



**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

# International Undergraduate Student Orientation

Louise Staunton, Michelle Hogan, Abi Odekeye, Global Relations Office

Eimear Rouine, Transition to Trinity Officer

**September 2021**

# 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  
𐎧𐎢𐎰𐎶  
xush kelibsiz  
willkommen  
karibu  
bine aṭi venit  
добре дошли

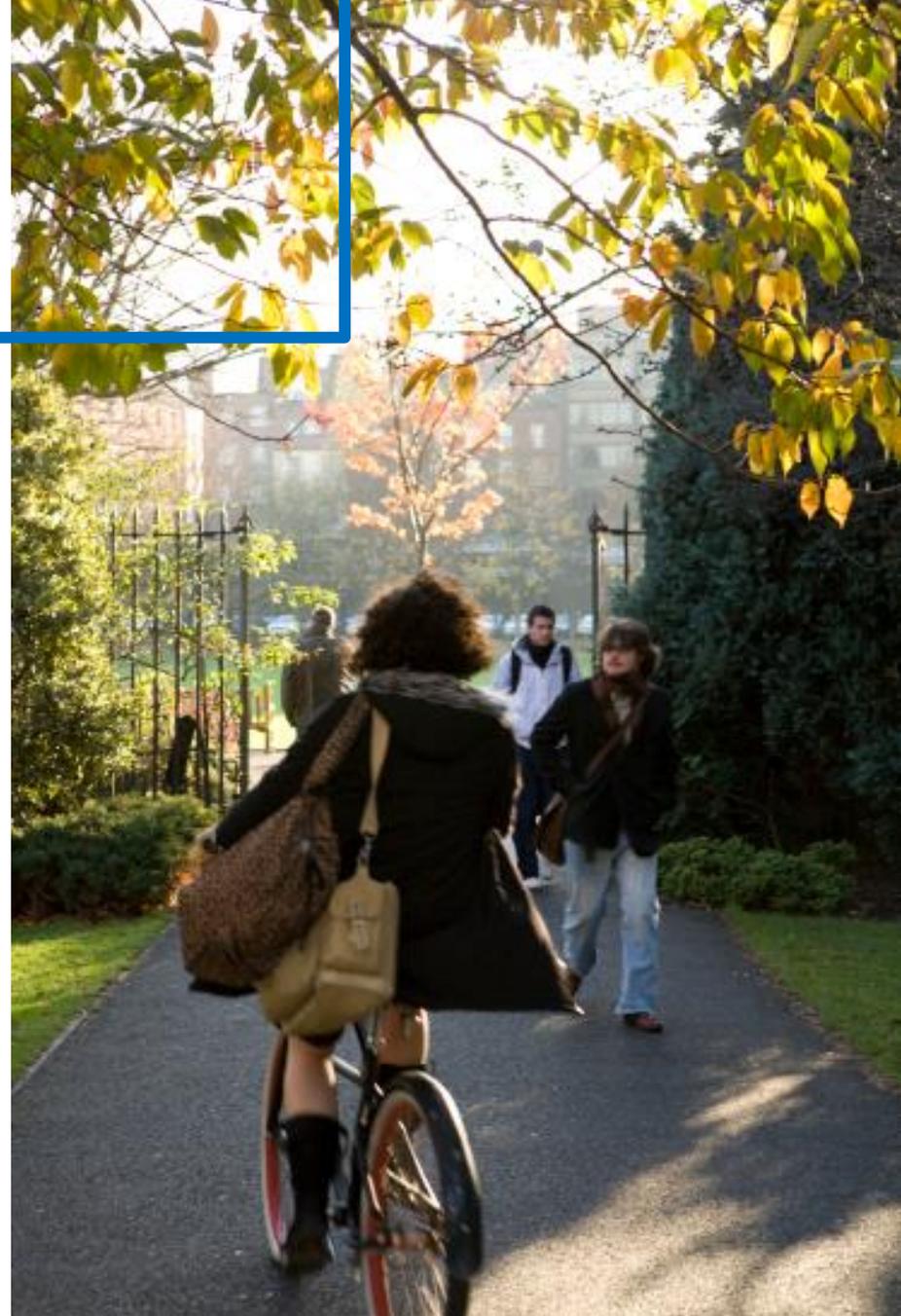
wëllkom  
καλῶς ἤρθατε  
fáilte  
ਜੀ ਆਇਆ ਨੂੰ  
bienvenue  
velkomin  
sveiki atvykę  
tonga soa  
mishto-avilian tú  
歡迎  
добро пожаловать  
aayuboovan  
nodé  
шчыра запрашаем

mirë se vini  
zupinje z te videtite  
bienvéni  
merñba  
üdvözlöm  
welkom  
maligayang pagdating  
miawezon  
witamy  
bienvenidos  
swagata  
स्वागत  
добрэдојдовте  
kenang ka kgotso

المرحب والوداع  
bonavinuta  
boyeyi bolamu  
歡迎光臨  
ne y waoongo  
välkomna  
מֵאִבָּה מֵיְכוּרָב  
mauya  
ຍິນດີຕ້ອນຮັບ  
mirë se vjen  
maayong pag-abot  
Üdvözlet  
soo dhowow  
hoş geldiniz

# TODAY'S SESSION

1. International Student Support at Trinity
2. Immigration Registration process
3. Opening a Bank Account
4. Health Insurance
5. COVID-19 Arrival, Health, Vaccination
6. Tips for Living in Dublin
7. Cultural adaptation





# GREETING SOMEONE

## English

*Good Morning*

*What is your name?*

*Sean is my name!*

*A hundred thousand  
welcomes!*

*How are you?*

*I am good*

***Hello***

***Thank you***

***Goodbye***

## Irish

*Maidin mhaith*

*Cad is ainm duit?*

*Sean is ainm dom*

*Cead mile failte  
romhat!*

*Conas atá tu?*

*Tá mé go mhaith*

***Dia Dhuit***

***Go raibh maith agat***

***Slán***

## Pronounced

*Modjin mot*

*Coad iss annim dwit*

*Sean is ann-imm dum*

*Kade meela fall-cheh  
row-itt*

*Cunn-us ah-taw two*

*Taw may go mot*

***Dee-ah-gwuit***

***Guh rev mah agut***

***Slawn***





**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

# THE GLOBAL ROOM

Here to help you

# 1. Global Room Student Space and International Student Support Hub



# Global Room: A Home Away From Home...



# Global Room

## 1. Global Room International Student Support Hub

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

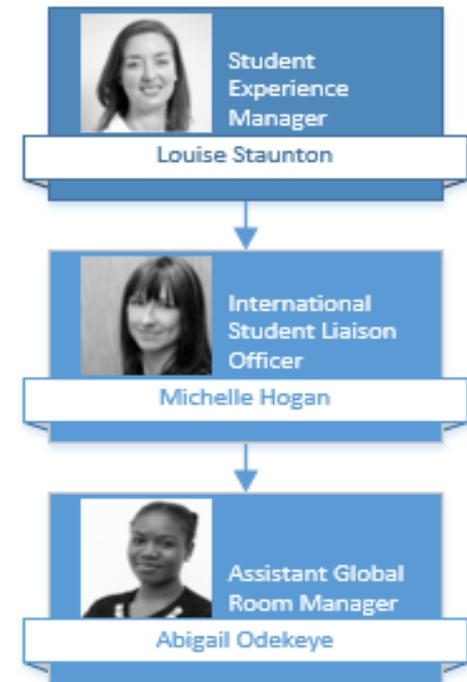
## 2. Event space

- 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, International Student Experience & Global Officer Manager
- Michelle Hogan, International Student Liaison Officer & Global Room Manager
- Abigail Odekeye, Executive Officer, Global Room
- 20+ Global Student Ambassadors





## Global Ambassador Student Team

- 20+ International and Irish Students
- Advise peer students before and after arrival
- Email: [tcdglobalroom@tcd.ie](mailto:tcdglobalroom@tcd.ie)

# 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 (Immigration registration, renewals and Graduate Employment Scheme – 1G);
- Banking and Health Insurance
- 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 through the Global Room's social media channels
- Events hosted by Global Room team and Trinity's clubs & societies
- Keep an eye on our Instagram and Facebook pages for info!

# The Global Room



## **International Student Support Hub**

Our Global Room Ambassadors and the International Student Liaison Officer are here to help. Come to our daily open Zoom room from 10am-5pm!

## **Immigration Clinics**

Have a question about immigration? Held twice weekly. Times will change to suit all student timetables where possible.

## **Coming Soon...**

### **FRIDAY FIESTA - Fridays at 2pm from 17th Sept.**

Have some good news? Or want to meet new friends? Zoom in with the Global Room where we'll talk about our weekly successes and wins and get to know each other!

### **MOVIE NIGHT - Wednesdays at 7pm from 22nd Sept.**

On Tuesday's we will hold a vote between three films and watch the winner together on Wednesday. We'll chat before and after to discuss the film. Another great way to share interests and make friends!

### **NEW 2 DUBLIN - Mondays 5-6:15pm from 27th Sept.**

Each week the Global Room Team will share all you need to know about Dublin - whether that's helping you settle in, introducing you to Dublin culture, or giving you the scoop on all the best things to see and do!

## **Follow us to stay updated!**



@TrinityGlobalRoom



@tcdglobalroom



Trinity College Dublin's  
Global Room presents:

# NEW 2 DUBLIN



**Weekly social events  
with the Global Room!**



For all new and returning  
students who haven't yet been to  
Dublin!



**Starting from 27th September 2021  
Mondays 5-6:15pm**

'New 2 Dublin' virtual programme

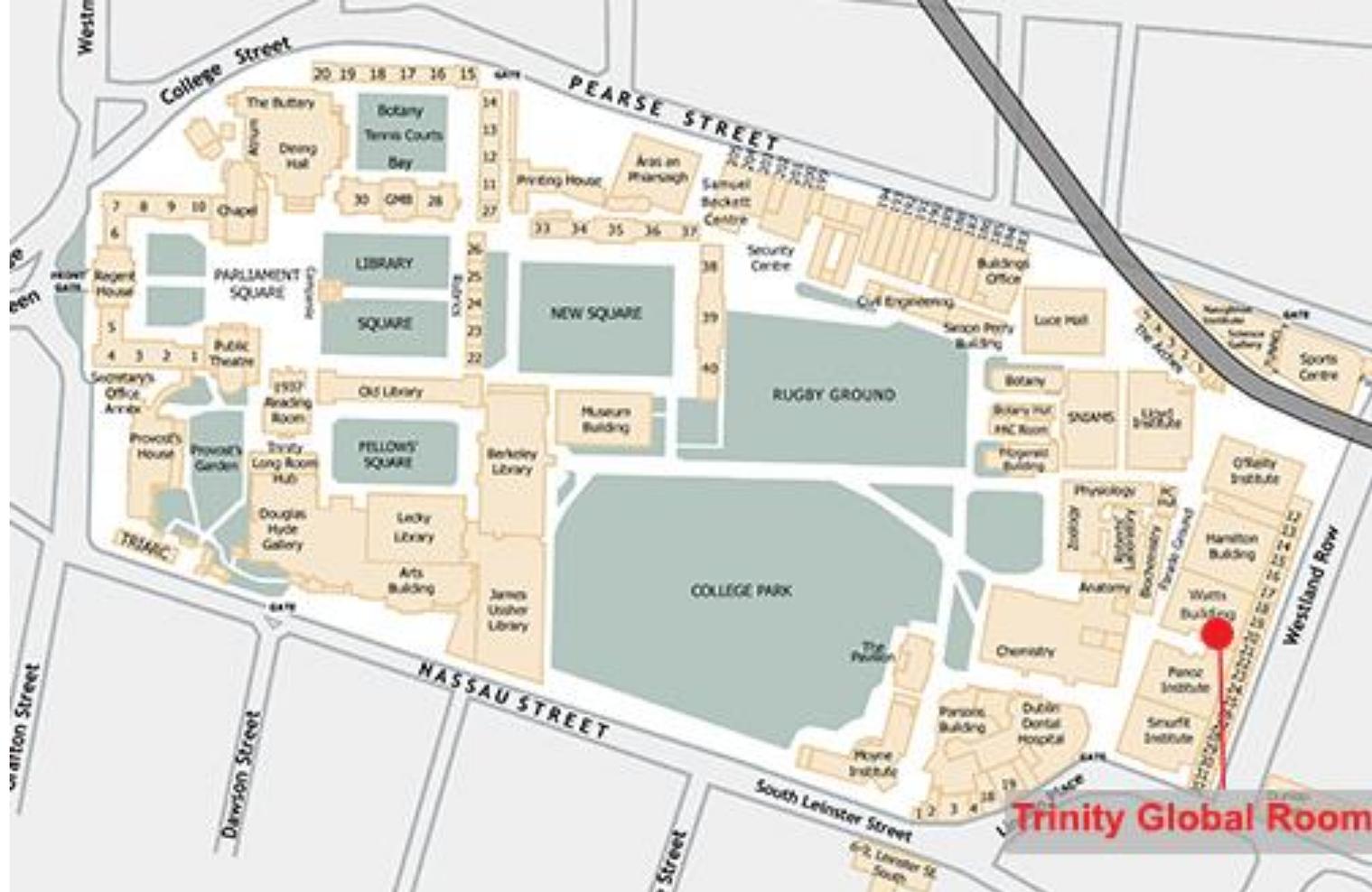
**Monday evenings for 4 weeks  
Mon 27 Sept – 18 Oct**

Helps you adjust to life in Dublin:

- Meet new people
- Where to find the cheapest groceries
- Best eats & coffees in the city
- Budgeting guidance
- Cultural adjustment

Watch our social media for updates

# Global Room



**Location:** 1<sup>st</sup> Floor, Watts Building (beside Academic Registry)

**Email:** [tcdglobalroom@tcd.ie](mailto:tcdglobalroom@tcd.ie)

**Open Virtually (until further notice): Monday-Friday, 9.30am-5pm  
and by appointment**

# KEEP IN TOUCH...



## Global Ambassador Blog

Tips and tricks for life at Trinity and life in Dublin!





@TrinityGlobalRoom

Email: [tcdglobalroom@tcd.ie](mailto:tcdglobalroom@tcd.ie)

**BE SOCIAL**



@TcdGlobalRoom



@TcdGlobalRoom



[www.tcd.ie/students/](http://www.tcd.ie/students/)

# GLOBAL OFFICER TEAM

- **Hester Jackman**, School of Computer Science & Statistics
- **Erin Paulin**, School of Psychology and School of Social Work and Social Policy
- **Niamh McGoldrick**, School of Physics and School of Chemistry
- **Grainne Curistan**, School of Nursing & Midwifery (on leave)
- Role vacant -- School of Engineering



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

## 2. Immigration



# IMMIGRATION REGISTRATION



Students who do not have an EU/EEA passport, you **MUST** register with the Immigration Service Delivery (ISD)



- 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 ISD appointment - if you are late, you may not be seen
- 1<sup>st</sup> time appointments will be **in person**

# ISD ONLINE APPOINTMENT BOOKING SYSTEM



SEIRBHÍS EADÓIRSEACHTA AGUS INIMIRCE Na hÉIREANN  
IRISH NATURALISATION AND IMMIGRATION SERVICE (INIS)  
13-14 CÉ BURGH, BAILE ÁTHA CLIATH 2 / 13-14 BURGH QUAY, DUBLIN 2

Welcome • Fáilte • Bienvenue • 欢迎 • Bienvenido • أهلا بك

## APPOINTMENT BOOKING SYSTEM FOR IMMIGRATION REGISTRATION

**E-MAIL:** [burghquayregoffice@justice.ie](mailto:burghquayregoffice@justice.ie)

Please note that this site is for appointments at the **Burgh Quay Registration Office** only.

You **MUST** have the following documentation ready in order to make your appointment and you **MUST** be able to **PRINT** your confirmation email:

1. GNIB Card (for renewals only)
2. Passport
3. Your email address

**Check early & often to book a registration appointment in Dublin.**

You can book an appointment up to 10 weeks early. A small number of extra near-term appointments are also released every day at 14:30. If you can't book one straightaway, keep trying. It may take 2 or 3 days to find one.

[Make Appointment](#)

[View Appointment](#)

[Cancel Appointment](#)

## ON THE DAY OF YOUR ISD 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 if you are a visiting student (or €3000 for full degree) 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)
- \*Proof of registration and proof of fees paid are in the same letter and can be generated and printed from your student portal ([my.tcd.ie](http://my.tcd.ie))



# Printing the Proof of Registration Letter

## Proof of Registration Letter

- Log on to my.tcd.ie portal
- Click on the 'Registration tab' for options of letters to print
- Click on 'Confirmation of Registration'
- Go to 'Intray' on the home tab.
- Your letter will be in your 'New Intray' or 'All intray messages'
- Click 'Proof of Registration' to open and print the file.



“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
- Try at those times for a few minutes, and then leave it
- Give yourself breaks
- Be persistent



# If you don't get an ISD 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.



# 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 COVID-19 travel restrictions before you travel: <https://www.dfa.ie/travel/>



## GNIB Registration (Outside Dublin)



- Students living outside of Dublin City or county must register with their nearest registration office
- Regional registration offices are managed by An Garda Síochána
- Same documents required as with registration in Dublin
- Students are to contact their local Garda Station to confirm requirements and check opening hours
- Main Registration Offices outside Dublin:  
<https://www.irishimmigration.ie/registering-your-immigration-permission/how-to-renew-your-current-permission/registration-renewal-outside-dublin/>

# ISD Covid-19 Updates

<https://www.irishimmigration.ie/news-and-updates/>



The banner features a yellow background. On the left is the harp logo of the Department of Justice and Equality. To its right is the text: "An Roinn Dlí agus Cirt agus Comhionannais Department of Justice and Equality". On the right side, there is a black square with a white virus icon and the text "Coronavirus COVID-19". Below this is a larger, stylized virus icon in red and yellow. The main text in the center reads "Immigration Service Delivery 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](#).

# Immigration Information Resources

Immigration Service Delivery (ISD):	<a href="https://www.irishimmigration.ie/">https://www.irishimmigration.ie/</a>
ISD COVID-19 FAQs	<a href="https://www.irishimmigration.ie/wp-content/uploads/2021/07/Immigration-Service-Delivery-Covid-19-FAQ.pdf">https://www.irishimmigration.ie/wp-content/uploads/2021/07/Immigration-Service-Delivery-Covid-19-FAQ.pdf</a>
Trinity COVID-19 FAQs	<a href="https://www.tcd.ie/about/coronavirus/">https://www.tcd.ie/about/coronavirus/</a>
Immigration FAQs	<a href="https://www.tcd.ie/students/support-services/international-students.php">https://www.tcd.ie/students/support-services/international-students.php</a>
Global Room	Email: <a href="mailto:tcdglobalroom@tcd.ie">tcdglobalroom@tcd.ie</a>  Daily Zoom Room to ask Questions: <a href="https://zoom.us/j/93974409641?pwd=emtkdIJqdjkzbHpPT1FURWljQXp6Zz09">https://zoom.us/j/93974409641?pwd=emtkdIJqdjkzbHpPT1FURWljQXp6Zz09</a>

# Global Room Immigration Clinics

- **Get your questions answered**
- **Global Virtual Immigration Clinics:**
  - Get answers to your immigration 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 in Semester 1. (The next one is Sept 23rd at 3pm via Zoom)**



# Rights to work as a non-EU student

- Students attending a full degree full-time course and in possession of an Irish Residence Permit card are entitled to take up casual employment
- 20 hours during term time, and 40 hours during December 15 to January 15 and June 1 to September 30 only
- Outside dates are fixed
- The right to work lapses automatically on expiry of immigration permission.
- A Personal Public Service (PPS) number is needed to be able to work; for tax purposes.
- If you do work, make sure to be aware of your rights as an employee
- Irish Council for international students (ICOS) website is a great resource for info: <https://www.internationalstudents.ie/>

# How to get a PPS number

- A Personal Public Service (PPS) number is a unique reference number that everyone who works in Ireland must have.
- It ensures that you can be registered with the Irish taxation authorities, known as the **Revenue Commissioners**.
- Students will receive a PPS number only when you can show you have an offer to take up employment or need it to deal with a "**specified body**".
- To get a PPS number, you can apply online via email to the Department of Employment Affairs and Social Protection: <https://www.gov.ie/en/press-release/c303a0-special-arrangements-in-place-for-scheduled-appointments-at-intreo-c/>

## More info here:

<https://www.gov.ie/en/service/12e6de-get-a-personal-public-service-pps-number/>

<https://www.internationalstudents.ie/info-and-advice/immigration/working-in-ireland/advice/immigration/working-in-ireland>

## What you need...

- A completed application form for the PPS Number.
- Evidence of your identity (passport)
- Evidence of why you need a PPS number allocated (e.g. job offer)
- Proof of your address. (Letter from Academic Registry or bank statement)

More info here: <http://www.welfare.ie/en/Pages/PPSN.aspx>



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

# BANKING

How to open a bank account

# 3. Student Bank Account Opening Requirements

## Banking Options:

- 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.**

# 4. 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/](http://www.irishlifehealth.ie/) (mention that you are a Trinity student when booking)
- VHI Healthcare: [www.vhi.ie](http://www.vhi.ie)
- Laya Healthcare: [www.layahealthcare.ie](http://www.layahealthcare.ie)
- Study and Protect: [www.studyandprotect.com/unilanding.aspx](http://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>

# 5. COVID-19 Arrival, Health and Vaccination

## Your Arrival 2021/22 Website

<https://www.tcd.ie/students/your-arrival-sept-2021/>



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

[Faculties and Schools](#) [Courses](#) [Research](#) [A-Z](#)

Search Student Life



### Student Life

Menu

Home

Supports & services

Getting Involved

Living in Dublin

Guided Reflection

Events

Orientation

Gaeilge

### Your arrival in September 2021



### Updates

14 May: Welcome to our new arrivals site! Keep an eye on these pages to find out what you need to know for your arrival in September

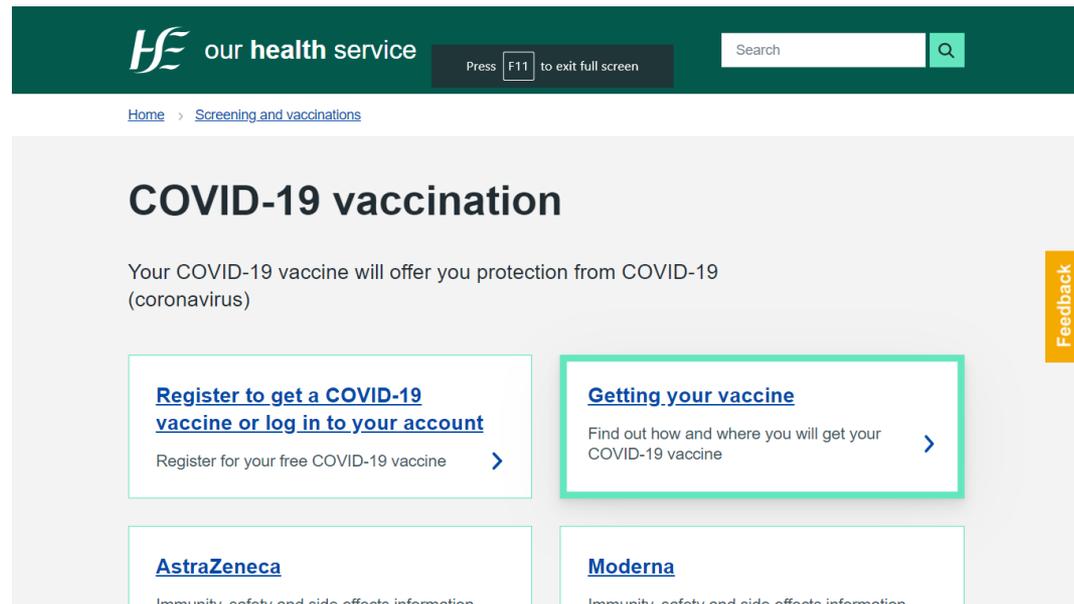
# Trinity International Student FAQ

**Information on testing, vaccinations, supports:**

<https://www.tcd.ie/about/coronavirus/#student-faq>

# Vaccinations in Ireland

- **Unvaccinated students can register for COVID-19 vaccine in Ireland:**  
<https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/>



The screenshot shows the HSE website's COVID-19 vaccination page. At the top, there is a dark green header with the HSE logo and the text "our health service". To the right of the logo is a search bar with a magnifying glass icon and the text "Search". Below the header, there is a breadcrumb trail: "Home > Screening and vaccinations". The main heading is "COVID-19 vaccination". Below this, a paragraph states: "Your COVID-19 vaccine will offer you protection from COVID-19 (coronavirus)". There are four main content boxes arranged in a 2x2 grid. The top-left box is titled "Register to get a COVID-19 vaccine or log in to your account" and contains the text "Register for your free COVID-19 vaccine" with a right-pointing arrow. The top-right box is titled "Getting your vaccine" and contains the text "Find out how and where you will get your COVID-19 vaccine" with a right-pointing arrow. The bottom-left box is titled "AstraZeneca" and contains the text "Immunity, safety and side effects information". The bottom-right box is titled "Moderna" and contains the text "Immunity, safety and side effects information". On the right side of the page, there is a vertical orange button labeled "Feedback".

# Vaccinations

---

## Vaccinations at Trinity

**Onsite HSE pop up Vaccination Clinic -- Monday 27 and Wednesday 29 September**

**Where: Marquee at New Square for all students and staff.**

- All members of the Trinity Community are encouraged to participate in the vaccination programme to help ensure that we have a safe return to campus.

# International Students

---

**International Student FAQs here:**

**<https://www.tcd.ie/about/coronavirus/#student-faq>**

**1. As an international student, can I get vaccinated in Ireland and what are the requirements?**

Yes, international students can get vaccinated in Ireland. See here for further details: <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/>

The process is outlined under the ‘Do not have a PPS number’ heading at the following link – <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/user-guide/>

**2. Can I get my 2<sup>nd</sup> vaccine dose in Ireland?**

Yes, international students can get their second vaccine in Ireland – see link above to register.



**Trinity College Dublin**

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

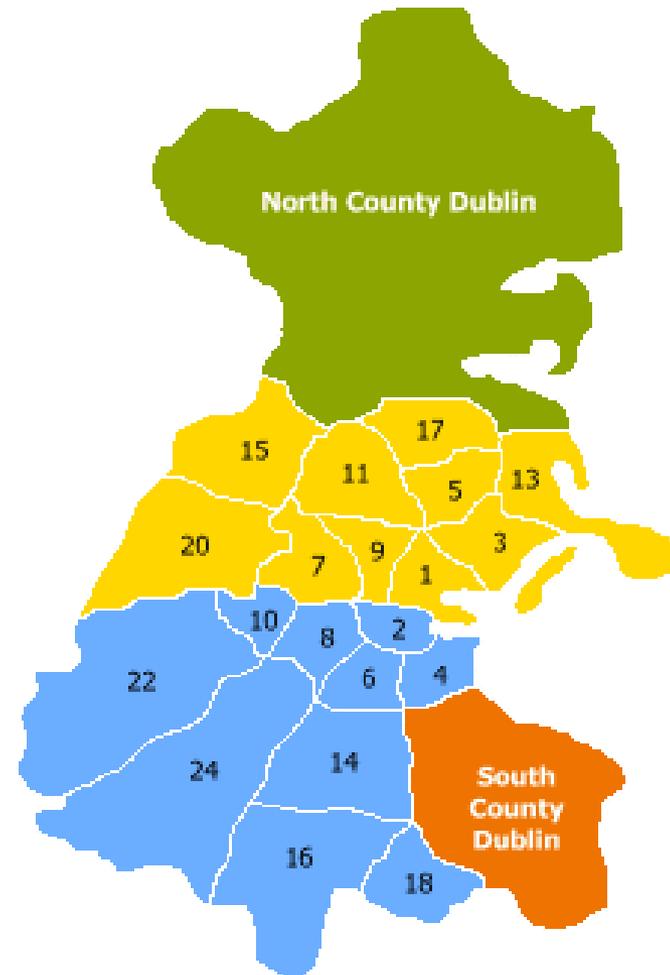
# Living in Dublin

**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 / FreeNow 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



# TRAVEL

- Ireland
  - Bus Eireann  
(<http://www.buseireann.ie/>)
  - Irish Rail  
(<http://www.irishrail.ie/>)
  - Car rental (Hertz, Avis, Europcar)
- Europe
  - Ryanair
  - Aer Lingus

**Ensure you have the correct Visa before you leave the country – we want you to be able to come back!**



# 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:

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

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

Make sure you check contract lengths



# PHONE HOME



# YOUR TCARD



Your TCard is your student ID card



Cashless payments on campus



Discounts



[tcard.tcd.ie](http://tcard.tcd.ie)



The Buttery



The Dining Hall



East Dining Hall



1592 Restaurant



Aras an Phiarsaigh



Arts Café



Academic Registry



Hamilton Restaurant



Westland Coffee



The Science Gallery



Sports centre



Nursery



Students Union



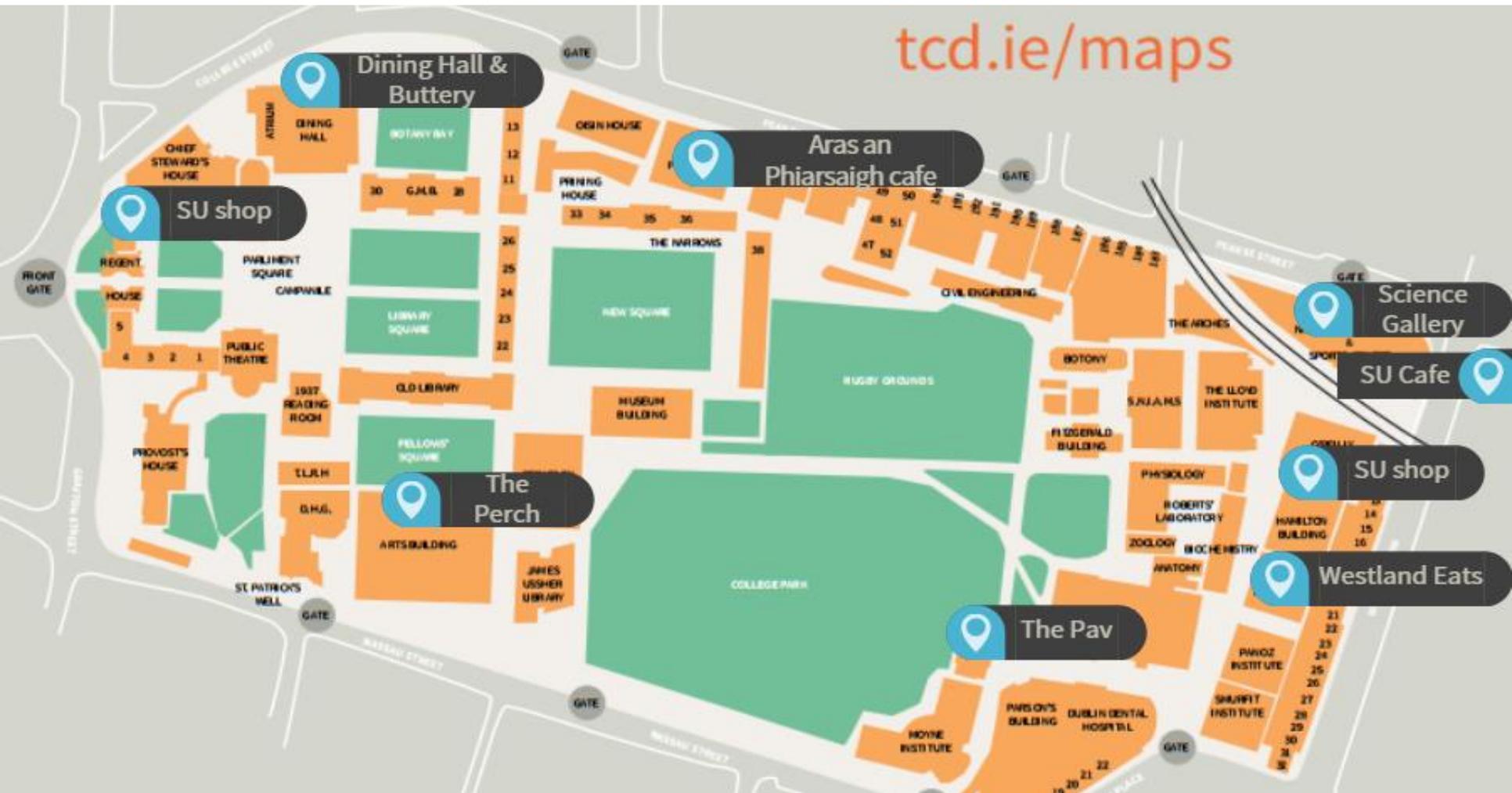
St James Hospital



Tallaght Hospital

## WHERE DOES IT WORK?

# WHERE TO EAT ON CAMPUS



# 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

# GOING OUT

- The Pav
- GSU
- Clubs & Societies
  
- Pub culture in Ireland – drinking is not required!
- Have fun, but be responsible
- Look out for your friends
- Get taxis home



# COVID-19 RESTRICTIONS

- You can sit outside pubs and restaurants without restriction
- To sit inside you must have a vaccination cert and valid ID or proof of recovering from COVID within 6 months
  - You may use an EU COVID Digital Cert or an official vaccination record issued by the country you were vaccinated in
- Maximum 6 people per table
- Table service
- Closing time is 11.30pm but bars and restaurants may close earlier than that
- You must wear a mask when not at your table



# 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!





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

# MAKING THE MOVE

Connecting Across Cultures

Louise Staunton  
International Student Experience Manager



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...

Trinity slang

"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

<https://student-learning.tcd.ie/international/>

The screenshot shows the Trinity College Dublin Student Learning Development (SLD) website. The header includes the Trinity College Dublin logo and navigation links: TCD Home, Faculties & Schools, Courses, Research, Services, Contact, and A-Z. The main navigation bar features buttons for Home, Undergraduate, Postgraduate, Staff, and About. The page title is "International Students" under the "Academic Culture" section. The content includes a sub-section "Advice and Tips" with a link to "Studying Through English" and "International Research". A paragraph discusses the challenges of being an international student and offers support. A list of links includes "Trinity's academic culture", "Advice from Trinity lecturers", "Tips from other international students", "How to improve your English", and "Research on International Students". The footer contains "Sitemap | Student Learning Development (Email)", "Last updated 16 December 2011", and "Trinity College Dublin, The University of Dublin, College Green, Dublin 2" with links for "Accessibility", "Privacy", "Disclaimer", and "Contact".

The cover of the "Studying at Trinity" PDF document features the Trinity College Dublin logo and name at the top. Below the logo is a large photograph of the Trinity College Dublin building, showing its iconic dome and classical architecture. The text "Studying at Trinity" is prominently displayed in a large, bold font, with "Succeed in Your Education" underneath it. At the bottom right, there is a small logo for "www.tcd.ie/study" and social media icons for Facebook, Instagram, and Twitter.

[www.tcd.ie/study/assets/PDF/StudyingAtTrinity2021.pdf](https://www.tcd.ie/study/assets/PDF/StudyingAtTrinity2021.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
- Remember to breathe...



Thank You. Any questions?

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

**Email: [tcdglobalroom@tcd.ie](mailto:tcdglobalroom@tcd.ie)**