



Information Guide

For International Students at Mary Immaculate
College, Limerick

2024-25



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Fáilte / Welcome

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

Founded in 1898, Mary Immaculate College is a Catholic College of Education and the Liberal Arts. The College offers a wide range of programmes in Education and the Liberal Arts at both undergraduate and postgraduate level and close to 5,000 students are engaged in studies here. Each year we welcome international students who come to study and enjoy themselves at the College. Because of its size, there is a friendly atmosphere, with many opportunities to make new friends.

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

We are looking forward to welcoming students to Mary Immaculate College for the Academic Year 2023-24

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

Guímid gach rath ort anseo sa Choláiste!



Application & Registration

Please complete the Study Abroad Application form that was sent to you via email, and return it via e-mail to Mary Immaculate College's International Office by the relevant closing date indicated in the email.

General closing dates for receipt of nominations:

- **Closed for Autumn 2024**
- **15 September 2024** for international exchange students arriving for the Spring semester 2025
- **15 March 2025** for international exchange students arriving for the Autumn semester 2025

Please note that due to accommodation shortages nationwide, it may be necessary to close nominations earlier this academic year to ensure that students are not nominated without a place to stay. Therefore, the sooner nominations are received, the better.

Should you have any queries about the Erasmus+ Exchange or Study Abroad student programme, please contact:



Dr Sandra Aline Wagner

Inbound Student Coordinator
Mary Immaculate College
South Circular Road
Limerick

E-mail: Sandra.Wagner@mic.ul.ie
Tel: +353 61 204334

Academic Calendar

2024-25

The academic year is divided into two semesters, each of 15 weeks duration.

Autumn Semester

Start date: 09 September 2024*

Finish date: 20 December 2024*

Spring Semester

Start date: 27 January 2025*

Finish date: 19 May 2025*

*Please note these dates are currently provisional & subject to change and will be confirmed closer to the date.

- **Please note that you are required to attend International Student Orientation which is held before the commencement of each semester; please refer to page 6 for dates.**
- As these dates are subject to change please always ensure you check the MIC website before making any travel plans and/or other arrangements by clicking here: [Academic Calendar Timetables](#)
- Please note that all international students are required to complete all assessment / examination requirements at Mary Immaculate College before returning to their home country/home university. Mary Immaculate College is under no obligation to make any special arrangements for exchange students in terms of setting alternative assessment and/or examination mechanisms.
- Please note that Spring semester examinations for Year 2 Bachelor of Education modules are normally held before the official examination period in April / May.

International Office location:

The International Office is located on the John Henry Newman Campus, directly across from the Foundation Building on the main MIC Campus.



Orientation Programme

An exciting and welcoming Orientation programme is organised before the start of each semester and it is required that all international students attend. The programme provides information about the College, its academic programmes, student facilities, tour of the campus and Limerick City, as well as an exclusive trip to the Cliffs of Moher and the surf town of Lahinch! Students meet with their academic advisors and obtain advice and assistance in planning their modules for the semester. We organise a buddy system, as well as various cultural and social events, so that students get to know each other and settle into their new surroundings.

Orientation Programme Dates:

Autumn Semester 2024:

Commencing Wednesday, 4 September 2024 until and including Friday, 6 September 2024.*

Spring Semester 2025:

Commencing Wednesday, 22 January 2025 until and including Friday 24 January 2025*

*Please note these dates are currently provisional & subject to change and will be confirmed closer to the date.



Academic Information

The academic programme is semesterised and modularised. Each semester comprises 15 weeks: 12 weeks of classes followed by 1 study week and 2 weeks of examinations. Each course/module lasts for the duration of one semester and normally involves a minimum of 3 contact hours of lectures/tutorials per week. It is recommended that international exchange students take a **minimum of 4 course modules per semester of study**.

Student & Course Registration

Both student and module registration take place at Mary Immaculate College during the first week of each semester (the week after international student orientation); students will receive their College identification (ID) card during Orientation.

Should a student make any changes to their module choices during the semester, please advise both your Academic Advisor and Student Academic Administration (Eithne Galvin - Eithne.Galvin@mic.ul.ie) of the change(s) via e-mail.

Attendance at Lectures, Tutorials & Practicals

All students are required to attend lectures, tutorials and practicals. Absences should be reported to Student Academic Administration (Room 112, Foundation Building).

Please note a medical certificate and/or other documentation to support your absence may be required.

The Student Handbook (p. 7 section 2.5.1) outlines the attendance requirement.

Attendance at Examinations

All students are required to attend all scheduled assessments and examinations.

If a student misses an end-of-semester examination, they must contact Student Academic Administration (Room 112, Foundation Building) for advice as a matter of priority.

If a student is registered for a module on an **attendance / audit-only** basis and are not required to take the module assessment(s) / examination(s), you are required to advise **both** your Academic Advisor and Student Academic Administration (Eithne Galvin - Eithne.Galvin@mic.ul.ie) **via e-mail**.

Please note that all international students are required to complete all assessment / examination requirements at Mary Immaculate College before returning to their home country / home university. Mary Immaculate College is under no obligation to make any special arrangements for exchange students in terms of setting alternative assessment and/or examination mechanisms.

Grading System

A grade is awarded for each module for which a student is registered.

The QPV (Quality Point Value) corresponds to the Grade Point Average (GPA) used in the North American system.

The ECTS (European Credit Transfer System) grades apply to European exchange students. Up-to-date information on the College's grading system can be found in **Section 3: Assessment and Student Progression** in the **Student Handbook**.



Credit Transfer

The European Credit Transfer System (ECTS) is a way of ensuring academic recognition between European institutes of higher education.

It is based on a system of credits whereby a full year's academic programme is worth 60 ECTS and one semester's academic programme is equal to 30 ECTS.

Issuing of Results

International exchange students can access results on the MIC student results portal using their student ID number, network log-on password and date of birth.

Transcripts of grades obtained by international exchange students are sent to their home university coordinators following the meeting of the College's Examination Board at the end of each semester of studies.

Academic Programmes

Bachelor of Arts Degree (B.A.)

Mary Immaculate College offers a Bachelor of Arts degree. Subjects available on the B.A. programme include:

- Business Studies
- Drama & Theatre
- English
- French Studies
- Geography
- German Studies
- History
- Gaeilge (Irish)
- Mathematics
- Media & Communication Studies
- Music
- Philosophy
- Psychology
- Theology & Religious Studies

Special modules are offered to international students including:

- English as a Foreign Language (EFL)
- English for Academic Purposes (EAP)
- Teaching English as a Foreign Language (TEAL) (Offered subject to 10 enrolled students)
- Gaeilge Ab Initio (Irish for Beginners)

Please refer to the detailed course and module information in the [BA Arts 'Module Descriptors for International Students'](#) on our website.



Bachelor of Education (B. Ed.)

The Bachelor of Education (B.Ed.) programme comprises theoretical education, pedagogy of curricular areas, and school placement. International exchange students may take modules from the Bachelor of Education programme only if their home university has a dedicated Education link with Mary Immaculate College.

No other international exchange students may take modules / module components from this programme under any circumstances. Please also note that school placement modules, micro-teaching and / or classroom observation are not available to international exchange students.

Please refer to the detailed course and module information in the [‘Bachelor of Education Module Descriptors for International Students’](#) on our website.

Bachelor of Arts in Early Childhood Care & Education (ECCE)

The B.A. degree programme in Early Childhood Care and Education is a full-time four-year degree course designed to provide an exciting and challenging programme for those interested in working with young children in a range of educational settings.

International exchange students may take modules from the B.A. ECCE programme only if their home university has a dedicated ECCE link with Mary Immaculate College.

No other international exchange students may take modules / module components from this programme under any circumstances.

Please refer to detailed course and module information in the [‘BA ECCE Module Descriptors for International Students’](#) as well as Education.

Guide to College Services (A - Z)

Academic Learning Centre (ALC)

The ALC is a drop-in service for all students who are seeking advice/help on any aspect of learning at MIC.

Office: C1, C3, C4 (between the Library Building and the Foundation Building)

Tel: + 353 61-204373

Website: Academic Learning Centre

Access & Disability Service

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

Contact: Karina Ryan, Access and Participation Manager

Room: G01 (Foundation Building)

Tel: +353 61 204510

E-mail: Karina.Ryan@mic.ul.ie

Arts Office

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

Opening Hours: Monday to Friday from 10.00 - 13.00 and 14.00 - 16.30.

Room: RG1 (Foundation Building)

Bookshop

An Siopa, located in the Tara Building on campus, sells new titles for some of the courses taught in the College. It is also possible to buy second-hand books from other students – see College noticeboards and MISU.



Chaplaincy

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

Contact: Fr. Michael Wall, Chaplain

Office: G48 (Foundation Building) / T.1.08 (TARA)

E-mail: Chaplaincy.Team@mic.ul.ie

Tel: +353 61-204331

Website Link: [Chaplaincy](#)

Counselling Service

Mary Immaculate College provides a professional, on-campus counselling service available to all students, free of charge. This service provides all students with the opportunity to talk, in a confidential setting, about any issues which they may not feel comfortable discussing with anyone else. [Click here for more information.](#)

Contact: Dr. Paula Seth

E-mail: Paula.Seth@mic.ul.ie

Office: T.3.11 (TARA)

Tel: +353 61 204948 / +353 85 8775827 (Monday - Friday)

Education Office

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

Opening Hours: Monday – Friday from 09.00 – 12.00 and 14.00 – 16.45

Room: 307 (3rd Floor, Foundation Building)

Health Promotion Service

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

Office: G06 (Foundation Building)

Tel: +353 61-204922

E-mail: healthpromotion@mic.ul.ie

Website: [Health Promotion Service](#)

ICT and Wi-Fi Facilities

Open-access PC cluster opening times are Monday – Friday, 08:30 – 21.30. Printing and copying are available in the open-access computer rooms during these times and they are located in rooms G33c, G34, G35, G36 of the Foundation Building. Students are provided with e-mail accounts and full internet access is available from all networked student PCs and charging ports are available in designated areas of the college. You will find more useful information on services available to students here.

Library

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

Rooms: LG1 – LG4 and L201 – L203

Tel: +353 61-204370

Opening Hours: Vary (check the website)

Website: [Library](#)



Meals

Breakfast, dinner and evening meals are available in the College restaurant for all students who wish to avail of these. A tea and coffee service, together with a wide variety of snacks, is available in both the College restaurant and An Siopa throughout the day. Students have access to use a microwave throughout the day/evening.

Medical Centre

Room: T.3.07 (TARA Building) Tel: +353 61-204343

The Medical Centre offers urgent, private and confidential acute medical care during college term. Students can access this service for a nominal charge (currently €10) and the service is strictly confidential.

How to make an appointment:

The Medical Centre is open from Monday to Thursday 9:00 – 16:00 and Friday 9:00 – 15:00. Students should phone or email to make an appointment.

Contact: +353 61 204343 or Medical.Centre@mic.ul.ie. Phoning is preferable to emailing.

Appointment only (no walk-ins please).

Students are assessed and if required, an appointment is made to see the Doctor on campus between 14:00 – 16:00.

Students who wish to attend a doctor directly can go to Ashdown Medical Centre, Courtbrack Avenue, South Circular Road. There is no charge for Erasmus students with a European Health Insurance Card. There is a fee of €30 for other students who show their MIC student card.

Tel: +353 61 301200 to ring for an appointment – Monday to Friday 9.30 - 5.00.

Weekend / after-hours cover is not provided by MIC's Medical Centre. Students who need urgent medical treatment should contact Shannon Doc or go to the A&E Department at Limerick Regional Hospital which provides 24 hour cover (Tel: +353 61 301111).

Students who need to see a doctor out-of-hours should contact Shannon Doc on 1850 212 999. This is a GP service which covers Limerick and surrounding areas. EU Students are covered for doctor visits on presentation of their European Health Insurance Card (EHIC). If you have an existing medical condition, please bring your medical records along with prescriptions for any medication you are taking. Overseas students are asked to bring their European Health Insurance Card or proof of private medical insurance with them when attending the Medical Centre for treatment. In an emergency, dial 999 or 112.

Notice Boards across campus

You will find the following notice boards in the Reception area: Uachtarán / President, Cláráitheoir / Registrar and An Fhoireann/Staff. These notices will appear on the notice boards situated along the 'Information Corridor' – beside the main stairs in the Foundation Building – and/or on the electronic noticeboard located in Main Reception (Foundation Building). Many other notice boards which will contain news items of concern to you are to be found in various areas of the College.

Orientation Campus Tour:

Take our virtual campus tour [here](#) which is divided into various chapters and helps students explore all aspects of student life at MIC.

Post

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



Radio Station (Wired FM)

Wired FM is a student community of interest radio station, broadcasting to the third-level students of Limerick city and suburbs. The station provides a voice for the students of Limerick and gives them a chance to offer a real alternative for fans of great music and speech-based radio in the city. The station also broadcasts weekly film, literature, sports, Irish language and arts programmes, combined with student current affairs output.

Office: LG05

Tel: +353 61-315773 E-mail: manager@wiredfm.ie or studio@wiredfm.ie

Website: Wiredfm

Security

College and Campus Security Personnel can be contacted on + 353 61 204982 / +353 87 6594341 or via the Main Reception desk in the Foundation Building.

Shop

The Students' Union shop, An Siopa, is located in the TARA Building and sells books, stationery, food, phone credit, stamps, newspapers, drinks and takeaway tea, coffee etc.

Sports

Mary Immaculate College encourages all students to take part in sport and recreation. Coaching is provided at introductory and advanced levels. Tailteann (“the gym” in Irish) is open Monday – Thursday 08.45 - 22:00 (It closes on Friday at 16.45). To use the gym, new members must first attend a brief induction session which can be booked with staff at Tailteann Reception.

Tel: +353 61-204306

Website: Sports Office and facilities



Students' Union – Student Clubs & Societies

Mary I Students' Union (MISU) provides support, representation and services to its members, the students of MIC. MISU represents the student body in negotiations with college staff and management and with other organisations on a local, national and international level.

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

Contact: MISU

Tel: + 353 61-400013

Website: MISU

Student Parent Co-ordinator

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

Contact: Nicola Hurley, Student Parent Co-ordinator

Office: Room T.3.07a (TARA Building)

Tel: +353 61-204347

E-mail: Nicola.Hurley@mic.ul.ie

Student Academic Administration

Services provided include admissions, registration, getting student card, examinations, grants and access / disability.

Room: 112 (Foundation Building)

Opening hours: 10:00 – 12:30 and 14:00 – 16:30

Website: Student Academic Administration



Finding Accommodation

Accommodation is very limited as Ireland is experiencing a housing crisis nationwide. Leaving it until you arrive to get accommodation is not an option as this may result in homelessness. Please contact Sandra Aline Wagner (Sandra.Wagner@mic.ul.ie) in relation to securing accommodation. The International Office team will do their very best to ensure that students do not come to Ireland without first having accommodation secured.



Travel to MIC

Mary Immaculate College is situated in the southwestern suburbs of Limerick city, within fifteen minutes' walk of the city centre and close to the many social and cultural amenities of this historic city.

Arrival at Shannon Airport

Shannon Airport is 25km from Limerick city. Transport to Limerick is available by bus or taxi. The bus journey from the airport to Limerick city bus / railway station costs approximately €7 one-way (student rate) and takes approximately 30 – 35 minutes with Bus Eireann. If you have luggage, you may wish to take a taxi from the train/bus station to your accommodation or Mary Immaculate College; ask the driver for the fare price in advance!

Arrival at Dublin Airport

You can travel to Limerick City by bus (and this is the most direct mode of transport from the airport) with any of the following bus companies:

- Bus Eireann
- JJ Kavanagh
- Dublin Coach
- Eireagle
- Flightlink





You can also travel to Limerick by train from Heuston Train Station, Dublin City but it will involve taking a bus from the airport to the train station. There are buses outside the Arrivals Hall at Dublin Airport which will bring you to Heuston Train Station from where you can catch a train to Limerick. [DublinBus](#) serves this route and tickets can be bought online or at the bus stop. Details of train services between Dublin and Limerick can be found at: Irish Rail and the journey will take approximately two and a half hours. See here for fares for Irish Rail. Please note that some trains require you to change train at Limerick Junction – this may not suit if you have a great deal of luggage, so it is recommended that you get a direct train to Limerick. When you get to Mary Immaculate College you can apply for a student travel card which will entitle you to cheaper fares on inter-city buses and trains.

For students arriving late at night to any airport, train or bus station, please ensure you have arranged transport to your destination and advised your accommodation in advance.

We suggest you download the Freenow App taxi app to your phone so you can get a taxi should you need one while in Limerick/Ireland: Free-Now.

Reduced Travel Costs for Students

To avail of reduced travel fares, students will need to get a Student Travelcard. Applications for this card are available from Student Leap Card.

Travel Links

Further travel information is available as follows:

- Aer Lingus - Aerlingus
- Ryanair - Ryanair
- Irish Ferries - Irish Ferries
- Irish Tourist Board - Discover Ireland

Visa & Immigration Requirements

Citizens of certain countries require an entry visa for Ireland. Please check the Government of Ireland, Department of Foreign Affairs website to see if you are a citizen of a country that requires a visa to enter Ireland. It is the responsibility of the student to apply for their own entry visa. All citizens of non-EEA countries, whether they require a visa or not, are subject to immigration control at the point of entry to Ireland.

Immigration Requirements

Nationals of the European Economic Area

Citizens of the European Economic Area (EEA) are not required to present themselves to the immigration authorities in Ireland.

Non-EEA Nationals

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

- Valid up-to-date passport
- Valid up-to-date student ID card
- Student Status Letter (letter from Mary Immaculate College confirming you are a full-time registered student)
- Evidence of sufficient funds to support yourself during your stay in Ireland (an up to date bank statement) or a letter of sponsorship.* An ATM receipt is **not** acceptable.
- Proof of health insurance for duration of stay
- Proof of accommodation address for Limerick

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





Once the applicant has been formally registered (normally within two weeks of arrival) they will be issued with an immigration card stating the period in which the applicant is **allowed to remain in the State**. The immigration authorities currently apply a charge of €300 for this card, payable by credit card or debit card, not cash.

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

Documented proof during the academic year should show the student having at least €4,500 for a year at their disposal. If the duration of the course is less than 6 months, the student must have access to €500 per month of their stay or €3,000, whichever is the lesser

Health Insurance

Nationals of the European Economic Area (EEA)

Students on a temporary stay in Ireland are entitled to public healthcare that becomes medically necessary during their stay in Ireland on production of a European Health Insurance Card (EHIC). Please ensure that you have obtained this card before your arrival in Ireland. This scheme does not cover any medical condition that existed prior to the student arriving in Ireland.

Private Health Insurance

We strongly recommend that students have private medical insurance and their European Health Insurance Card (EHIC) before coming to Ireland. Please check with your home institution on available health plans that cover your stay abroad.

Treatment from a Doctor (General Practitioner - GP)

There are more than 2,000 family doctors (GPs) in Ireland contracted to the European Health Insurance Card scheme. If you are an EU/EEA national with a European Health Insurance Card (or equivalent) visiting Ireland you can avail of necessary family doctor services and emergency dental treatment for the relief of pain under EU regulations. Emergency services in Ireland are contactable by telephoning 999 or 112 free of charge.

Treatment from a Specialist

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

Treatment from a Dentist

Emergency dental treatment for the relief of pain is available to those eligible under EU regulations from a dentist contracted to the Local Health Office. Other necessary dental treatment is provided through local Health Office clinics as well as by contracted dentists. If dental treatment becomes necessary, contact the local Health Office or Health Centre to get details of contracted dentists or local Health Office clinics. In emergencies, ascertain that the dentist you choose yourself is contracted to the local Health Office to provide services under the Primary Care Reimbursement Scheme (PCRS) system and advise them that you are seeking treatment under EU regulations.

Other Services

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

Medicines

Prescription medicines must be dispensed by a GP in the public system (PCRS doctor) who will use a special prescription form to indicate to the pharmacist that the medicine is to be provided free of charge. If you take medication on an ongoing basis, it would be wise to consult with your GP in your home country and bring appropriate supplies before travelling to Ireland.

Hospital Treatment

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

Other Nationals

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



Money Matters & Practicalities

Unit of Currency

Euro is the unit of currency in Ireland. The Euro (denoted by € or EUR) is divided into one hundred cents. You can get cash in euro at the airport ATM when you arrive if you do not wish to do so before leaving.

Banking

To open a bank account in Ireland you will need to present your passport, your student ID card and a student status letter from the International Office. All major credit and debit cards (e.g. Visa, MasterCard, American Express) are accepted throughout Ireland.

Cost of Living

It is estimated that a budget of approximately €250 - €350 per week covers accommodation, meals and other living costs. Individual budgets vary, however, depending on the cost of accommodation and level of personal expenditure.

Electricity

In Ireland we use different plugs and have a different voltage to Europe and the USA. If you are bringing any electrical goods with you, you should purchase an adapter in your home country as it may be cheaper there but check the voltage! Voltage in Ireland is 220V AC, at 50Hz. The plug in Ireland is a standard 3-pin plug so you will need an adapter to suit this.



Shopping

Bedding / Towels / Homewares

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

- Dunnes Stores, Henry Street, Limerick City
- Guineys, William Street, Limerick City
- Penneys, O'Connell Street & Crescent Shopping Centre, Dooradoyle, Limerick

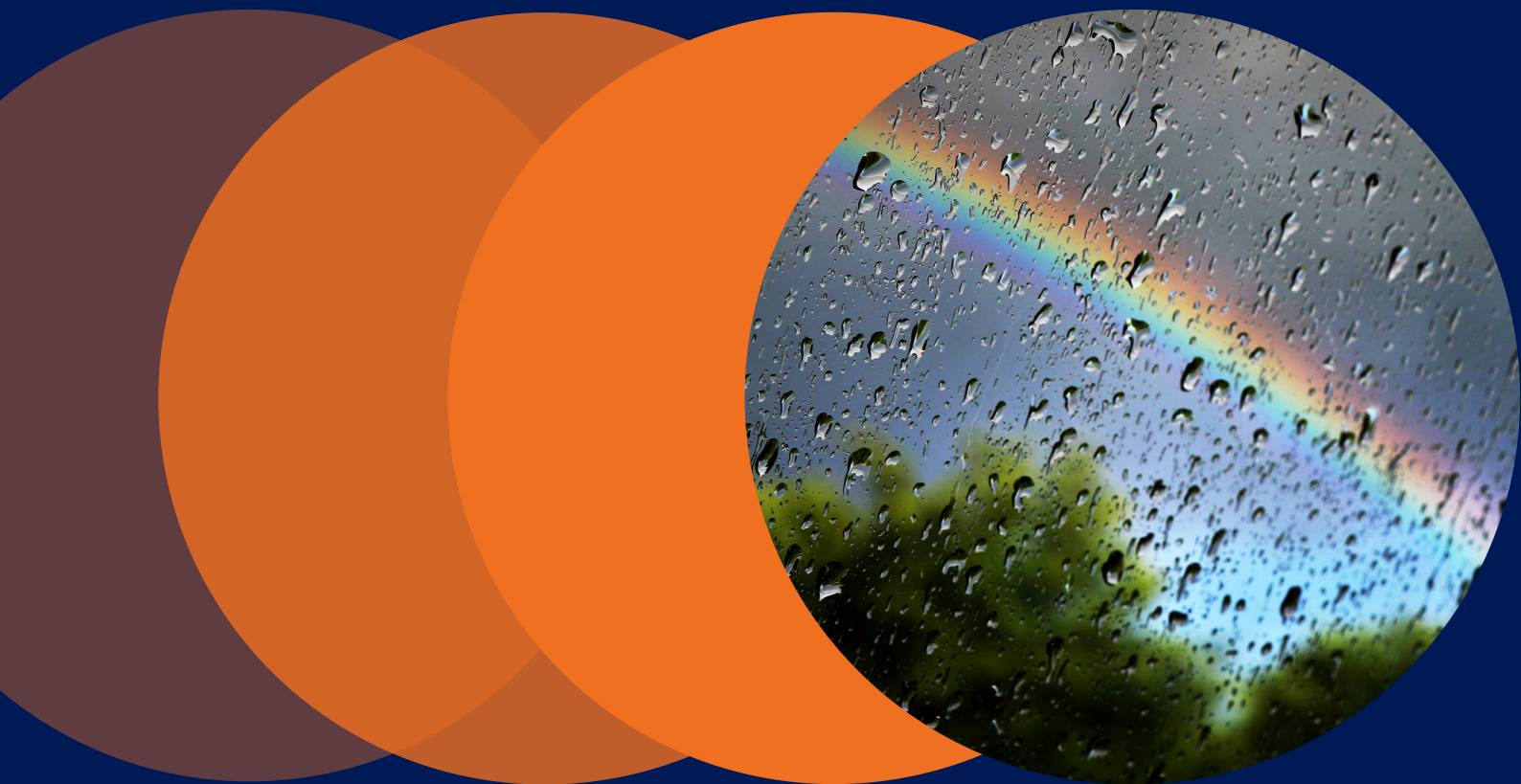
Food

All of the following grocery stores offer the most reasonable prices on fresh and frozen foodstuffs. You can shop online to have groceries delivered but the supermarkets within walking distance of the campus are:

- Lidl, Childers Road, Limerick City (five minute walk from Mary Immaculate College)
- Aldi, Childers Road, Limerick City
- Dunnes Stores, Henry Street, Limerick City
- Tesco, Crescent Shopping Centre, Dooradoyle and Arthur's Quay Limerick City

Weather

Weather in Ireland can be changeable and unpredictable! It is a good idea to purchase an umbrella, a waterproof jacket / coat / poncho, suitable warm clothing and footwear.



Limerick City



Limerick is situated on the West Coast of Ireland at the mouth of the river Shannon and is the Republic of Ireland's third largest city. Limerick city was founded as a Viking fortress in the 10th century. Reminders of the city's eventful past include the 12th century King John's Castle, the medieval precinct and Saint Mary's Cathedral. The population of Limerick City is about 94,000 and, with five institutions of higher education, there is a strong student culture. Limerick offers many activities for students, including a variety of historical, artistic and theatrical activities. There is a lively pub music scene catering for a variety of musical tastes, from Irish traditional music to jazz. Mary Immaculate College's Lime Tree Theatre (on campus) and the University of Limerick Concert Hall offer a range of concerts and theatre shows.

Tourist Information Office : O'Connell Street, Limerick City Tel: +353 61-317522

- Limerick – Official Website - Limerick
- Shannon Heritage - Shannon Heritage
- Limerick Post - Limerick Post
- Limerick Leader - Limerick Leader
- Irish Tourist Board - Discover Ireland
- Limerick Landmarks - Limericks Landmarks

While you are in Limerick there are many things to see and do and here is a list of some of the attractions in the area:

Thomond Park which is the home ground of Munster Rugby, one of the most successful and best supported rugby clubs in the world.

Lough Gur is one of Ireland's most important archaeological sites. You will be captivated by the beauty, charm and tranquility of this ancient place.

Limerick City Gallery of Art is one of the leading contemporary art galleries in Ireland and home to an important collection of Irish 18th -21st century art in all media.

Adare is known as Ireland's prettiest village. Why not step back in time and take a journey through the historical exhibition (based in the Adare Heritage Centre). Among the many gems in the village are Desmond Castle (tours available from the Heritage Centre), The Franciscan Priory, the Trinitarian Priory and Augustinian Priory.

Saint Mary's Cathedral has had a long and eventful history. It was founded in 1168 on the site of a palace donated by Donal Mór O'Brien King of Munster. Experts believe that parts of the palace are incorporated into the present structure of the Cathedral:

The Hunt Museum exhibits one of Ireland's greatest private collections of art and antiquities, dating from the Neolithic to the 20th Century, including works by Renoir, Picasso and Yeats and exhibits a diverse range of important temporary exhibitions from public institutions to private collections.

The Three Bridges Walking Route or Slí na Sláinte is a 3.6 km route which starts at Arthur's Quay Park. The walk follows a stunning route along the banks of the River Shannon, crossing Matthew Bridge, passing Saint Mary's Cathedral and the historic King John's Castle, before crossing Thomond Bridge, and passing the Treaty Stone on Clancy's Strand.

