Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

International Postgraduate Student Orientation

Global Room team and Eimear Rouine

21 September 2020

WELCOME

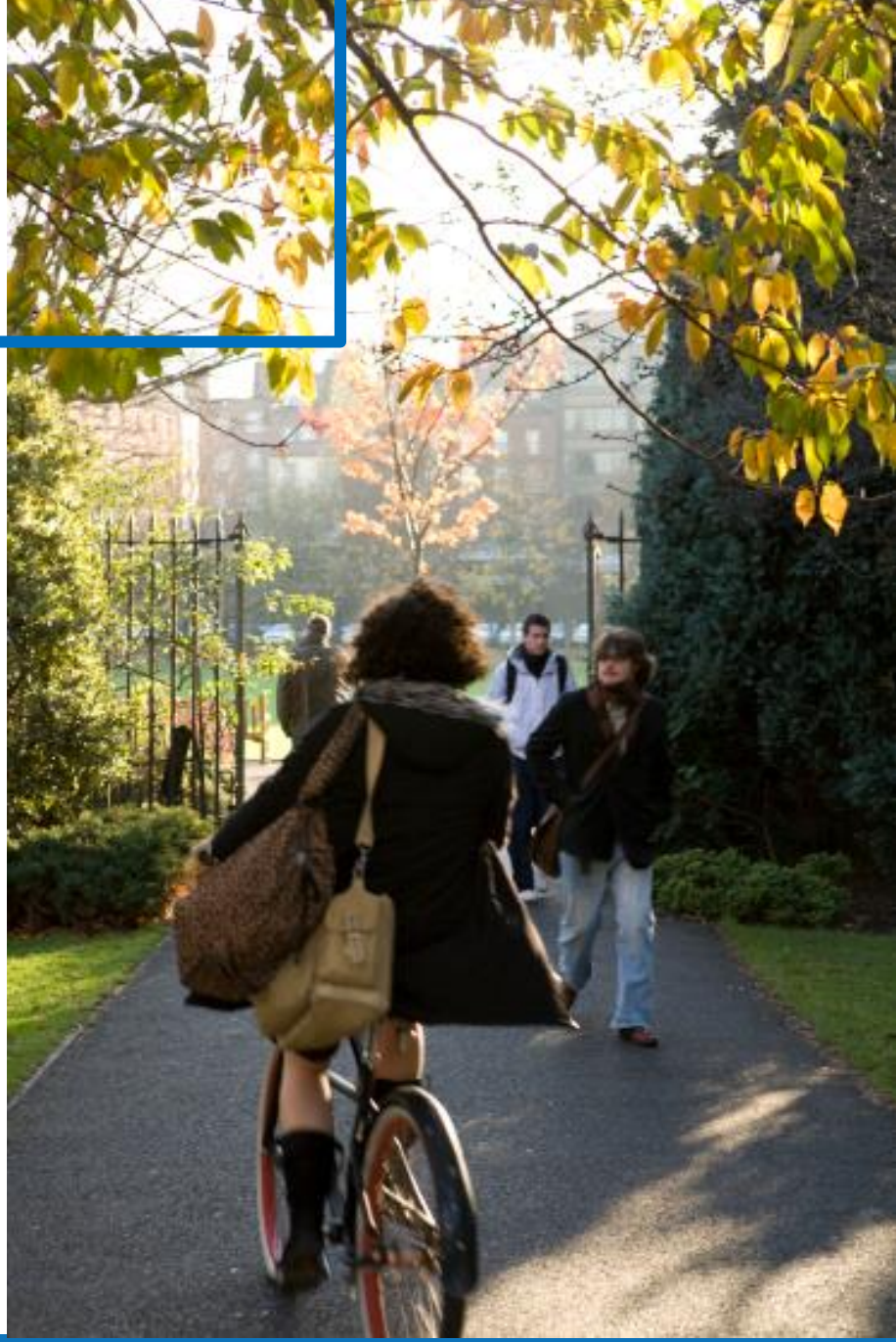
selamat datang
degemer mad
tere tulemast
dobrodošli
karibuni
murakaza neza
chào mừng
ようこそ
тавтай морилогтун
benvenuti
vekömö
ékabô
eguahé porá
ngiyanemukela
환영합니다
benvinguts
tervetuloa
benvido
mikouabô
bem-vindos
laipni lūdzam
welkom
xush kelibsiz
willkommen
karibu
bine aţi venit
добре дошли
wëllkom
καλῶς ἤρθατε
fáilte
ਜੀ ਆਇਆ ਨੂੰ
bienvenue
velkomin
sveiki atvykę
tonga soa
mishto-avilian tú
歡次迎卫
добро пожаловать
aayuboovan
nodé
шчыра запрашаем
mirë se vini
zupinje z te videtite
bienvéni
merħba
üdvözlöm
welkom
maligayang pagdating
miawezon
witamy
bienvenidos
swagata
स्वागत
добредојдовте
kenang ka kgotso
أهلا و سهلا
bonavinuta
boyeyi bolamu
歡迎光臨
ne y waoongo
välkomna
מיאבה מיכורב
mauya
ยินดีต้อนรับ
mirë se vjen
maayong pag-abot
Üdvözlet
soo dhowow
hoş geldiniz

WELCOME

- Your university, your experience
- Open discussion, ask questions and feel free to engage
- Presentation will be available online after Orientation Week

TODAY'S SESSION

- International Student Support at Trinity
- Immigration (INIS Registration)
- Opening a Bank Account
- Health Insurance
- Tips for Living in Dublin
- Cultural adaptation



GREETING SOMEONE

English	Irish	Pronounced
Good Morning	*Maidin mhaith*	*Modjin mot*
What is your name?	*Cad is ainm duit?*	*Coad iss annim dwit*
Sean is my name!	*Sean is ainm dom*	*Sean is ann-imm dum*
A hundred thousand welcomes!	*Cead mile failte romhat!*	*Kade meela fall-cheh row-itt*
How are you?	*Conas atá tu?*	*Cunn-us ah-taw two*
I am good	*Tá mé go mhaith*	*Taw may go mot*

Hello	***Dia Dhuit***	***Dee-ah-gwuit***
Thank you	***Go raibh maith agat***	***Guh rev mah agut***
Goodbye	***Slán***	***Slawn***

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THE GLOBAL ROOM

Here to help you

Global Room Student Space and Support Hub

Global Room: A (Virtual) Home Away From Away...

Global Room

1. Global Room International Student Support Hub

- To provide **specialist advice and information** to international students to support them during their time at Trinity

2. Event space

- To provide a **social and (virtual) event space** to foster and encourage international engagement and integration between all Trinity students and to celebrate cultural diversity

International Student Experience Team

Global Room

- **Louise Staunton, Global Officer & International Student Experience Manager**
- **Michelle Hogan, International Student Liaison Officer & Global Room Manager**
- **Abigail Odekeye, Executive Officer, Global Room**
- **23 Global Room Student Ambassadors**

Global Room International Student Support Hub

- To provide **specialist advice and information** to international students to support them during their time at Trinity

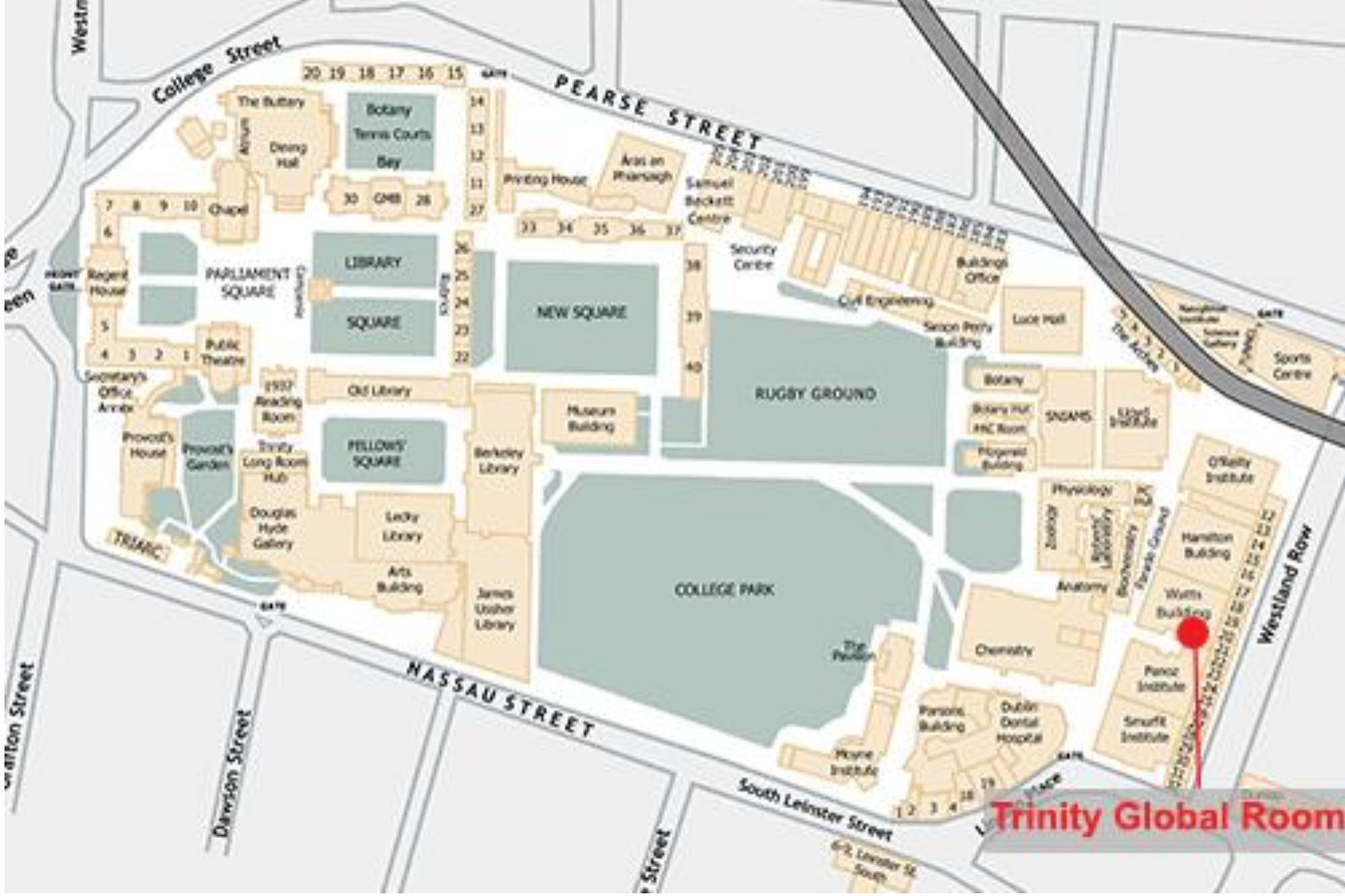
Typical advice areas:

- Immigration (INIS registration, renewals and Graduate Employment Scheme);
- Accommodation advice;
- Socio-cultural adaptation and wellbeing support;
- Basics advice on settling into life in Dublin and at Trinity
- Signposting to other Trinity services.

Global Room Event Space

- A **social and (virtual) event space** to foster and encourage international engagement and integration between all Trinity students and to celebrate cultural diversity
- **Previous events**: celebrations of national holidays, international cultural events, film and sports screenings, wide range of seminars and talks advertised though the Global Room's social media channels
- Events hosted by Global Room team and Trinity's clubs & societies
- Keep an eye on our Facebook and Instagram pages for info!

Global Room



Location: 1st Floor, Watts Building (beside Academic Registry)
Email: tcdglobalroom@tcd.ie

Open Virtually: Monday-Friday, 9.30am-9pm
and by appointment

KEEP IN TOUCH...

@TrinityGlobalRoom

Email: tcdglobalroom@tcd.ie

BE SOCIAL

@TcdGlobalRoom

@TcdGlobalRoom

www.tcd.ie/students/

GLOBAL OFFICER TEAM

- **Grainne Curistan**, School of Nursing & Midwifery
- **Hester Jackman**, School of Computer Science & Statistics
- **Ashley Sullivan**, School of Engineering
- **Eva Page,** FEMS Faculty
- **Erin Paulin**, School of Psychology and School of Social Work and Social Policy

- For more details: https://www.tcd.ie/globalrelations/people/

Visas & Immigration

IMMIGRATION REGISTRATION

If you do not have an EU/EEA passport, you MUST register with the Irish Naturalisation & Immigration Service (INIS)

- Online appointment system for registering
- To book an appointment for Burgh Quay: https://burghquayregistrationoffice.inis.gov.ie/
- Appointments are made available at 10am and 2.30pm every weekday – this is when you should check online
- After you have made the appointment, you will receive a confirmation by email. Bring a copy of this email on the day of your appointment
- Arrive 10 minutes early for your INIS appointment - if you are late, you may not be seen
- 1st time appointments will be **in person**

INIS ONLINE APPOINTMENT BOOKING SYSTEM

ON THE DAY OF YOUR INIS APPOINTMENT AT BURGH QUAY

What do you need to bring?

- Valid Passport
- Proof of Registration*
- Proof of Fees Paid*
- Bank statements from Irish or foreign bank showing €500 per month (€3000 for 6 months) available OR Proof of financial support (scholarship letter)
- Proof of Health Insurance, policy document is required
- €300 Fee (No cash accepted. Credit card or debit card or a Bank giro)
- *Collect from Academic Registry, in the same letter: Allow 2-5 days. **Must be dated within 7 days of your INIS appointment.**

Immigration Card (IRP)

- Called Irish Residence Permit (IRP) card, previously GNIB card.
- Allow for 5 to 10 days for issue (by post)
- If not issued in 10 days, contact INIS
- Email: burghquayregoffice@justice.ie
- ** Make sure to confirm the right address at your appointment.

If you don’t get an INIS appointment first time…

Top tips:

- **Timing is Everything!**
  - New Appointments 10am and 2:30pm
  - High traffic on site at these times
  - Give it a few minutes!

- **Even the browser you use matters:**
  - No Google Chrome?
  - Try Edge, Firefox or Safari instead.

“If at first you don’t succeed, try, try again!”

- You may not get your appointment on the first few tries
- Pick one or two (maybe three if you can) times a day to go online to check the INIS site
- Only try at those times for a few minutes, and then leave it
- Give yourself breaks
- Be persistent

INIS Covid-19 Updates

http://www.inis.gov.ie/en/INIS/Pages/COVID-19-updates-and-announcements

The Department of Justice and Equality will publish updates relevant to the Immigration Service Delivery Function which address the significant challenges brought about by the COVID-19 pandemic on this page. For the current health advice, including information on self-isolation requirements on arrival in Ireland, please visit the Irish Health Service COVID-19 Advice Page.

Impact of COVID-19 | Frequently Asked Questions

27 April 2020 (*FAQ document updated 13 July 2020: The Section affected is Visas*)

In this area you will find notices on the various arrangements to address issues brought about by the pandemic (updated 10 July 2020: Notice affected is Resumption of Visa Services).

A Frequently Asked Questions document about the impact of COVID-19 on Immigration and International Protection has also been published. You can read more here... For the current health advice, including information on self-isolation requirements on arrival in Ireland, visit: Irish Health Service COVID-19 Advice Page.

Global Room INIS Immigration Clinics

- **Get your questions answered**
- **Global Virtual Immigration Clinics:**
  - Get answers to your INIS questions
  - Tips on getting appointments
  - Advice you on any immigration difficulties you may be having
- **Keep an eye on Global Room's Social Media pages for dates and times.**

Entry visas for other countries

If you are planning to take a trip outside of Ireland:

- Check the visa requirements of the country you are going to
- Ensure you allow sufficient time to apply for your visa
- Bear in mind Green list and non- Green list travel restrictions and restricted movement periods: https://www.dfa.ie/travel/

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BANKING

How to open a bank account

Student Account Opening Requirements

Banking Options:

- KBC Bank Ireland
- Allied Irish Bank (AIB)
- Bank of Ireland (BOI)

Some documents that may be required to open a bank account

1. Proof of address in Ireland: Letter can be obtained from Academic Registry.
2. Proof of ID: Passport.
3. Bank Statement from your home country
4. Other documents depending on each bank and students' nationality.

health
insurance.

Health Insurance

All non-EU students are required to have private medical insurance. This should provide emergency accident cover and should cover any period of hospitalisation.

Where to obtain?

- **Irish Life: www.irishlifehealth.ie/ (mention that you are a TCD student when booking)**
- **VHI Healthcare: www.vhi.ie**
- **Laya Healthcare: www.layahealthcare.ie**
- **Study and Protect: www.studyandprotect.com/unilanding.aspx**

WHAT TO CONSIDER...

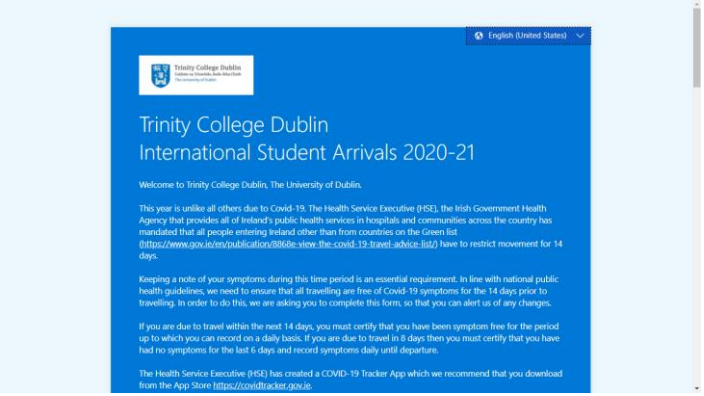
- Your health needs and requirements for the duration of your studies.
- Any pre-existing conditions
- Trinity has a specific insurance policy with **Irish Life (Business Plan Hospital)** that is designed for international students and which covers pre-existing conditions and the normal waiting period for cover is waived.
- Ensure you mention you are a **Trinity student** to avail of this policy
- Immigration requirements: https://www.internationalstudents.ie/info-and-advice/immigration/health-insurance

Reminder: COVID-19 Mandatory Trackers and Module

4 SIMPLE STEPS that we need you to follow to fulfil the international student requirements (for non-green list countries)

Step 1: Pre-Arrival Certification Form

Certify that you have been free of COVID-19 symptoms for 14 days pre-arrival in Ireland. Keeping a note of your symptoms during this time period is an essential requirement.



- In order to do this, we are asking you to complete a form pre-departure. Click link here.
- If you have already arrived in Ireland, please fill in this declaration form retrospectively and immediately. Click link here.

Step 2: Post-Arrival 14 Days Restricted movement and Symptom Check Form

Upon arriving in Ireland, you must observe a 14-day restricted movement period (if you are from a non-green list country).

This means that you stay indoors in your room/apartment and avoid contact with other people.

- During this time period you must track and submit your symptoms daily by filling in a daily health check form. Click link here.
- If you did not keep track of your symptoms during your 14 days of restricted movement, you must still comply retrospectively by completing this form: Click link here.

Step 3 & 4:
Mandatory COVID-19 Training Module for International Students and completion form

Step 3: Mandatory COVID-19 Training Module for International Students – watch module

- Within 7 days of arriving in Ireland as an international student, and as required by National Heath Guidelines, you must take an online mandatory COVID-19 awareness module.
- COVID-19 Information for International Students training module is accessible here: Click link here

Step 4: Submit Module completion form.

- Confirm that you have watched the Module. **Click link here** to confirm.

See checklist for all links to mandatory forms here:

https://www.tcd.ie/students/orientation/assets/pdf/COVID-Student-Supports-checklist-10Sept.pdf

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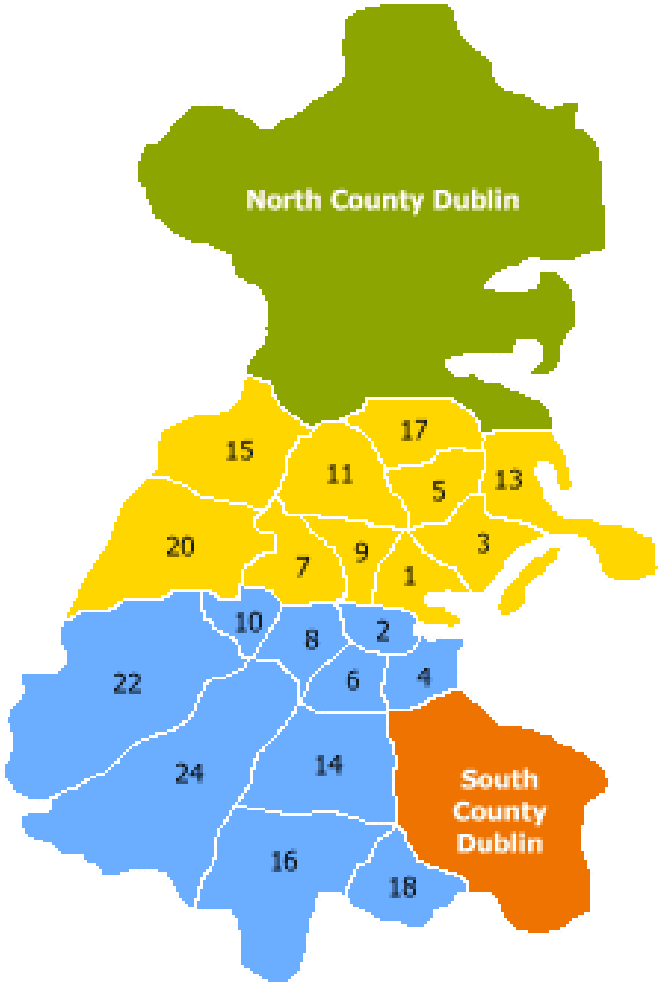
Living in Dublin

Eimear Rouine
Transition to Trinity Officer

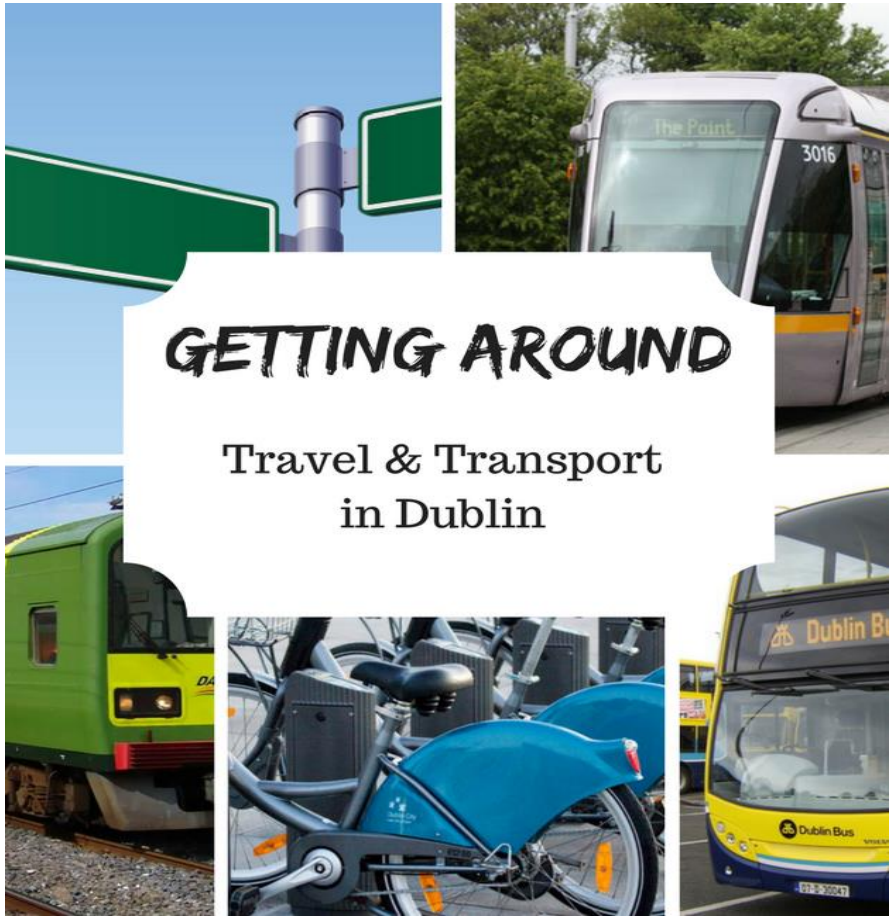
DUBLIN CITY

- Small, compact city
- It's called 'town'
- North/Southside
- Suburbs
- Safety



TRANSPORT

- Dublin Bus
- LUAS
- DART
- Dublin Bikes
- Taxis / mytaxi app
- Hittheroad.ie



LEAP Cards

- House 6 – bring student card, €10, and complete application form (http://www.studentleapcard.ie/)
- Up to 66% off transport
- Retail discounts

IRISH TRAVEL BUCKET LIST

- Nights out in Galway City
- Surfing in Sligo and Donegal
- The Wild Atlantic Way
- Cross the Carrickarede rope bridge and visit the Giant's Causeway in Antrim
- Walking in Wicklow
- The Cliffs of Moher and the Burren in Clare
- The Lakes of Killarney and the Ring of Kerry
- Newgrange in County Meath
- Johnny Foxes in the Dublin Mountains
- The murals in Belfast
- The Blarney Stone & Fota Wildlife Park in Cork
- The National Stud and the Japanese Gardens (and Kildare Village outlet mall) in Kildare

MOBILE PHONES

Main providers:

- **48**
- **Three**
- **Lycamobile**
- **Tesco Mobile**
- **Eir**
- **Vodafone**

Range of prices and options – make sure you get a plan that suits your needs

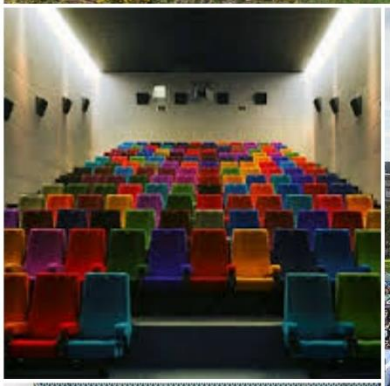
Make sure you check contract lengths

PHONE HOME

SUPERMARKETS

- **Budget**
  - Lidl: Moore St., Thomas St.
  - Aldi: Parnell St.
  - Dealz: Liffey St., Henry St., Talbot St.
- **Regular**
  - Tesco: Jervis St., Baggot St.
  - Dunnes: St. Stephen's Green
- **Fancy**
  - Fallon & Byrne: Exchequer St.,
  - Donnybrook Fair: Baggot St., Grand Canal
- **Convenience stores**
  - Centra, Spar, Londis
- **Specialist Ethnic foods**
  - Try Moore Street and Parnell Street areas
  - Asia Market, Drury Street
  - Kwality Foods, Rathmines
  - Polonez, multiple locations

WHAT TO DO FOR ENTERTAINMENT



SHOPPING

- **Furnishings**
  - IKEA
  - Dunnes
  - Penneys
- **Clothes**
  - Grafton Street
  - Henry Street
  - Dundrum

Don't forget your student discounts – ask for it everywhere!

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MAKING THE MOVE

Connecting Across Cultures

Louise Staunton
International Student Experience Manager

Trinity is ranked

17th

Most International University in the World

Times Higher Education World University Ranking, 2020.

18,000 students from 120 countries

26% international

CREATE CONNECTIONS

Making connections with people from a wide range of diverse cultural and language backgrounds will help you make the most of your time at Trinity

- **Feel connected** - Get to know each other socially through clubs/societies and during in-class activities
- **Learn** through sharing different experiences and viewpoints
- **Develop skills** like intercultural communication competency which are important for global graduates
- **Diversity** leads to creativity

FIRST STEP… YOU

Think about your own cultural comfort zone…

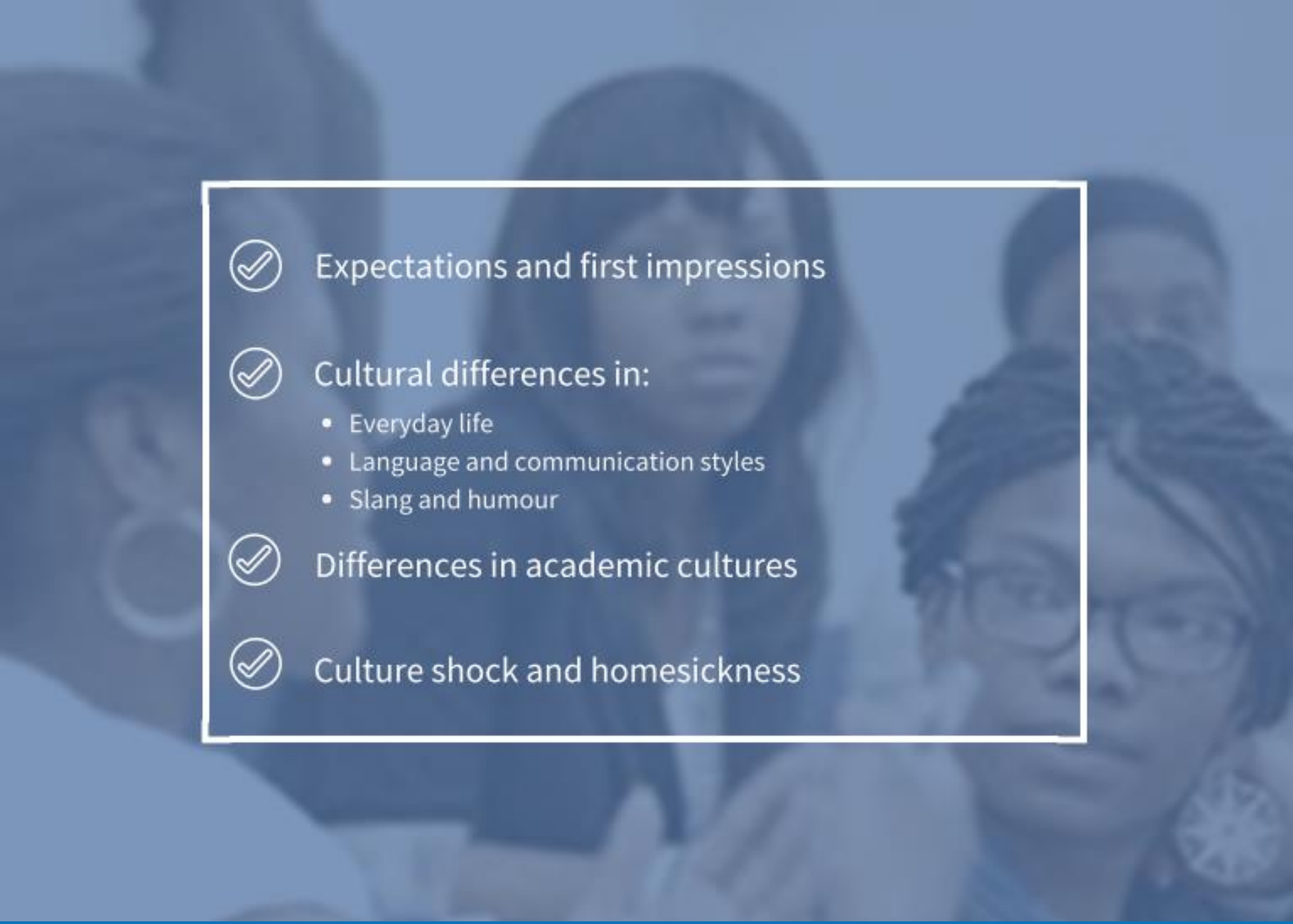
… And that of the people you are communicating with

Openness

Flexibility

Adaptability

NEXT STEP… ACCLIMATISING TO A NEW CULTURE


Expectations and first impressions
Cultural differences in:
• Everyday life
• Language and communication styles
• Slang and humour
Differences in academic cultures
Culture shock and homesickness

CULTURAL DIFFERENCES IN EVERYDAY LIFE

Greetings

Small talk

Punctuality

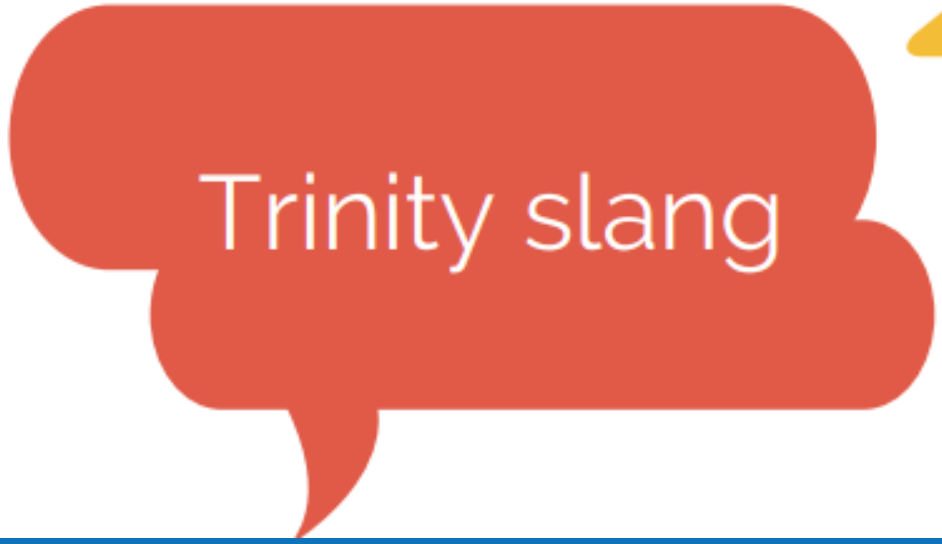
Socialising and role of the pub in Irish culture

Humour and slagging

Informal and friendly

LANGUAGE & SLANG

The types of thing we say...



"Grand"
"Craic"
"Gas"
"Howaya"
"Fair play"
"Yoke"
"Not too bad"

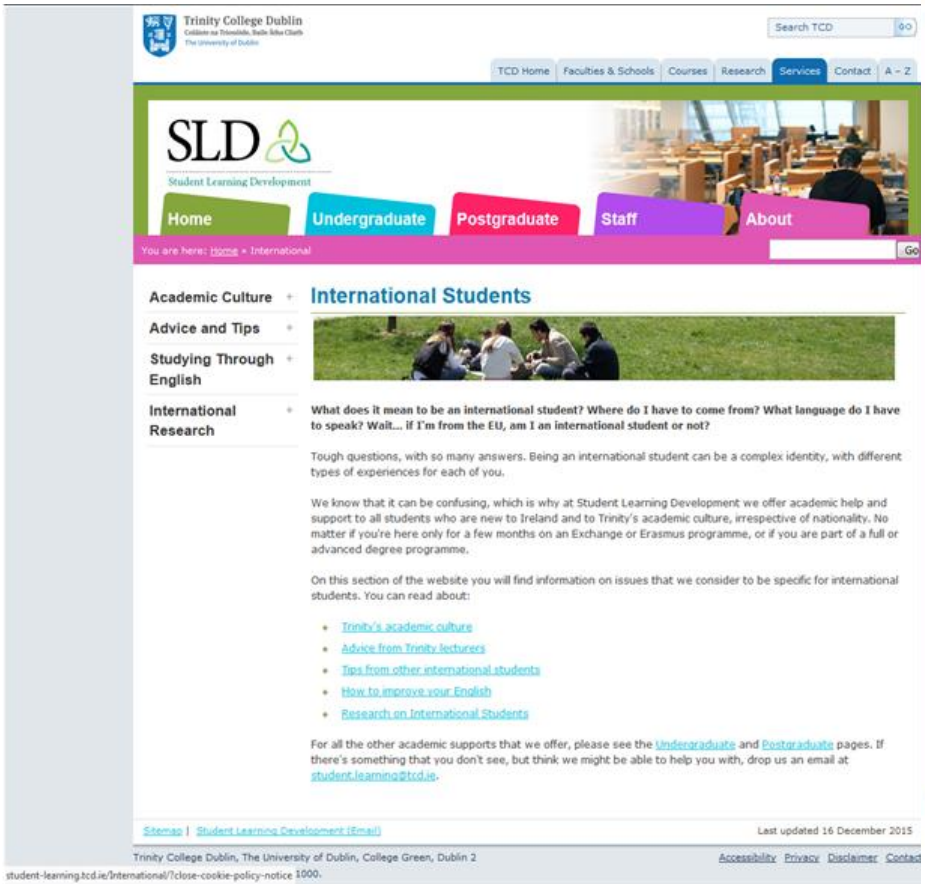
DIFFERENT WAYS OF COMMUNICATING

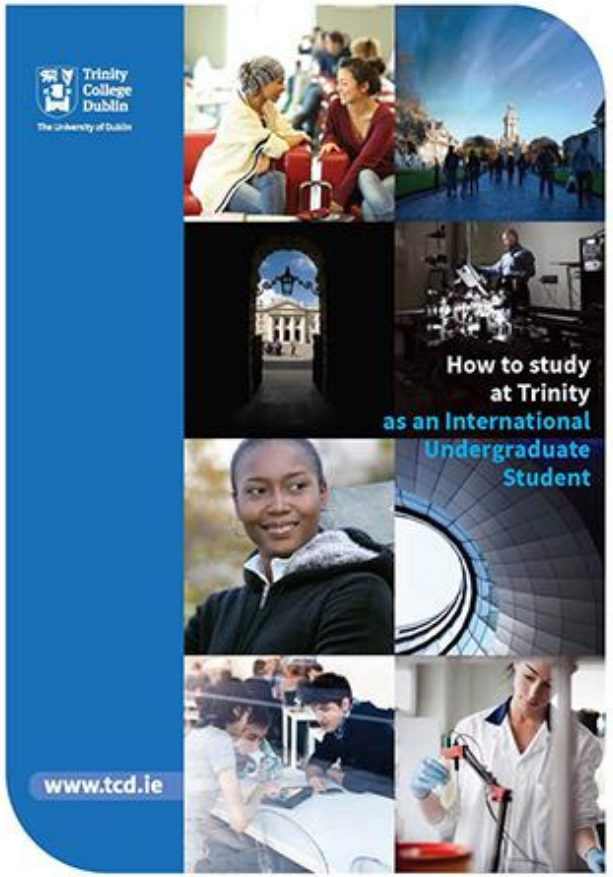
1. Informality even in formal situations
2. Indirect language - The Irish sometimes avoid saying “No” and being direct
3. Eye contact
4. Swearing
5. Slang

DIFFERENCES IN ACADEMIC CULTURE

- Research-led university
- Culture of independent & self-directed learning; emphasis on critical thinking
- Lectures and understanding the role of lecturers
- Expectation of class participation and group work
- Developing reading, writing and English language skills; Academic language
- Exams and understanding the grading system

http://student-learning.tcd.ie/International/





https://www.tcd.ie/study/assets/PDF/StudyingAtTrinity2020Web.pdf

CULTURE SHOCK AND HOMESICKNESS

COPING WITH CHANGE AND SETTLING IN...

- Talk to new friends or to Trinity staff
- Get into a routine here
- Get support from home… but not too much – live in Ireland's time zone, not the one back home
- Take care of yourself, eat well and exercise
- Take the initiative - Go out and meet Irish people - Join college clubs and societies
- Immerse yourself in Irish life - read newspapers and watch Irish TV (RTÉ 1, RTE 2, TV3, TG4)

Coping with Change and Settling in…

- Be patient with yourself and with little day to day frustrations of adapting to a new place
- You will get lost, you will be confused and that's ok
- Remind yourself that you came here for a new experience and that you are learning new things every day
- Breathe…

Thank You. Any questions?

Good luck with your studies and have a wonderful time at Trinity.