



UNIHAVEN
The Gateway to Opportunity

UniHaven College

Student Pre-Arrival Information

Please note that you will have received much information from UniHaven before you travel. UniHaven staff will continue to support you by giving you the information you need both at induction and after your studies start. Just ring us at +353 85 1853718 or pop into the Student Support Office when you arrive and ask us whatever you need to know. We are here to help you at every step along the journey you are taking with us.

2023 Intakes



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Ireland

Ireland is an island on the western edge of Europe in the North Atlantic Ocean and is located beside and to the West of the UK. The Republic of Ireland comprises 26 of the 32 counties and its capital city is Dublin. The remaining counties make up Northern Ireland (the capital city is Belfast), which is part of the United Kingdom. Approximately 6 million people are living on the island – 4.3 million people live in the Republic of Ireland and 1.7 million in Northern Ireland. Ireland is a small island about 300 miles long and 150 miles wide at its furthest points and so is easy to get around which we encourage you to do. It is world renowned for its scenery, beauty and history so make sure to visit as many places as you can while you are living here.



Travel to Ireland

Following on from the pandemic, travel restrictions may or may not be in place as you travel to study in Ireland. As part of pre-arrival information, students may receive information regarding the recommended inoculations for travel to Ireland. You should contact your doctor at least a month before your trip to discuss this and any other health concerns regarding travel. For up-to-date news on any travel restrictions and/or inoculations that may impact on your journey into Ireland, please check with the Irish Department of Foreign Affairs website at: <https://www.dfa.ie/>.

Study Visas

Most international students need to apply for a study visa before arriving to study in Ireland for more than 3 months. You can apply for a study visa up to 3 months before your date of travel to Ireland. If you are visiting another State before travelling to Ireland, you must have the relevant visa for that State in your passport before applying for an Irish visa. Check out the Irish Government guide at this link and ask us if you need to clarify anything about applying for the correct visa to come to study in Ireland: <https://www.irishimmigration.ie/wp-content/uploads/2021/08/Guidelines-for-Degree-Programme-Students.pdf>.

All non-Irish nationals, who are not citizens of the EU/EEA or Switzerland, must register in person with the Garda National Immigration Bureau (GNIB) after arrival and after completion of registration at your third level institution. The GNIB will issue you with a residence permit/GNIB card. The fee for this card is €300 and must be paid by credit card, laser card or bank giro.

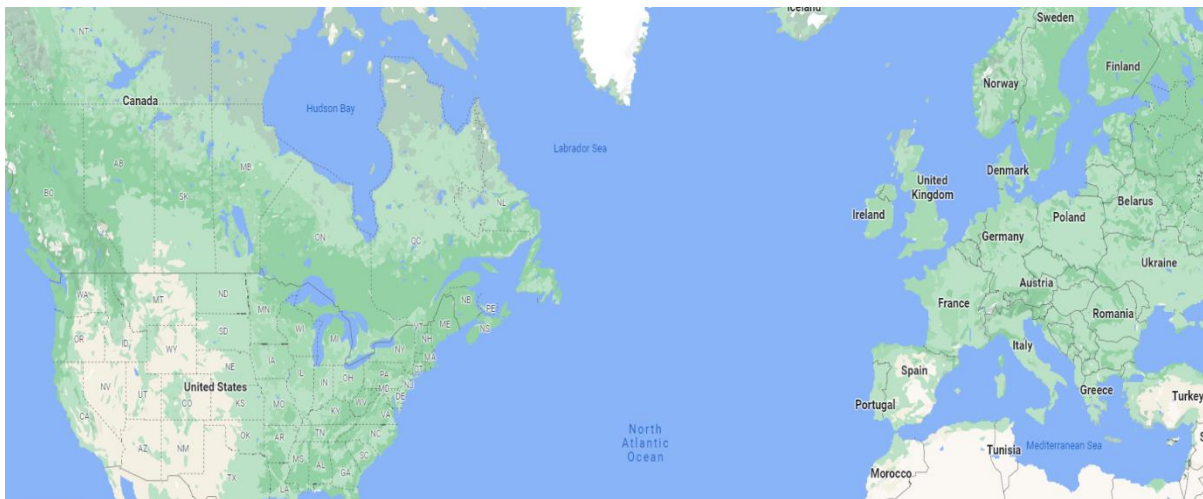
Working While Studying in Ireland

During term time non-EEA Students can work up to 20 hours per week and during normal college holiday periods non-EEA Students can work on a full-time basis up to 40 hours per week.

Travel from Ireland to Europe and the USA

All countries within Europe are within a 6-hour flight of Ireland with some most popular cities and approximate flight times from Dublin airport listed here:

- London, UK – 1 hour 20 minutes.
- Manchester, UK – 1 hour.
- Paris, France – 1 hour 40 minutes.
- Munich, Germany – 2 hours 30 minutes.
- Madrid, Spain – 2 hours 30 minutes.
- Rome, Italy – 3 hours.
- Athens, Greece – 5 hours 30 minutes.

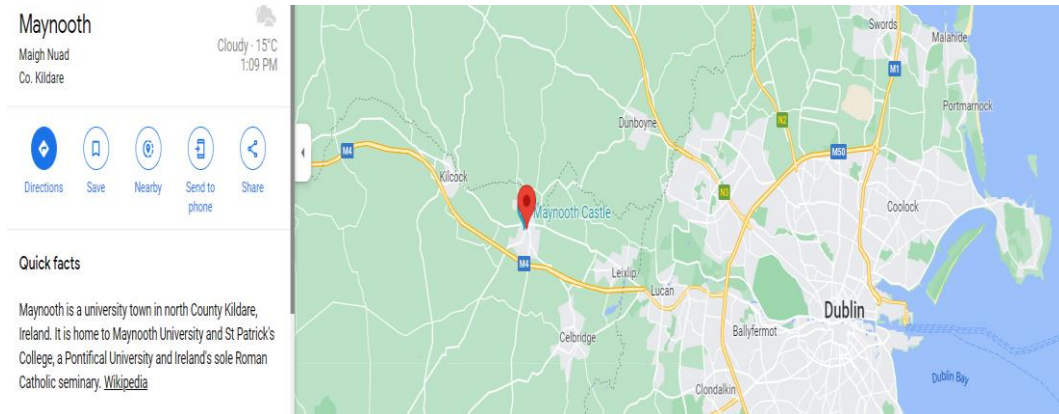


It is also possible to take a boat from Ireland to the UK and to France. The UK boat trip takes 3 – 4 hours while the boat to France takes 20 – 22 hours. If you wish to fly to the USA, some city flight times are as follows as a guide:

- New York – 7 hours 30 minutes.
- Chicago – 8 hours 30 minutes.
- Los Angeles – 10 hours 15 minutes.

Maynooth

UniHaven's College is located in Maynooth, County Kildare, a town about 30 minutes West of Dublin city.



This is Ireland's first and oldest university town having been so since the 1700's. The location of UniHaven's Foundation College will be in the Kairos Communications ("Kairos") building located at the Divine Word Missionaries premises on the Moyglare Road in Maynooth as denoted by the yellow line on the map below. This premises is located opposite Maynooth University and within a 300m walk to St. Patrick's Pontifical University. It is also beside the town centre to which students can easily walk to access shopping and medical services as well as bus and rails services.



University Campus Photos

St. Patrick's Pontifical University



Maynooth University





Currency

The currency used in Ireland is the Euro. This currency is used in many countries throughout Europe that are in Europe's monetary union. See below some approximate currency exchange rates as of June 2022 that should be taken as a reference guide only (taken from <https://www.iban.com/exchange-rates>).

SEND MONEY RECEIVE MONEY

EURO CURRENCY EXCHANGE RATES

Currency	Currency Name	Exchange Rate = 1 EUR	Convert
USD	US dollar	1.0431	↻
JPY	Japanese yen	140.49	↻
BGN	Bulgarian lev	1.9558	↻
CZK	Czech koruna	24.703	↻
DKK	Danish krone	7.4392	↻
GBP	Pound sterling	0.86328	↻
HUF	Hungarian forint	397.96	↻
PLN	Polish zloty	4.6690	↻
RON	Romanian leu	4.9427	↻
SEK	Swedish krona	10.6278	↻
CHF	Swiss franc	1.0435	↻
ISK	Icelandic krona	137.50	↻
NOK	Norwegian krone	10.3868	↻
HRK	Croatian kuna	7.5245	↻
TRY	Turkish lire	18.0465	↻
AUD	Australian dollar	1.5051	↻
BRL	Brazilian real	5.3164	↻
CAD	Canadian dollar	1.3498	↻
CNY	Chinese yuan renminbi	7.0013	↻
HKD	Hong Kong dollar	8.1983	↻
IDR	Indonesian rupiah	15361.97	↻
ILS	Israeli shekel	3.6007	↻
INR	Indian rupee	81.5142	↻
KRW	South Korean won	1346.86	↻
MXN	Mexican peso	21.4763	↻
MYR	Malaysian ringgit	4.6037	↻
NZD	New Zealand dollar	1.6706	↻
PHP	Philippine peso	55.627	↻
SGD	Singapore dollar	1.4519	↻
THB	Thai baht	36.529	↻
ZAR	South African rand	16.7111	↻

Transport

There are many ways to get around Ireland. Transport for Ireland can help you plan journeys easily with real-time information on travel by train, bus, tram or taxi – see link here: <https://www.transportforireland.ie/getting-around/>. You can avail of discounted ticketing on most transport services in Ireland including bus, rail and tram through the purchase of a prepaid student discount travel card known as a 'Leap Card'. For more information click on this link: <https://about.leapcard.ie/about>. Student Leap Cards can be purchased from various Student Leap Card Agents throughout the country and at most train and tram stations in the Dublin and Maynooth areas. The Student Leap Card can also be purchased online from the Leap Card website using this link: <https://www.leapcard.ie/en/NavigationPages/CardPurchase.aspx>. A fee is required to purchase a Student Leap Card and to top it up for its ongoing use. Top-ups can be purchased at the same locations as when you first buy the card and through the website using this link: <https://www.leapcard.ie/en/NavigationPages/LoginSelection.aspx>. Typical Leap Card fares in the Dublin area are Leap Fares as follows:

The 90 Minute fare (TFI 90) now applies to most journeys in the Dublin area and is only €2.00 for adults, €1.00 for young adults (19-23) and students, and €0.65 for children (up to and including 18 years). Other fare types are listed in the table below.

TFI Leap Card Fares (from 9th of May)

TFI Leap Card Fares	Adult	Young Adult (19-23)	Child (5-15) and (16-18)
Short	€1.30	€0.65	€0.65
TFI 90 Minute	€2.00	€1.00	€0.65
X Services	€2.40	€1.20	€1.00
Irish Rail Zone 5	€3.00	€1.50	€0.65
Irish Rail Zone 6	€3.90	€1.50	€0.65

Minors (under 18 years of age at the date of enrolment)

In Ireland, students who are under the age of 18 at enrolment are classified as 'minors' and as children under Irish child protection and child welfare legislation. This places specific duties on UniHaven and its partners, including accommodation partners, to make special arrangements to ensure their safety and their ease of transition into life in Ireland to study here. The fact that minors are likely living away from home for the first time only adds to UniHaven's duty of care towards such younger students. If you are a minor, you will be dealt with differently to other students until you reach the age of 18 in some circumstances. This will include the need for someone to accompany you to

- Medical Care including Appointments.
- Emergency Care.
- Garda (Policy) Stations/Offices for Visa Purposes.

UniHaven has taken the following steps to ensure younger students are looked after appropriate to their age as follows:

- Staff are Garda vetted to ensure that none of our staff have any criminal or other convictions that would get in the way of the College providing a safe environment in which you will study.
- Staff have been trained in the need to and how to ensure that all minors are treated fairly and age-appropriately while studying at our College.
- UniHaven has appointed a Child Welfare Officer who will be your point of contact if you are a minor and if you have any serious welfare concerns. This person will be made known to you at induction.
- UniHaven has appointed an external body, Godsil, to act as guardian nominee to minors unless you have someone who can play this role for you, e.g., a relative living in Ireland. Godsil will provide out of hours emergency care and point of contact services as well as in-hours medical appointment and Garda appointment accompanying services. You will pay Godsil directly for use of their services.

Accommodation

There are a range of accommodation options available to you in Maynooth, and surrounding towns, including Dublin which is only 30 minutes away. Our Student Support Officer will help you to understand the main differences between each and how to book your preferred option irrespective of which option you choose. You can pay UniHaven for your first 4 week's accommodation for a fee as advertised on our website or you can pay the providers directly yourself. We also have reserved single own room/shared common room dormitory style accommodation with some providers in the Maynooth area so if you contact us early we may be able to secure accommodation in one of our accommodation partners before such rooms are booked by others.

- Host family accommodation – Homestay can be a great accommodation option for students when you first arrive in Ireland. Host families provide comfortable accommodation as part of your stay, with single or room-sharing options available and are located within walking distance to public transport. Host Families are visited by our accommodation staff in advance of hosting students, and they are each Garda vetted (police checked). Our host families will happily cater for any special requirements you may have, provided our team are informed in advance during the booking process. Students are placed with families according to their preferences and dietary needs. UniHaven staff offer a full support service for students in conjunction with our accommodation partner Godsil to help with any questions or concerns and are available to meet you directly on-site when required.

Staying with a host family is a preferred option for many students. It provides convenience to students enrolled in an intensive course looking to improve their English quickly, and for students interested in creating a second home here in Ireland. Most students stay with host families located in the Dublin City's suburbs that include the nearby towns of Celbridge, Lucan, Leixlip, Dunboyne, Clonee and Blanchardstown. Students can expect to commute for up to 60 minutes by public transport to Maynooth, depending on their host family location. All locations have good public transport connections to Maynooth. See below for our detailed list of rooming options available with our hand-picked host families.

- Half-Board*, single room.

- Half-Board*, shared room (for those travelling together).
- Full-Board**, single room.
- Full Board**, shared room (for those travelling together).

*Half Board meals: breakfast and dinner each day, with light/packed lunch included on Saturday and Sunday

**Full Board meals: breakfast, packed lunch and dinner included each day.

If you plan to live with a host family ask the homeowner for their plan should the household be impacted by Covid-19. Choose a family that regularly hosts international students and research the accommodation as much as possible before you commit to a booking. We will help you with this.

- Rental Accommodation – Should you not wish to avail of homestay during your studies at the College, a rental is also an option. Prices for this can vary greatly depending on location and utilities may or may not be included. Properties for rent are advertised through Estate Agencies and on the 'to let' section of websites such as www.daft.ie and www.rent.ie. Typically, accommodation can be full house rental, shared rooms in private and/or rented houses, or corporate student accommodation with a house rent starting from 1500 euros for a 2 or 3-bed house within 30 minutes West of Maynooth town, and room rent within a shared house rental starting from around 400 euros a room monthly for a single room.
- Student Accommodation Blocks – There are many corporate student accommodation providers in Dublin and Maynooth. Prices vary from 150 to 250 euros per week for single bedrooms with shared eating/living quarters.
- Hotel/Hostel – Should you require a hotel or hostel accommodation during your studies, the Student Support Officer will be happy to suggest some locations. However, students should be aware that temporary accommodation can be expensive to book for long periods. Hotels and hostels can be found on common hotel booking websites such as www.hotels.com, www.trivago.ie, www.tripadvisor.ie, or www.bookings.com, with hostel prices starting from 30 euros per person per night for shared rooms and hotels starting from 100 euros per

person for single rooms.

Medical Insurance

You are required to have medical insurance for the duration of your programme at the College. Non-EEA students are required to show proof of comprehensive medical insurance when registering with the Irish Garda (Police) National Immigration Bureau for visa registration purposes after you arrive in Ireland. Students can purchase medical insurance through the College at the same time as they are enrolling and paying tuition and associated fees, or you can arrange your own medical insurance from home provided it is in English. Our preferred student medical insurance partner is Arachas Insurance who offer student medical insurance for hundreds of international students who come to study in Ireland each year. We can help to arrange cover for you or you can do this yourself by contacting them using this link: <https://www.studyandprotect.com/Student-Medical-Insurance-Medicover.aspx>.


Having medical insurance ensures a choice of hospital, doctor, and hospital accommodation in the event of illness. Students from the EU should travel to Ireland with their European Health Insurance Card to cover public medical care. Students from non-EU countries are not covered for any free medical attention off-campus and must therefore have their own private insurance. Please note that heavy levies are charged for all hospitalisation, and it is advised to make provision for adequate medical insurance.

Bank Accounts




All registered students at the College will need to open a bank account in the Republic of Ireland for ease of purchasing whatever they need when in Ireland but also as part of visa registration to show proof of enough funds to sustain themselves when in Ireland. Therefore, students should open a bank account as soon as possible after arrival. However, this may only be done if you hold a valid UniHaven Student ID Card plus proof of address plus a copy of your passport with your Garda stamp attached. Our Student Support Officer will provide you with a student ID card when you start studying at the College and will help you to secure your proof of address from your accommodation provider. It is not possible to open a bank account from overseas. Our preferred bank partner is AIB bank in


Maynooth. We will help you to open an account with them which can be done via their online App or in person in the bank in Maynooth.


Four simple steps to open your new account:

- 

1. Download
Download the AIB mobile banking app.


- 

2. Register
Fill in your details to become a new customer
- 

3. Verify
Verify your identity over the phone via video chat.
- 

4. Done
Your verification code will be sent to you at the address you provided when opening your account. Once entered on the app, you are ready to go!

Ireland has a modern financial system and banking is simple and convenient. Visa and Mastercard are also widely used, but American Express and Diners cards may not always be accepted. Banks in Ireland generally open around 9.30am and close about 4.30pm Monday through Friday. Banking costs vary; however, many banks offer special student rates or even 'free banking' so it is well worth shopping around before opening an account. The main banks are Bank of Ireland and Allied Irish Bank with online banks such as Revolut becoming more popular and more accepted as normal payments means for shopping and

retail purchases.

Safety

Ireland is generally considered safer than many other countries in the world. However, while unlikely, crime does happen so to protect yourself and your belongings, we advise you to take appropriate precautions as follows:

- Take care of personal belongings when in crowded areas, shops and when out socialising.
- Do not carry large amounts of cash when out and about. Bring just what is required for the day.
- Take care when withdrawing money from ATMs around the city. If possible, use the machines at the bank premises or inside a store rather than from those on the street.
- Laptops and other valuable items should be kept in a secure place out of view in your accommodation when you are not there.
- Do not walk alone in unfamiliar areas at night. We advise you to use the bus, train or taxis to return home.
- It is not a legal requirement for students to carry your passport or ID card in Ireland. However, some students like to carry a photocopy and leave their passport at home.
- When cycling, students should make sure to use a strong and secure lock when leaving their bicycle in public spaces. Ensure that the bike has lights and wear reflective clothing when cycling at night. Cyclists are also obliged by law to wear a cycle helmet.
- If you are the victim of a burglary, you should report the incident immediately to the nearest Garda station and ask for a written record to be taken. Click here for the Kildare Garda Station finder website: <https://www.garda.ie/en/contact-us/station-directory/> with Maynooth's station number being 01 6293280.

Emergency/Crime

Police (Garda), Fire, Ambulance Emergency telephone number: 999 or 112

In the event of an emergency, you should dial 999 or 112. These calls are free of charge from any phone and will work even if the phone is out of credit or out of service range for the network provider. Any Garda (police) station can be contacted to report an incident.

If you need any help outside of hours, an emergency out of hours phone is always carried by one of our staff. Its number will be provided to you at induction and registration after you arrive at the College. Please ring this for any need that cannot wait until the following day to be sorted.

Medical Care

In an emergency, the College is authorised to seek appropriate care for students and, for minors, will do so in conjunction with your appointed guardian/guardian nominee. See below list of relevant local emergency numbers/details. If you are sick but it is not an emergency, a doctor (GP) or a medical centre should be contacted for an appointment. The doctor will ask questions related to your health and may give a prescription for medicine. You should be aware that some medicines may not be covered by your medical insurance. You will normally be required to pay all applicable medical fees yourself. However, depending on your medical insurance policy, you may be able to claim back a portion of the fees later. Additionally, dental, optical, and alternative therapies may not be covered by your medical insurance and may be expensive compared to your home country. You can contact the medical insurance company regarding which medicines are covered.

You should also obtain the medical certificate if it is deemed you are unable to attend classes. Written documentation from the doctor is required as proof that you were been unable to attend class. There will be no additional fee for this certificate.

For medical services near or in Maynooth, see the following list:

- Government Health Centres
 - HSE Celbridge Primary Care Centre, Maynooth Road, Celbridge, Co. Kildare. Telephone: 01 9214000
 - HSE Kilcock Primary Care Centre, Kilcock, Co, Kildare. Telephone: 01 9213500
 - Leixlip Health Centre, Leixlip, Co. Kildare, Telephone: 01 7957700. Opening Hours: Mon - Fri 9.30-10.30. Wheelchair-accessible: Yes.
 - Maynooth Health Centre, Maynooth, Co. Kildare. Telephone: 01 6106130. Opening Hours: Mon - Fri 9.30am-5.00pm. Wheelchair-accessible: Yes.

- Doctors/General Practitioners
 - Celbridge Medical Centre *Dr Jennifer Fitzgibbon*
 - Centric Health Celbridge *Dr Sean Vincent O'Brien, Dr Maeve Burns*
 - Kilcock Medical Centre *Dr Yvonne P Mitchell*
 - Kingsbry Medical Centre *Dr Christopher D O'Rourke*
 - Larkfield Surgery *Dr Claudia S O'Brien*
 - <http://www.maynoothmedical.com/> *Dr Paul Byrne, Dr Sinead Doyle*
 - Park Lodge Medical Centre *Dr Yvonne O'Sullivan, Dr Maurice Cowhey*
 - Phoenix Medical Clinic *Dr Garvan Browne*
 - Primrose Gate Medical Centre *Dr Cliona Ryan*
 - Ryerbridge Surgery *Dr Mary Boyd*
 - Ryevale Medical Practice *Dr Charles Smyth*
 - River Forest Medical *Dr Cliona Mary Sarah Doyle*
 - The Oaktree Clinic *Dr Fiona O'Connor, Dr Sinead O'Connor*
 - The Surgery *Dr Anthony Reeves*
 - The Surgery *Dr Francis Xavier Flanagan*
 - The Woods Clinic *Dr Michael A Kennedy*
 - <https://www.northkildaredoc.ie/maynooth-out-of-hours-doctors.html> (out of hours only)

- Other Nearby Medical Services
 - Pearls Dental Maynooth – Dentist.

- <https://leinsterclinic.ie/>, Kilcock Road, Maynooth
 - Medical Suite – *Dr Neville Wilson*
 - Dental Clinic – *Dr Paul Mulryan*
 - Physiotherapy Clinic – *Eamonn O’Muirheartaigh*
 - Orthotics Clinic – *David Kingston*
 - Speech Therapy – *Niamh O’Mahony*
 - Counselling & Psychotherapy – *Jenny O’Byrne*

- Pharmacies in Maynooth
 - <https://www.hickeyspharmacies.ie/store/hickeys-pharmacy-maynooth/>, Manor Mills Shopping Centre
 - <https://mccartans.ie/pages/maynooth>, Tesco Shopping Centre
 - <https://www.careplus.ie/pages/store-locator>, Glenroyal Shopping Centre
 - <https://www.boots.ie/StoreLookupView?catalogId=28502&storeId=11353&langId=-1>, Carton Retail Park

Mental Health Care

Living and studying in a foreign country for the first time can be lonely at times. Studying at an international college through a language that is not your first language can also be hard, especially near exams and at assessment times. We are here to help you so please tell any of our staff if you are struggling mentally in anyway. While our staff are not trained counsellors or mental health professionals, they will be able to refer to you people who are and who will give you the type of support that you need. To help you access such mental health and counselling support services, the College offers 6 free multilingual counselling and coaching sessions through our partner, Spectrum. Life in conjunction with their trained and specialist counsellors. Your first 6 counselling sessions are free of charge and can be accessed online if necessary. Should you want more than 6 sessions, the

sessions after the first 6 will be paid for by you. Every student will be given access to the Spectrum.Life website from which they can request such support. Spectrum.Life also provide emergency mental health support. Full details about how to access such supports will be provided at induction.

If you need any help outside of hours, an emergency out of hours phone is always carried by one of our staff. Its number will be provided to you at induction and registration after you arrive at the College. Please ring this for any need that cannot wait until the following day to be sorted.

Mobile Phones

There are several mobile phone networks in Ireland. As in most countries, you can buy an initial account and top-ups through mobile phone shops, many supermarkets and online. Many online bank accounts allow for online mobile phone top-ups too. Top-ups usually cost in the range of 10 euros to 20 euros per month, many of which offer bundles to include data, national calls, international calls and texts. See below for more details as provided by ISA Accommodation with full details on the respective websites listed.

Vodafone



Vodafone is the largest and most advanced network in Ireland. They are the most widespread throughout the country and even offer free 4G LTE roaming, so you will even be covered outside of the country. Even-so, this does not mean Vodafone will definitely have the best coverage in your area. There are also plenty of providers who can offer better prices for similar services. According to speed tests conducted by ComReg, Vodafone's Average 4G internet speed tops off at 18.3Mb. Their 3G speed averages 11.6 Mb which places them as the fastest 3G Speed in Ireland. Vodafone is a very safe plan to choose just because of the pure size of the infrastructure. It is very possible another company will be able to provide a less expensive option for you.

Three



Three Network is the only network that offers 'unlimited data' so if that is essential to you this is likely your only option. Like Vodafone, they run on their own infrastructure, but the Three Company does not have nearly the amount of reach as for them. Running on their own towers does make them one of the best phone companies in Ireland. Although they offer unlimited, coverage can be spotty at times. Ever since they merged with O2 in 2014 they have had a hard time transitioning to their audience size. Still, if you are going to be located in a big city and need unlimited data, this is for you. Three Network offers 4G speed at 18.3 Mb. This is identical to Vodafone's 4G speed, although their 3G speed falls short at 10.0 Mb. This means if you are already in an area with slower internet speeds, it is going to be especially slow compared to the other networks.



48 is a very appealing option for students. They offer bundle plans that are both inexpensive and include a lot of data to use. You will receive full call, text, and data. The service provides internet through the 3 networks so it would be likely for you to expect similar coverage that they offer, just in cheaper bundles. You can choose between a €10, 15€, and €20 plan, each offering a different amount of data, calling, and texts. The best part is, you can change these at any time. One month you can choose 20€, another month you can choose the €10 plan. You have all of the power! The difference between the €10 plan and the €15 plan is 22 More Gb of data! Huge difference for 5 extra Euro! If you are planning on travelling outside of Ireland, you can receive free roaming with just the €10 a month plan. This may not be the best option coverage-wise, but it is certainly unmatched for flexibility.

Eir



Eir is the last network with its own towers to provide from. They are the only pure 'Irish' network which certainly comes with a sense of pride in the country. They are a similar competitor to Vodafone. Eir does have slightly better coverage in rural populations, so if that is essential for you this is the plan to look into. When traveling in Ireland it is almost impossible to not cross through some relatively rural and open spaces. Eir is Faster than Vodafone and the Three company in the 4g segment. It does fall short in the 3G area which would likely be the more frequent type of coverage in rural areas. Overall, If what your looking for is speed then Eir is the way to go.

Virgin Media



Virgin Media is Ireland's Most Affordable network for texts and calls. The issue is that nowadays for most of our phone's capabilities we're used to you must be connected to the internet. Those who use a lot of data would be better suited for a plan that provides a data allowance. What they do offer however is data rollover. This means if you don't use your allotted data for a month, you will be able to use that much extra next month. If you can use up to 2Gb in a given month but you only use one, then you will be able to use up to 3Gb in the next month without and extra charges. For the simple users who just need to call and text, Virgin Media is a viable option.

No matter which plans you choose, we recommend that you have a phone to be able to communicate with family, friends, classmates, and the College while living in Ireland It is also great to have it for your own safety. You never know what will happen in an unfamiliar place, and if you were to find yourself in a bad situation, you would be thankful you would be able to contact someone.

For international phone calls, it is often cheaper to buy a phone card, which are available from newsagents. However, by far the cheapest way to stay in contact with your family and friends at home is by downloading an app like Whatsapp or Viber, or by using Skype. Skype is an internet telephone service which enables users to make free telephone or video calls via internet to other Skype users. The service also provides economical rates for calling mobiles and landlines. You can find out more about cost for both mobile and landline telephone rates by consulting the national communications body's price comparison website: www.comreg.ie. Comparisons are also available at bonkers.ie and switcher.ie.

Shopping

The main food supermarkets in Ireland are Dunnes Stores, Tesco, SuperValu, Lidl and Aldi. Prices in each can vary so it is important to shop around before deciding which store offers the best value. You should also note that all shops in Ireland charge for a regular plastic bag. Stronger reusable bags can also be purchased. You should remember to bring your bags each time you go shopping to avoid buying bags for every shop. For clothing and household items, the best value shops include Pennys, Dunnes Stores and Dealz. Some cheaper options can be found in second-hand shops, charity shops and market stalls.

For Maynooth household shopping, see the following:

- <https://www.dunnesstores.com/store-locator/stores/214> Manor Mills Shopping Centre
- <https://www.tesco.ie/store-locator/maynooth/dublin-road>, Dublin Road
- <https://supervalu.ie/real-people/autism-friendly/shops/maynooth-casey-nallys>, Glenroyal Shopping Centre
- <https://www.aldi.ie/store-finder/>, Kilcock Road
- <https://www.lidl.ie/#>, Straffan Road
- <https://centra.ie/locate/leinster/kildare/maynooth>, Greenfield Shopping Centre
- Londis, Main Street
- https://www.spar.ie/store_locator/spar-maynooth/, Newtown Shopping Centre

For Maynooth and nearby areas clothes shopping, see the following:

- Dunnes Stores, Manor Mills Shopping Centre, Maynooth
- FF Clothing, Tesco, Dublin Road, Maynooth
- Brand Max, Carton Retail Park, Myanooth

- Liffey Valley Shopping Centre, Dublin 22 – Pennys, Zara, Berska, Tommy Hilfiger and much more.
- Blanchardstown Shopping Centre, Dublin 15 – H&M, Diesel, Hollister, JD Sports and much more.

Electricity/Voltage

The electrical current in Ireland runs at 230 Volts AC. Any electrical appliances which you may have brought from your home country must have the appropriate adapter fitted that can be bought at many local electrical retailers such as DID, PCWorld and Harvey Norman or at convenience stores such as Centra, Spar, Londis or Mace.

Cost of Living

The cost of studying in Ireland can vary greatly depending on the location in which students are living, the type of accommodation chosen and on their own personal lifestyle. Typical costs are as follows.

- Food - food, including some meals bought in cheaper restaurants, you will probably spend between €70 and €100 each week. Supermarkets have "own brand" food, which are cheaper than regular brands and are usually of good quality. Budget supermarkets such as Aldi and Lidl often offer cheaper goods than the other supermarkets. Convenience foods and ready-made foods are not as nutritious as fresh foods, so although they may appear cheaper and easier to cook, in the long run they are not good value. When cooking for yourself, you could cook a little extra and have it for lunch the next day. This is much cheaper than eating out or buying a sandwich. It is a good idea to buy extra packets of basic foods that last, e.g., rice, pasta, beans and spices.
- Public transport - can be expensive in Ireland compared to other European cities. For example, a 30-day bus ticket in Dublin can cost as much as €160. However, there are many options that are much cheaper, and costs vary depending on the mode of transport used. The cost of an average journey on a local city bus service is about

€2.70 and will depend on the service used and the distance travelled. For some services, e.g. Dublin Bus, when you pay in cash the exact fare in coins is needed - no change is given and no notes are accepted. For this reason, it is advisable to purchase a Student Leap Card. Student Leap card offers reduced fares and other discounts for students registered at an Irish college or university.

- Cinemas – cinemas in Ireland are very popular, but can be very expensive, especially on Friday and Saturday nights. It is cheaper to go to the afternoon shows and during the week, and there is often a student discount available on production of a valid student identity card for certain shows. Some cinemas will also have special student days where, for example, all shows are half price for students on Tuesdays. You can find your local cinema at usheru.com.
- Theatre - Ireland is famous for its theatre and well-known playwrights. Visit irishtheatre.ie for information on what is on in theatres around Ireland. A student discount is usually available on production of a valid student identity card.
- Music - there are gigs and concerts every night of the week all around Ireland. Find listings at entertainment.ie. The local pub is also a great choice to listen to live music, and often only for the cost of a drink!
- Pubs - the pub is the social meeting place for many Irish people. They serve alcohol, soft drinks, tea and coffee. Many pubs serve meals during the day, with some serving food until 9-9.30pm. Pubs in Ireland are also great places to go if you like live music. Pubs and bars are licensed to open from 10.30am to 11.30pm, Sunday through Thursday. From Friday to Saturday, the closing hours are extended to 12.30am. Many venues are licensed to stay open until 2.30am at weekends. All pubs in Ireland are closed on Christmas Day.

Employment

At UniHaven's Foundation College, you are attending a course that we have listed on the Interim List of Eligible Programmes (ILEP). This entitles you to get stamp number 2 endorsed on your passport when you register with your local immigration officer. This in turn will allow you to take up casual employment of up to 20 hours part-time work per

week in term time or up to 40 hours per week during college vacation periods, that is, from June to September inclusive and from 15 December to 15 January. Your entitlement to take up employment ceases when your permission to remain expires. Guidance on employment options will be discussed at information sessions by the student support officer during your induction. Typically, you can earn around 10 euros per hour for casual part-time work.

Bank Holidays

Bank Holidays/Public Holidays occur at various times during the year. There are nine bank holidays every year which are listed below. UniHaven is officially closed on these days and may close for longer periods at Christmas and Easter. Check your timetable at induction for information on when classes start and end each semester. Many businesses also close on these days, however, some shops, restaurants, pubs etc. will remain open.

- New Year's Day – January 1st.
- Saint Patrick's Day (Ireland's national holiday) – March 17th.
- Easter Monday – varies.
- May Day – first Monday in May.
- June Bank Holiday – first Monday in June.
- August Bank Holiday – first Monday in August.
- October Bank Holiday – last Monday in October.
- Christmas Day – December 25th.
- St Stephen's Day (known as Boxing Day in the UK) – December 26th.