



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH



UL Global Student Handbook

ul.ie/international

Welcome from the Vice President Global and Community Engagement

Dear Student,

It gives me great pleasure to welcome you to the University of Limerick, Ireland's most innovative and dynamic university.

Firstly, I would like to send my best wishes to you and your families. We have all faced challenging times and the pandemic has shown us how globally connected we are. You are joining UL during its 50th anniversary year, with our international outlook forming one of the foundations of the university. We have a proud history of international cooperation and collaboration, which has made UL an internationally focused, outward-looking university, offering a diverse and inclusive culture to all our students and staff. This is now more important than ever before, as we are faced with new challenges, which can only be addressed through international collaboration, cooperation and innovations in our search for solutions. By joining the University of Limerick, you have already shown that you are global citizens. Through your educational experience, you will have every opportunity to excel, think critically, problem solve and innovate. You are building your future and will make an impact as we work toward a better tomorrow.

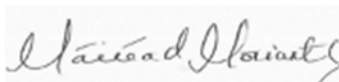
In line with our vision, set out in our strategic plan, UL@50, we aim to be a community of scholars with a global reputation for excellence, creativity, innovation, entrepreneurship and engagement. You will be challenged academically and encouraged to work to the best of your ability. While our priority is to provide each graduate with a formal qualification with our high rates of graduate employability, we take a holistic approach to ensure that students have enriched social, cultural and recreational experiences. I encourage you to join the clubs and societies and explore your new surroundings, make new friends, join the international student Ambassador programme and participate in the volunteering opportunities.

As a student of the University of Limerick, you are now part of a community, which has played an important role in the development of our city, region and Ireland. This community values diversity and inclusion and your presence at our University adds to that ever-increasing spirit of multilingualism and multiculturalism. We expect that all UL students place value in this ethos and encourage you to show us ways in which we can celebrate diversity.

The global Covid 19 pandemic has shown just how important community is. Moreover, while we begin to return to a sense of normality, we must caution that virus brings a degree of uncertainty. Rest assured we have contingency plans in place for every eventuality.

Our students are at the centre of everything we do. To ensure that your transition from home to UL is a smooth one, UL Global has extensive support structures in place. We always welcome and value your feedback and input. We look forward to getting to know you during your stay at UL, both fulfilling, and exceeding your expectations. On behalf of the University of Limerick, the UL Global team, and myself we would like to welcome you again to Limerick and wish you every success during your time here.

Céad Míle Fáilte!



Professor Máiréad Moriarty
Interim Vice President Global and Community Engagement
University of Limerick

About us





UL Global

UL Global is responsible for a range of international programmes and activities for both staff and students including:

- The recruitment, welcoming and support of international students, from non-EU countries on full-time undergraduate and postgraduate programmes
- The organisation and hosting of Summer School Programmes
- Managing and reporting on Federal Loans and private study loans to eligible students from the USA studying at the University of Limerick.
- International student exchanges
- The Erasmus+ Programme, the European Programme in education, training, youth and sport funded by the European Commission

Meet the Team

Visit our Virtual Global Hub for up to date information

Contacts

Full degree Students international@ul.ie

ErasmusStudents incoming.erasmus@ul.ie

Study Abroad study.abroad@ul.ie

Exchange Students incomingexchanges@ul.ie

[Request a letter](#) you must allow at least 5 working days for letters to be issued. You do not need to request a letter for immigration registration when you arrive, as this will automatically issue to you in the coming weeks.

Follow us on our Social Media Channels for updates

[Facebook](#)

[Twitter](#)

[YouTube](#)

[Instagram](#)

[LinkedIn](#)

Podcast: [The Pack Chat](#)

Have your say!

We welcome your feedback and input into our activities feel free to comment [here](#)





University of Limerick

Established in 1972, the University of Limerick is an independent, internationally focused university with over 16,500 students and approximately 1,700 staff. It is a young, energetic and enterprising university with a proud record of innovation in education and excellence in research and scholarship. The University offers programmes across a wide range of disciplines, including arts, business, engineering and construction, health and medicine, information and communication technology, law, mathematics and natural sciences. UL has many marketing-leading programmes and several which are unique in Ireland. Programmes such as our BA Arts degree and the Bachelor of Business Studies are amongst the largest in Ireland and some of our Teacher Education programmes are the only ones of their kind. The University's mission is to build on the expertise of our scholars in creating, harnessing and imparting knowledge for the benefit of our students and the enrichment of our community.

The University is recognised as possessing one of the most spectacular and environmentally sympathetic third-level campuses in the world. The campus has unrivalled sports and cultural facilities. These include Ireland's first Olympic-size swimming pool, an indoor sports arena, a boathouse with a state-of-the-art indoor rowing tank, the 1,100-seat University Concert Hall, the Irish Chamber Orchestra Building, the Irish World Academy and an impressive range of visual art, including outdoor sculptures, the National Self-Portrait Collection of Ireland and the Water Colour Society of Ireland Collection. The campus is located 5km from Limerick city and 20km from Shannon International Airport.

The campus is home to the Nexus Innovation Centre, which supports spinout activity in the region, and is central to the UL Enterprise Corridor, which hosts leading R&D companies such as Johnson & Johnson. Adjacent to the University is the National Technology Park (NTP), Ireland's first science/technology park (263 hectares), which is home to over 80 organisations employing over 3,000 people.

There are four Academic Faculties

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

Awards and Achievements

UL Ranked World No.1 for International Student Happiness

Irish Education Awards

Best Erasmus Programme 2018, 2019, 2020 and 2021

Best Campus 2019 and 2020

I-Graduate (International Student Barometer Survey 2018)

UL is voted Ireland's No.1 University

UL is the most recommended University in Ireland

Best Accommodation Quality and Access in Ireland

Best International Office in Ireland and the UK

Best Library in Ireland

No.1 Social Activities globally

No.1 Multicultural Classroom in Ireland












No.1 Sports Facilities in Ireland

[Read more facts, figures and achievements](#)





Key

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

Campus Map and Virtual Tour

[This virtual tour brings you through our award winning campus, the impressive Sports Arena and, the newly extended Glucksman Library, the student villages across campus and everything in between! Give it a watch and see what UL has in store for you!](#)

Ireland, Travel Requirements and Arrival





Documents to Bring


Generally, to open a bank account you require proof of source of funds documentation. This could be 6 months (up to August/September 2022) of bank statements from your home country. These are your parents' accounts if they are funding you or, your own accounts if you are self-funding. The documents you bring will have to be certified/notarised in your home country before you arrive. If you have already arrived, you will have to organise for someone in your home country to help you with this. Statements must be in English or else you must provide a certified translation.

- Check your passport is in date for the duration of your time in Ireland
- Make sure you have all the required documents to support your visa and the documentation for extending your visa to study and for opening a bank account.
- UL offer letter sent via email or hardcopy
- Proof of Funds
- Medical Insurance documentation
- Travel Insurance documentation
- Medical prescriptions and documents you need regularly. If you are travelling with medical equipment such as syringes or Epi Pens, you will need clearance from your airline. Make sure the prescriptions state the chemical names of the active ingredients and not just the brand name. Check with your airline regarding all medications as you may be travelling through more than one country to arrive in Ireland. Check that the medication is legal in Ireland and can be brought into the country. Your doctor can help with this.
- Medical information translated into English should you have a condition where you will need a regular prescription or medical consultations
- Tip: Make sure you leave copies of the documents and your passport with a family member in the event that they are misplaced so they can email copies when you need them

Climate:

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

[For Chandan, it was the first time in his life to witness snow. Read and watch his video to find out what he thought of the experience!](#)





Packing Tips

The essentials for your carry-on bag include:

- Face masks, hand sanitiser (under 100ml) and a disposable bag to dispose of used masks. Recommended time for wearing one mask is four hours – make sure you have enough to change during your journey, don't forget to count the travel to and from airports
- Thermometer to continue to track your symptoms on arrival
- Check the airline website for passenger requirements as they may differ from airline to airline
- A towel and a change of clothes for when you arrive at your accommodation.
- Your important documents
- Medications that you will need and original documentation related to the medications such as a certificate from the doctor and a prescription. Make sure medications are in their original packaging.
- Spare pair of glasses or contact lenses and the lens prescription
- Euro currency: Euro notes come in seven denominations 5, 10, 20, 50, 100, 200 and 500 Euro. The 5, 10 and 50-euro notes are the most common notes in circulation. It is 100 cents to the Euro and coins are in denominations of 5, 10, 20 and 50 cents and 1 and 2 Euros. Note due to COVID-19 paying by card is more popular to avoid handling coins, however, there is a minimum spend for card transactions generally 5 euro.
- Some snacks - in case the airline does not have a food service running
- Your phone and charger. A travel adapter is also useful. The standard electricity voltage is between 220 – 240 volts. The frequency is 50 Hertz, the same as in most parts of Europe. If your electrical items are not suited to work under these conditions, you should equip yourself with a transformer. Buildings in Ireland have sockets for 13 amp square pin fused plugs. Adaptors are found in most supermarkets, in order to make your electronics compatible with the three-pin sockets.
- Check out [tips and tricks](#) from previous international students that might help you prepare!

Time Zone

Don't forget to change the time-zone before you travel.

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





At the Airport – finding your transport to the University of Limerick

- There will be a presence in Dublin Airport in both Terminal 1 and Terminal 2 on the way to the coach parking area.
- You will need to look out for staff in high-visibility yellow jackets with handheld signage as per the 'International Higher Education Students: Greet & Transfer Service' logo illustrated below.

These staff will give you instructions and take you to the pick-up service.



Emergency Contacts



Emergency Contacts

Emergency Telephone Numbers	Contact
UL campus security (out of hours)	+353 61 213333
UL campus security (out of hours)	+353 61 202700
Gardaí (police; non-emergency)	+353 61 212400
Mid–Western Regional Hospital	+353 61 301111
St. John’s hospital	+353 61 415822
Rape Crisis Centre	1800 311511 *Freephone Number
Adult Counselling Service	+353 61 411900
TheSamaritans (Charity providing support for those in emotional distress, struggling to copy or at risk of suicide)	+35361 412111
Aware (charity providing support and information for those who experience depression or bipolar disorder and their families)	+353 61 314111
Police/Ambulance/Fire/Emergency	999 / 112
Campus Medical Centre (Acute Service)	+353 61 202534



Dates for
your Diary



Academic Calendar

The Academic Calendar is published [here](#).

- Semester One 05/09/22 to 17/12/22
 - Semester One Orientation 30/08/21 to 02/09/22
 - Semester One Exam Period 03/12/22 to 17/12/22
- Semester Two 23/01/23 to 15/05/23
 - Semester Two Orientation 17/01/2023 to 20/01/23
 - Semester Two Exam Period 02/05/23 to 15/05/23

Celebrations and Holidays

In Ireland there are ten public holidays each year. During these dates, no classes will take place and services will be reduced on campus and across the country:

31 October 2022 October Bank Holiday

25 December 2022 Christmas Day

26 December 2022 St Stephen's Day

1 January 2023..... New Year's Day

6 February 2023 St Brigid's Day

17 March 2023..... St Patrick's Day

10 April 2023 Easter Monday

1 May 2023 May Bank Holiday

5 June 2023 June Bank Holiday

7 August 2023.....August Bank Holiday





St Patrick's Day

St Patrick's Day is the feast day of Ireland's patron saint, it is celebrated with parades and festivals across the country.

[Listen to some previous international students talk about what they love about Ireland, what they find different about it.](#)

Celebrations

Have a look at our celebrations of [Diwali](#), [Chinese New Year](#), Thanksgiving and many more throughout the academic year

- [European Day of Languages 26th September](#)
- [Holi Festival](#)
- [Farewell Event for International Students](#)
- [The UL Global Annual International Festival celebrates the diversity of the students and staff at the University, have a look at our video](#)

Getting Connected





Student Identification (ID) Cards

- You will receive an enrolment email with instructions
- Make sure that you log into your student portal and update your contact address to your full address in Limerick
- Follow instructions on how to upload a photo

Note: If your 'Contact Address' does not reflect your Limerick Address or if the Address is incomplete this will delay the process of receiving your Student ID Card.

Further information on receiving your UL student card will be distributed to you via email from the UL Global office

Information Technology Division (ITD) Information

ITD is responsible for supporting, maintaining and developing the information and communications technology at the University of Limerick. They manage a suite of enterprise applications and software systems that are critical to the teaching, learning, research and administrative functions of the institution.

[ITD Student Services](#) provides a range of information explaining [How to set up your student account](#) with step by step instructions for all your [software requirements](#), email access and [printing services](#).

Computer lab access and locations and protocols are available [at the following link including a live map of availability](#).

A quick start student guide for ITD is available [here](#)

SULIS

Once you have completed enrolment and been registered to classes you will gain access to SULIS. Sulis is UL's online Learning Management Platform, [here](#) you will find information and resources related to your assigned modules. This includes lecture notes, reading lists, quizzes and other useful resources. You can log into Sulis using your UL student ID number and computer account password [here](#).

UL Wireless

Information on how to connect to UL Wireless is available [at this link](#)

How do I raise a Support Request?

- Log a call [online](#). If your issue is password related - complete the online [form](#), and your password will be reset and issued to you within 24 hours (Monday to Friday). Please only submit this form once.
- Email your query to ITSS@ul.ie
- For IT issues arising in ITD labs, students can submit support request [here](#)





The Glucksman Library and Online Library Services

The Glucksman Library supports the teaching, learning and research activities of the University of Limerick by providing quality information resources, education, support and facilities to students, faculty, staff and researchers. With over one million in-person visits annually and 1.5 million downloads from the digital collections, the Glucksman Library is one of the most popular and heavily used places on campus. The Library is a well-designed, modern building offering a pleasant and comfortable study environment. The Lewis L. and Loretta Brennan Glucksman Library opened in 1998 as a 6,900 square metre facility spread across three floors. Its new wing opened in 2018 and now comprises of

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

Library Services

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

- Self-service borrowing and return
- Information desk & Special Collections desk
- [Ask Us](#) – Tell Us online query service
- Inter library loans
- Subject-specialist assistance from faculty librarians
- Research support services
- New student support services
- Information skills training
- Referencing skills support
- A fantastic collection of fiction and nonfiction for your reading pleasure on the ground floor



Online Library Services

- SPSS for students only is available to download remotely by emailing the Library at libinfo@ul.ie or via [Ask Us](#)
- NVIVO available to download remotely by emailing the Library at libinfo@ul.ie or via [Ask Us](#)
- EndNote for students available to download remotely by emailing the Library at libinfo@ul.ie or via [Ask Us](#).
Online group study rooms The Glucksman Library offers a study room facility for group projects etc. This service is available to all University of Limerick Student. Bookings can be made [online](#)

Keep up to date with the latest news of the library on [Twitter](#) or [Instagram](#)





Library Jargon Buster

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Television, Radio, Podcasts, Newspapers and Magazines Links

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

You can download the RTE player app on your device to watch [RTE player](#) while you are here.

There are six national radio stations and many local ones. A full list and links are available from the [Broadcasting Authority of Ireland](#), make sure to check out the local Limerick radio stations.

[www.podcasts.ie](#) is a free site with performances, interviews and readings by Irish writers. [Check out the new UL Global Podcast called 'The Pack Chat'](#)

Ireland also offers membership to public libraries as free to everyone. You can join the Irish public library [online](#). Online services include ebooks, audiobooks. Rb Digital for access to free international magazines and comics, Press reader for access to online newspapers world wide, transparent languages for language learning and universal classes for online courses.

Popular national daily newspapers include both online and print versions:

- [Irish Independent](#)
- [Irish Times](#)
- [Examiner](#)

Local Newspapers include both online and print versions and are free in local shops and supermarkets

- [Limerick Leader](#) (both paid and free editions).
- [Limerick Post](#)
- <https://www.anfocal.ie/>

A full list of Irish print media can be found on the [Press Council Website](#)

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



Telephones

There are several different providers in the market, all with different "Pre-Pay" or "Pay As You Go" plans. Most give you free calls and texts for one month with some data when you top up by €20.

Help?

You can find common FAQ's [here](#).

You can contact customer care on [Twitter](#) or [Facebook](#) too.



Student Health, Safety and Wellbeing





Student Affairs Division

The Student Affairs Division provides a comprehensive range of professional, administrative and support services to the entire university campus. All services will be operational for the new academic year and they have adapted their operating model to accommodate students. Students wishing to avail of any services within Student Affairs Division should phone or email first to seek an appointment. Specialist staff in the various functions of the Division are available to speak too. Visit the [Student Affairs website](#) for updates. The responsibility of the Student Affairs Division include the student health center, counselling services, disability services, chaplaincy as well as arts and volunteering.

Follow Student Affairs on Social Media

Facebook <https://www.facebook.com/ULSADivision>

Twitter <https://twitter.com/ULSADivision>

Instagram <https://www.instagram.com/studentaffairsul/?hl=en>.

The Student Health Centre

[Welcome to the Student Health Centre | University of Limerick \(ul.ie\)](#)

The Student Health Centre operates a dedicated GP service for all students on campus. Services include access to: Doctor (GP), Nurse, contraceptive clinics, Sexual Health Clinic, Physiotherapy and exam-related services as required.

From June 2022 any student who wishes to register with the Student Health Centre and use our service must have an Irish mobile number. We are requesting this due to ongoing difficulties we are having with students using international numbers.

If the student does not wish to obtain an Irish number, the Health Centre can provide them with a list of local doctors who they may request to register with.

Students who have been prescribed medication by their own doctor and who need a repeat prescription will need to bring a letter from their doctor when contacting for the first time. This should outline briefly the condition the medication is prescribed for and state clearly the name, dose and duration of the medication required.

[The Student Health Centre Website contains a full list of services and information](#)

Consultation fees are available [here](#)

Telephone 061 202 534 (office hours only) Contact: Ria.Toland@ul.ie.

For urgent out of hours, medical emergencies please contact Limerick Doc, Unit 3a, Crescent Court, Dooradoyle, Limerick, TEL: 087 755 1570.





Student Counselling Services

Éist, UL's Student Counselling and Wellbeing Service, is a free professional psychological service available to students to assist them on their progress through university life. UL Éist works using a stepped care model, where students will be offered the appropriate level of support to suit their needs.

Step 1 involves student-attending drop-in, where they will talk to an Assistant Psychologist and discuss the support options. Within Step 1, students may be offered up to four one-to-one cognitive-behavioural support sessions with an AP, giving them a space to work on coping skills and changing of thought processes related to their presentation/concerns. Students can also find psychoeducational videos and materials on [our website](#) that may be of use. Step 2 is where students are offered up to 6 sessions of talk therapy sessions with one of our counsellors. Where students require more support, they may move onto Step 3 for additional counselling sessions or to Step 4 where students are referred to a more specialist external service.

Drop-in is the first point of contact with the service, which is currently being run remotely by phone. You can access drop-in by emailing counselling@ul.ie where you will be sent out an intake form and set up with a drop-in time (during term-time, drop-in is run every day from 10-11am and 2-3pm). We are here to listen, should you feel upset, or worried, about something. No problem is too small.

Email counselling@ul.ie to arrange a meeting.

[Visit the Counselling website for a range of resources and toolkits some examples include](#)

- [Mind your Mental Health](#)
- [Managing Uncertainty](#)





Disability Support Services

The Disability Support Service (DSS) are committed to the provision of educational opportunities to Students with Disabilities on full-time undergraduate and postgraduate degree programmes, as well as mature students and international students with disabilities. We offer a dedicated support service to students registered with our service. The Disability Support Service welcomes and supports prospective students with a wide variety of disabilities. It is important that all incoming students with a disability are registered with the services so that initial needs assessment, tailored supports and assistive technology solutions and specific exams requirements (extra time, reader pens, etc.) can be provided to support your learning and development at UL.

Further information can be found on the [DSS website](#)
Contacts disabilityservices@ul.ie

Chaplaincy

The UL Chaplaincy works to meet the many and varied pastoral and religious needs of a global university campus. It recognises that life at UL is a dynamic, ever-changing experience, which brings all kinds of new opportunities and challenges to students. The key activities of the UL Chaplaincy team fall into 3 categories: Support; Worship/Spirituality and Outreach/Volunteering. The Chaplaincy operates from its office CM071 in the main building, Teach Fáilte and the Contemplative Centre in the Student Square. The chaplains offer a supportive presence to students and staff. You are welcome to contact us by email or by text. Please provide your student ID when contacting us and we will follow up with you on a rotation basis. If you would like to get in touch with people of faith, contact details are available on [our website](#) and [Facebook page](#). Please check regularly for updates.

The Chaplaincy operates from its office CM071 in the main building (where a waiting room is shared with Counselling), a Chaplaincy Centre 'Teach Fáilte' (beside the bookshop) and the Contemplative Centre (opposite the SU)

Contact: John.Campion@ul.ie / Text 086-2632458
Sarah.orourke@ul.ie / Text 086-4127485





Community Liaison Office

Whether you are a student who wishes to find some volunteering opportunities and/or you are already engaged in volunteering, the Community Liaison Office (CLO) are here to both support you and also to formally recognise your contributions as part of learning and personal development journey at the University of Limerick. The CLO co-ordinates and manages student volunteering opportunities in our UL and external communities through its annual President's Volunteer Award (PVA) Programme.

President Volunteer Award

The President's Volunteer Award (PVA) was established in 2010, to acknowledge the fantastic volunteering undertaken by UL students and their contribution to wider society. The PVA provides one to one support and promotes volunteering opportunities. It organises volunteer seminars, question and answer sessions, portfolio writing workshops, student volunteer promotional campaigns, processes PVA applications, all while developing volunteering opportunities with local and national NGOs, UL clubs/societies and external organisations.

The PVA ceremony is held in October each year and is the highlight of the UL student volunteer calendar. The award is also marked on the student's transcript.

Visit the [Community Liaison Office webpage](#) for more information or contact Gabriella.Hanrahan@ul.ie or Arlene.Loughnane@ul.ie

Check out www.studentvolunteer.ie

Arts Office

University of Limerick Arts Office plays a key role in the vibrant artistic life of UL with a wide programme of cultural events. Central to our programming is to challenge the perception of what art is and what role art can play in our day-to-day lives. We are also firm proponents of the restorative power of art and seek to engage our community in meaningful experiences through the prisms of music, literature, dance, performance, painting, sculpture, spoken word, craft – the list is endless. Many of our activities are socially engaged one off pop ups. We welcome collaboration with faculty, staff and students and are always happy to help with projects large and small.

Visit the [Arts Office webpage](#) for further information or contact Patricia.Moriarty@ul.ie

Sound Walking

Check out the great resources developed by the Arts Office on Sound Walking. Since the pandemic, people are doing a lot more listening and significantly less interaction in person with colleagues than before the Covid -19 disruption to our normal daily lives. The Sound Walking resources are great tools to switch out from how we use our hearing during our working days and to switch in to a different kind of listening.

Click on the pictures and the actions are easy to follow.

A Walk in My Shoes 1 – [a basic toolkit for creative sound walking](#)

A Walk in My Shoes 2 – [a basic toolkit for basic sound mapping](#)

A Walk in My Shoes 3 – [a basic toolkit for creative sound journaling](#)





Homesickness and Culture Shock

Some students will experience culture or homesickness while abroad. You might be surprised to feel Homesick in the first few weeks. Homesickness is normal, it is part of the journey and it will pass. Homesickness can be due to a number of "stressors", such as:

- Adjusting to new customs, food, language, people
- Language issues with many different accents
- Missing relationships back home
- Absence of home comforts
- Feeling isolated

The best advice is to remember to rest, eat and sleep at the beginning of your experience as when you are tired all feelings and emotions are intensified. Create a balance between academic work and social life and keep an open mind.

[See what Ismael, a current postgraduate UL student from South Africa lists in his top 10 Irish culture shock experiences, and some tips to adjust to them](#)





Safety When Out and About:

- When travelling on foot, use busy routes and well-lit walkways. Avoid isolated and dark areas.
- When travelling alone, inform another trusted party of your intended destination, mode of transport and expected time of arrival. Walk facing traffic so that vehicles can see you and you can see what is coming.
- Do not display obvious valuables on your person (jewellery, handbags, etc.) unless completely necessary.
- Only carry the amount of cash that you require. Credit cards and bank cards should be kept securely out of sight and not in back pockets.
- If you think you are being followed, go to the nearest place where there are people, even a private house, and ring the Gardaí. If you are assaulted contact the Gardaí (Irish Police) immediately by dialling 999 or 112
- Avoid situations where you are travelling alone at night-time. There is safety in numbers. However, if you must travel on your own, plan your journey by scheduling your journey to coincide with bus and train times or use a taxi if no other convenient transport is available.
- Personal Security Alarms are a convenient safeguard – and are available in the Students' Union shop.

Safety at Home:

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

Lost and Found

- The official Lost and Found for the University of Limerick is located in the Main Building at the main reception. Any found or unclaimed property can be given to the lost and found and kept in a secure location for up to 60 days until they are claimed.
- Email reception@ul.ie



University Learning Support Services





Centre for Transformative Learning

The [Centre for Transformative Learning](#) exists to encourage and facilitate excellence in teaching and learning within and beyond the University of Limerick.

Its role is to encourage scholarship and research in teaching and learning, to help ensure that effective teaching is valued, supported and developed and to encourage innovation in teaching and learning activities. Enhancing the learning and development experience for both teachers and students is pivotal to the role of the centre.

Dedicated to heightening the profile and value of teaching activities, collaboratively engaging in evidence-based research and enabling key teaching innovations, the Centre works to provide support, to advise, to recognise and to facilitate all those involved in teaching and learning at UL.

Supports include, the **Regional Writing Centre, Mathematics Learning Centre, ICT Learning Centre, Regional Peer-Supported Learning Centre, Science Learning Centre**

Regional Writing Centre

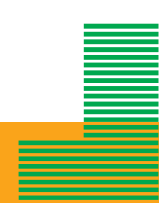
The UL Regional Writing Centre (RWC) offers a free and friendly place for all students (undergraduate and postgraduate) to come and address any aspect of their writing. This resource is dedicated to helping students develop strategies to become more confident, critical and autonomous writers.

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

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

In addition to peer tutors, the RWC offers workshops on writing in academic contexts, writing-related events and access to a number of online writing resources on the [homepage](#)

Contact the Regional Writing Centre by emailing writingcentre@ul.ie
Follow the RWC Social Media Accounts [Twitter](#) and [Facebook](#)





Mathematics Learning Centre

The purpose of the Mathematics Learning Centre is to support students' mathematics learning across all courses in UL by:

- Providing a dedicated area with supervised access to help and resources. This area is based online and/or in-person, as appropriate.
- Delivering appropriate support services for students on service mathematics courses
- Addressing the mathematics needs of special groups e.g. mature students, adult returners, transfer students, international students
- Researching the needs of learners in terms of materials, pedagogy, delivery systems and other supports

It is well known that many capable students, for a variety of reasons, may find it difficult to achieve the required standards in mathematics to support their degree studies.

All UL students studying courses that have a mathematics or statistics module can avail of the Mathematics Learning Centre's (MLC) services free of charge.

The Mathematics Learning Centre provides maths support services for students. These services will all take place online unless otherwise specified. A video detailing how to access the online services is given [here](#).

Contact Dr. Richard Walsh - Richard.Walsh@ul.ie or Dr. Aoife Guerin Aoife.Guerin@ul.ie

ICT Learning Centre

The ICT Learning Centre aims to support and promote active learning among the students in ICT related programmes at UL, via the use of proven learner support approaches, tutoring innovation, research and evaluation, with the goal of developing learners who are confident and effective ICT practitioners. For more information please visit our about us page.

Support services will all be online unless otherwise stated. This online support will be available via UL's SULIS system using the Digital Learning Support Hub/ICTLC Online site page which can be accessed here: ICTLC ONLINE SUPPORT for further information visit the [ICT Learning Centre Website](#)

Contact the ICT Learning Centre clem.odonnell@ul.ie

Regional Peer-Supported Learning Centre

The [Regional PSLC](#) is a cross-institutional centre for promoting effective, learner focused Peer Supported learning systems by building on the experience and expertise in Peer Supported learning in all Shannon Consortium partner institutions, particularly that related to UL's highly successful academic enrichment programme known as **Peer Supported Learning Groups (PSLG)**. The Centre, which is based in the University of Limerick and located in room C2061 in the Main Building, is an initiative by the **[Department of Electronic and Computer Engineering](#)**.

Contact james.murphy@ul.ie





Science Learning Centre

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

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

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

Email: slc@ul.ie or visit the [website](#)

First Seven Weeks

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

Each of the first seven weeks has its own theme, designed to focus students' attention on various issues. All students receive emails to their UL student email account and through the First Seven Weeks Social Media Platforms, with the theme of the week and with the list of activities.

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

[Keep up to date by following the Facebook Page](#)

Other Learning Supports

Academic Literacies Module

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

This module runs in both autumn and spring semesters.

Autumn Module Guide AW6001 Academic Literacies for International Postgraduate Students 1

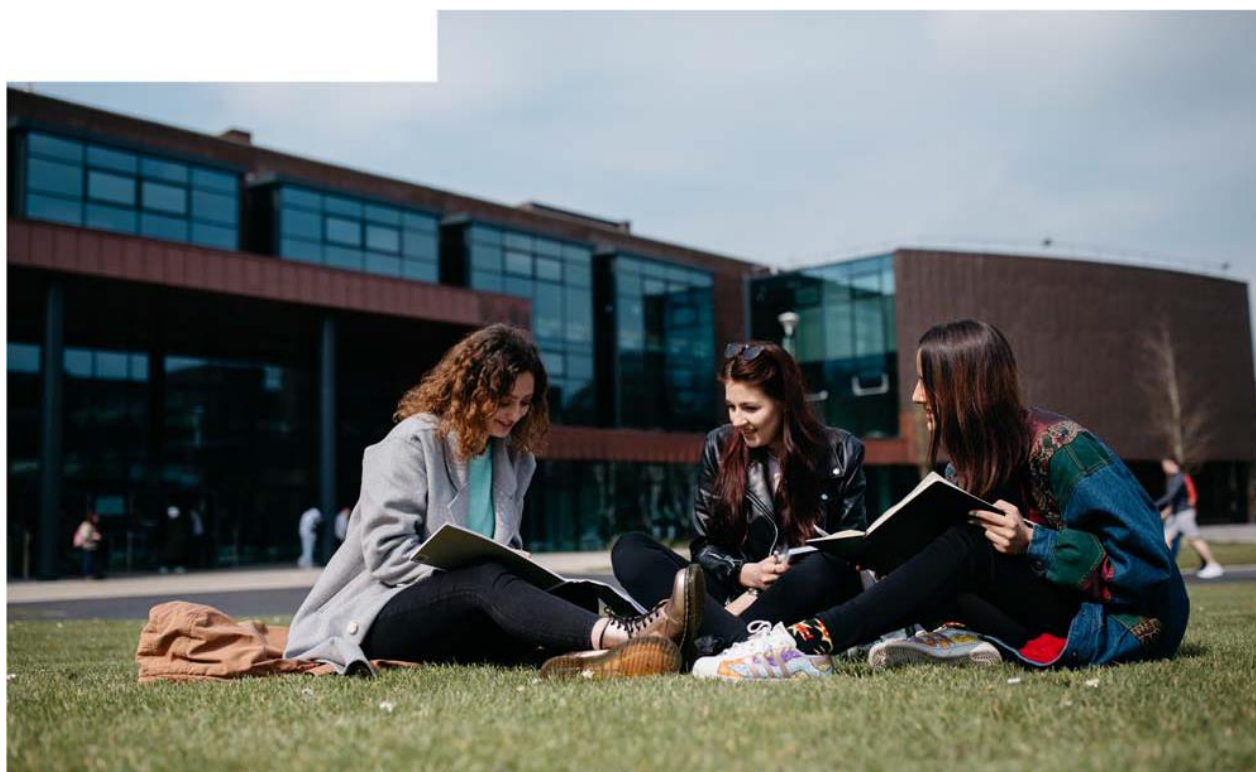
Spring Module Guide AW6012 Academic Literacies for International Postgraduate Students 2

Contact Academic Literacies Catherine.Martin@ul.ie

Language Centre

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

For more information visit the [website](#) or email languagecentre@ul.ie



Student Life





Student Life Centre

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

- Representation at local and national level
- Online Grinds Register and Second Hand Books
- Student Leap Card agent
- Assistance and guidance in matters of finance, accommodation, academic problems, personal safety and mental well being
- Lab Coats, goggles & UL Wolves apparel for sale.
- An Focal newspaper
- ULFM Student Radio station
- Clubs and Societies

Keep up to date on social media or check the [website](#)

- [Instagram](#)
- [Facebook](#)
- [Twitter](#)
- [Snapchat](#)
- [LinkedIn](#)
- [Email](#)

Clubs and Societies@UL

UL has over 80 Club and Societies for you to choose from, to join a club and learn more about the UL Student Clubs & Societies experience go visit the [website](#). As we work to adhere to Covid19 guidelines a full schedule of all UL Club training and activities will be available at the start of the academic year. There is also an information session during the virtual orientation. We note that as we seek to provide the best training and physical activity environment for you, it is incumbent on you to adhere to our guidelines for usage in order that everyone can enjoy their time with us.

Buddy Programme

The programme provides each international student with a Buddy – a volunteer student. The purpose of the programme is to give the local, and the international students at UL an opportunity to create new friendships through social events and parties, arranged exclusively for the Buddies and the international students.

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

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

Contact the Buddy Programme buddyprogramme@ul.ie





Ambassador Programme

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

- Provides three blogs per semester
- Represents and promote UL in a positive manner
- Assists UL Global with events, webinars, campus visits and videography
- Communicates with prospective students online and via email

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

Contact Ambassador Programme: Alli.mcnamara@ul.ie

[Have a look at what previous UL Ambassadors have done](#)

University of Limerick Alumni

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

[Visit the website for more information](#)

Life on Campus





UL Arena and Sports Facilities

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

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

Student Rates*

- Academic Year (8 Months) €260
- Term (4 Months) €140
- National 50m Swimming Pool Casual (Pay as you go) €5.00
- Health & Performance Centre Casual (Pay as you go) €6.00
- Students staying in on-campus accommodation will receive free access to the UL Arena Pool and Gym

*Valid UL ID required for all the above prices

UL Sport is keen to ensure a great student experience for all students who seek to engage in extracurricular activity during the academic year. As a student, you can avail of the following amenities booked in advance (subject to some booking charges) so that UL Sport is compliant with COVID requirements. Further details will be available to guide and assist you with the booking process via phone, website and on the new UL Sport app.

- 4 Outdoor Tennis Courts
- Outdoor 400m Track
- Maguires All-Weather Pitches (Monday – Friday 09.00 – 17.00)
- Newly refurbished Cardio Fitness Area in the Main Arena building.

- UL Sports Bar Gym (adjacent to the UL Sport Arena) Available end of September.
- 3 Ball Walls (adjacent to Maguires)
- 18m Climbing Wall – the newest addition to the UL Sport portfolio
- Extensive timetabled programme of indoor and outdoor fitness classes
- Scheduled outdoor programme of 'Taster Sessions' for various sport and physical activities
- UL Sport Adventure Centre (Killaloe)

Students living full time on campus have UL Sport membership included in the residences fees. For other students charges will apply as usual for the above listed facilities. Please note, as Maguires Pitches is a UL student-funded development there is no charge and you may book a zone for soccer or such activity in which you wish to engage. Check availability and make a booking pitchbookings@ul.ie. The outdoor track is also free of charge; however, you will be required to produce your UL Student ID card in order to gain access. For all general queries, please contact info@ulsport.ul.ie. For regular updates, please follow the social media platforms:

Website: www.ulsport.ie

Facebook: [UL Sport Arena](#)

Twitter: [@ULimsport](#)

Instagram: [@ul_sport](#)

University Concert Hall

University Concert Hall (UCH) is a 1,038-seat auditorium situated on the University of Limerick campus. Opened on September 18, 1993, it was the first purpose built concert hall in Ireland. It has a variable acoustic, which can be tailored to suit the needs of all genres of performance including everything from Classical to Comedy and Panto to Pop. Keep an eye on the [website](#) and sign up to the mailing list for streaming of previous events.

Irish World Academy of Music

The Irish World Academy of Music and Dance is the centre of academic and performance excellence. The Academy has a strong International presence with students from over 40 countries studying there. With a faculty of excellent performers, academics and industry professionals, the experience of studying at the Irish World Academy is second to none. It offers a suite of taught undergraduate and postgraduate courses in music and dance related subject areas. The Irish World Academy's research is at the forefront of these fields of enquiry, worldwide.

For further information check out the [website](#).

University of Limerick Orchestra

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

Follow updates on [Facebook](#) and [Twitter](#)

Contact: universityoflimerickorchestra@ul.ie



On-Campus Restaurants

A limited number of catering services will be operating on campus September and all will have implemented their own return to work protocol and will have strict social/physical distancing measures and sanitation processes in place to ensure the safety of staff and students. This list of restaurant and food outlets opening in September will be amended as other services may open.

[Full details can be found on the eating at UL webpage](#)

Open Monday to Friday

- Stables Club (Student Centre)
- Scholars Club (Student Centre) – ‘Grab and Go’ only
- Paddocks Restaurant (Student Centre)
- Apache Pizza (Dromroe Village)
- Pavilion Club (North Campus)
- The East Room (Plassey House)
- Plaza Café, Glucksman Library

On Campus Spar Shop

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

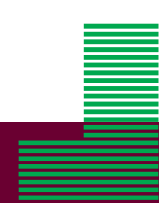
Banking

All Full Degree Students are required to have an Irish bank account when they register with Immigration services. Visiting students coming to Ireland for less than six months cannot open an Irish bank account.

UL Sport Adventure Centre (ULAC)

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

For more information visit the [website](#)





Flora and Fauna Walking Trails

The University of Limerick has developed around the original “open parkland” landscape associated with Plassey House. A network of over 14km of Interconnecting pathways and trails provides the leisure walker a sample opportunity to engage with and experience the landscape of the campus. Find out more [here](#)

Roof Garden and Apiary

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

Contact the UL Roof Top Garden Coordinator Colin.Fitzpatrick@ul.ie for further information

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

Contact UL Apiary Coordinator adam.deeyto@ul.ie

Visual Arts

Visual Arts is charged with the care, custody, and placement of the art collections on the University Campus and the development and implementation of associated policies and procedures. It is also responsible for a programme of exhibitions/lectures in the Bourn Vincent Gallery.

[View the collections and watch the video guide to plan your visual arts tour of the University of Limerick.](#)

Immigration and Consular Services



Registering with Immigration

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

UL Global are arranging with immigration and will update you when all details regarding appointments have been confirmed. Do not go to the immigration office until UL Global provide you with the required details.

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

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

Appointment

Non-EU students residing in Ireland for more than three months must register with the Immigration Officer within 90 days of arrival.

Fee

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

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

Payment

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

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

[For more information visit the UL Global Information Page](#)

Consular Assistance

AUSTRALIAN EMBASSY

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

EMBASSY OF THE PEOPLE'S REPUBLIC OF BANGLADESH

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

EMBASSY OF THE FEDERATIVE REPUBLIC OF BRAZIL

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

EMBASSY OF CANADA

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

EMBASSY OF THE PEOPLE'S REPUBLIC OF CHINA

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

THE ROYAL DANISH EMBASSY

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

EMBASSY OF THE ARAB REPUBLIC OF EGYPT

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

EMBASSY OF THE FEDERAL DEMOCRATIC REPUBLIC OF ETHIOPIA

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

EMBASSY OF FRANCE

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

EMBASSY OF THE FEDERAL REPUBLIC OF GERMANY

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

OFFICE OF THE HIGH COMMISSIONER OF THE REPUBLIC OF GHANA

13 Belgrave Square, London SW1X 8PN
Tel: 0044 207 201 5900
Email: gh.donlon@gmail.com;
ghmfa31@ghc-uk.org
Website: www.ghanahighcommissionuk.com

EMBASSY OF INDIA

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

EMBASSY OF THE REPUBLIC OF INDONESIA

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

THE EMBASSY OF ITALY

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

EMBASSY OF JAPAN

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

EMBASSY OF THE HASHEMITE KINGDOM OF JORDAN

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

EMBASSY OF THE REPUBLIC OF KENYA

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

EMBASSY OF THE REPUBLIC OF KOREA

15 Clyde Road, Ballsbridge, Dublin 4
Tel: 01 660 8800.
Email: irekoremb@mofa.go.kr
Website: <http://overseas.mofa.go.kr/ie-en/index.do>

EMBASSY OF MALAYSIA

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

EMBASSY OF MEXICO

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

EMBASSY OF NEW ZEALAND

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

**EMBASSY OF THE FEDERAL
REPUBLIC OF NIGERIA**

56 Leeson Park, Dublin 6
Tel: 01660 4366
Email: enquiries@nigerianembassydublin.org
Website: www.nigerianembassydublin.org

EMBASSY OF PORTUGAL

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

ROYAL EMBASSY OF SAUDI ARABIA

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

EMBASSY OF SPAIN

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

EMBASSY OF THE UNITED ARAB EMIRATES

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

**EMBASSY OF THE
UNITED STATES OF AMERICA**

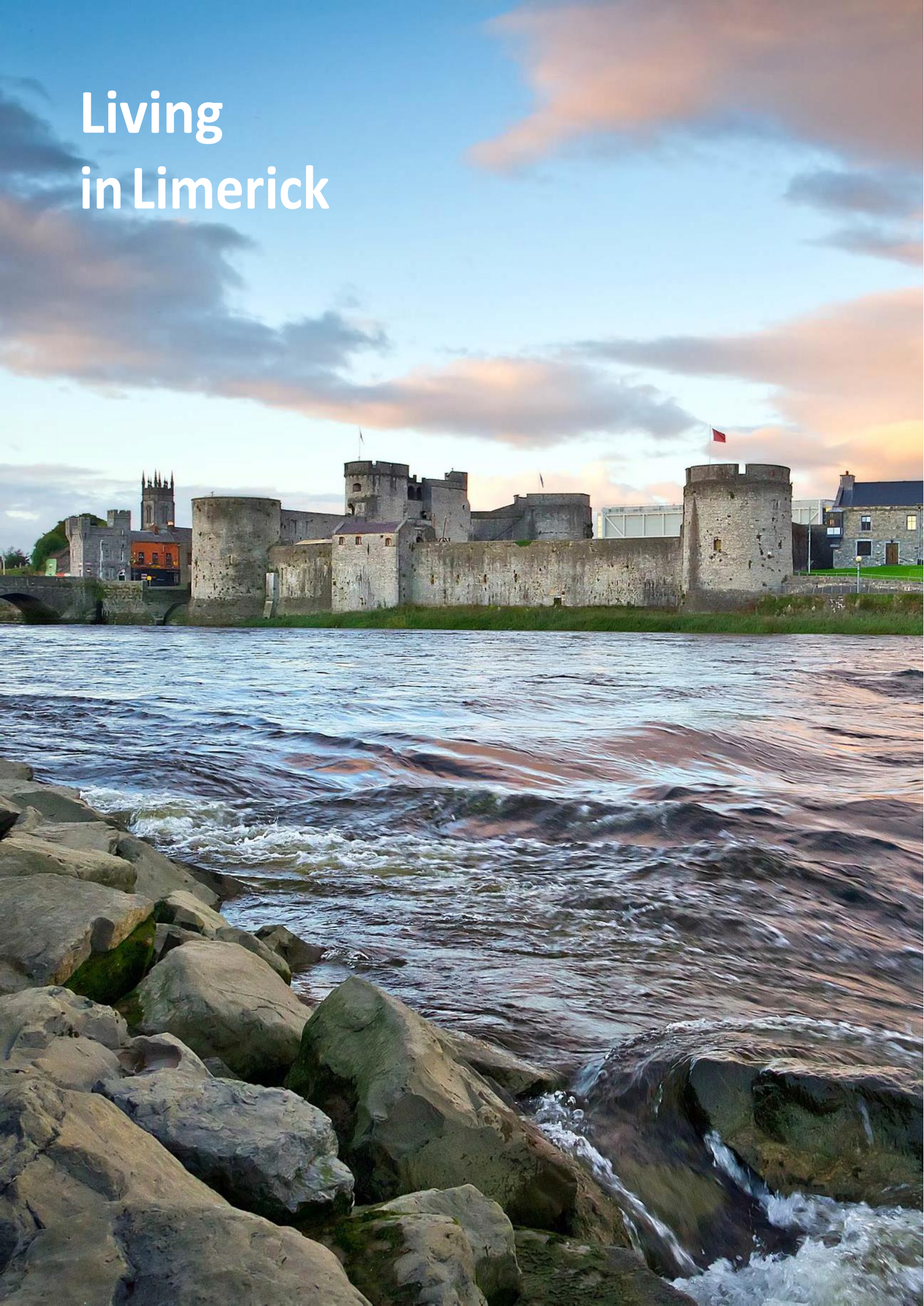
42 Elgin Road, Ballsbridge, Dublin 4
Tel: 01 630 6200.
E-Mail: dublinrsvp@state.gov
Website: www.usembassy.ie

**EMBASSY OF THE SOCIALIST
REPUBLIC OF VIETNAM**

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

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

Living in Limerick





Living in Limerick

Visitors to Limerick City will have no problems finding things to see and things to do. The historic nature of Ireland's third largest city, and indeed the beautiful nature of its environs, provides many areas of interest. Keep an eye on [I love Limerick](#) for up to date events and activities taking place in the city. A few of the main attractions are listed below but there are many more to discover.

[Read about some of the things other international students have done](#)

King John's Castle

King John's Castle, on the south side of Thomond Bridge, built in 1210 "to dominate the bridge and watch towards Thomond," is one of the finest examples of fortified Norman architecture in Ireland. The castle is roughly square on plan. Its 60-metre frontage along the river is flanked by two massive round towers, each over 15m in diameter, with walls 3m thick. The tower nearest the Bridge, the first portion of the castle to be erected, still bears the scars of the besieging cannon of 1691. Eastwards of this tower in the north wall, is the castle gate entrance. On the three landsides, the castle was protected by a deep, broad moat, fed with water from the Shannon. Only the narrow drawbridge to the castle gate allowed entry. Work is continuing to improve their conditions of the remaining walls and towers.

For more information, please visit the [website](#)

St. Mary's Cathedral

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

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

For more information, please visit the [website](#)

Angela's Ashes Walking Tour

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

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

For more information, contact noel.curtin@hotmail.com

Bunratty Castle and Folk Park

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

For more information, please visit the [website](#)



Shopping in Limerick

How do I get there?

- The 304 bus departs from the main university bus stop, The Stables, every 15 minutes. The bus costs €1.90 - €2.20 for a single ticket and can be paid in cash on the bus. The bus returns to UL from William Street in Limerick City Centre. You can buy a day-saver ticket for Bus Eireann City Bus Service for around €3.20.
- Aldi and Lidl are grocery stores within walking distance of UL
- Some students prefer to avail of the [Tesco Delivery Service](#); where you can order your groceries online and have them delivered for a fee of €3-€7.

International Shops

Limerick city centre has some international food stores, which are a favourite among students:

- Cheong Heng Hong Oriental Supermarket, 97 Henry Street
- Carnival Asia Store, 15 Upper William Street
- India Foods, 2 High Street
- East End Foods, 2 Upper Gerald Griffin Street
- Global Foods, 17 Davis Street

Travel and Transport

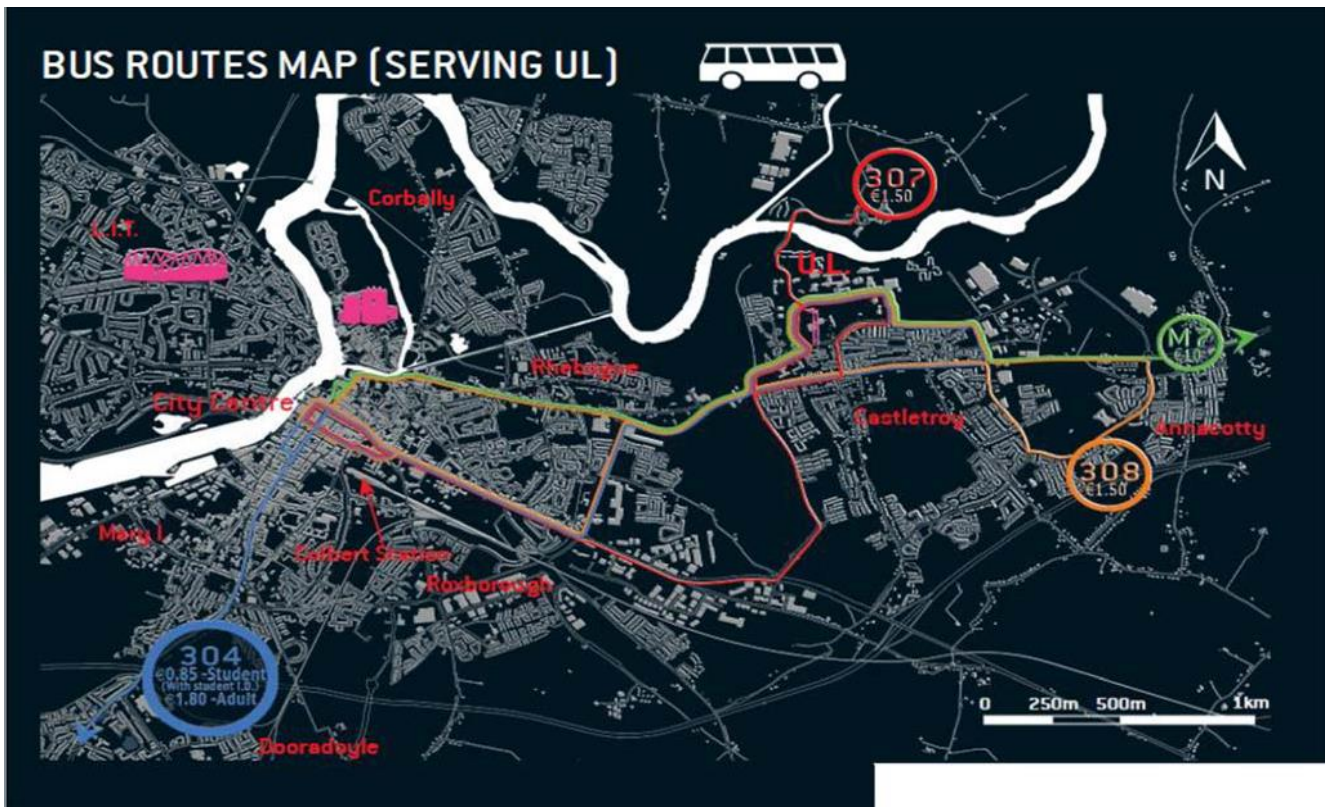
You are advised to wear a facemask on public transport and it is a good idea to bring a travel sized bottle of sanitiser with you. You should keep updated on local media to ensure services are running.

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

Private buses run from Arthur's Quay in the city and from the main bus stop on campus. The M7 express can take you to Dublin for €10 one way. See www.dublincoach.ie for more details.

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

- www.leapcard.ie



Bus Éireann Colbert Station Limerick

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

For more information visit or contact

www.buseireann.ie

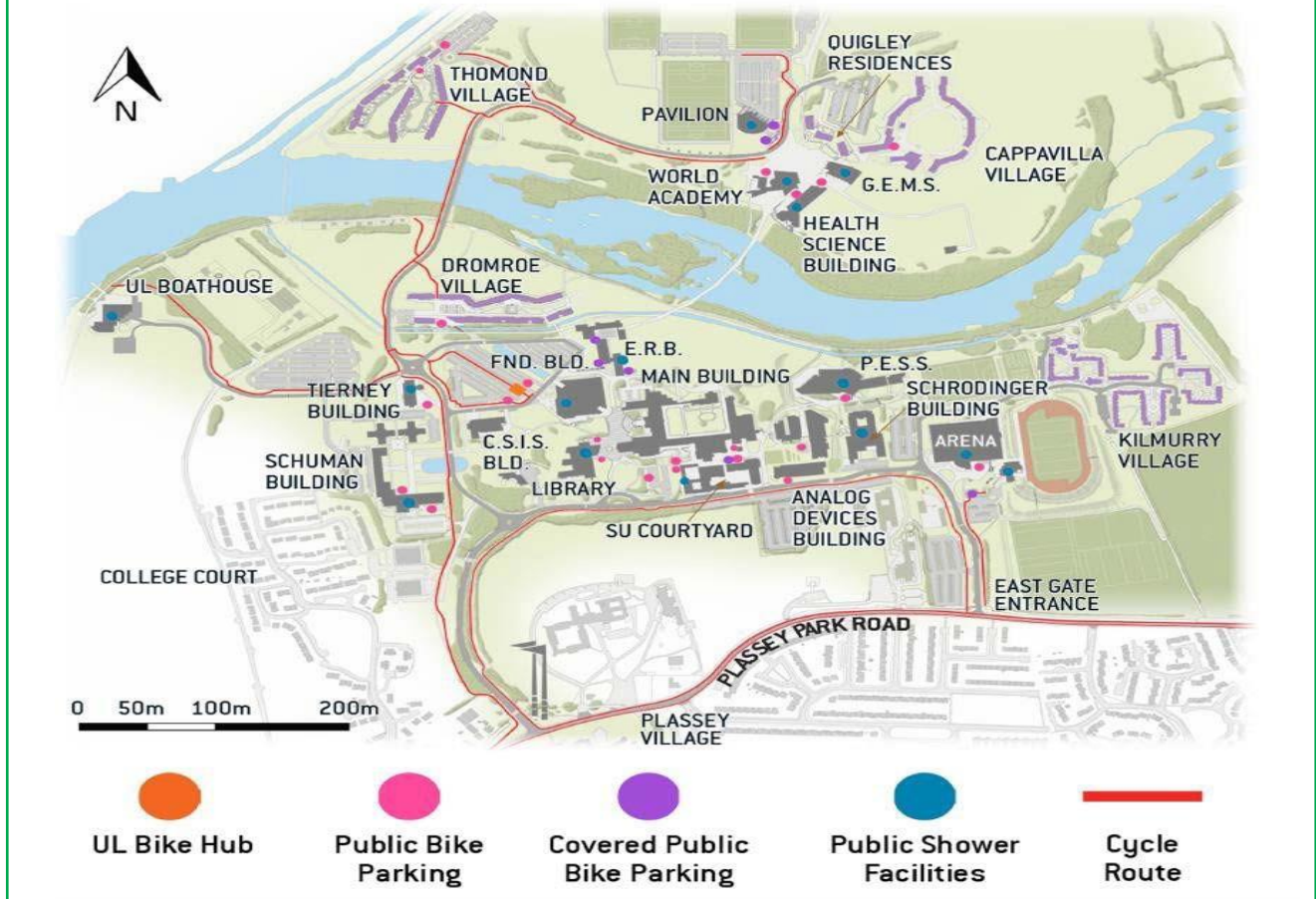
+353 61 313 333

Iarnród Eireann Train Colbert Station Limerick

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

For more information visit www.irishrail.ie

Cycling Facilities Map



Biking in Limerick

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

[For more information on travelling around campus download UL's Wayfinding App](#)

Smarter Travel Tips for Cyclists

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

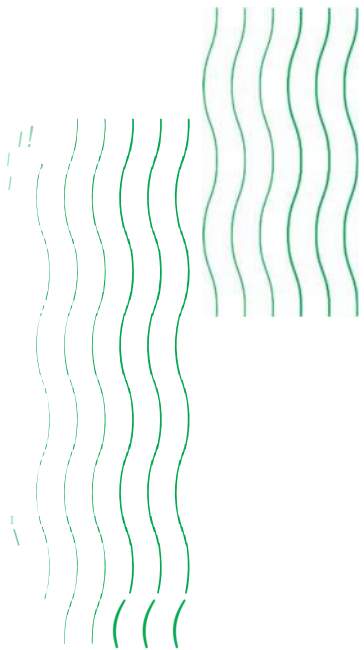
[For more information, visit the Smarter Travel webpage](#)



Driving in Ireland

In Ireland, people drive on the left-hand side of the road. In towns and cities, the speed limit is normally 20 to 50 kilometres per hour depending on the part of the town. On certain roads, higher limits may apply. A general speed limit of 80 to 100 kilometres per hour applies on all roads except for motorways where a speed limit of 120 kilometres per hour applies.

The laws regarding speeding, drink-driving and wearing seatbelts in Ireland are very strict. There is a penalty point system in operation, whereby points will be added to your driving licence for roadsafety offences. Full details on all road safety offences can be found at <https://www.rsa.ie/en/RSA/Licensed-Drivers/Penalty-points/>.



UL Global Office

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www.ul.ie/international