



UNIVERSITY
of
LIMERICK
OLLSCOIL LUIMNIGH

Ireland

International Education Division Student Guide



THE  TIMES
THE SUNDAY TIMES

GOOD
UNIVERSITY
GUIDE
2019

IRISH
UNIVERSITY
OF THE YEAR

Welcome

UL President

Dr Desmond Fitzgerald

Dear Student,

As President of the University of Limerick, it gives me great pleasure as well as being an honour to welcome you to our stunning campus and its world class facilities based in the heart of the Mid West of Ireland.

In choosing UL, you have opted to join a third level institution that is leading the way in so many respects and a University whose aim is to provide you with an enriched learning and social experience.

We are the Sunday Times 2019 University of the Year. We are 2nd in the world for our international student experience, according to the I-Graduate International Student Barometer. And we are the top ranked out of 199 global institutions for social activities and clubs and societies.

Those are just some of the accolades that we are immensely proud here at UL to have received, as well as our award for having the Best Student Campus in 2019 where up to 80 clubs and societies are active and thriving.

As an International Student, you are now joining a community of your peers that is as engaging as it is welcoming and part of a larger community where the University has a clear and unambiguous student focus. It is an experience that we hope you enjoy as you journey through campus life.

Our commitment to you is that we will continue to advance and develop as one Ireland's most innovative and dynamic universities where our graduates rank as some of the most employable in the country.

So, on behalf of the University of Limerick, I would like to welcome you to campus and wish you every success.

Best wishes,



Dr Des Fitzgerald
President
University of Limerick

Welcome

Director International Education Division

Josephine Page

Dear student,

Céad Míle Fáilte!

It gives me great pleasure to welcome you the University of Limerick, Ireland's most innovative and dynamic university. During your time here, you will be challenged academically, and encouraged to work to the best of your ability.

While the University's priority will always be to provide each graduate with a formal qualification, required for a rewarding career, we are also proud that each of our students has an enriched social, cultural and recreational experience.

As a student of the University of Limerick, you are now part of a community, which has played an important role in the development of our city, our region and Ireland. I would encourage you to be respectful of our surrounding environment and community and make the best of your exciting and challenging academic journey ahead. To ensure that the transition from home to UL is a smooth one, the International Education Division has put in place extensive support structures.

We all look forward to getting to know you during your stay at UL. On behalf of myself, and the International Education Division we would like to welcome you again to Limerick and wish you every success for your time here.

With best wishes,



Josephine Page
Director
International Education Division

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University of Limerick

The University of Limerick is an independent university established as the National Institute for Higher Education by the Government of Ireland in 1972. It is located in the 600-acre National Technological Park on the banks of the river Shannon, 4km east of the medieval city of Limerick. The University was developed to help meet the rapidly changing economic and social needs that emerged on Ireland's accession to the European Union in 1973. It is a dynamic institution, which plays a pivotal role in the economic development of the Mid-West region of Ireland.

The University has also become a focus for a wide range of artistic activity and is home to the Irish Chamber Orchestra and the Irish World Academy of Music and Dance. Some fine collections of Irish Art are housed in various locations on campus, such as the Water Colour Society of Ireland National Collection and National Self Portrait Collection of Ireland. The compact nature of the campus and the University's size foster a close sense of community. The University believes strongly that the creation of a friendly, caring and cooperative atmosphere is essential to the successful pursuit of any study programme

Faculties and Departments

The University of Limerick offers a range of programmes in the disciplines of Arts, Humanities, Social Sciences, Business, Education, Health Sciences, Science and Engineering.

The UL has four Academic Faculties

- The Faculty of Arts, Humanities and Social Sciences including The Irish World Academy of Music and Dance
- Faculty of Education and Health Sciences
- Kemmy Business School
- Faculty of Science and Engineering

For further information, please visit www.ul.ie/faculties-and-departments



University Educational Support Services



The International Education Division

The International Education Division is responsible for multiple programmes and student support services, including

The European Union's Exchange Programmes under ERASMUS+

International Student Exchanges with countries outside the European Union

The Study Abroad Programme

The recruitment of international students from non-EU countries on full-time undergraduate and postgraduate programmes

Summer Schools

Federal Loans and private study loans to eligible students from the USA studying at the University of Limerick.

Letter Request such as Visa Support Letters for Erasmus, Non-EU Exchange, Study Abroad, Non-EU Undergraduate and Non EU Postgraduate students.

To request a letter online please visit <https://www.ul.ie/international/letter-request-form>

IED provides information and assistance to International students undertaking a study placement abroad. An orientation programme, information, advice and support are offered, both on arrival, and during the student's stay at the University of Limerick.

ITD

The Information Technology Division is the central IT Services function at UL. ITD is responsible for supporting, maintaining and developing the information and communications technology of the University of Limerick.

In addition to maintaining and developing the University's network and communications infrastructure, including the campus data centre facilities, ITD manages a suite of enterprise applications and software systems that are critical to the teaching, learning, research and administrative goals of the institution. Our customers comprise all members of the UL community, including staff, students, faculty, support departments and researchers.

Contact ITD

- ITSS@ul.ie
- <https://ulsites.ul.ie/itd/information-technology-services>

ULWireless

The University of Limerick offers a free wireless Network to both Students and Staff. ULWireless can be accessed in select locations throughout the campus. Please note Wireless users are asked by the University of Limerick to agree to the University's Code of Conduct before you can use the service.

For a Map of Available Wireless Zones please visit <https://ulsites.ul.ie/itd/wireless>

Student Computing Services

ITD provides a range of computing services for students based on the Microsoft Windows operating system running on a PC. PCs are provided for students to use in a variety of clusters throughout the University.

Through using the PC, students gain access to course materials, the Library catalogue, email, the internet and a range of applications software. The main computer platform for undergraduate student use is the IBM-compatible PC (Pentium class performance); running Microsoft Windows 7 professional software.

Students with any problems related to using the equipment should go to one of the Computer Laboratory Attendants located in the student PC clusters. Students are advised to buy a USB flash drive to back up their files, as ITD does not keep any backup of student data.

Setting up your Computer Account

To use a computer you must have a computer account, i.e. you need a Username and Password. Only with these can you print and access your email account.

Your password should contain one capital letter, one special symbol (*,\$,&), one number and be at least 8 characters long.

- Step 1 swipe your ID card in a swipe machine
- Step 2 create your computer account
- Step 3 set up your Email account
- Step 4 set up your Print account

Computer Laboratory Attendants

Opening Hours during term time 09.00am – 10.15pm Monday to Friday

SCHUMAN BUILDING

S2-11
S1-19
S2-04

SCHRÖDINGER BUILDING

SR2-032
SR2-031
SR3-005B

GLUCKSMAN LIBRARY

ITD 60

MAIN UNIVERSITY BUILDING

AM-050 8
AM-061 (ENGINEERING)
A0-051B (CHESS)
A0-060-A
A0-060-B
A0-060-C
A1-062

A1-089
A1-095
B2-042 (ECE)
C2-050 (MATHS)
DM-038 (HUMANITIES)
*STRICTLY POSTGRADS
D1-041 (ECE) YES
E1-020 *STRICTLY POSTGRADS
E1-022
PESS STUDY

Eduroam

Eduroam is a roaming service that allows research and educational users to more easily obtain wireless network access at participating sites. This is the preferred method of access for visitors to UL from other Universities that have an Eduroam service. The visitor authenticates by giving their username and password assigned by their home University. Data shared between the device and the network is encrypted.

For instructions on how to connect to Eduroam please visit <https://ulsites.ul.ie/itd/wireless>

Glucksman Library

The Glucksman Library supports the teaching, learning and research activities of the University of Limerick by providing quality information resources, education, support and facilities to students, faculty, staff and researchers. With over one million in-person visits annually and 1.5 million downloads from the digital collections, the Glucksman Library is one of the most popular and heavily used places on campus.

Space

The Library is a well-designed, modern building offering a pleasant and comfortable study environment. The Lewis L. and Loretta Brennan Glucksman Library opened in 1998 as a 6,900 square metre facility spread across three floors. Its new wing opened in 2018 and now comprises of

- Seating for 1,100 people
- Study areas for silent, quiet and group work
- Study Rooms available for group bookings
- Wireless internet access throughout the library and wired access at all desks on floors 1 and 2
- Plaza café located adjacent to the library entrance

Library Services

The Library staff aim to provide a high quality, personal and friendly service in a user-centred supportive environment. Services include

- Self-service borrowing and return
- Information desk & Special Collections desk
- Ask Us – Tell Us online query service <https://www.ul.ie/library/use-library/ask-us-tell-us>
- Inter library loans
- Subject-specialist assistance from faculty librarians
- Research support services
- New student support services
- Information skills training
- Referencing skills support
- A fantastic collection of fiction and nonfiction for your reading pleasure on the ground floor

Online group study rooms The Glucksman Library offers a study room facility for group projects etc. This service is available to all University of Limerick Student. Bookings can be made online <https://www.ul.ie/library/use-library/book-space-library>

Library Jargon Buster

Bibliography

A list of books or a list of sources on a particular topic.

Catalogue

An online database, which lists the library's collection of print and audio-visual resources.

Citation

A brief description of a publication referring to a specific passage, text, author etc. It appears as a Reference or Footnote and contains sufficient details to enable you to locate the publication. Please refer to the library's booklet Cite It Right for help with referencing.

Database

An or index. It often includes details of individual articles within journals and sometimes chapters in books. It is searchable.

Dewey Decimal Shelf Mark

A code that appears on a label on the spine of each item in the Library numbering subject from 000 to 999.

E-book or E-Journal

A book or journal that is in electronic format and can be read in full online.

Inter-Library Loan (ILL)

A loan made between libraries which you may need to request if items you want are not held by the Library in print or online.

Journal

(also called periodical or serial) A publication that contains scholarly articles and published at regular intervals.

Journal Article

An item of research written by an academic or other expert, to communicate new ideas or findings to the wider research community. Several articles are published together or within journal issue.

Reference Collection

This describes items that you may use in the Library but may not borrow such as dictionaries and atlases.

Short Loan

3 hour and 24-hour short loan items are located on the ground floor of the Library behind the Information Desk. 3 day and 7 day short loan items can be found with standard loan items on floors 1 and 2.

Special Collections

A collection of old and rare books, manuscripts and other archive materials. Special Collections can be consulted on the second floor of the Library.

Store Level

This is a store room on the garden level of the Library, CLC-003, where lesser used items such as books, journals, reference material and back runs of newspapers are held.

Summon

This is the Library's search engine. It allows you to find items that are in the library catalogue in addition to other electronic material that the Library own

First Seven Weeks Hub

The First Seven Weeks is an initiative at the University of Limerick designed to provide strong, enhanced and targeted support to students during the very early weeks of their time as UL students. Each of the first seven weeks has its own theme, designed to focus students' attention on various issues that we know are important for settling in and thriving as a higher education student.

Each of the first seven weeks has its own theme, designed to focus students' attention on various issues.

All students receive emails to their UL student email account and through the First Seven Weeks Social Media Platforms, with the theme of the week and with events that take place around campus.

- Week 1: Welcome, Settling in and Finding your way around
- Week 2: Study Skills and Time Management
- Week 3: Meet your Academic Advisor
- Week 4: Health and Well Being
- Week 5: Learner Support Centres
- Week 6: Civic Engagement and Volunteering Awareness
- Week 7: Critical Thinking and Long Term Planning

Contact First Seven Weeks

- +353 61 234652
- ctl@ul.ie
- Student Life Courtyard



University Learning Support Services



Regional Writing Centre

The UL Regional Writing Centre (RWC) offers a free and friendly place for all students (undergraduate and postgraduate) to come and address any aspect of their writing. This resource is dedicated to helping students develop strategies to become more confident, critical and autonomous writers.

The Regional Writing Centre practices a non-invasive, inductive approach to writing development, utilising peer-tutors who work with both undergraduate and postgraduate students to identify and evaluate their writing situation and practices so that they can evaluate and improve the effectiveness of their research and writing strategies. Our tutors can't fix or write your paper for you, but they will discuss it with you, give you feedback, help you establish a structure and give you tips on strategies so that you can continue to successfully develop the paper and yourself as a writer.

When a student who has English as a second or other language runs into difficulties while writing their papers, it may be a language problem or it may be a writing problem or it may be both. Our peer tutors are not language specialists, but good writers who understand what it's like to worry about a paper, to panic over deadlines, to wonder if an assignment is proceeding on the right track or if they have hit a writing wall. If there are language issues, our peer tutors can suggest some strategies that good writers might use to access the appropriate language or suggest some language-learning resources that you might avail of to improve your use of English.

In addition to our peer tutors, the RWC offers workshops on writing in academic contexts, writing-related events and access to a number of online writing resources on our homepage www.ul.ie/rwc.

Contact Regional Writing Centre

- +353 61 202581
- writingcentre@ul.ie
- C1-065, Main Building

Academic Literacies Module

The University of Limerick offers an Academic Literacy Module to our International Postgraduate Students. This module aims to raise students' awareness of the academic support systems, cultures and protocols within UL. It will also provide students with information sourcing and management skills, as well as strategies for successful integration and learning in UL. This module will offer an opportunity to practice skills such as academic reading, writing and presenting.

This module runs during both autumn and spring semesters.

Autumn Module Guide AW6001 Academic Literacies for International Postgraduate Students 1

Spring Module Guide AW6012 Academic Literacies for International Postgraduate Students 2

Contact Academic Literacies: Catherine.Martin@ul.ie

Language Centre

The University of Limerick Language Centre is located on campus in the purpose-built Languages Building located in the Millstream Courtyard. The Centre offers state-of-the-art language learning facilities including multi-media labs and a digital language lab. The Language Centre offers a wide variety of English language programmes including Preparation for University programmes, summer programmes, custom-designed courses and in-sessional support for international students.

Contact Language Centre

- + 353 61 202777
- +353 61 233237
- languagecentre@ul.ie
- LC-0019, Languages Building

Mathematics Learning Centre

The Mathematics Learning Centre (MLC) supports students' mathematics learning across all programmes in UL. The MLC does this by delivering appropriate support services (drop-in sessions, extra tutorial support, online support), providing a dedicated supervised study area with plenty of resources, examination preparation sessions, access to textbooks, and many others, all of which are completely free of charge to UL students.

The MLC are very aware of the anxiety that can exist amongst students when studying mathematics, as well as being fully aware that it may have been years since they last studied the subject in some cases. The non-judgemental and friendly nature of MLC staff has resulted in 38,644 student attendances at MLC services over the past 5 Academic Years.

98.4% of students (124 MLC users replied to the survey) stated that our staff were friendly and 94.4% stated that the MLC would contribute to a better grade for them in mathematics (with all remaining students for both of these statistics stating they were 'neutral'). If you are a student who is finding mathematics difficult, please do not hesitate to call to the MLC. Whether you are starting from the basics or have some higher order mathematics to study, we would be delighted to help you.

For more information visit www.ulsites.ul.ie/mlc/

Contact MLC

- richard.walsh@ul.ie
- A2-018, Main Building

ICT Centre

The aim of the ICT Learning centre is to actively support and enhance student learning within ICT disciplines across UL, with a particular focus on programming and software related skills. We provide intensive supports, which seek to engage students through innovative tutoring and learner focused support thereby augmenting existing teaching and learning activities within the curriculum. We achieve this with the support and collaboration of faculty members, which are crucial to the successful implementation of our services and their uptake by our target audience.

Contact ICT Centre

- clem.odonnell@ul.ie
- First Floor, CSIS building

Science Learning Centre

The Science Learning Centre provides support to UL students whose degree includes a science component. The Science Learning Centre provides support to students by two main routes

- A dedicated Drop-in Centre
- Support tutorials for specific modules

The Science Learning Centre aims primarily to support undergraduate students taking first year and some second year science modules, although help is given whenever possible to other years also.

Contact Science Learning Centre

- slc@ul.ie
- A1-064, Main Building

Disability Services

The Disability Support Services (DDS) role is to support students with a disability as they go through their academic journey at the University of Limerick. DDS have a wide range of supports in place, to ensure you get every opportunity to succeed during your studies. The focus is you, the student. DDS are committed to supporting students with disabilities achieve their academic goals in an inclusive learning environment, as far as is reasonably possible. DDS hopes to support you in developing the skills to become an independent, competent learner and a successful student.

To ensure you receive the correct supports during your time here at the University of Limerick, you should make contact with Disability Services prior to your arrival in UL. This will ensure you are aware of the available supports and the associated costs (in some cases only).

When you arrive at the University, you must register online on the student portal and supply relevant documentation to verify your condition. The Disability Support Service welcomes, and supports, Incoming International Students with a wide variety of disabilities.

Contact Disability Services

- +353 61 234191
- Peter.Dooley@ul.ie
- GLO-034-37, Ground Floor, Glucksman Library

Student Health and Counselling Services



The Student Health Centre

The Student Health Centre provides a health service for University of Limerick registered students. There is a basic charge for using this service (€25).*

Students with ongoing medical conditions should make an appointment to meet with a GP in the Student Medical Centre on arrival in UL.

The Health Services are

An acute care/advisory service

Not a GP service, therefore, all students are advised to register with a local GP.

A provider of a limited casualty service. (The Health Centre is not in a position to offer the services of a fully equipped/staffed A&E department.)

A provider of a call-out service, available for emergencies on campus only.

Services available

- All acute illnesses
- Contraception
- Asthma
- Sports Injuries
- Physiotherapy
- Wound Dressing
- STDs
- Skin Ailments
- Well Woman Checks
- Well Man Checks
- Cryotherapy
- Psychiatry

Student Health Centre Opening Hours and Clinics

Health Centre Administrator Ria Toland

- CM061, Level M, Block C, Main Building
- Morning Opening Hours
09.00am – 1.00pm Monday to Friday
- Afternoon Opening Hours
2.00pm – 5.00pm Monday to Friday
- ria.toland@ul.ie
- To book an appointment call
+353 61 202534

Chartered Physiotherapist Ann Marie Sexton

- Morning Opening Hours
09.00am – 12.00pm Monday to Friday
- +353 61 202534
- ria.toland@ul.ie

Nurse Led Clinic

- Morning Opening Hours
09.00am – 1.00pm Monday to Friday
- Afternoon Opening Hours
2.00pm – 5.00pm Monday to Friday
- +353 61 202534
- ria.toland@ul.ie

Local GP

- Castletroy Park Medical Centre, Unit 1,
Commercial Centre, Castletroy, Limerick,
V94 TNP3 +353 61 507200

- Dr. Michael Griffin, 18 University Court,
Castletroy, Limerick +353 61 416544

Late Night Drop-In Doctor

- Limerick Doc, 3 Crescent Court, Dooradoyle
Limerick, V94 EN54 +353 87 7551570
- Hi Way Medical Centre, 14 St. Nessans
Rd., Dooradoyle, Limerick, V94 XE29
+353 89 4724480
- Shannon Doc is an out of hours medical
service. If you have an urgent medical
problem outside of surgery hours, please
phone the local number 1850 212 999 or
visit www.shannondoc.ie

Dental Surgery

- Iarlaith Killian, The Whitethorns, Castletroy,
Limerick, V94 XE29 +353 61 339723
- No.8 Clinic, 8 Shannon St., Limerick V94
TY79 +353 61 331414

Castletroy Pharmacies

- Castletroy Pharmacy, Castletroy
+353 61 333030
- Scanlon's Late Night Pharmacy, Castletroy
+353 61 203003

A summary of the charges are listed in the table below

- Doctor consultation €25
- Physiotherapist consultation €25
- Contraceptive clinic €15
- Nurse consultation €10
- Blood test €10**
- STI clinic €20
- Pregnancy test €15

*A €5 fee will apply for students who do not attend their appointment and who do not give advance notification to the Student Health Centre that they will not be able to attend.

**Students must have a consultation with one of the doctors (€25) at the student Health centre before blood tests (€10) can be performed

Student Counselling Services

Student Counselling

A full-time professional and confidential counselling service is available to all UL students. The counselling team helps with a wide range of psychological and emotional problems experienced by students. To list just some of these issues; loneliness, anxiety, exam stress, self-confidence issues and homesickness.

It is not necessary to be experiencing enormous problems to justify seeing the counsellor.

Making the move away from friends and family at home and getting used to a completely new culture, new classmates and housemates can be very daunting. Many international students experience feelings of stress, anxiety and homesickness.

Drop-In Centre

A student Drop-In Centre runs during term

- Morning Opening Hours
10.00am – 11.00am Monday to Friday
- Afternoon Opening Hours
2.00pm – 3.00pm Monday to Friday

LGBTQI Drop-In

- Opening Hours 5.00pm – 6.00pm Monday
- gerard.hanley@ul.ie

Contact Student Counselling Service

- +353 61 202327
- counselling@ul.ie
- CM-073, Main Building

Out of Hours Clinics

- Dr Ronan Ryder, Old Windmill Medical Centre**
- +353 61 313919
- Lower Gerald Griffin Street, Limerick

**A student rate of €30 is available at this clinic.

Campus Chaplaincy

UL Chaplaincy works to meet the varied religious needs of a global university campus. It recognises that life at UL is a dynamic, ever-changing experience, which brings all kinds of new opportunities and challenges to students. The chaplains offer a welcoming space and supportive presence for both students and staff. They promote an open and caring environment where diversity is respected. The key activities of the UL Chaplaincy team falls into three categories

- Support
 - Worship/Spirituality
 - Outreach/Volunteering.
-

Teach Fáilte Drop-In centre Students are welcome to visit Teach Fáilte Drop-In centre in Student Life Courtyard. This Centre responds to the needs of all students equally. It is one of the busiest and most welcoming students' hubs on campus. Individuals or groups are welcome.

Contact Campus Chaplaincy

- Teach Fáilte Opening Hours 10.30am – 4.30pm Monday to Friday
 - +353 61 202180
 - john.campion@ul.ie
 - +353 61 233635
 - sarah.orourke@ul.ie
 - CM071 in the main building
 - www.ulsites.ul.ie/studentaffairs/chaplaincy-service
-

Contemplative Centre

The University offers a Contemplative Centre as an oasis of peace and tranquillity for those who wish to take time from the campus life to reflect, pray or listen to sacred music.

Religious services are provided throughout the Academic Year.
All are welcome!

Contact Campus Contemplative Centre

- UL Student Life Courtyard
- +353 61 202180

Homesickness and Culture Shock

You can feel anxious or stressed out due to an enormous variety of reasons. The most common are language misunderstandings, different social rules and values, different food, not having a support network like your one at home, a different pace of life, the weather and having unrealistic expectations!

Symptoms include feelings of withdrawal, helplessness, irritability, frustration and anger. You may also feel isolated, lonely or confused. A common refrain may be nothing works here or it's so different at home.

The first thing to note and to remember is that homesickness and feeling out of your depth is completely normal. The best advice is to remember to rest, eat and sleep at the beginning of your experience as when you are tired all feelings and emotions are exacerbated. Create a balance with academic work, socialising and travel. Allow for stereotypes and listen to Irish news and media. The Irish generally love music, sports and the weather and they love chatting about it.



Tips to help with Homesickness and Culture Shock

1.

Allow time to meet people. Allow time to get to know how things work. Allow time to explore. Allow time to be you.

2.

Make a list of places you would like to visit in Ireland.

3.

Host a potluck where friends bring dishes from their home country.

4.

Limit your time on Social Media. Don't spend all of your time chatting to friends at home. You need to chat to people in your class, in clubs and societies, in your accommodation and give yourself the opportunity to make friends here.

5.

Take a trip to explore Ireland. Ask Irish people for tips on where to go.

6.

Create routine and keep up with activities you practice at home like running, painting or reading. Regulate your sleep.

7.

Learn something new! Classes such as MU4136 Introduction to Irish Traditional Music and Dance invite International students to learn an Irish Instrument.

You don't need any experience and will have a new talent to show when you return home.

8.

Practice self-care and meditation. Consider downloading an app or attending Meditation gatherings in the Contemplative Centre. Details of Meditation Sessions are shared weekly with the Campus Community via email.

9.

Do something you love to do like see a movie or a sporting event! Pop into Student Life, UCH or the Irish World Academy of Music and Dance for Free Events.

10.

Talk to others about how you feel. Other students will be feeling the same way.

11.

Join a club or society that excites you.



Student Life



Ten Fun Things to Know about the University of Limerick

1. Orientation Week

The International Education Division hold an Orientation Week at the beginning of every Semester for our new cohort of students. This week is in place, not only to provide students with academic and practical information, but also to allow students to get to know each other by participating in fun events. Some of these events include an Irish Traditional Music evening, A Night at the Movies in the University Concert Hall, Zumba classes and a trip to the Milk Market in Limerick city centre.

2. IED and Student Life Global Festival

The International Office in collaboration with Student Life will run a Global Week during the Academic Year. The week will offer such events as an International Food Fair, cultural demonstrations, music and dance. The occasion is an opportunity for Student's to share traditions from their home countries.

3. International Festivals

Over the course of the Academic Year, UL hosts many Festivals and Cultural Celebrations. These occasions include Holi, Lunar New Year, Diwali and Thanksgiving among many. Students will be notified of these events, and invited to participate.

4. IED Cultural Programme

The International Education Division offers students tickets to Cultural events such as Rugby and GAA matches, musical events and movies playing in the University Concert Hall during the Academic Year. Some tickets are free and some are offered at a reduced price. Students will be sent an email before tickets are available for collection from the International Office.

5. UL Sport Adventure Centre (ULAC)

In operation for over a decade, ULAC provides an excellent year round service to the public. The centre provides high quality, varied adventure based programmes including, sailing, windsurfing, kayaking, canoeing, rock climbing wall and archery.

<https://www.ulac.ie/>

6. Flora and Fauna Walking Trails

The University of Limerick has developed around the original "open parkland" landscape associated with Plassey House. A network of over 14km of Interconnecting pathways and trails provides the leisure walker a sample opportunity to engage with and experience the landscape of the campus.

<https://www.ul.ie/visitorcentre>

7. Roof Garden and Apiary

UL Community Roof Garden was initiated by the Environmental Committee and designed and constructed by Buildings & Estates. The roof garden is for everyone and is open to all. It is a space designed for people to learn and teach about gardening as well as a place for relaxation.

Contact the UL Roof Top Garden Coordinator

- UL Roof Top Garden Opening Hours 9am - 5pm, Monday to Friday
- Gardening Sessions 1pm - 2pm, Thursdays, March to November Annually
- Colin.Fitzpatrick@ul.ie
- D Block, 2nd Floor, Main Building

Following on from the success of the UL Community Roof Garden and Apiary was established. UL currently has three thriving hives with approximately 20,000 residents in each. Seventeen staff and students have trained as beginner beekeepers. Students are invited to become involved in this project.

Contact UL Apiary Coordinator

- adam.deeyto@ul.ie

8. Student Living Upcoming Events

Throughout the year, the University of Limerick will be host to a multitude of events including Art classes, Cultural events, fundraising for Charity and Sports. These events are listed on the UL Student Living website.

<https://studentliving.ul.ie>

9. UCH Cinema Season

The University Concert Hall's Cinema Series Runs throughout the year with themed events for Halloween, Christmas and more. If you're feeling a little nostalgic or just want to see the greats on the big screen, pop along to a movie night during the semester.

<https://www.uch.ie/>

10. Farewell Event

As each semester draws to a close, the International Education Division hosts a Farewell Event for our student who are finishing their time in UL. The occasion is celebrated with music, food, competitions and more.

<https://www.ul.ie/international/events-0>



Student Life Centre

Student Life is the independent voice of the students of UL. They represent your interests and solve your problems on campus and beyond. As a member of the Union, you can avail of such services as

- Representation at local and national level
- Online Grinds Register and Second Hand Bookshop
- Assistance and guidance in matters of finance, accommodation, academic problems, personal safety and mental well being
- An Focal newspaper
- ULFM Student Radio station
- Clubs and Societies

Clubs and Societies @ UL

There are over 80 student-run clubs & societies in the University of Limerick with over 60% made up of sporting clubs on campus. The support network within the University of Limerick allows these clubs & societies to avail of the resources on offer from the students Union, the University of Limerick Sports Department and the University of Limerick Arts Office. It is a great way of meeting new people during your time here.

- | | | | |
|-----------------------|-----------------------------------|--------------------|-----------------------------|
| • American Football | • Dance UL | • Outdoor Pursuits | • Out in UL |
| • Africa | • GAA | • Greyhound | • Tag Rugby |
| • Archery | • Drama | • Parkour | • Photographic |
| • Airsoft | • Handball | • History | • Trampoline |
| • Athletics | • Economics and Investments | • Rowing | • Racing/Motorsport |
| • AMSI | • Karate Shotokan | • Horse Racing | • UL Social Soccer |
| • Badminton | • Entrepreneurship | • Skateboard | • Saudi |
| • Anime and Manga | • Kayak | • International | • Ultimate Frisbee |
| • Basketball | • Environmental | • Skydive | • Science and Engineering |
| • Architecture | • Krav Maga | • Islamic | • WindSports |
| • Boxing | • Fan Forum | • Snowsports | • Sinn Féin |
| • Astronomy | • Ladies Hockey | • Law | • Socialist |
| • Brazilian Jiu Jitsu | • Feminist | • Soccer | • Strength and Conditioning |
| • Christian Union | • Ladies Rugby | • Maths | • Surgical |
| • Capoeira | • Filmmaking | • Sub Aqua | • Tea Appreciation |
| • Comedy | • Mens Hockey | • Medical | • UL Give |
| • Chess | • Friends Médecin Sans Frontières | • Surf | • ULFM |
| • Computer | • Mens Rugby | • Music | • WiSTEM2D |
| • E-Sports | • Games | • Swim | • Yoga and Meditation |
| • Crafts | • Mountain Bike | • NOVAS | • Young Fine Gael |
| • Equestrian | • Games Development | • Table Tennis | |
| • Cumann Gaelach | | • Ogra Fianna Fail | |
| • Fencing | | • Tae Kwon Do | |

Buddy Programme

The Buddy Programme aims to improve the mutual integration of the international students and the Irish students attending UL introducing the international students to the true UL Experience. The programme provides each international student who have signed up in advance of arrival with a Buddy – a volunteer student. The purpose of the programme is to give the local, and the international students at UL an opportunity to create new friendships through social events and parties, arranged exclusively for the Buddies and the international students.

There is a host of advantages to partaking in the Buddy Programme while here in UL, such as

- Practice your language skills
- Gaining insight into a new culture and lifestyle
- Start or expand your international network
- Having someone to rely on for basic information about the local area
- Free tickets to events
- Free Events organised by THE International Education Division
- A fun way to meet and socialise with your peers

Contact the Buddy Programme

buddyprogramme@ul.ie



President Volunteer Award

The President's Volunteer Award (PVA) was established in 2010, to acknowledge the fantastic volunteering undertaken by UL students and their contribution to wider society.

The PVA supports students in all aspects of their volunteering. PVA provides one to one support and promotes volunteering opportunities. It organises volunteer seminars, question and answer sessions, portfolio writing workshops, student volunteer promotional campaigns, processes PVA applications, all while developing volunteering opportunities with local and national NGOs, UL clubs/societies and external organisations.

The PVA ceremony is held in October each year and is the highlight of the UL student volunteer calendar. The President of the University of Limerick will present the award to students who have shown commitment to volunteering in the previous Academic Year. The award is also noted on the student's transcript.



Ambassador Programme

This programme allows current international students at UL to connect and share their UL experience with prospective students, so if you are creative, enthusiastic and enjoy blogging and photography, we would love to hear from you! A UL Ambassador would be required to

- Provide three blogs per semester
- Represent and promote UL in a positive manner
- Assist the international office with events, webinars, campus visits and videography
- Communicate with prospective students online and via email

Participants will receive a Certificate of Participation and a letter of recognition. Hours count towards the President's Volunteer Award and you will gain valuable experience, which will look great on your CV. You will have the chance to meet new people from all over the world and enhance your student experience.



University of Limerick Alumni

The University of Limerick has an Alumni Programme inclusive of all past students including graduates, Erasmus, Study abroad and Non EU Exchange. Once a UL student, always a UL student! Being a member of UL Alumni offers you the opportunity to stay in contact with the University, your former classmates and the wider graduate body. With 81,000 graduates working around the world, UL Alumni provides a unique social and business network. UL has international chapters in London, New York, Boston, California, Europe and East Asia.

Find More Information on our website

ul.site-ym.com



Life on Campus



UL Arena and Sports Facilities

The UL Sport Arena – This stand-alone facility is also home to the National 50m swimming pool base for the high performance swim unit, the 25m diving pool, the national strength & conditioning centre, fitness studio, multipurpose sports halls, indoor 3-lane jogging track, sprint track and various other ancillary and associated services. Individual visits per week average 14,000.

The University's sport pitches development consists of synthetic all weather pitches and a natural turf pitch. The site for the sports pitches development is 'Maguires Field' located on the University of Limerick South Campus, adjacent to the existing UL Arena and all-weather running track.

Student Rates*

- Academic Year (8 Months) €230
- Term (4 Months) €125
- National 50m Swimming Pool Casual (Pay as you go) €3.00
- Health & Performance Centre Casual (Pay as you go) €5.00
- Students staying in on-campus accommodation will receive free access to the UL Arena Pool and Gym

*Valid UL ID required for all the above prices

For more information, please visit <http://www.ulsport.ie/ularena>

University Concert Hall

University Concert Hall (UCH) is a 1,038-seat auditorium situated on the University of Limerick campus. Opened on September 18th, 1993, it was the first purpose built concert hall in Ireland. It has a variable acoustic, which can be tailored to suit the needs of all genres of performance including everything from Classical to Comedy and Panto to Pop.

For more information, please visit <https://www.uch.ie>

Irish World Academy of Music

The Irish World Academy of Music and Dance is the centre of academic and performance excellence housed at the University of Limerick, Ireland. The Academy has a strong International presence with students from over 40 countries studying there. With a faculty of excellent performers, academics and industry professionals the experience of studying at the Irish World Academy second to none. It offers a suite of taught undergraduate and postgraduate courses in music and dance related subject areas. The Irish World Academy's research is at the forefront of these fields of enquiry, worldwide. The Irish World Academy hosts a series of Free Lunchtime Concerts during each semester. Details of Lunchtime Concerts are shared weekly with the Campus Community via email.

For more information, please visit <https://www.irishworldacademy.ie>

University of Limerick Orchestra

The University of Limerick orchestra (ULO) is a community orchestra, funded by the University of Limerick. The players are made up of students, staff and graduates from the University of Limerick, Mary Immaculate College, the Limerick Municipal School of Music and other music schools from across the region.



The Orchestra rehearses every Tuesday 19.00-22.00 in the Irish Chamber Orchestra building, next to Cappavilla Student Village. International students are welcome to join. If you are interested, please contact Orchestra Manager, Daniel Sherlock at the below email address or, attend any of the rehearsal session to speak with him. Grade 6 or higher ABRSM standard. Two to four performances take place each year, with two of these concerts being in University concert Hall and others held in community venues around Ireland

For more information, please contact universityoflimerickorchestra@ul.ie

On-Campus Restaurants and Opening Hours

Restaurant	Opening Hours
The Stables	Monday to Saturday: 08.30 - 23.30 Sunday: 17.00 - 23.00
The Arena Sports Club	Monday to Friday: 08.00 - 23.30 Saturday to Sunday: 08.00 - 20.00
The Paddocks	Monday to Friday: 08.00 - 19.00
The Plaza Café, Glucksman Library	Monday to Friday: 0800 - 1700
The Pavilion, North University Court	Monday to Thursday: 10.00 - 23.30 Friday to Saturday: 10.00 - 00.30
Subway, Starbucks, Chopped, Red Raisins Café, Main Building, Block C	Monday to Friday: 08.00 - 17.00
Eden Restaurant, Main Building, Block E	Monday to Friday: 12.00 - 16.45
Café Allegro, University Concert Hall	Monday to Friday: 09.00 - 16.30
Café Aroma, CSIS Building	Monday to Friday: 09.00 - 16.30
Schumann Café, Schumann Building	Monday to Thursday 09.00 - 16.00 Friday: 09.00 - 15.00
Right Track Café, PESS Building	Monday to Thursday: 09.00 - 16.00 Friday: 09.00 - 15.00
The Cube KBS, Kemmy Business School	Monday to Thursday: 08.30 - 16.30 Friday: 08.30 - 15.00
Blas Café, Irish World Academy of Music and Dance Scholars	Monday to Thursday: 08.30 - 16.00 Monday to Friday: 08.30 - 11.30

On Campus Spar Shop

A Spar Shop is conveniently located in the Student Life Courtyard. Daily essentials like bread, milk and sweet treats can be purchased here, along with healthy sandwiches and salads from the deli.

University of Limerick Tuesday Farmers Market

Hosted weekly, UL Farmers Market brings local food producers (from across the counties of Limerick, Clare and Tipperary) into the centre of the university campus. The Farmers Market is part of a broader movement to encourage ethical consumption and sustainable development within the University.



Immigration Information



Immigration Procedures

Registering with Immigration

All students admitted by the Irish Immigration Officers upon arrival in Ireland, will have their passports computer swiped and date stamped, endorsing a requirement for them to register with the Immigration Office, within one month. Immigration registration takes place at the Garda Síochána (police) station at Henry Street in Limerick city centre during normal office hours, excluding public holidays.

To register with Immigration, students will be required to produce the following

- Offer Letter from the University of Limerick
- Valid Passport
- An Immigration Letter or Visa Support Letter
- €300 fee payable by bank giro or credit card (no cash will be accepted)
- Proof of medical insurance
- Students may also be asked to produce another form of identification
- Proof of funds for stay in Ireland (Bank Statement for €1500 or Letter of Financial Guarantee)
- Non-EU students from visa required countries no longer need to produce at registration proof of finance

Appointment

Non-EU students residing in Ireland for more than three months must register with the Immigration Officer within one month of arrival.

Fee

A fee for Immigration Certificates of Registration issued to non-EU nationals was introduced with effect from 27th May 2006. On registration with the Immigration Registration Officer, a non-EEA national receives an immigration certificate of registration (IRP Registration Card).*

*For further information please visit <http://www.inis.gov.ie/en/INIS/Pages/irish-residence-permit>

Payment

Registration must be made at the local registration office (Henry Street Garda Station, Limerick).

- Payment can only be made by bank giro or by credit card.
- The person whose name is on the credit card must be present at the Garda Station
- Therefore students cannot use the credit cards of parents, relatives etc. at home, but can use the credit card of a friend who is present at the appointment
- Cash is not an acceptable method of payment
- As of November 2012, a fee of €300 will be charged in respect of each registration certificate



Consular Assistance

AUSTRALIAN EMBASSY

7th Floor, Fitzwilton House, Wilton Terrace,
Dublin 2
Tel: 01 664 5300
Email: austremb.dublin@dfat.gov.au
Website: www.ireland.embassy.gov.au

EMBASSY OF THE PEOPLE'S REPUBLIC OF BANGLADESH

28 Queen's Gate, London SW7 5JA
Tel: 0044 20 7584 0081
Email: info@bhclondon.org.uk
Website: www.bhclondon.org.uk

EMBASSY OF THE FEDERATIVE REPUBLIC OF BRAZIL

Block 8, 6th Floor, Harcourt Centre, Charlotte
Way, Dublin 2
Tel: 01 475 6000
Email: brasemb.dublin@itamaraty.gov.br

EMBASSY OF CANADA

3rd Floor, 7/8 Wilton Terrace, Dublin 2
Tel: 01 234 4000.
Email: Hilary.Knight@international.gc.ca
Website: www.canada.ie

EMBASSY OF THE PEOPLE'S REPUBLIC OF CHINA

40 Ailesbury Road, Ballsbridge, Dublin 4
Tel: 01 269 1707 / 01 260 1119.
Email: pa.chineseembassy.ie@gmail.com
Website: http://ie.chineseembassy.org

THE ROYAL DANISH EMBASSY

7th Floor, Block E, Iveagh Court, Harcourt Road,
Dublin 2
Tel: 01 475 6404 / 01 475 6505.
Email: dubamb@um.dk
Website: www.ambdublin.um.dk

EMBASSY OF THE ARAB REPUBLIC OF EGYPT

12 Clyde Road, Ballsbridge, Dublin 4
Tel: 01 660 6718 / 01 660 6566.
Email: info@embegyptireland.ie
Website: www.embegyptireland.ie

EMBASSY OF THE FEDERAL DEMOCRATIC REPUBLIC OF ETHIOPIA

93 Baggot Street Lower, Dublin 2
Tel: 01 678 7062 / 7063.
Email: info@ethiopianembassy.ie
Website: www.ethiopianembassy.ie

EMBASSY OF FRANCE

66 Merrion Square, Dublin 2
Tel: 01 277 5000
Email: chancellerie.dublin-amba@diplomatie.
gouv.fr
Website: www.ambafrance-ie.org

EMBASSY OF THE FEDERAL REPUBLIC OF GERMANY

31 Trimleston Avenue, Booterstown, Blackrock,
Co. Dublin Tel: 01 269 3011
Email: info@dublin.diplo.de
Website: www.dublin.diplo.de

OFFICE OF THE HIGH COMMISSIONER OF THE REPUBLIC OF GHANA

13 Belgrave Square, London SW1X 8PN
Tel: 0044 207 201 5900
Email: gh.donlon@gmail.com; ghmf31@ghc-
uk.org
Website: www.ghanahighcommissionuk.com

EMBASSY OF INDIA

6 Leeson Park, Dublin 6 Tel: 01 497 0806/ 01
497 0987 / 01
496 6770.
Email: amb.dublin@mea.gov.in / hoc.dublin@
mea.gov.in cons.dublin@mea.gov.in (consular
matters) Website: www.indianembassy.ie

EMBASSY OF THE REPUBLIC OF INDONESIA

30 Great Peter Street, London SW1P 2HW
Tel: 004420 7499 7661.
Email: kbri@btconnect.com
Website: www.indonesianembassy.org.uk

THE EMBASSY OF ITALY

63/65 Northumberland Road, Ballsbridge,
Dublin 4 Tel: 01 660 1744 / 01 664 2300.
Email: ambasciata.dublino@esteri.it
Website: www.ambdublino.esteri.it

Consular Assistance

EMBASSY OF JAPAN

Nutley Building, Merrion Centre, Nutley Lane,
Dublin 4
Tel: 01 202 8300
Email: protocol@ir.mofa.go.jp
Website: www.ie.emb-japan.go.jp

EMBASSY OF THE HASHEMITE KINGDOM OF JORDAN

6 Upper Phillimore Gardens, Kensington,
London W8 7HA
Tel: 004420 7937 3685.
Email: london@fm.gov.jo
Website: www.jordanembassy.org.uk

EMBASSY OF THE REPUBLIC OF KENYA

11 Elgin Road, Ballsbridge, Dublin 4
Tel: 01 613 6380
Email: info@kenyaembassyireland.net Website:
www.kenyaembassyireland.net

EMBASSY OF THE REPUBLIC OF KOREA

15 Clyde Road, Ballsbridge, Dublin 4
Tel: 01 660 8800.
Email: irekoremb@mofa.go.kr
Website: <http://irl.mofat.go.kr>

EMBASSY OF MALAYSIA

Level 3A - 5A, Shelbourne House, Shelbourne
Road, Ballsbridge, Dublin 4
Tel: 01 667 7280.
E-Mail: mwdublin@kln.gov.my
Website: www.kln.gov.my/perwakilan/dublin

EMBASSY OF MEXICO

19 Raglan Road, Ballsbridge, Dublin 4
Tel: 01 667 3105
E-Mail: info@embamex.ie
Website: www.embamex.ie

EMBASSY OF NEW ZEALAND

2nd Floor, New Zealand House, 80 Haymarket,
London SW1Y 4TQ
Tel: 004420 7930 8422.
Email: aboutnz@newzealandhc.org.uk /
consular@newzealandhc.org.uk
Website: www.nzembassy.com/uk

EMBASSY OF THE FEDERAL REPUBLIC OF NIGERIA

56 Leeson Park, Dublin 6
Tel: 01 660 4366
Email: enquiries@nigerianembassydublin.org
Website: www.nigerianembassydublin.org

EMBASSY OF PORTUGAL

70 Upper Leeson Street, Dublin 4
Tel: 01 669 9100/631 9607/631 9602
Email: dublin@rne.pt (Embassy) / dublin@rne.pt (Consular Section)
Website: www.embassyportugal.ie

ROYAL EMBASSY OF SAUDI ARABIA

6 & 7 Fitzwilliam Square East, Dublin 2.
Tel: 01 676 0704
Email: prsedl@gmail.com

EMBASSY OF SPAIN

17A Merlyn Park, Dublin 4
Tel: 01 283 9900 / 01 269 1640 / 01 269 2597
Email: emb.dublin.inf@maec.es
Website: www.maec.es/embajadas/dublin

EMBASSY OF THE UNITED ARAB EMIRATES

45-47 Pembroke Road, Dublin 4, D04 V5N0
Tel: 01 660 0000
Email: dublinemb@mofaic.gov.ae

EMBASSY OF THE UNITED STATES OF AMERICA

42 Elgin Road, Ballsbridge, Dublin 4 Tel: 01 630 6200.
E-Mail: dublinrsvp@state.gov
Website: www.usembassy.ie

EMBASSY OF THE SOCIALIST REPUBLIC OF VIETNAM

12-14 Victoria Road, London W8 5RD
Tel: 004420 7937 1912.
Email: vanphong@vietnamembassy.org.uk
Website: www.vietnamembassy.ie

If you do not see your country's embassy listed here, a complete list of embassy contacts can be found on the Department of Foreign Affairs website: <https://www.dfa.ie/embassies/embassies-in-ireland>



A man with a beard and mustache, wearing a grey knit beanie and a blue jacket, is looking towards the camera. He is standing on a grassy hillside. In the background, there are rolling hills and mountains under a blue sky with some clouds. A yellow arrow graphic points towards the top right corner of the image.

Living in Ireland

Climate

Winters in Ireland are mild and summers temperate, due to the prevailing south- westerly winds and the influence of the warm water of the North Atlantic Drift. Ireland has a mild climate all year, averaging 2°- 7°C (35°- 45°F) in winter and 18°- 24°C (65°- 75°F) in summer. May and June are the sunniest months.

Time Zone

Ireland is in the same time zone as Great Britain, Greenwich Mean Time (GMT). The clocks change twice yearly for summer time. The summer time period starts the last Sunday in March at 1.00am GMT, i.e. the clock goes forward one hour. The summertime period ends the last Sunday in October at 1.00am GMT, i.e. the clock goes back one hour.

Currency

The currency of the Republic of Ireland is the Euro (€). Euro notes come in seven denominations 5, 10, 20, 50, 100, 200 and 500 Euro. There is 100 cent to the Euro and coins are in eight denominations 5, 10, 20 and 50 cent, and 1 and 2 Euro. As Northern Ireland is part of the United Kingdom, the pound sterling (£) is in use and denominations are similar to that of the Euro. Please note this when exploring Belfast.

Banking

There are five retail banks in Ireland, the Bank of Ireland (BOI), the Allied Irish Bank (AIB), the Ulster Bank, the Danske Bank and Permanent TSB Bank. The bank on campus is Bank of Ireland. Most banks are open from Monday to Friday from 10am to 12.30pm and from 1.30pm to 5pm, with some branches open through lunch. The on campus branch of Bank of Ireland is open from 9.30am to 5pm Monday through Friday. ATM facilities are available in most towns and villages. Cashiers have limited opening hours, which are subject to change.

All major credit cards (Visa, MasterCard and Euro Card) are accepted in the majority of services and retail outlets. Some outlets may accept Diners Club and American Express cards. Most credit cards can be used in ATMs, especially the Bank of Ireland and Allied Irish Bank (AIB) ATMs. There will be a small charge to use of an ATM abroad. For Non EU Debit/Credit Cards, the fee will be around 3% of the amount taken out with a maximum of €11.50.

To open a bank account in Ireland, you will need identification (Passport, National Identity Card) and a letter from the International Education Division. Letters can be requested using our letter request form online.

For more information, please visit <https://www.ul.ie/international/letter-request-form>

Electricity

In Ireland, the standard electricity voltage is between 220 – 240 volts. The frequency is 50 Hertz, the same as in most parts of Europe. If your electrical items are not suited to work under these conditions, you should equip yourself with a transformer.

Buildings in Ireland have sockets for 13 amp square pin fused plugs. Adaptors can be bought in most supermarkets, in order to make your electronics compatible with our three-pin sockets.

Postal Services

Post Offices are open from 09h00 to 17h30 during the week and from 09h00 to 13h00 on Saturdays. They offer full postal services to all countries and often offer banking facilities.

UI Post Room Location - B-0034, Main Building, Tower 4 Charles Bianconi opposite Entrance to Student Centre. Post goes at 3.45pm each day.

Television, Radio, Podcasts, Newspapers and Magazines

Ireland has a free national digital television service called Soarview. Television channels available in the republic of Ireland are RTÉ One, RTÉ2, Virgin Media One, TG4, Virgin Media Two, Virgin Media Three and Virgin Media Sport. British TV channels can be picked up in most parts of Ireland on Cable TV and satellite.

There are six national radio stations and many local ones. Irish people are big fans of radio broadcasting, including podcasts. For a taster visit, www.podcasts.ie.

Popular national daily newspapers include The Irish Times, Irish Independent and Irish Examiner. There are also daily tabloid newspapers. Most towns have a local or regional paper. The free local papers for Limerick are the Limerick Leader and Limerick Post.

They are a good source of information for services and entertainment. All good newsagents sell a wide variety of special interest magazines, from sport to business. Publications can also be found in O'Mahony's bookstore, on Campus

Driving in Ireland

In Ireland, people drive on the left-hand side of the road. In towns and cities, the speed limit is normally 50 kilometres per hour but on certain roads, higher limits may apply. A general speed limit of 100 kilometres per hour applies on all roads except for motorways where a speed limit of 120 kilometres per hour applies.

The laws regarding speeding, drink-driving and wearing seatbelts in Ireland are very strict. There is a penalty point system in operation, whereby points will be added to your driving licence for road safety offences. Full details on all road safety offences can be found at www.penaltypoints.ie.

WiFi

Ireland does not usually have free WIFI in public areas. However, most bars, restaurants and shopping centres will have open free WIFI services.

The University of Limerick provides a free wireless network to students and staff.

Drugs and Alcohol

All recreational drugs are illegal in Ireland with the exception of alcohol. It is a public offense to drink alcohol in communal public areas such as parks, or on the street. The drinking age in Ireland is 18. That means you must be at least 18 years old to buy, attempt to buy, or consume alcohol in Ireland. It is also illegal to obtain alcohol for anybody below the minimum age.

Ireland and Sports

In Ireland there are two indigenous sports, Gaelic Football and Hurling. The GAA Hurling All-Ireland Senior Championship final is, currently, held on the third Sunday in August while the All-Ireland Senior Football final is traditionally held on the third Sunday in September.

Our adopted National sport is Rugby, which is much loved in the West of Ireland. Limerick's team are known as Munster rugby club and you will see them train on campus and also see the red flags out and about when there is a game on. Munster Rugby's High Performance Centre is located at the University of Limerick.

Limerick are the current Munster Champions and 2018 Hurling All Ireland Senior Champions!



Living in Limerick



King John's Castle

At the junction of Nicholas Street and Bridge Street stands St. Mary's cathedral, the ecclesiastical centre of the fortress for hundreds of years. The full title of this cathedral is the "Cathedral and Parochial church of the Blessed Virgin Mary." It was built in 1172 by Donal Mór O'Brien, the last king of Munster.

Tourists will find excellent documentation of historical remains within the ancient cathedral itself. The most noteworthy relics of the past are the ancient altar stone used when mass was celebrated in the cathedral, and the splendidly carved misericords in the choir. The misericords are unique in Ireland as the only surviving pre-Elizabethan carvings that date from 1480.

For more information, please visit <http://www.saintmaryscathedral.ie/>

St. Mary's Cathedral

At the junction of Nicholas Street and Bridge Street stands St. Mary's cathedral, the ecclesiastical centre of the fortress for hundreds of years. The full title of this cathedral is the "Cathedral and Parochial church of the Blessed Virgin Mary." It was built in 1172 by Donal Mór O'Brien, the last king of Munster.

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For more information, please visit <http://www.saintmaryscathedral.ie/>

University of Limerick Gallery

Two Irish National Collections are housed in the foundation building of The University of Limerick. On the second floor you can find part of the Irish Water Colour Collection, while the National Self-Portrait collection can be seen on the 3rd floor. Both exhibitions may be viewed free of charge when visiting UCH.

Angela's Ashes Walking Tour

A walking tour of Nicholas Street, through the most important sites depicted in Frank McCourt's bestselling autobiography "Angela's Ashes."

One of the best ways to become acquainted with your new adopted home as you are guided through the heart of Limerick city. It is a very valuable experience whether you have read the book or not!

For more information, please visit noel.curtin@hotmail.com

Bunratty Castle and Folk Park

Bunratty Castle is the most complete and authentic medieval fortress in Ireland. Built in 1425, it was restored in 1954 to its former medieval splendour and now contains mainly 15th and 16th century furnishings, tapestries, and works of art. Within the grounds of Bunratty Castle is Bunratty Folk Park, where 19th century life is recreated for visitors. Set on 26 acres, the impressive park features over 30 buildings in a 'living' village and rural setting.

For more information, please visit <https://www.bunrattycastle.ie/>

Other Attractions

SPORTS

- Gaelic Grounds, Ennis Road - Home of Limerick GAA
- Thomond Park, Old Cratloe Road - Home of the Munster Rugby Team

LOCAL MUSEUMS

- The Hunt Museum, Rutland street - Small but impressive museum containing a large collection of Medieval European artefacts. The collection boasts an original Picasso. It is housed in Limerick's Old Custom House and former home of the famous art collectors, John and Gertrude Hunt.

- Jim Kemmy Municipal Museum, Nicholas Street, Limerick
- Frank McCourt Museum, Hartstonge Street, Limerick

HOBBIES AND GAMING

- The Gathering is a hobbies and gaming space in Limerick city centre. The Gathering in Limerick offers an alternative social community for those interested in role-playing games such as Dungeons and Dragons, trading card games like Pokémon or even plane and automobile modelling.
- <http://thegatheringlimerick.squarespace.com/>

Other Attractions

OTHER LOCAL LIMERICK THEATRES

- The Lime Tree Theatre is situated on the campus of Mary Immaculate College. It is a significant addition to the national cultural infrastructure of Limerick and the Mid-West.
- The Belltable Arts Centre houses a 250-seat theatre/cinema, a 50 seat balcony studio and a visual arts gallery. The Belltable Arts Centre is a space for arts development, excellent arts provision and social engagement in Limerick and beyond. For more information on both venues, please visit <https://www.limetreetheatre.ie/>

LOCAL MUSIC VENUES

- Dolan's Live music gigs are held in Dolan's three venues, Dolans Warehouse, Upstairs in Dolans and the KASBAH social club. There is live traditional Irish Music in Dolans Pub and restaurant every night. <https://www.dolans.ie/whats-on-limerick>

- King John's Castle The Castle is not only a historical landmark but also a frequent music venue, in association with Dolan's. The venue has hosted such Irish performers as the Corona's, Gavin James and Bell X1. <https://www.dolans.ie/liveatthecastle>
- Limerick Milk Market The Limerick Milk Market hosts many Irish and International Music acts throughout the year. To check out upcoming events please see their website. <http://www.milkmarketlimerick.ie/>

FOR MORE INFORMATION ON UPCOMING EVENTS AND FESTIVALS IN LIMERICK VISIT

- [www.ilovelimerick.ie /](http://www.ilovelimerick.ie/)
- www.instagram.com/ilovelimerick



Shopping in Limerick

HOW DO I GET THERE?

- As part of orientation week, buses will be organised by the International Education Division to the Parkway Shopping Centre where you can buy some essentials. The International Education Division will also be organising buses to the city centre.
- The 304 bus departs from the main university bus stop, The Stables, every 15 minutes. The bus costs €2.40 for a single ticket and can be paid in cash on the bus. The bus returns to UL from William Street in Limerick City Centre. You can buy a day-saver ticket for Bus Eireann City Bus Service for €4.80.
- Aldi and Lidl are grocery stores within walking distance of UL. Alternatively, there are weekly buses to Lidl every week. Keep an eye on 'UL Student Life' social media for more information.
- Some students prefer to avail of the Tesco Delivery Service; where you can order your groceries online and have them delivered for a fee of €3-€7.

WHAT WILL I NEED?

- If you are staying in on-campus accommodation, a complete assortment of kitchenware is provided. This includes pots, pans, cutlery, plates, cups etc. You will need to purchase your own bedsheets. To find out what is provided in on-campus accommodation, please contact accommodation@ul.ie.
- If you are staying in off-campus accommodation, you should view your accommodation or contact your landlord prior to purchasing any household items.

- Some students like to buy an Irish sim card during their time abroad.

PHONE SHOPS

- We understand how important phones are, especially when you come to study in a different country. Some students like to purchase an Irish sim card while they are here. The main networks in Ireland are 3 and Eir, both of which have stores located at the Parkway Shopping Centre and in Limerick City Centre.

INTERNATIONAL SHOPS

- We understand that culture shock is a primary concern for students who come abroad, especially for those who come from countries where the cuisine is quite different. Limerick city centre has some international food stores, which are a favourite among international students.
- Cheong Heng Hong Oriental Supermarket, 97 Henry Street
- Carnival Asia Store, 15 Upper William Street
- India Foods, 2 High Street
- East End Foods, 2 Upper Gerald Griffin Street
- Global Foods, 17 Davis Street





Travel and Transport



It is easy to get around Limerick on foot or by bike. To walk across town from St. Mary's Cathedral to the train station takes about 15 minutes. Taxis are outside the tourist office, bus station, train station, O'Connell Street, William Street and Sarsfield Street. Bus Éireann public buses 304, 304A and 308 service the University of Limerick. The current Bus fare for a single trip within the city limits is €2.40. There are two bus stops in the University, one inside the Main Entrance and the Second outside The Student Life Courtyard.

Private buses run from Arthur's Quay in the city and from the main bus stop on campus. The m7 express can take you to Dublin for €10 one way. See www.dublincoach.ie for more details.

Students can apply for a Leap Card. This card allows you to pay for transport as a pay as you go; you can use prepaid tickets and use as student ID to buy discounted paper tickets for areas outside major cities. Forms can be found in the International Office and the Student Life Reception. You can also apply online. The card can be topped up in Spar shop, on Campus.

- www.leapcard.ie

Bus Éireann Colbert Station Limerick

Services operate from the bus and train station, a short walk south of the city centre. There are regular connections to Dublin (€19.50 return, 2 hours and 30 minutes), Tralee (€17.50 return, 2 hours), Cork (€17.50, 1 hour and 50 minutes), Galway (€17.50 return, 1 hour and 30 minutes), Killarney, Rosslare, Donegal, Sligo, Shannon, Derry and most other centres. You can get off in Limerick at the bus stop on O'Connell Street. There is a bureau de change at the Bus Éireann information desk.

For more information visit or contact www.buseireann.ie / +353 61 313 333

Iarnród Éireann Train Colbert Station Limerick

There are regular trains to all the main cities from Colbert Station, Parnell Street. Eight trains daily to Dublin, two daily to Rosslare Harbour, Tipperary and Cork. Other routes involve changing trains at Limerick Junction, 20km southeast of Limerick. Tickets can be booked in advance on the website.

For more information visit or contact www.irishrail.ie

Flying to and from Ireland

Flights are available to most Major EU cities, and further, from one of four Irish Airports, Dublin Airport (DUB) Ireland West Airport Knock (NOC) Kerry Airport (KIR) and Shannon Airport (SNN). Shannon airport is local to Limerick. Cheap flights can be booked here to many European destinations using the airlines Aer Lingus and Ryanair.

For more information visit or contact www.aerlingus.com / www.ryanair.com

Biking

Access to and around the University is easy on a bicycle. Cycling facilities outside and inside the campus have been constructed as a response to the recent increase in the numbers of cyclists travelling to the campus. The University of Limerick is a smarter travel campus with the support of Limerick Smarter Travel, the University is committed to the promotion of sustainable modes of travel.

For more information on travelling around campus download UL's Wayfinding App

<https://www.ul.ie/buildings/travel/bus/ul-wayfinding-app>



Smarter Travel Tips for Cyclists

- Plan your route use Google Maps to plan your journey.
- Do a test ride if you are a new commuter Do a test cycle on a free day.
- Expect the Irish Weather Weather conditions can change quickly on any given day in Ireland. Prepare by packing some waterproof clothing.
- Don't be afraid to take a day off You don't have to cycle every day. It's good to have a backup lift from a friend or take the bus.
- Cycle with a Bike Buddy It is fun to explore with a friend.
- Cycle in a straight line and signal your intentions!
- Cycle with the traffic on the left-hand side of the road
- Be prepared! Cyclists should always look around for vehicles performing sudden lane changes or doors opening from parked cars.
- Do not wear earphones while cycling!
- Never assume a driver sees you.

Safety Tips



Safety while travelling

- When travelling on foot, use busy routes and well-lit walkways. Avoid isolated and darkened areas.
- When travelling alone, inform another trusted party of your intended destination, mode of transport and expected time of arrival. Walk facing traffic so that vehicles cannot approach you from behind without you being aware of their presence.
- Do not display obvious valuables on your person (jewellery, handbags, etc.) unless completely necessary.
- Carry only the amount of cash that you require. Credit cards and bank pass books should be kept securely out of sight and not in back pockets.
- If you think you are being followed, go to the nearest place where there are people, even a private house, and ring the Gardai.
- If you are assaulted contact the Gardai (Irish Police) immediately by dialing 999 or 112
- Avoid situations which will necessitate your travelling alone at night-time. There is safety in numbers. However, if you must travel on your own, plan your journey to limit your exposure to risk of assault, robbery, or theft by scheduling your journey to coincide with bus and train times, etc. Use a taxi if no other convenient transport is available.
- Personal Security Alarms are a convenient safeguard – and are available in the Students' Union shop.

Safety at Home

- Ensure that your apartment and house doors are locked at all times. When vacating your apartment, check to ensure that all windows are locked.
- Never give your apartment keys to anyone else, do not leave your keys to anyone else, and do not leave your keys where others could have access to them.
- Before you admit any callers to your apartment, ensure you are satisfied with their identity – ask for identification if you are in doubt.
- Inform a trusted neighbour if you are going away. Ensure that you do not have obvious signs of a vacant apartment – curtains drawn during daylight hours, etc.
- Ensure that all your property is marked with your own personal identification code. Items of value should be securely locked away

Lost and Found

The official Lost and Found for the University of Limerick is located in the Main Building. Any found or unclaimed property can be turned in to the lost and found and kept in a secure location for up to 60 days until they are claimed.

- Opening Hours 10.30pm – 4.30pm Monday to Friday
- Main Reception, Block D, Level G, Main Building

Garda Community Officer

The Garda Community Officer is available in the Students' Union. If you wish to see the officer, ask at the Reception Desk.

- Opening Hours 2pm Wednesday (beginning Week 3 of the semester)

Map of On Campus Accommodation

www.ul.ie/international

Map of Castletroy

UNIVERSITY of LIMERICK
OILS COIL LUIMNIGH



- Key**
- Bus Stop
 - Supermarket/Shop
 - Post Office
 - Restaurant/Pub
 - Bank
 - Medical Centre
 - Sports / Recreation
 - UL Buildings
 - Student Accommodation
 - Private Accommodation
 - Parkland







For further information
www.ul.ie/international

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