near Trinity’s campus. Usually shows more of the artsy films- if you buy tickets before a certain time, you get a student discount.

**Savoy Cinema**: (ph: 874 6000) located on O’Connell St.: shows all the major films, although a few months after they have come out in the States. Also has a student discount.

**Irish Film Centre**: located in Temple Bar; very cool movie house- shows artsy, foreign and classic films. Has a trendy restaurant and bar too. If you buy a membership there you will save money every time you buy a ticket.

**Stillorgan Cinema**: (ph: 278 0000) take 46A bus past UCD for 2/3 stops.

**Cineworld Dublin**: (ph: 872 8444) Parnell St.: impressive cinema complex with a lounge and a number of screens located north of the Liffey near Parnell Square: 6 euro student tickets, but lots of sell-outs, so it may be wise to buy in-advance or online; this is not the greatest neighborhood to be walking in late at night.

PUBS AND BARS
*Former students’ suggestions:*

Traditional: Mulligans (Poolbeg Street), Bleeding Horse (Camden Street), Kennedy’s (although its name changed it appears in Ulysses), Stags Head.

Mighty Ceol (Music): O’Donoghue’s (Baggot Street), Whelan’s (Wexford Street), The Quays (Temple Bar), O’Neills (there are two-the one on Suffolk Street has delicious hot meals.

Mighty Craic (Fun): Messrs. Maguire (next to Q Bar on Burgh Quay), the Pay (Trinity Campus), the Gingerman, Oliver St. John Gogarty’s and the Porterhouse (Temple Bar and Nassau Street), Doyle’s (just outside Trinity Campus) Hairy Lemon, Mahaffys, The Portobello (just off the Grand Canal on Richmond Street South), The Long Stone (near Trinity), Kiely’s (near UCD), Conways and the Wicked Wolf in Blackrock village.

These are just a few - there are endless numbers in Dublin. Don’t just get stuck in the Temple Bar District- go out and explore, it’s half the fun and usually cheaper too!

THE OC TO DUNNES
Leave the OC, turn left. Walk down the rest of the block.

Turn left, walk down to the stoplights. Turn right to cross the street

Stay on this street- Stephen’s Green will be down about 2 blocks on the left.

LOCAL CHURCHES/MASS TIMES

**Churches**: please ask the staff at O’Connell House for additional mass times if these do not suit your schedule or if you need information on other denomination churches; there are many churches in Dublin so check out a few during your semester/year abroad.

**UCD**: (Catholic) On Belfield campus- Belfield Church. Daily Mass: Mon/Wed/Fri: 1.05pm Tues/Thurs: 5.05pm; Saturday student mass: 9.00pm; Sunday 10.00am- the closest to dorm mass in Ireland, draws international as well as Irish students.

**St Stephen’s Chaplaincy** (across from UCD #10) bus stop). 6pm, but check to make sure once you get there. Sunday: 2pm on campus/Belfield Church, later mass with a classical/liturgical style student choir.

**St. Therese Parish** on Merrion Hill, south of UCD, a short 20 minute walk from campus. Lots of families; perpetual adoration; different choirs at various masses. Sunday evening mass.

**Donnybrook Sacred Heart Church** on Stillorgan Road 12-20 minute walk from Belfield campus heading towards town. Sat. 6pm; Sun 9.30am, 10.30am, 11.30am, 12.30pm and 5.30pm.

**Blackrock**: St John the Baptist on Newtown Avenue. Sat. 6.30pm; Sun. 9.00am, 10.30am, 11.30am, 12.30pm and 6.30pm. (Ph: 288 2104)

**Trinity**: (within walking distance of city centre): Trinity Chapel: has both Anglican and Catholic services weekdays and Sunday mornings.

**St. Andrews**: Westland Row (Right next to Pearse Street Dart Station and Goldsmith Hall): weekdays: 10:00am, 12:45pm; Saturday: 10:00am, 7:00pm; Sundays: 10:00am, 11:30am

**Rathmines**: Mary Immaculate Refuge of Sinners on Lower Rathmines Road. Sat. 7pm; Sun. 9.00am, 10.30am, 11.30am, 12.30pm, 6.00pm [Folk mass], and 7.00pm (Ph: 497 1531). Looking for something new? Try the parish young adult group that meets weekly following the 6.00pm Folk mass.

**St. Teresa’s**: Clarendon Street: off Grafton St.; weekday and Sunday masses (has both a 5.00 and a 6.00pm mass Sunday nights.
Pro-Cathedral: Marlborough Street; one block east of O’Connell Street; the national Cathedral, Sat. 6.00pm; Sun. 8.00am, 11.00am, 12.30pm, 6.30pm.

Newman Chapel: weekday masses at 10.00am and 1.05pm; Sunday masses 11.00am, 12.00pm, 5.30 pm.

CAMPUS MINISTRY

SPIRITUAL LIFE

Weekly: there are select weekday masses in the evenings in the chapel in O’Connell House, usually followed by milkshakes at Eddie Rockets. Additionally, there are Emmaus faith sharing groups to be arranged at the beginning of each semester.

Glendalough Retreat: A day-long retreat to the famous monastery of St. Kevin, located in a beautiful setting in the WicklowMountains.
SERVICE OPPORTUNITIES

There will be a service night towards the beginning of each semester in which representatives from different service organizations will meet with students. These opportunities may include:

St. Vincent’s De Paul Society: Both UCD and Trinity have societies that organize service work for students; please look for their booths during Fresher’s Week.

Study Buddy Tutoring Program: This is a weekly tutoring opportunity for ND students to assist immigrant students in the Dublin area.

St. Louis Primary School: Coaching basketball once a week after school.

Sli Eile: Network of volunteer opportunities throughout Dublin; organized by Jesuit-sponsored young adult group- more information is available through TCD (Fresher’s Week) or UCD.

Friends of the Elderly: Opportunity to visit elderly people in the Dublin area, including home visits for Christmas dinners, serving tea at weekly social hour.

Youth Horizons: Tutoring program located in the outskirts of Dublin in Tallaght.

Community Based Learning Course: A select few may decide to include a community based learning component to the “Introduction to Ireland” course. This initiative started during the Sp’09 semester, allows students to commit a certain number of hours each week to a service project in Dublin, write weekly journals concerning their experience, and submit a final essay incorporating what they have learned about Ireland through their experiences and research, including the “Introduction to Ireland” course.

PLACES TO VISIT IN IRELAND

**Student Recommendations**

Killarney: One of the most beautiful places. Touristy town, but there is a huge national forest. Renting a bike is a great way to see the forest.

Ring of Kerry: Probably have to see it by bus or in a car. Spectacular views.

Dingle Peninsula: Very similar to the Ring of Kerry, only a bit smaller and more beautiful - great for biking.
Cliffs of Moher: Gorgeous cliff walks, breathtaking sights, (Take O’Neachtain’s tour from Galway town).

Belfast: Not picturesque like the West of Ireland, but worth seeing all the same. The Black Cab tours of Belfast’s neighborhoods are worthwhile.

Antrim Coast: North of Belfast, absolutely gorgeous, home of Giant’s Causeway.

Aran Islands: Off Galway/Clare coast; ferry from Galway city and Doolin, Co. Clare.

Donegal Coast: The highest sea cliffs in Europe - long bus ride but spectacular views and hiking along Slieve League.

Glendalough: Monastic site, great day trip (St. Kevin’s bus service from Dublin, leaves daily from the Royal College of Surgeons on St. Stephen’s Green).

Kilkenny: Good day trip from Dublin; take the train down in the morning and sight-see all day.

West Cork: Spend a night in West Cork and the day either at Blarney Castle, or else continue farther down to Kinsale (gourmet capital of Ireland); spectacular views of the Atlantic Ocean.

Galway: Stay at the Kinlay House Hostel, just off Eyre Square; fun place to knock around for a weekend; excellent pubs, music, food.

Powerscourt Gardens: Just 20km from city centre, Powerscourt makes for a relaxing day trip.

Howth: Small fishing village just north of Dublin. Take the DART out for an afternoon and check out the cliff walk that sweeps up along the coast. (Feeling adventurous and have a spare afternoon? Hop on the DART and explore the stops that spot the coastline north and south of the city)

FESTIVALS
These can be great fun. The crowds are normally huge, but it is a good time if plan on traveling to any of these places if you’re interested in learning a bit more about Irish culture and what they do for fun. Definitely reserve hostels as far in advance as possible. There are many festivals throughout the year, so be sure to check the newspaper for upcoming events.

**Cork Jazz Festival** - Usually second to last weekend in October.

**Kilkenny Comedy Festival** - Comedians from all over the world; in May

**Dublin Theatre Festival** - Early October

**Reading Music Festival** - England, end of August

**Dublin Film Festival** - end of April

**PLACES TO VISIT OUTSIDE IRELAND**

**Student Recommendations**

**Loch Lomond, Scotland** - stay at the SYHA Hostel there

**Edinburgh, Scotland** - during the winter, the Jury’s Inn has a B&B offer of £15 per person

**Rome, Italy** - try to get in for a tour of the Vatican Necropolis. Get the number from Let’s Go a few weeks before you depart, because the tour must be arranged in advance. Also look into the Beehive Hostel located near Termini Station.

**Venice, Italy** - stay at Archi Rossi Hostel

**Florence, Italy** - stay at Instituto Gould or Hotel Rossi

**Greece** - Corfu is a great stop, stay at the Pink Palace; flights from Corfu to Athens are only $60; in Athens, stay at the Plaka Inn in Monastiraki (in Let’s Go), great view of the Acropolis. Greek islands are great - hop on a ferry headed to Mykonos for a few days of sun and sand; Athens is dirty and noisy and can be seen in a day or two.

**Santorini, Greece** - stay at the Blue Sky Villa in Fira, eat at Stamna Restaurant

**Prague, Czech Republic** - Hostel Tyn isn’t bad, call ahead and reserve a room in the Charles Apartments - very close to the Charles Bridge.

**Budapest, Hungary** - avoid the Caterina Hostel unless they have an apartment available; eat at the Fatal Restaurant - good, very cheap
Vienna, Austria- stay at the Wombat

Salzburg, Austria- stay at the Yoho International Youth Hostel

Interlaken, Switzerland- the Backpacker’s Villa and Balmer’s are both recommended

Bruges, Belgium- stay at the Passage Hotel; great restaurant/bar in house.

Madrid, Spain- the Hostal Paz is very nice and is in a great location as is Hostal Triana.

Valencia, Spain- stay at the Hostal Residencia El Cid

Ibiza, Spain- do not go to Ibiza between October and May; nothing is open and no one is there; if you venture there during the ‘season’, stay at the Hostal Residencia Sol y Brisa.

Barcelona, Spain- the Hostal Maritima is in a good location

Amsterdam, Holland- try the Flying Pig in city center.

Dubrovnik, Croatia: Particularly beautiful in the early Summer months. Try something different, such as a boat hostel! Traditionally it’s cheapest to rent sobes, or individual rooms, versus booking hotel accommodations. Check out the Dubrovnik Backpackers Club at hostelbookers.com.

USEFUL WEB ADDRESSES

Accommodation: www.daft.ie, www.reservationsnetwork.ie
Aer Lingus: www.aerlingus.com
Arts Council: www.artscouncil.ie
Ask Ireland: www.ask-ireland.com
Avalon House: www.avalonhouse.ie
Bus Eireann: www.buseireann.ie
Central Statistics Office: www.cso.com
City and Entertainment Guide: www.ireland.com/dublin
Dublin Bus: www.dublinbus.ie
Eurail: www.eurail.com
Gaelic Athletic Association: www.gaa.ie
Government: www.irlgov.ie
Heritage Sites: www.heritageireland.ie
IDA Ireland: www.idaireland.com
Irish Times: www.irish-times.ie
Irish Ferries: www.irishferries.ie
GUIDE TO WORDS & PHRASES

IRISH WORD-AMERICAN EQUIVALENT

Food
Chips- French Fries
Crisps- Potato Chips
Chipper- Place to buy fish n’chips
Digestives/biscuits- type of cookie usually with chocolate on top; eat with tea
Hob Nobs-particularly delicious digestives covered with chocolate
Jam- Jelly
Jelly- Jello

Time
Half one/Half two- 1:30, 2:30
Fortnight- Two weeks
Monday week- Week from Monday

General Phrases
Cheers- Thanks, you’re welcome
Sláinte (pron. slawn-cha)- Cheers
Please God- Thank God
‘Your man’- The person being discussed in a conversation
Lift- Elevator
To ask for a ‘lift’- To ask for a car ride
*Note that the word ‘ride’ has a crude connotation in Dublin
To queue- To line up
To hoover- To vacuum
To ‘call in’- To drop by
To ring- to call on the telephone
Craic (pron. crack)- enjoyable conversations, good times, fun- you should be having massive amounts of this whilst in Ireland
On the quays (pron. keys)- On the waterfront, most likely the Liffey in Dublin
Fringes- Bangs
Shorts/Knickers- Underwear
Bonnet- Hood
Boot- Trunk
Loo or toilet- Bathroom
Angling- Fishing
Cupboard or press- Closet
Chemist- Drug store
Secondary school- High school
National/primary school- Elementary school
Jumper-sweater

• Enjoy your semester in DUBLIN!
Keough Naughton Centre/ O’Connell House Policies

O’Connell House normal operating hours are 9 am to 5 pm M-F.

Attendance is mandatory for the organized trips on the Dublin Programme Calendar. The trips are very important and a part of Professor Whelan’s Introduction to Ireland course.

Due to size limits, only members of the Dublin Programme may attend the organized trips. We cannot accommodate other ND students, or friends of students who might be visiting on these trips.

O’Connell House will be closed for the following holidays:

Oct. 31, 2011 (Bank Holiday)
March 17, 2012 (St. Patrick’s Day)
April 6, 2012 (Good Friday)
April 9, 2012 (Easter Monday)
May 7, 2012 (Bank Holiday)

Due to size restrictions, students may not invite guests to the Thanksgiving dinner at the Merrion Hotel.
APPENDIX

1. Proposed course pre-approval form
2. Rules for completing proposed course form
3. Guidelines for obtaining approval from abroad
4. Deadlines- ND and O'Connell House
5. Expenses of Dublin program
6. How Life will be different in Dublin
7. Safety tips before and during your trip
8. Culture Shock Information
**COURSE APPROVAL FORM**

<table>
<thead>
<tr>
<th>NAME:</th>
<th>PROGRAM:</th>
<th>SESSION:</th>
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<tbody>
<tr>
<td>COLLEGE:</td>
<td>MAJOR:</td>
<td>SUP. MAJOR or MINOR:</td>
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</table>

**Study Abroad Candidate:** List the courses you PLAN to take while abroad, including any **mandatory** courses. List several extra courses in case of scheduling conflicts, using a second sheet if necessary. **OIS cannot guarantee credit for courses which are not pre-approved.** Final allocation of credit will be determined when OIS receives overseas transcript.

<table>
<thead>
<tr>
<th>HOST UNIV. COURSE # &amp; COURSE TITLE</th>
<th>ND COURSE # AS APPLICABLE</th>
<th>CREDIT TYPE</th>
<th>CREDIT HOURS</th>
<th>APPROVAL SIGNATURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courses required by your program should be listed first.</td>
<td>Show appropriate department for cross-listed courses</td>
<td>Major = M Minor = m Univ.reqmt = R Elective = E</td>
<td>You MUST maintain 15 ND credits each semester</td>
<td>Not necessary for pre-approved university requirements or electives Departmental signature, Date of signature Dean signature (when appropriate*)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1. Introduction to Ireland (Prof. Whelan) HIST 34430, ANTH 34320, IRST 24208, SOC 34123 (Mandatory course- pick discipline) taught at Keough-Naughton ND Study Centre</th>
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**STEP 1:** Consult your study abroad advisor for lists of courses available during your semester abroad, and regulations that pertain to your particular program.

**STEP 2:** Take this form to your departmental advisor (s)/ Dean for signatures, which indicate that the courses will be accepted for the credits you have designated.

**STEP 3:** The signature at the bottom is that of your college dean (NOT REQUIRED FOR A&L*) or advisor to confirm that your proposed curriculum fits into your overall plan of study.

**STEP 4:** After final college signature, return form to OIS. Give a copy of the form to your major and minor advisor(s), and your dean. **Keep a copy for yourself.**

**Required Signatures:**

<table>
<thead>
<tr>
<th>OIS Coordinator</th>
<th>Date</th>
<th>Major Advisor</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Dean*</td>
<td></td>
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</tbody>
</table>

**Allow at least three weeks to complete the form***
Office of International Studies
Guidelines for completing the Proposed Courses form

You need a departmental signature

1. for courses without 5 digit ND departmental numbers.

2. if you would like a course to be cross-listed in a new department for which it has not yet been approved (e.g. if you want SOC credit for a course that has been previously approved and numbered by the ANTH department).

3. for courses you wish to count towards the major, whether they have a 5 digit ND number or not.

You do not need a departmental signature

4. for a university requirement course which has been reviewed and approved by the relevant university curriculum committee, if the course will be listed on your transcript in the same discipline (see attached list of courses pre-approved for university requirements)

5. for a course you are taking for elective credit if it has been assigned a Notre Dame number.

Deans'/Advisors’ Signatures

6. You need your dean as well as major departmental advisor to sign on the bottom of the form. Arts & Letters students do not need a dean’s signature. Science need signature from Sr. Kathleen Cannon, and Engineering need a signature from Cathy Pieronek.

7. Business students have an undergraduate advisor rather than departmental advisor sign on the bottom of the course form.

New Courses for Consideration for University Requirements

8. For courses for university requirements which have not been approved by a core curriculum committee, you need to provide to your program manager the host institution course number, title, description and a syllabus for review by the committee. The timing of the review will be determined by the curriculum committee.

Behavioral Science Requirements in MCOB

9. All Business students are required to complete one class in Behavioral Sciences (Anthropology, Sociology or Psychology) and one A&L course (not Economics). Any OIS course that has been pre-approved with an ANTH, SOC or PSYCH designation will fulfill your Behavioral Science requirement. As of F’10 MCOB students may substitute one A&L course for the one Behavioral Science course.

AL Collegiate Second Social Science/Hist Requirements

10. Courses taught abroad which have a Notre Dame History number will fulfill the second history requirement of the College of Arts and Letters and courses which have Notre Dame ANTH, ECON, POLS, PSYCH or SOC numbers will fulfill the second Social Science requirement in the College of Arts and Letters. AL students need either a second history or a second social science course.
GUIDELINES FOR COURSE APPROVAL FROM ABROAD

A. For Students: Guidelines for requesting course approval from abroad:
Please plan to go to the class you've selected during the period that you are collecting this information, and while you are awaiting the decision from Notre Dame. Compile the following in a neat and orderly fashion. Please submit information to the best of your ability, as available in your host university, as this will expedite your request. For assistance, consult with your professor and/or on-site staff.

When you have compiled the information below, send your request to 1) the departmental contact person (DUS advisor) at ND with a cc: to 2) to your resident on-site director Joe Stranix (jstranix@nd.edu), 3) the OIS program director or coordinator for your program at ND (Peggy Weber, mweber@nd.edu), and 4) the assistant/associate deans of your college, SCI: Sr. Kathleen Cannon (kcannon@nd.edu), MCOB: Gina Shropshire (gshropsh@nd.edu), A&L: do not have to copy the dean). Requests for course approval must fall within your international program drop/add deadlines.

1. Name of course
2. Name of and title of instructor
3. Description of course and course objectives (3-4 sentences). This may have to be compiled through interviews with the instructor. Not every institution publishes course descriptions.
4. How many contact hours and/or labs, per week does this course entail?
5. Reading list, including textbook
6. Structure for evaluation, exams
7. Your year at Notre Dame (sophomore, junior).
8. What requirements, if any, do you want this course to meet (major? university requirements? elective?)
9. Are there similar courses at Notre Dame? Are there courses you've taken at Notre Dame that prepared you for this class? If so, please provide course numbers and names.

Please remember that courses taken for University requirement must be pre-approved by the Curriculum Committee. A list was supplied before your departure. You may take a course that you wish to have approved as a requirement, but will have to wait until the committee meets to determine the outcome. You assume the risk that it might not be approved for the University requirement. You will not be able to request that a course be counted as a University requirement by e-mail and receive a reply in a timely manner.

It is recommended that you attach the complete course description from the UCD on-line Module list and send this to your advisors as an aid in their course evaluation.

Thank you for your cooperation.

Please remember to submit ALL syllabi to Joe Stranix during the first two weeks of classes!!!!
RULES FOR COURSE REGISTRATION

1. Please submit this form complete with all course syllabi to Joe Stranix on or before Oct. 15, 2011 for Fall '11 students. No exceptions can be made to this rule as the ND Registrar has strict deadlines and requires this information in order to process your grades in a timely manner.

2. Please specify the courses listed on this registration for which you do not have prior approval by highlighting the course title and number. See Rules for Course Approval below for more detailed information about the approval process.

3. All ND students abroad are required to take a minimum of 15 credits but are strongly advised to take 18 credits - the normal course load for students abroad in ANY college of study. MCOB students must e-mail for permission to overload to 18 credits.

4. If you need to drop a course, you must notify Joe Stranix immediately. Remember all changes to your schedule must be approved by UCD before any revisions can be made on your ND records, so it is your responsibility to ensure that you have UCD approval to drop a course before Joe can change your transcript accordingly. Additionally, any course drops must also be approved by Kevin within the first week of UCD classes or the course cannot be dropped from your ND transcript. UCD Faculty of Arts now charges 25 euros for courses dropped after the first two weeks.

5. Any student who wishes to take over 18 credits during a study abroad semester is required to submit an overload approval form AND obtain written permission from Kevin. All students are pre-approved for 18 credit hours at the beginning of the term and do not need to seek approval for 18 credits. Please see Joe if you need an overload course approval form.

6. Please attach to this form the syllabus of every course you are taking this semester at UCD and TCD. This form will not be accepted unless ALL syllabi have been collected.

7. Directed Readings Courses must be set up with a ND faculty member at the beginning of the semester. Written permission for the directed readings course must also be obtained from Kevin by Oct. 15, 2011 for fall students and Feb. 15, 2012 for spring students and given to Joe at the registration meeting.

8. Please note that it is your responsibility to ensure that this form is accurate and that you have obtained ND approval for every course you have listed. KNDC is not responsible for rectifying any errors or omissions made on the registration form subsequent to the stated deadlines.
Deadlines for ND and Keough Center:

1) Notification of UCD and Keough Center Course Registration must be given to Joe by **Oct. 15, 2011** for F’11 students and Feb. 28, 2012 for Sp’12 students.

2) Notification of UCD, TCD and Keough Center Courses that are dropped should be given to Joe Stranix immediately.

3) Drop course deadline for Trinity Yearlong Courses is **April 1, 2012**.

4) Directed Readings Courses must be set up with a ND faculty member at the beginning of the semester. Written permission for the directed readings course must also be obtained from Kevin Whalen by **Oct. 15, 2011** for F’11 students and **Feb. 15, 2012** for Sp’12 students and given to Joe at the registration meeting.

5) Each student is responsible for obtaining course approval for any UCD or Trinity course they are taking. If the course was not pre-approved on the ND course approval sheet (signed by advisor and dean), then the student must e-mail their advisors for the permission and copy Joe Stranix (jstranix@nd.edu) and Peggy Weber (mweber@nd.edu) on all correspondence with the advisor for approval. If ND equivalent course numbers are known, it is the student’s responsibility to relay that information to Joe at the registration meeting.

6) Students are required to submit all syllabi for UCD and Trinity courses to Joe. Deadline for UCD syllabi is **Oct. 15, 2011** for F’11 students and **Feb. 15, 2012** for Sp’12 students. Joe will forward the syllabi to Peggy Weber for distribution as needed to ND departments for course approval, etc.

7) Overload forms and permission are necessary for over 18 hours in A&L, Science, and Engineering and an e-mail must be sent to Gina Shropshire in the MCOB for a course load of 18 hours.

Copies of your UCD and Trinity course approval forms have been given to Joe in case you need them during orientation, and also scanned and e-mailed to you previous to your departure.

Remember that you are still Notre Dame students even though you are participating in programs at UCD and Trinity. You will still be receiving ND credits and grades and are required to abide by the rules of du Lac for both conduct and academic requirements. You must have ND approval in addition to Trinity and UCD. Day to day academic life will be different than what you are accustomed to at ND, so be sure to keep up with your workload throughout the semester so as not to be overwhelmed during finals. **You will be held to the UCD and Trinity deadlines for add and drop courses at UCD.**
How life will be different in Dublin:

Living in Dublin is not like living at ND. In information and orientation meetings we have presented the wonderful aspects of the city, the opportunities at O’Connell House, UCD and Trinity, and traveling around Ireland and Europe. But life will be different in Dublin, which is one of the major reasons to study abroad. Other countries and colleges are not the US and not ND. But that is why you are leaving campus.

Below please find some of those differences:

Cost of Living: Everything will be more expensive in Dublin. The current conversion rate is 1.4, but changes a bit every day. Be prepared. Every year we explain this to students, and they come back stating that we should have emphasized this even more. Dublin is the fifth most expensive city in the world. Be prepared. You will want to go out often and enjoy the city of Dublin, and perhaps travel a great deal. You should expect that you will spend approximately $3,000 during your semester, depending upon the traveling, etc. that you would like to do.

Commuting: For UCD students, commuting will definitely be part of your daily life - Commuting from UCD to O’Connell House; commuting from UCD to Dublin city center. You will be living on a college campus, but doing a lot of commuting. You will be walking a lot more than you are used to at ND. Trinity students will be in center city Dublin, so things will be more centralized for you, but venture out and see all of the city and surrounding area.

No Meal Plan: You will be shopping for your own food and preparing it yourself. You will find food to be a major expense as Dublin is the 5th most expensive city in the world. Bring recipes from home! Take advantage of group meals and friends who can cook. You can buy the foods you miss, but not every store will stock them. Mark the days you will receive your ND allowance on your calendar and be prepared to keep to a budget. Your allowance will not be sufficient to cover meals in the cafeteria or UCD restaurant if you plan to eat there all of the time.

Look for the PANDA brand of peanut butter. It is the closest to the peanut butter you are used to eating.

Laundry facilities: Not as readily accessible as at ND. Make sure the machine works before you throw the clothes in! Laundry can also be done for you at certain launderettes if you choose. Laundry times will be different. It will take longer to finish a load of laundry. Drying times can take 45 minutes.

Dorm Rooms: Rooms look quite sparse upon your arrival. Bring pictures/posters from home. You will probably spend between 50 and 100 euros to set up your dorm room. Remember that Belgrove does not have microwaves. Perhaps your flat can pool together for cooking supplies. You will spend more time commuting than you are used to at ND.

Cell phone: A cell phone is a necessity. There are no phones in the dorm rooms, and usually one hall phone for an entire dorm. O’Connell House staff will help you upon your arrival to set up phone service with a vendor. O’Connell House now rents cell phones to students for the semester/year. Your purchase price will be refunded when you return your phone to the Centre.
Immigration registration: Sometime in the first few weeks of the semester’s official start date, you must register at the Immigration Bureau (Garda). Instructions are provided at your orientation meeting. You are responsible for the cost, and the Garda does not accept a debit card, only credit card and check. The cost for SP’10 students was approximately 150 euros. Changes in the cost usually are announced in August. Since spring students stay for 5 months, you will most likely receive the stamp upon entering Ireland that states you must obtain the visa and register at the Garda. However, you may luck out and not have it required.

Grades late: You will probably not receive Keough Center Grades until late February or March for F’11 students and August or early Sept. for Spring 2012. It can be extremely difficult if you need grades reported before that time for athletics or an internship. Our office can supply you with a “grades late” letter, but sometimes it is not enough.

Class Timetables: Usually, timetables for classes will not be posted before your arrival. Even if they are available ahead of time, that is no assurance that they will be correct upon your arrival. Check the UCD website for the latest timetable before your departure.

Class Registration Week: If you have to make major changes in your schedule, it can be very frustrating. You have to find classes at UCD that you can take and whose timetables do not conflict. If you deviate from your prepared course list that your advisor and dean have signed you have to e-mail from abroad for course permission. Don’t worry, everything usually works out.

Course approvals: Only your DUS (Designated Undergraduate Studies) advisor can determine if a certain study abroad course will be approved for your course of study. There is a procedure for all study abroad students outlining how to proceed to obtain the necessary approvals both before the abroad study and upon arrival in the study abroad location. After obtaining signature from your individual DUS, a student must also have the approval of the dean of his/her college. OIS program managers can guide students in this process, but cannot approve any courses for ND credit.

Exams at UCD: Exams are very different from what you have experienced at ND. The UCD exam schedule is not distributed until April. All students must be present for all exams. Sitting for exams is also very different at UCD. The exams are held in a large hall and hundreds of students will be taking the tests simultaneously. O’Connell House staff usually provide an information meeting prior to finals to prepare you.

Course assessment: Be sure to note the particular assessment recorded in the UCD on-line module course description. Some courses are only assessed with a final which counts for 100% of your grade. Other courses might have a final that counts for 80-90% of your grade. It can appear that a class is very easy because there are no particular deadlines or on-going assessments during the semester. It can be very stressful at the end of the semester if your grade depends upon one exam.

Course guarantees: Please note that UCD on-line modules state several times that courses listed are not guaranteed. They reserve the right to close a class if needed. Notre Dame cannot guarantee a course offering at another University. However, UCD is relatively stable and Spring students are lucky in the fact that they are choosing courses from an on-line list for their current year of study. Fall students must pick courses from the previous year and make changes once the current year is
posted in August or upon their arrival in Ireland.

**Allowance:** Once you have turned in your automatic deposit forms with the American Bank of your choice, ND will set up an allowance that you will receive in 4 monthly installments starting on the first day of classes of your semester. This allowance is NOT meant to cover all of your expenses, but aid in the total expenses of your semester. Food and commuting (bus and DART) will eat into your budget.

**In Ireland
Do’s**

E-mail your parents upon your arrival at O’Connell House. Phone them once you have received our Ireland phone and give them the number. Report your cell phone number to Joe Stranix.

1. Remain what you are: friendly, courteous, polite, and dignified
2. Travel in small groups- three to four persons with both genders present, if possible.
3. Carry some identification- a tag, bracelet, or card- if you have a medical condition that requires emergency care.
4. Dial 999 for fire, police, or medical emergencies.
5. Dublin is a big capital city, and therefore, has all of the advantages and disadvantages that come with this type of city. Crime does exist. It is important to keep your personal safety in mind when traveling in and around the city- especially in city centre and the Temple Bar area. Women especially should never travel alone at night. If you are going to pubs, travel in groups. Do not get separated from your group when you are leaving to return to your accommodations. If you find yourself in an unsafe environment, get to the nearest shop or take a taxi to your destination. Be particularly aware of your personal safety when leaving pubs, and also that of your companions.
6. Garda Siochana (the police) confidential line: 1-800-666-111

Rape Crisis Center: 1-800-778-888
Victim Support 24 hour helpline: 1-800-661-771
8. For serious problems, take a cab or ambulance and ask for the nearest hospital- that might be:
   TCD: St. James Hospital, James Street: 01-410-3000

UCD: St. Vincent’s Hospital, Herbert Avenue: 01-209-4533.
If you are having medical difficulties in Ireland, please contact the Director: 454-2854 (Home) or 611-0555 (Office) or the Programme Co-ordinator 611-0556 (Office) or 086-819-6234 (Mobile) immediately for assistance.
8. If you have HTH and have a dental problem contact: Rose Dore-Geraghty,
   2 Moleswoth Place, Molesworth, Dublin 2; 353-1-661-5544 or
   Michael Grant, 75 Pembroke Rd., Ballsbridge, Dublin 2: 353-1-668-5063;
   Or Declan Molloy; 64 Harcourt St., Dublin: 353-1-475-1658.
9. Ask permission before photographing strangers who you find “interesting”
10. Check the US embassy web pages for travel advisories (travel.state.gov)
11. Before traveling to European countries, read a guidebook and check online for specific
information concerning their local transportation system.

12. Leave valuables at home. **Do not take what you cannot lose.**
13. Use only official transportation.
14. Change money at the airport or before departure so that you have money for food and transportation when traveling in any country.
15. **Almost all “Safety and Security” problems include clubs and alcohol use/abuse- So stay sober and alert. Act to avoid and/or reduce exposure to risk.**
16. Identify potential risk of pickpockets and thieves. Do not leave possessions unattended.
17. Read your handbook and guides. Consult with staff and fellow students before traveling.
18. Keep abreast of local and international news that might tell you of potential civil unrest.
19. Check the US Embassy web pages for travel advisories.
20. Use e-mail to stay in touch in case of a terrorist event, local cell phones are blocked.
21. Avoid political discussions with strangers.
22. Make sure that someone- preferably a program administrator (Joe Stranix and/or Kevin Whelan) knows where you are going and when you plan to return every time you travel on your own or in small groups.
23. Discuss your trip with someone who is familiar with the area or region.
24. Research alternative modes of transport if your primary mode were to break down.
25. Discuss with friends a place where you might all meet in the event of an emergency situation.
26. Use common sense.

**Culture Shock**

Much of the following information is often overlooked, but it is very important. Generally we read about the beautiful aspects of life in a new country. What is often ignored are those challenges that must be dealt with every time you enter a new culture. You will need to make adjustments in a new country. Our sense of security is tied to the known-normal. Take away our known, our usual surroundings, behavior patterns, language, or habits and we become insecure. This is CULTURE SHOCK. Fortunately, you will experience this to its greatest degree within the first few weeks of your program. As you live in a foreign environment longer and longer, it will become less foreign. You will learn a few new habits and daily living will become second nature.

The point is that you will not be in Utopia. The foreign country in which you will be living may look exciting and beautiful but the simple fact is that everything will be different. Not everything is going to go the way you planned it. Some of you will get a bit depressed and ask, “why did I come here...?” RELAX, stick it out, don’t panic and things will indeed get better. Write home, start a journal, tour around your new neighborhood. During your initial few weeks away, your emotional situation will level out and everything will seem more normal. In fact, by the time you go home, you may actually find your “adopted lifestyle” has become so normal that you go through another culture shock as you return to the US.

Several things to consider when getting used to a new culture
Don’t go with misconceptions. Be prepared to find everything quite different from your assumptions. For example, courses and teaching methods are different. There may not be campuses as we know them in America. The students may commute to the university, they may return home on weekends. Go abroad informed about America; be prepared to answer questions about American life and politics. Remember that friendships are not as easy to obtain as in the U.S. Another difference may be the treatment of women.

Here are a few tips to keep in mind:
Do NOT take any foolish risks. If you are a female, do not walk alone.
Dress sensibly. Observe how the local people dress and carry themselves. Use them as examples. The best way to keep yourself out of harm’s way is not to attract it in the first place.
Most foreign men are not used to the same type of relationship which is quite common between American men and women of college age. Quite often the “buddy” relationship is non-existent. You may want to keep this in mind as you form relationships with locals.

Check for Culture Shock
As you move from one society to another and begin to deal with cultural differences, experience has shown that there are some specific stages which you will go through in your adjustment process. Indeed, IT WOULD BE AMAZING IF YOU COULD LEAVE YOUR COMMUNITIES, YOUR FAMILY, AND YOUR HOME AND GO ABROAD FOR A PERIOD OF TIME WITHOUT FEELING SOME ANXIETY. We hope that you recognize culture shock in yourself and treat this as a “growth experience” that leads to independence.
The severity and duration of the adjustment process depends upon the level of support that you are given. Hopefully, the O’Connell House staff and your friends in the program can be the support that you need along with your own individual strength. Nevertheless, you can count on feeling many of the emotions outlined in the “Intercultural Adjustment Cycle”:
Selection Fascination Surface Adjustment Integration Reintegration
Application Initial Shock Isolation Return Anxiety
Anxiety

Application Anxiety: Waiting to hear about the opportunity to study abroad
Selection Fascination: Elation at hearing that you will be going abroad
Initial Culture Shock: Novelty of a foreign culture begins to wear off. You may notice a change in sleeping habits or a disorientation about how to relate to others.
Surface adjustment: After an initial “down” you adjust and settle into your situation
Mental isolation: At some point, the novelty wear off and the difficulties remain. Frustrations increase and you feel isolated, bored and have a lack of motivation. Some unresolved conflicts with friends continue to cause difficulty.
Integration: You feel comfortable and integrated in the new society. You find ways to deal with deeper differences, and relax in your new surroundings.
Return anxieties: Once you are settled in, the thought of leaving your new community raises anxieties. You notice how much you have changed and may even feel guilty about wanting to stay.
Reintegration: You will find that you have changed a great deal. It might be difficult for your friends and family to accept many of the changes. You have been the center of attention in another country and might be forced to realize that you have lost your glamour. You may often find that no one is as interested in the details of your study abroad as you feel they should be. You experience conflicts in readjusting to family members and old friends. All of this makes your surroundings even more depressing.
Soon you become involved in new activities at home and plan a life which is built upon the future and not the past. Once this is achieved, you will be able to integrate the experience and learning of your study abroad in your “new” life.
ONE LAST THING: HAVE FUN!