



RCSI

UNIVERSITY
OF MEDICINE
AND HEALTH
SCIENCES

RCSI INDUCTION GUIDE *for* VISITING POSTGRADUATE RESEARCHERS *from* OVERSEAS

RCSI.COM

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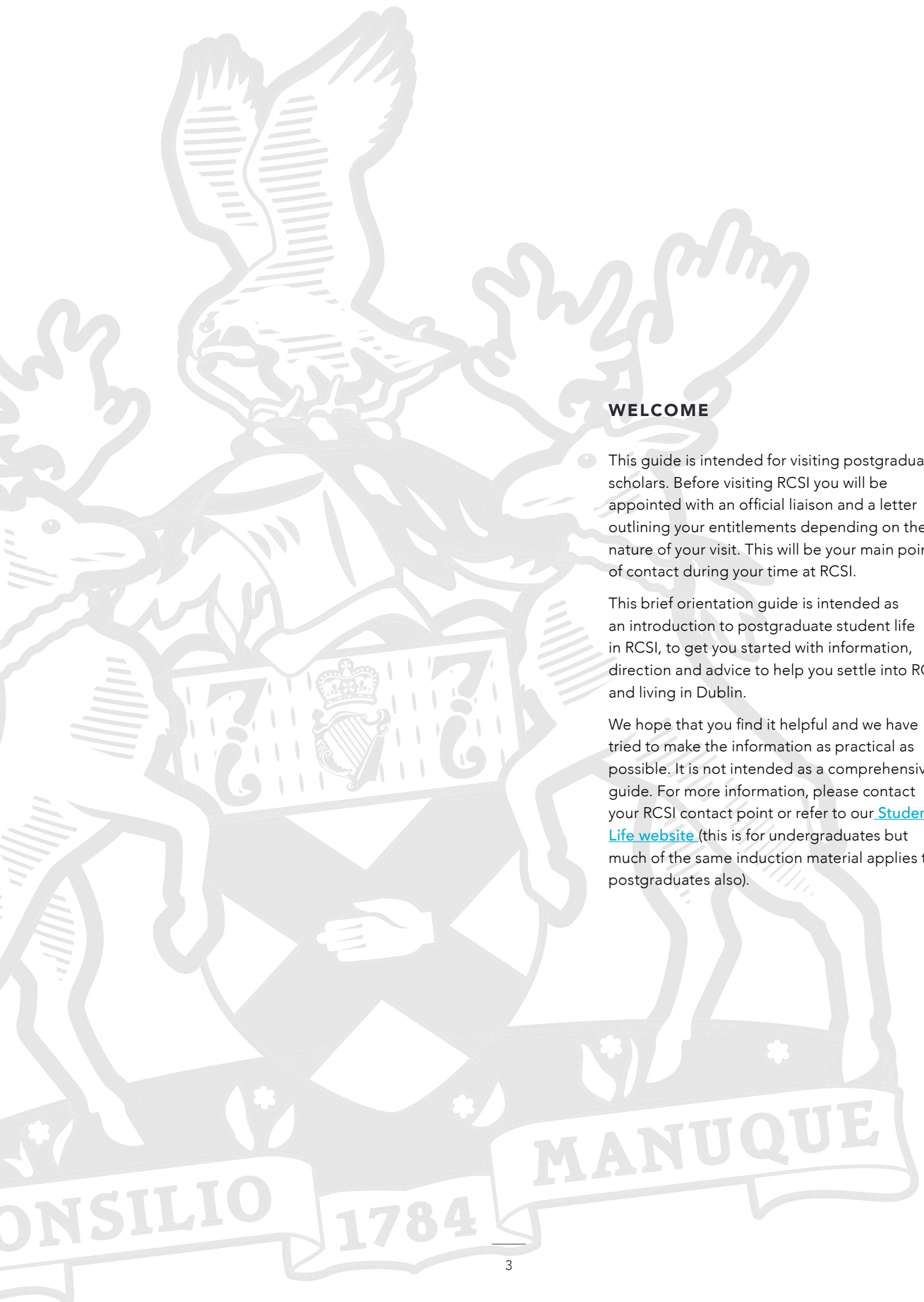
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WELCOME

This guide is intended for visiting postgraduate scholars. Before visiting RCSI you will be appointed with an official liaison and a letter outlining your entitlements depending on the nature of your visit. This will be your main point of contact during your time at RCSI.

This brief orientation guide is intended as an introduction to postgraduate student life in RCSI, to get you started with information, direction and advice to help you settle into RCSI and living in Dublin.

We hope that you find it helpful and we have tried to make the information as practical as possible. It is not intended as a comprehensive guide. For more information, please contact your RCSI contact point or refer to our [Student Life website](#) (this is for undergraduates but much of the same induction material applies to postgraduates also).





Introduction to RCSI

RCSI University of Medicine and Health Sciences is an innovative, world leading university, dedicated to education, training and research in medicine and health sciences. Located in the heart of Dublin, RCSI is Ireland's largest medical school founded as a Surgical College in 1784, to set and support professional standards for surgical training and practice in Ireland. We are home to the largest clinical simulation facility in Europe and our surgical ethos of exacting discipline, demanding professionalism, precision, skill and expertise, shapes our approach to education, research and service. Our university has six schools offering undergraduate and postgraduate degrees and professional qualifications aligned to Ireland's national framework of qualifications. We are home to numerous healthcare institutes as well as leading research centres driving pioneering breakthroughs in human health.

With four international campuses and a student community of over sixty nationalities, we are in the Top 50 in the World for 'International Outlook' in the THE World University Ranking 2022 reflecting our international perspective. RCSI University of Medicine and Health Sciences has achieved Ireland's highest position in the Times Higher Education (THE) University Impact Rankings 2021, coming joint second in the world for Sustainable Development Goal (SDG) 3 'Good Health and Wellbeing' from a total of 871 institutions. The University's leading position globally for good health and well-being reflects its singular focus on improving human health, for the benefit of patients and communities in Ireland and across the globe. We are an independent, not-for-profit body and remain committed to institutional independence, service, academic freedom, diversity and humanitarian concern. Placing the patient at the centre of all that we do, our values of **Respect, Collaboration, Scholarship** and **Innovation** continue to unite and direct our purpose.



A Short History of RCSI University of Medicine and Health Science

RCSI (Royal College of Surgeons in Ireland), University of Medicine and Health Sciences was granted a Charter on the 11th of February 1784, giving the College the license to regulate the practice of surgery and to make provision for surgical education. Prior to that time, surgeons were grouped with the barbers and the Barber-Surgeons' Guild. One of the Founding Fathers of RCSI was Sylvester O'Halloran (a pioneering ophthalmologist) and he, with a group of like-minded colleagues, set about breaking the 'preposterous union of the Barber-Surgeons Guild'. Their challenge was taken up by the Dublin Society of Surgeons and in 1784 they received a Royal Charter from King George III of Great Britain and Ireland (Ireland was part of the United Kingdom until it became a republic in 1922). The charter extracted the Surgeons from the Barbers-Surgeons' Guild and 'incorporating them separately and distinctly upon liberal and scientific principles' for the pursuit of surgical practice and training. The Founding Fathers had no premises, and the earliest meeting was held in the boardroom of the Rotunda Hospital in Dublin. Subsequently, a disused hall in Mercer Street, beside Mercer's Hospital, was acquired. The College flourished from the very start and, in

1810, moved to its present location on the corner of York Street, facing St Stephen's Green. The site acquired for the building at that time was a disused Quaker graveyard. The College set about educating doctors with a strong emphasis on surgery. The founders were influenced by the standard of surgery in France at that time and, out of respect for the French College of Surgeons, they adopted the motto "Consilio Manuque", meaning 'Scholarship and Dexterity'. The stimulus for growth in the early years was the demand for Army and Navy surgeons for the Napoleonic wars.

In 1844, a supplemental Charter was obtained from Queen Victoria, the chief provision of which was the institution of the Fellowship which divided Graduates into Licentiates and Fellows. The latter could only be obtained by examination taken a minimum of three years following graduation. This is essentially the Charter by which the College operates today. The Medical Act of 1886 confirmed that graduates had to be educated in surgery, medicine and obstetrics and so the Conjoint Board between the Royal College of Surgeons and the Royal College of Physicians came into existence. Graduates, therefore, receive the historical Licentiates of the Royal College of Surgeons in Ireland and the Royal College of Physicians of Ireland. In addition to the undergraduate medical programme, the University also delivers undergraduate degree programmes in Pharmacy and Physiotherapy and is home to the Faculties of Nursing, Radiology, Dentistry, and Sports & Exercise Medicine. In 1978 RCSI became a Recognised College of the National University of Ireland. In 2010 independent degree awarding status and 2019 independent university status were enshrined in Irish law. Further information on RCSI heritage can be found at rcsi.com/dublin/library/collections/heritage-collections



Pre Arrival Checklist

February 2022

The most important items to check off your list in preparation for your trip are as follows:

1. Accommodation: Did you book your accommodation in Dublin yet? If not, it is advisable to book as soon as possible. Dublin is no different to most capital cities where finding accommodation can sometimes be tricky. Keep in touch with your RCSI contact (Erasmus Office for Erasmus students) who may be able to guide you, as you will need to find and secure your own accommodation. Most rentals are advertised for immediate occupancy and it is customary to pay a deposit equal to first and last month's rent in advance, please remain vigilant and inspect the property before committing. Accommodation is usually furnished and comes equipped with cooking utensils and crockery, but not bed linen and towels. Some useful websites include:

www.daft.ie

www.let.ie

www.myhome.ie

www.rent.ie

Also [citizens information](#) have some guidance on tenants' rights. Further information can be found on the accommodation section on our website [here](#).

2. Visa: Do you need a travel visa? Details can be found on our [website](#). All non EU/EEA students will need to register with the Irish Naturalisation and Immigration Services (INIS) and for a list of visa-required countries, click [here](#). For further information on studying in Ireland, visit [this website](#).

3. Travel: Have you booked your flights to Dublin? If you need advice about booking flights or airport transfers our colleagues in RCSI Travel can help, travel@rcsi.ie. If you need Current guidelines on Covid related travel to and from Ireland are available on the Department of Foreign Affairs website [here](#).

4. Passport: Ensure your passport is valid for the intended length of your study period in Ireland.

5. Medical Care: It may be a good idea to have your medical, dental and optical check-ups before you depart and organise any prescribed medication you may require including a letter from your doctor (in English) detailing any prescribed medicines. If you are traveling from a European country, be sure to apply for your free [European Health Insurance Card](#) (EHIC). Further information can be found [here](#). Those traveling from Non EU/EEA countries will require health insurance cover, please see [our website](#) for more detail.

6. Insurance: All visiting scholars should have adequate indemnity and travel insurance. If you are an Erasmus student, your liability and accident insurances will be covered in your Erasmus agreement, but be aware that they only apply when you are at RCSI. Please contact your RCSI liaison if you have any questions about insurance.





When You Arrive

1. IT account: Engage with your RCSI Liaison to ensure your IT access is enabled (if applicable) before you travel. This account will give you access to your RCSI email and other relevant platforms. Some relevant links may be our virtual learning environment platform ([Moodle](#)), [Workvivo](#) (our internal communications channel), MS Teams (for all online meetings), [Library](#) resources and the Research Information Management System ([RIMS](#)) to access ethics applications.

2. School of Postgraduate Studies (SPGS) Induction: There are a number of induction sessions scheduled throughout the year plus online material available. Contact SPGS for more information: postgraduateschool@rcsi.ie

3. On Campus safety measures: As a leading medical university, the safety of our staff and students is our number one priority. For guidance on personal safety in Ireland, please refer to our separate Safety Guide. The Irish Police are called An Garda Síochána (Gardaí for short). In relation to Covid-19, we strictly adhere to government guidelines and update our

protocols appropriately (for example, appropriate distancing, hand sanitiser availability and mask wearing while on campus). For more information on Covid-19 related safety, please see [here](#).

4. Health: If you get sick while in Dublin we can recommend Mercers Medical Centre. Full details on their medical services (including Covid 19 related services), cost and making a booking can be found on their [website](#).

5. Good to know: The standard domestic electricity supply in Ireland is 230 volt AC (frequency 50Hz). The plug and socket are Type G on the World Standard (used in the United Kingdom, Ireland, Cyprus, Malta, Malaysia, Singapore and Hong Kong). Adaptors will be required if you have appliances from outside these locations. RCSI is located beside St. Stephen's Green shopping centre, where there are many shops for your needs including groceries, pharmacy, homeware, clothes and more.. In Ireland we drive on the left-hand side of the road! Especially important to know while crossing the road.

General Facilities and Services at RCSI

Food & Catering

Our on-campus restaurant and two coffee shops serve a wide selection of freshly made food and drinks, including vegetarian and halal-friendly options.

- 'The Dispensary' is for Starbucks lovers where you can grab your Tall, Grande, and Venti hot drinks and snacks. Open from 7.30am and is located on the ground floor of 26 York Street.
- 'Remedy', Coffee Shop is located on the lower Ground Floor of 123 St Stephen's Green, opens at 7.30am and is the ideal place to kick start your day with a caffeine fix! Offering quality, locally roasted coffee with quick breakfast and lunch options to stay or to go.
- '1784' is the main College Restaurant and is located beside Remedy on the lower ground floor of 123 St Stephen's Green. Named 1784, (in honour of the year that the College was established), the restaurant operates from 7.30am to 3.00pm, Monday to Friday and serves a wide variety of eating options from snacks to full meals.

Libraries

The College has two Libraries, 26 York Street and Beaumont Hospital with expert guidance and support available through a dedicated team at the Information Desks in both locations and online at RCSI [LibGuides](#). The College Libraries provide access to a wide range of study spaces and an extensive collection of biomedical resources. The expert Library team will work with you to show you how to find, evaluate, use, and manage information. For more information email library@rcsi.ie

Prayer Rooms

The College has a multi-denominational oratory, friendship room, and prayer rooms for those of the Islamic faith. Prayer rooms are also available in Beaumont and Connolly Hospital - RCSI's two main teaching hospitals.

Student Welfare Services

Our dedicated CoMPPAS (Centre for Mastery: Personal, Professional & Academic Success) team look after student welfare. The CoMPPAS Student Assistance Programme (CSAP) is a confidential and independent counselling and specialist information service available to all

RCSI students. It can be accessed 24 hours per day, 365 days per year, from anywhere in the world. This service provides both phone-based support and in-person counselling sessions.

Booking Meeting Rooms

Most of our meetings now take place via online MS Teams meetings, however, in the event that you wish to have an in-person meeting and book a room, please email Bookings at bookings@rcsi.ie who can assist you with the new protocols.

Sports Facilities and Supports

No. 26 York Street is home to state-of-the art sports facilities including a Sports Hall with an intervarsity size basketball court, a main gym, a female-only gym and a studio. The studio hosts yoga, pilates and dance to name a few and the Sports Hall accommodates a variety of activities including basketball, badminton, cricket, 5-a-side soccer and volleyball.

RCSI Gym

Our fitness centre caters for complete beginners to regular exercisers and offers the very best gym equipment available anywhere in Ireland. Our cardiovascular suite has over 40 pieces of equipment to ensure you get the best variety in your workouts. To tone, build and sculpt your body, you will need resistance machines and with our range of over 30 sectorised weight machines, you will get the results you want in an effective and safe way. Our weights room contains over 2,500kg of plates and dumbbells and a large range of racks, benches and platforms. You can be sure of hitting your strength and conditioning goals. The gym team, who are all qualified and experienced fitness professionals, are always on hand to assist you in achieving your health and fitness goals in the most time-effective way. From tailored fitness programmes and nutrition advice to sports specific programmes, they are also available for 1:1 or group consultations. Extensive opening hours mean that the gym is open when it suits you and there is free access to visiting scholars, contact gymaccess@rcsi.ie.

Getting to and from RCSI

RCSI is located in the centre of Dublin city making it easy to get around. Students and staff can rely on a variety of modes of transportation to commute to the University – walk, cycle, public transport or by car.

Cycling to RCSI

Bicycles can be purchased new or second hand from local shops or rented by the hour through DublinBikes, the public bike scheme, which provides several hundred bicycles throughout the city at a very reasonable cost. You can also use your [Leap Card](#) (see the Travel Card section below) to register, find out more from dublinbikes.ie

There are also now a few other bicycle hires companies which operate within Dublin. St Stephen's Green Campus Bicycle parking is available behind No. 26 York Street at back of building (enter via Cuffe Lane) and at the side of 123 St Stephens Green (entrance on York Street). Swipe card access is required for both and it is essential that you insure your bicycle and keep it locked.

Driving to RCSI

Should you decide to travel by car, public car parking and on-street parking is available throughout the city. The closest car park to St Stephens Green campus is [Q Park](#) and on-street parking is available at meters (approx. €2.50/€3.00 per hour) but can have a 2-hour maximum period (the ParkingTag app is useful for paying for on-street parking). If you do choose to drive in Ireland, you must have a valid driver's license. Full details on regulatory requirements for driving in Ireland (regarding car tax, insurance and licences) can be found at the [Department of Transport](#).

Rental Cars

[Go Car](#) rentals are available for short duration car and van rentals with rates starting from €9 an hour. A full driving licence that is recognised for use in Ireland is required.

Public Transport in Dublin

Please review guidance from the [National Transport Authority](#) website for the most up to date transport information and guidance for safe travel. For more information on transport in Ireland, [click here](#).



Dublin Bus

Dublin Bus runs all public bus services in the greater Dublin area. Buses start from 5.00am and finish between 11pm and midnight, frequency will depend on the day and time of day. The buses from the city centre that serve Connolly Hospital are 38 and 39; and number 16 and 27b go to Beaumont Hospital.

Dublin Bus also operates a night-time bus service called Nitelink, which runs from the City Centre to the suburbs. Nitelink buses run on Friday and Saturday nights from 12.00 am-4.00 am. The Nitelink fare costs around €5. For further information on bus timetables and fares, please visit dublinbus.ie

Aircoach

Aircoach is another bus service with frequent and quick bus services between Dublin Airport and the city centre, aircoach.ie

Taxi

A taxi from Dublin Airport to the City Centre costs approximately €25. Taxi drivers may add extra charges for each passenger and luggage and there are premium rates later in the evening and at weekends. Visit Transport for Ireland for further information on taxis and their charges. Dublin is well supplied with Taxis and they are readily available in hotels, rail or bus stations or at taxi ranks, which are marked. It is preferable to book taxis through Free Now, Cab2K, or other app-based sites rather than hailing taxis from the street. By using app-based services your driver is fully traceable should an issue arise or should you leave any personal items in the car. You can pay by cash or set up an account on your credit/debit card which makes your journey cashless: useful in an emergency.



LUAS

LUAS (meaning 'speed' in Irish) is the Light Rail transport system (tramway) in Dublin. The LUAS connects suburban parts of Dublin to the City Centre with a high capacity and high frequency transport service. There are two Luas lines, the Red Line and the Green Line. The Red Line has 32 Stops and runs from Tallaght to The Point and from Saggart to Connolly. The end-to-end journey time is 50 minutes.

The Green Line has 35 Stops and runs from Brides Glen to Broombridge via St. Stephens Green. The end-to-end journey time is 1 hour. The St. Stephen's Green stop on this line is located immediately across from the College which makes living anywhere along the Green Line convenient to RCSI. The Red and Green lines intersect in the City Centre allowing passengers to change from one line to the other. Further information on luas.ie

DART

The Dublin Area Rapid Transit (DART) is an electrified commuter rail network serving the coastline and city centre of Dublin. The service makes up the core of Dublin's suburban railway network, stretching from Greystones, County Wicklow, in the south to Howth and Malahide in north County Dublin. A trip to the fishing

village of Howth or the pretty coastal towns of Malahide and Greystones are a nice way to see a little further than the City without having to put too much effort into your day out. The times of the DART vary between every fifteen minutes at rush hour to every half hour on Sundays. The main DART stations servicing the Dublin city centre are Pearse Station, Tara Street Station and Connolly Station. For timetables see irishrail.ie

Travel card

Dublin's travel card is the [Leap card](#), which can be used on Dublin Bus, the Luas, the Dart and for DublinBikes. A card can be purchased online and a €5 deposit. It is recommended to register your card to ensure you don't lose card credit in the event that you misplace the card. There is also now an app for Leap Card. It is worth noting that at the time of writing, Dublin Bus is now cashless, requiring the use of the Leap Card.



Travelling Around Ireland

Cities, towns, and villages in Ireland also offer boundless opportunities for relaxation and recreation, including clubs, restaurants, museums, art galleries, craft exhibitions, and music & arts festivals. Festivals are held throughout the year all over the country and are a wonderful opportunity to sample some Irish culture whilst getting to know different parts of the island. For a small country, Ireland offers an enormous diversity of landscapes: from long, sandy beaches to rugged coastlines; from bogland plains to the dramatic cliffs on the West Coast, with much more in between. The environment provides endless opportunities for outdoor leisure pursuits, including water sports, hill walking and rock climbing. Because of its size, travel within Ireland is relatively easy.

- CIE (Córas Iompair Éireann) – the national transport service – operates trains, buses, and coaches throughout the country.
- Irish Rail (Iarnród Éireann) operates services to all provincial cities from two stations in Dublin, Heuston Station and Connolly Station, both of which are located in the city centre. There are two classes, standard class (economy) and super standard (1st class). For timetables see irishrail.ie
- Bus Éireann (Irish Bus) has a nationwide network of buses serving all the major Irish cities outside the Dublin area. In addition, there is an interlink service connecting these major points to small towns or villages. Buses leave from and arrive at Busáras (Central Bus Station), which is located on Store Street in the city centre, near Connolly Station. Bus timetables are available at buseireann.ie

International Travel

Ferry Terminals

Sea ferries operate between France and Ireland and Britain and Ireland. Dublin has two ferry terminals, located at the North Wall and Dun Laoghaire. The ferry companies operating from Dublin are:

- Stena Sealink: stenaline.ie
- Irish Ferries: irishferries.ie

Flying

Direct and connecting flights are available to numerous destinations from Dublin Airport www.dublinairport.ie. For information about flying with the two major Irish airlines, please visit their websites:

- Aer Lingus: aerlingus.ie
- Ryanair: ryanair.ie

Information regarding Covid-19

RCSI has the best interests and safety concerns for all people visiting our campus. Information is correct as of February 2022 and please check [this link](#) for the most recent guidelines.

We encourage you to follow all public health advice in relation to Covid 19. The following web pages contain official government advice and RCSI policy statements:

[Department of Health](#)

[Department of Foreign Affairs](#)

rcsi.com/dublin/coronavirus

Please be advised these pages, policy and advice are subject to regular update.

Your RCSI liaison will be able to provide placement specific advice depending on the nature of your visit.





About Dublin

Dublin was founded as a Viking settlement over one thousand years ago on the banks of the River Liffey. It became an administrative capital after the Norman conquest of Ireland in the twelfth century and developed its own parliament and government institutions under British sovereignty from the fourteenth century onwards.

During the eighteenth century, the city grew rapidly. Dublin is now the thriving capital of an independent Ireland and is the centre of the political, diplomatic, administrative and commercial life of the country. It is home to a population of approximately 1.6 million people. We hope that you will get to know Dublin while you are here and enjoy all that this magical city has to offer. To find out more about what is going on in Dublin visit [visitdublin.com](https://www.visitdublin.com)

Facts about Dublin City

- Dublin is the capital city of Ireland
- The city covers a land area of 115 square kilometres
- The city is sited on the estuary of the River Liffey
- This river empties into Dublin Bay which opens onto the Irish Sea
- Climate
 - > Average summer temperatures: 10°C to 18°C/50°F to 65°F
 - > Average winter temperatures: 4°C to 7°C/39°F to 45°F
- Population > Approx. 1.66 million (greater Dublin area)
- Twinned Cities > Barcelona, Catalonia, Spain > Liverpool, United Kingdom > San Jose, California, USA

Some popular places to visit

(all national museums are free to enter)

> **Custom House**

Custom House Quay, Dublin 1

housing.gov.ie/department/customhouse

> **St Patrick's Cathedral**

Wood Quay, Dublin 8

stpatrickscathedral.ie

> **Dublin Zoo**

Phoenix Park, Dublin 8

dublinzoo.ie

> **General Post Office (GPO)**

O'Connell Street, Dublin 1

anpost.ie

> **Guinness Storehouse,**

Guinness-storehouse.com

> **Kilmainham Gaol (Jail)**

Inchicore Rd, Kilmainham, Dublin 8

kilmainhamgaolmuseum.ie

> **Hugh Lane Municipal Gallery**

Parnell Square, Dublin 1

hughlane.ie

> **City Hall**

Lord Edward Street, Dublin 8

dublincity.ie

> **Chester Beatty Library & Gallery of Oriental Art and Dublin Castle**

cbl.ie

> **Leinster House - Dáil Éireann – Irish Parliament**

Kildare Street, Dublin 2

gov.ie

> **The National Gallery of Ireland Merrion Square West, Dublin 2**

nationalgallery.ie

> **Natural History Museum**

Merrion Square West, Dublin 2

museum.ie

> **National Museum**

Kildare Street, Dublin 2

museum.ie

> **National Library**

Kildare Street, Dublin 2

nli.ie

> **National Museum of Ireland – Decorative Arts and History / Collins Barracks**

museum.ie

> **The Little Museum of Dublin, Dublin 2**

littlemuseum.ie

> **EPIC The Irish Emigration Museum**

epicchq.com

> **The Book of Kells,**

Trinity College Dublin, Dublin 2

tcd.ie/visitors/book-of-kells

> **The James Joyce Centre**

jamesjoyce.ie

> **Gaelic Athletic Association**

Croke Park

gaa.ie

> **Aviva Stadium**

Lansdowne Road, Dublin 4

avivastadium.ie

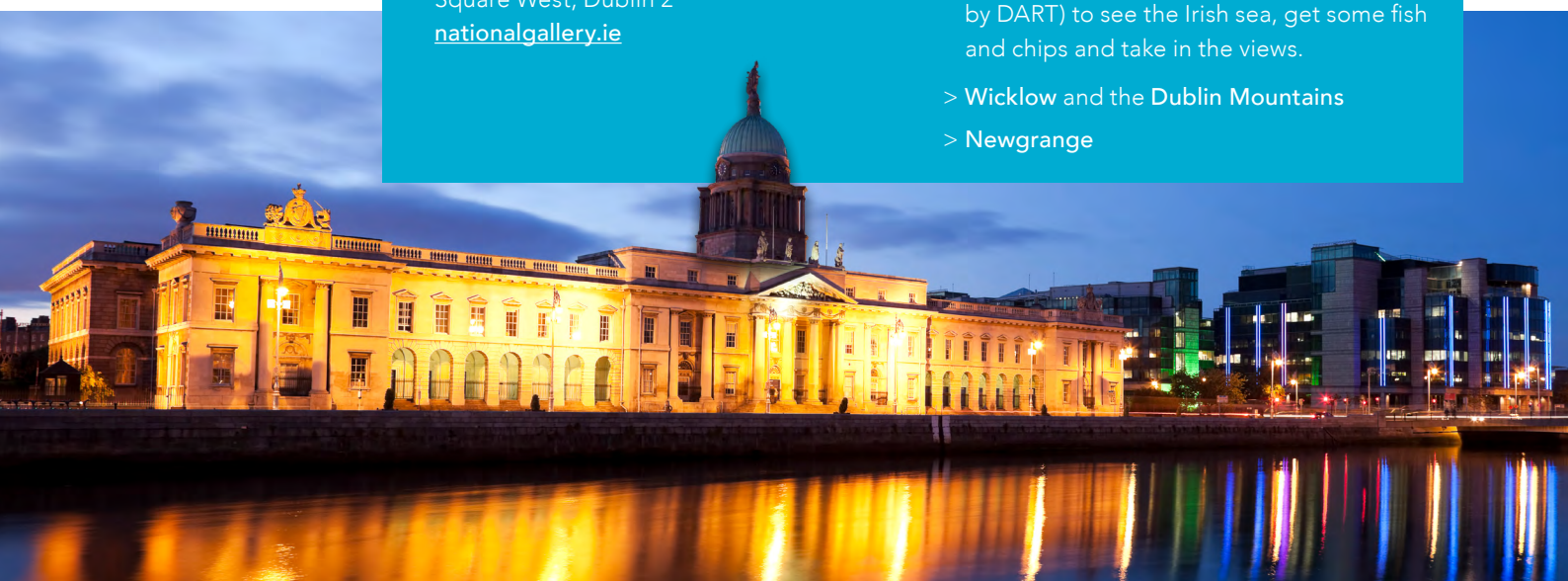
> **St Stephen's Green Public Park and Merrion Square, Dublin 2**

A little further afield

> Howth to the north and Dalkey or Killiney to the south make great day trips (accessible by DART) to see the Irish sea, get some fish and chips and take in the views.

> Wicklow and the Dublin Mountains

> Newgrange



USEFUL CONTACTS

Postgraduate Student Union (PGSU)

Email postgraduateSU@rcsi.ie

Erasmus Office

Email Erasmus Queries at erasmus@rcsi.ie

CoMPPAS (Centre for Mastery: Personal, Professional & Academic Success)

123 St Stephen's Green,
Dublin 2, Ireland

Email comppas@rcsi.ie

Student welfare

swo@rcsi.ie

Mercers Medical Centre

2 Stephen Street Lower,
Dublin 2, Ireland.

Tel +353 1 402 2300

Email gpreception@rcsi.com

YouTube: [@RCSI](#)

Facebook: [@rcsi123](#)

Twitter: [@RCSI_Irl](#)

[@RCSI_Postgrad](#)



RCSI UNIVERSITY
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