



RCSI

UNIVERSITY
OF MEDICINE
AND HEALTH
SCIENCES

Information Pack 3 2020

August 2020

Coronavirus COVID-19



Help prevent coronavirus



**Wash your
hands**



**Cover mouth if
coughing or sneezing**



**Avoid touching
your face**



**Keep surfaces
clean**



**Stop shaking
hands and hugging**



**Keep a safe
distance**

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Visit **HSE.ie**

For updated factual information and advice

Or call 1850 24 1850

**Protection from coronavirus.
It's in our hands.**



**Rialtas na hÉireann
Government of Ireland**

How to use Face Coverings

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT:

Wear the face covering below your nose.



DO NOT:

Leave your chin exposed.



DO NOT:

Wear it loosely with gaps on the sides.



DO NOT:

Wear it so it covers just the tip of your nose.



DO NOT:

Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

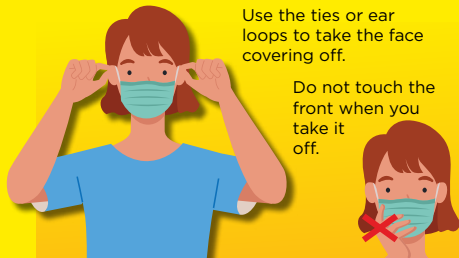
CHILDREN UNDER 13 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal

Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.



Disposing Of Single-Use Mask

Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.

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WELCOME TO THE RCSI INFORMATION PACK 3

Welcome to the final information booklet before you travel to Dublin to begin your studies. This document provides additional information in preparation for your arrival and updates on COVID-19 health arrangements.

TRAVEL ADVICE

Please be reminded that the RCSI Travel Office is available to provide specialist advice and support when making your travel arrangements and with booking flights. Feel free to contact the RCSI Travel Office at any time to assist you with your travel plans by emailing travel@rcsi.ie

When travelling through the airport, wear a facemask, use hand sanitizers and wash your hands regularly.

As advised previously, the Irish government guidelines in relation to COVID-19 require all people arriving in Ireland to:

- Complete a Public Health Passenger Locator Form, and
 - Restrict movements for 14 days.
- Self-isolation has now been updated to 'Restricted Movement' with the period of time remaining at 14 days

The Public Health Guidance on Travel and Restricted movement is available [here](#).

Any student who has tested positive for COVID-19 should not travel to Ireland until they have been symptom-free for at least 14 days prior to departure.

All newly arriving students are encouraged to use our 'Meet and Greet Service'. This service will be waiting for you as you exit the baggage hall and provides a free transport service to your accommodation. Please complete the online registration ten days in advance of your departure date to ensure that we are waiting for you on arrival. The online registration link is available [here](#)

It is also available on the [RCSeYE website](#).

IMPORTANT: COVID-19 DAILY SYMPTOM CHECK.

There is an additional **mandatory** requirement for students to complete a daily COVID 19 symptom check for the fourteen days prior to arrival and registration **which can be found here**. This new Government of Ireland requirement, published this week, **MUST** be completed every day for 14 days prior to your intended date of arrival in Dublin. Please note that you may not be allowed to commence your programme of study if you have not completed the questionnaire every day and that RCSI are required to audit this for all students. It may be advisable therefore to enter this task as a daily reminder in your phone.

If you are already in Dublin, you **MUST** still complete the questionnaire. If you become symptomatic prior to travelling, then you **MUST** not travel. You should follow the relevant medical advice and contact admissions@rcsi.com to let us know that you will be delayed.

Once you have arrived in Ireland, you will be required to continue to complete the form on a daily basis. Please calculate when you are 14 days prior to departure and make sure you complete this form, every day.

STAYING SAFE ON YOUR JOURNEY

All airlines are providing safety guidelines on their websites so please consult your airline for specific advice.

The following guidelines apply in most circumstances so please follow these guidelines when you are travelling to Ireland:

- Travelers may wear masks during screening. However, you may be required to adjust or remove the mask for identification purposes.
- Instead of handing boarding passes to the boarding staff, travelers may be required to place passes (paper or electronic) directly on the scanner and then hold them up for inspection.
- Each traveler may have one container of hand sanitizer up to 12 ounces (350 milliliters) in a carry-on bag. The container must be taken out for screening.
- Food items taken on board the plane should be in clear plastic bags and placed in the bin for screening.
- Personal items such as keys, wallets and phones should be placed in clear plastic bags and placed in the bin for screening as this reduces the handling of these items during screening.
- Be sure to wash your hands with soap and water for at least 60 seconds directly before and after going through screening.
- Face masks should be worn for the duration of the flight



ACCOMMODATION



ON-CAMPUS:

Students living in Mercer, Scape or Mill Street (including the Tannery) will be met by staff who will assist with the check-in process. A full inventory of what is included in your accommodation is issued with the lease agreement. In addition, a starter pack will be in your room. The starter pack contains:

Bedding and Towel Pack

- 2 x Bath towel
- 2 x Hand towel
- 1 x Face cloth
- 5 x Dish cloth
- 1 x Duvet
- 1 x Duvet cover
- 2 x Pillow
- 2 x Fitted Sheet
- 2 x Pillow case

Cleaning Pack

- 1 x Hand soap
- 1 x Bathroom cleaner
- 1 x Washing up liquid
- 1 x Multi surface cleaner
- 4 x Toilet roll

Crockery Per Student

- 1 x Cutlery set (knife/fork/spoon/teaspoon)
- 1 x Crockery set (1 x Dinner plate/ Side plate/ bowl/ Mug/ Slim Jim Glass)
- 4 piece Stainless Steel Saucepans/ Frypan set (shared per 4 students)

Kettles, Toasters, Microwaves etc. are provided in your Kitchens (please see the specifics of your accommodation for more detail)

Please note that runners will be available to run occasional errands to support students and minimise the needs to leave the on-campus facilities.

OFF CAMPUS:

Students living off-campus should check with the property owner to understand the inventory that is contained within the unit.

SELF-ISOLATION CHANGING TO RESTRICTED MOVEMENT

In the last information booklet, we advised you that all newly arriving students are required to self-isolate for 14 days. Many students were concerned about how they would settle in and prepare for food and supplies against the backdrop of having to observe a strict self-isolation policy. Online shopping was identified as the most helpful solution and this remains a good option. Recently, the Self-isolation guidelines have been amended and 'Self-isolation' has now changed to a '14 day Restricted Movement period', which is less restrictive.

Restricted movement allows newly arriving visitors to go outside to;

- Exercise by yourself as long as you keep 2 metres distance from other people
- Undertake essential shopping

This change will allow students to have limited exercise opportunities and to undertake essential shopping. We still encourage students to use online shopping as much as possible during the restricted movement period. Full details are available on the Government of Ireland [website](#).



SHOPPING

Food and supplies are essential parts of arriving in any new location and the restricted movement will allow you to undertake early and essential food shopping. The option to purchase online is still available and should be used as the preferred choice where practical. If you are shopping for essentials, please wash your hands before leaving home, wear a face mask, use the hand sanitizers which are available in most shops, maintain as much physical distancing as possible and wash your hands when you return home. These new ways of shopping sound onerous but they have in fact become quite normal to most of us. Thankfully, there are numerous shopping options for food and household items, which are outlined below.

Grocery shopping: There are a number of large grocery/food retailers in Ireland.

1. Dunnes Stores
2. Tesco
3. Supervalu
4. Lidl
5. Aldi

The closest of these to the College is Dunnes Stores who have a large store in the **St. Stephens Green Shopping Centre** located beside the RCSI main campus. In addition to being a grocery store, this Dunnes Shop also has a large household and clothing department where you will find most of your immediate

needs. Dunnes Stores has a reputation for providing good quality goods at affordable prices. Lidl which is a competitively priced grocery store is opening a new branch which will be located on the same block as Scape Accommodation on Aungier Street. Tesco and Supervalu are probably the best for online grocery shopping and accounts can be set up through their website or by using the Apps. All of the above shops are located nationwide and branch locators are available on their websites.

Mace, Spar and Centra are smaller convenience stores which are also popular throughout the Country and located close to the college campus.

A selection of food options that are available for use during your 14 day restricted movement period are available in **Appendix 1**. Please rest assured there is no need for you to go hungry.

CONNECTING TO YOUR ACADEMIC PROGRAMME



The first two weeks of your programme is delivered online. It is essential that we provide you with your RCSI network access details and your laptop to allow you to engage with the online content.

The IT network login details, which will include your RCSI username and password, will be sent to you by email one week in advance of your starting date. In addition to your logon details, this email will include instructions on how to login to your RCSI account and training videos for Blackboard, Microsoft Teams and Moodle, which are the 3 platforms that you will use for your online learning and Orientation activities. Additional IT training and support will be available on the first morning of your programme to ensure that you are connected to the online community. IT support will be available on the first

morning and beyond to provide assistance, so please be assured that you will be supported during this phase.

We also are contacting all students to ask them to provide details of where they are living in Dublin. Please ensure that you reply to these emails, as we require this information to enable us to get your laptop delivered to you. If we do not have access to your Dublin address, it will not be possible to connect you with your RCSI laptop so please ensure that you provide us with this information.

Students who are living on-campus will connect to the network that is available in the accommodation. If you are living off campus, please ensure that you have internet access, as this is a prerequisite to connecting to your online community.

THE ACADEMIC YEAR

14 Day Restricted Movement Period

Our Estates Department have been working throughout the summer to prepare the campus to welcome our new and returning students in August, September and October. The start of the academic year varies by course year and some of the senior cycle medical students are already back as they resumed their clinical teaching in August.

While this year will be different for all of us, our programme will continue to be delivered to the same exacting standards as before using innovative curriculum and teaching methods. Lectures will be delivered using a blended, digitally engaged learning approach. The use of Blackboard and Moodle will continue alongside classes and small group teaching on-campus, with physical distancing in place. Full training on the use of "Blackboard", "Microsoft Team" and "Moodle" will be provided during the 14 day restricted movement period.

After your 14 day restricted movement period

This year holds new challenges for RCSI as we work through the complexities of the various timetables needed for individuals and year groups because of physical distancing. As first year students, you will be based in the St. Stephen's Green Campus.

The requirements for physical distancing creates pressure on existing space. To ease this pressure we have created a temporary 'satellite campus' at the historic Croke Park, home of [the Gaelic Athletic Association](#). This satellite campus provides extra space for 700 students in Years 2 and 3. The additional space allows us to improve physical distancing and increase the face to face teaching for all students in the preclinical years in the St Stephen's Green and Croke Park campuses.



CAMPUS – INFECTION CONTROL

We each have a personal responsibility to protect the health of ourselves, our fellow students and staff. RCSI has increased the level of cleaning across the campus and you will see an increased presence of our cleaning staff. Extra measures that we have put in place are as follows:

- We have arranged for frequently touched surfaces, such as door handles, light switches, handrails etc. to be cleaned at increased frequency
- Welfare facilities and communal areas will also be cleaned more frequently
- Lecture theatres, tutorial rooms, laboratories and communal areas will be provided with cleaning materials to keep the environment hygienically clean and you are advised to regularly clean any personal items brought in from home
- In addition, all students and staff will be expected to clean their own study/ work areas on a daily basis. "Clean as you go" when moving around on campus to maintain the hygiene standards needed to kill any virus particles.

What this means in practice:

- At the start of the day, staff and students are required to clean down their study/ work areas
- Disinfectant spray will be widely available as will hand sanitizer: all surfaces should be sprayed regularly
- Take care when cleaning any electrical devices and use a cloth instead of spraying directly onto them
- This process should be repeated periodically throughout the day and it is a requirement to 'clean out' by repeating the process at the end of each day.

Hand and hygiene facilities

Hygiene practices are important to prevent the spread of COVID-19. Regular hand washing with soap and water is effective for the removal of COVID-19. All of us should wash our hands properly, regularly and most especially before and after preparing food and before and after using the bathroom.

Other times when hand washing is essential:

- Before and after wearing gloves
- Before leaving/after entering the home
- Before and after you remove your face covering/mask
- Before and after the use of public transport

- When arriving/leaving the Campus/other sites
- Before and after meeting people
- Before smoking or vaping (RCSI is a smoke free campus)
- RCSI applicable - if in contact with a patient/ surface model, before and after exposure.

It is important to follow good practice for hand washing - washing the front and back of your hands, between fingers and washing for least 20 seconds.

Between washing, regular use of hand sanitisers that has at least 70% alcohol is recommended. RCSI has installed over 90 hand sanitiser units and we recommend you always carry a small hand sanitiser on your person.

See HSE recommendations for hand washing [here](#).

Respiratory Hygiene and cough etiquette

All of us should follow good respiratory measures to limit the spread of the virus. These include:

- Avoid touching the face, eyes, nose and mouth
- Cover your mouth when coughing and sneezing into your elbow or a tissue (not your hand)
- Put used tissues into a sealed bin and then wash your hands immediately
- See below in the "face coverings" section for information on face masks/coverings.

Physical distancing

Distancing measures have been implemented across all RCSI campuses in high foot flow areas. Across different areas of the campus you will see a variety of measures including: one-way systems, entrance and exit only locations, signage, screens, floor markings, new entrance and exit measures, plus additional measures to assist with maintaining physical distancing.

We all have a duty to maintain physical distancing so please make yourself familiar with the following important and useful information to help achieve physical distancing:

- Keep a distance of 2 metres between you and others
- Avoid making close contact with people (i.e. do not shake hands – use non-contact greeting methods)
- Make yourself familiar with signage and instructions in place throughout the RCSI campus
- Many engagements with RCSI staff will be online meetings
- Visitors to the University are discouraged during the COVID-19 period
- Use contactless payments for all transactions where possible
- Perspex screens have been installed at all front of house locations
- Keep up to date with changes on campus through Moodle and onsite signage.

Passenger lifts/ elevators

Passenger elevators are restricted to one person only. Please give up the lift for persons who have reduced mobility. Staff and students are encouraged to use the stairs.

- Hand sanitiser will be available at all entry and exit points of lifts
- Staff and students are required to apply sanitiser to their hands before entering a lift AND again on exit
- Lifts will be regularly cleaned throughout the day, focusing on button touchpoints in the lift.

Minimising contact

RCSI has implemented the following safety measures to minimise contact between students and staff:

- Microsoft Teams has been rolled out to all staff and students across the University for teams to communicate and to continue to meet virtually
- Onsite meetings are not encouraged
- Campus signage is advising staff and students to avoid congregating around lobby and communal areas
- Online induction training is provided to all staff and students and includes guidance on how to minimise contact

Face coverings/ Masks

We now know that people who are showing no signs of feeling unwell (asymptomatic) can still spread the virus. This is why, as we begin the 2020/21 academic year, all staff and students will be required to

wear facial coverings or masks while on-campus. This is in line with government and public health advice. We ask everyone to provide their own mask or face covering for normal, day-to-day activity. In line with RCSI Green Campus initiatives we ask that you wear reusable masks to reduce the environmental impact of disposable masks.

Avoid touching your eyes, nose, or mouth when removing your mask, and wash your hands immediately before and after removal. Even when wearing face coverings, you should observe the important things necessary to prevent the spread of the virus. These include:

- Physical distancing
- Covering your mouth and nose with a tissue or your elbow when you cough and sneeze
- Washing your hands properly and often
- Not touching your eyes, nose or mouth if your hands are not clean.

RCSI will continue to review and adhere to Health Services Executive (HSE) and government guidance on the use of face coverings.



Disposable face masks can be worn by everyone in RCSI to contain the wearer's respiratory droplets. These masks should be discarded daily.



Surgical face masks worn in clinical/ simulation settings reduce the wearer's spread of respiratory droplets and shield the wearer from large droplets emitted by others. Discard daily.



Cloth face coverings can be worn by all in RCSI to reduce the spread of infection via respiratory droplets.

These face coverings can be **made at home/purchased**. Change and wash face coverings daily. Store in a clean paper bag when not in use.



Respirators to be worn by laboratory and clinical/ simulation personnel only. These contain the wearer's respiratory droplets and protect the wearer from the finer respiratory droplet emissions of others.

Click **here** for further info on wearing and making face coverings correctly.

Gloves

Do not wear disposable gloves instead of washing your hands. The virus gets on gloves in the same way it gets on your hands. Also, your hands can get contaminated when you take them off. Gloves are generally not required for infection prevention and control and are not a substitute for hand hygiene. Disposable gloves are worn in medical and research settings. They are not as effective in daily life. Wearing disposable gloves can give you a false sense of security.

You might:

- Sneeze or cough into the gloves - this creates a new surface for the virus to live on
- Contaminate yourself when taking off the gloves or touching surfaces
- Not wash your hands as often as you need to and touch your face with contaminated gloves.



COVID-19 TESTING AND CONTACT TRACING

The management of Covid-19 continues to evolve as we learn more about the virus and develop best practice guidelines.

The information below is an update to the 'Supporting your Health and Wellbeing' booklet that we issued on 11th June 2020.

As a world-class higher education institution we are committed to nurturing and caring for our students. As part of our measures to protect you, COVID-19 care for students will be coordinated by RCSI's primary care facility, Mercer's Medical Centre. There will be no charge for any aspect of COVID-19 care.

In our commitment to our students well-being, RCSI will:

- have a free of charge, 24/7 GP/family physician service
- use a specifically trained team to guide you to the relevant health professionals should you have any symptoms or concerns in relation to COVID-19
- have a mandatory online training course for all staff and students on how best to minimise infection spread and protect us all
- arrange for all Undergraduate students to have access to COVID-19 testing as clinically indicated, through RCSI Mercer's Medical Centre

Students are requested to download Ireland's national COVID Tracker App which has been set up by the health service to allow for quick and effective contact tracing. The app is available for download once you are in Ireland. You are also asked to keep a personal log of all persons that could be classified as a close contact.

Support from RCSI if a student becomes unwell

Supporting students if they become ill is a priority for RCSI. As normal, all new students register with RCSI's primary care facility Mercer's Medical Centre and have access to free general practice (GP) healthcare. We have put in place additional resources at RCSI Mercer's Medical Centre to ensure that all students have rapid access to medical care, should they require it during their time at RCSI.

In advance of registration all new and ongoing students will be asked to sign an **RCSI COVID-19 Health Management Programme Agreement**. The agreement will be sent by email and you will be required to complete the online form. The agreement is necessary to provide us with the information that we require to provide you with all of necessary healthcare support if required.

STUDENTS WILL BE ASKED TO:

- Agree to comply with Irish Government and RCSI COVID-19 policies
- Agree to provide RCSI with your contact details and a contact detail of a family member, parent and/ or guardian so that we can keep them informed in the event you become sick and wish us to keep them informed on your behalf
- Agree to take self-responsibility to check your symptoms as required and follow RCSI guidelines which best protect you, your fellow students, clinical colleagues, staff and patients
- Agree to contact the RCSI Student Welfare team should you become unwell or are worried in any way and we can advise you accordingly

Any student becoming COVID-19 symptomatic should self-isolate immediately and follow the advice outlined on Mercer's Medical Centre information hub in the following circumstances:

FOR MILD SYMPTOMS

(e.g. slight fever, cough, sore throat, loss of taste or smell)

- Complete the Mercer Medical Centre's COVID form
- Mercer's Medical Centre will contact you within 24 hours for a telephone consultation
- A test will be arranged if required at a community testing hub convenient to your accommodation

FOR SEVERE SYMPTOMS

(e.g. very high fever and feeling unwell or shortness of breath)

- Contact Mercer's Medical Centre on 01 402 2300 or for out-of-hours contact DubDoc on 01 454 5607
- A telephone consultation will be completed
- A test will be arranged if required at a community testing hub convenient to your accommodation

If a student tests positive for COVID-19 at any stage during the year, RCSI will provide the following support:

Every effort is being made by RCSI to minimise the likelihood of COVID-19 infection among our students, but there can obviously be no guarantee that an individual student will not become infected. In the event that a student tests positive for COVID-19, RCSI will remain in close contact with the student and will provide assistance during every stage:

1. RCSI's Student Welfare team, will contact the student throughout the day. They will assist students by ensuring that medications are in place and by providing assistance with food, laundry and general queries.
2. Food and laundry will be provided free of charge for confirmed positive students during the self-isolation period.
3. Students will receive one phone call per day from a qualified health professional to check on their medical status.

4. If a student tests positive for COVID-19 and lives in a twin room (on-campus accommodation), the symptomatic student will remain in the room and the non-symptomatic student will be moved to alternative accommodation, this is to help reduce the spread of the virus.
5. Pending student consent, RCSI can provide a daily update to the student's parents/ sponsor by a phone call. We always encourage students to keep in touch with their parent/ sponsor when living away from home.

In the rare case that a student is hospitalised due to COVID-19:

6. The Irish Government has confirmed that all acute healthcare needs of international students will be provided free of charge to the student.
7. A qualified professional from the Student Welfare team will act as the liaison between medical staff and the student's parents/ sponsor, to advise them their son/daughter has been hospitalised. They will be able to offer reassurance of the care being provided and the current stage of the illness.
8. The Student Welfare team will continue to keep in touch with both the student and parent/sponsor each day for the duration of the hospital stay.

Updates and guideline amendments

It is likely that the guidelines for managing COVID-19 will change over the coming months as government and medical advice changes. Rest assured that RCSI will always be up to date with the most current guidelines and will act accordingly.

All students will receive the most up to date information about our testing measures and physical distancing guidelines during the restricted movement period and during their ongoing academic year.





GETTING TO AND FROM RCSI

Students and staff rely on a variety of modes of transportation to commute to the University. It is understandable that many would have a preference to commute in a manner that avoids modes of public transport, be that by car, walking or cycling. However, for many commuting to campus, avoiding public transport is not an option. Each of us will make our own decisions to devise the safest and best way to get to the University.

Bicycle Parking

Bicycle parking is available in the following locations:

- RCSI House, 121/122 St. Stephen's Green car park
- 123 St. Stephen's Green at end of railings on York St
- No. 26 York St. at back of building (via Cuffe lane)

Car parking

Car Parking is available through public car park (Q Park) located beside the main campus in St. Stephen's Green:

- Q Park is available on Mercer St. RCSI staff and students can avail of a daily discount of €11

Public Transport

Students and staff using public transport are asked to adhere to all public health guidance, including the requirement to wear face coverings and maintaining physical distancing when traveling through public spaces. Please review guidance from the [National Transport Authority website](#), which has the most up to date transport information and guidance for safe travel.

No matter the mode of transport used, once students and staff arrive to campus there is a requirement to complete hand washing/hand sanitising before moving through the campus. Ideally hand washing with soap and water is preferable to using sanitiser, but sanitiser will be available for use in multiple locations.



BANKING

The two main banks in Ireland, Allied Irish Bank (AIB) and Bank of Ireland (BOI) will be on-campus, after you have completed your 14 day restricted movement period, to assist you with opening your Irish Bank Account.

When you meet with the bank, you will be required to bring:

- A registration letter, which will be available online from the RCSI SARA office through Moodle. This letter confirms that you are a registered student of the College and shows your Dublin address
- A copy of your passport
- And your student ID card

IRISH RESIDENCY PERMIT

Irish Residency Permits are issued by the Irish Naturalisation and Immigration Service (INIS) which is a non-statutory agency of the Department of Justice and Equality. All non-EU/EEA and non-Swiss citizens who wish to stay in Ireland for any reason for longer than 90 days (even if you have a visa), must apply for an IRP card.

Appointments to apply for an IRP card are made through the online INIS booking system. INIS have not opened the booking system on their website yet and they have advised students to wait until you have commenced your academic programme and are fully registered before making an appointment. Details of immigration and the Irish Residency Permit are available [here](#)

SUGGESTED PACKING LIST



Please find a suggested packing list. This list includes some essential items that you will need to bring with you for your arrival through the airport and for the self-isolation period.

Essentials

- Face coverings
- Hand sanitiser (travel size, important for your flight)
- Any required Medications
- Passport with visa if required
- Copy of your RCSI offer letter
- Confirmation of Dublin accommodation address
- Registration for the RCSI Meet and Greet Service
- Some basic food for a light snack on arrival

For your room:

- Duvet, pillows, bed linen, towels etc (already supplied if living in Mercer, Scape or New Mill)
- Personal thermometer
- Toiletry products (toothpaste, shampoo, hand wash etc.)

Clothing

- **Clothing:** everyday wear, sportswear, night ware
- **Footwear:** boots, trainers, slippers, casual footwear etc.
- **Winter wear:** warm coat, rain jacket, scarf, hat, gloves

Electrical items

- The standard domestic electricity supply in Ireland is 230 volt AC (frequency 50Hz).
- Plug and socket are **Type G on the World Standard**. Type G is mainly used in the United Kingdom, Ireland, Cyprus, Malta, Malaysia, Singapore and Hong Kong
- Adaptor(s) will be required if you are using other socket/ voltage types
- Device chargers (phones/ laptops etc.)
- Head phones
- Mobile phone
- Personal entertainment; games console, portable speaker, kindle, ipad etc

Miscellaneous items

- Backpack/Gym bag
- Personal exercise/ Yoga mat
- Drinking water bottle
- Stationary for study

Important Documentation (It can also be useful to have photographs of important documents on your phone)

- Accommodation contract
- Copy of RCSI offer letter
- Valid passport and/or driver's license (ID)
- Insurance documents
- Medical Prescriptions
- Student discount cards



PRE- DEPARTURE CHECKLIST

- **Passport:** Ensure your passport is valid for the intended length of your study period in Ireland.
- **Visa:** If you require a visa, please ensure that you have your visa in place before you travel. See [here](#) to learn more
- **Passenger locator form.** On arrival you will also be required to complete a passenger locator form. You will need to know the address that you will be staying at for the next 14 days as this must be added to the form. The immigration authorities will call you during the restricted movement period to ensure that you are conforming to the restricted movement protocols which are required of all recently arrived visitors to Ireland.
- **Arrival in the airport:** On arrival in Dublin Airport you will go through the standard immigration controls before entering the baggage reclaim area. Please have your passport and a copy of your RCSI Offer letter with you, as you will be asked the reason for your travel to Ireland. A copy of your offer letter can be presented as evidence of you joining a university course in Ireland.
- **Airport pickup:** Please ensure that you have registered in advance for the Meet and Greet Service. If you fail to complete the registration we will not know your arrival date and your transport service from the Airport to your accommodation will not be in place. To find out about our free **on-arrival airport pickup** please consult the **RCSeYE** website and complete the **online booking form** to be greeted at the airport.
- **Accommodation:** Please bring a copy of your accommodation booking confirmation as proof of where you are planning to stay in Dublin
- If you have not booked your accommodation in advance of arriving in Ireland, please book into a hotel to complete your 14 days restricted movement period before exploring accommodation options and viewing properties. Bring a copy of your hotel booking confirmation with you as you may need it at immigration control and when booking into the hotel.
- **In case of emergency:** Make a note of the RCSI emergency contact numbers for international students: +353 1 402 2219. Please also have a telephone number for your Dublin accommodation in case you need it on arrival.
- **Medical care:** Have medical, optical and dental 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.

APPENDIX 1

Listed below is a small range of many food options available to you during restricted movement period. Please rest assured there is no need for you to go hungry.

MAIN SUPERMARKETS – MANY OF WHICH PROVIDE A DELIVERY SERVICE

Tesco

Dunnes Stores

SuperValu

Aldi

Lidl

Spar

Mace

[buymie.eu](https://www.buymie.eu) - this company have teamed up with Lidl to offer a home delivery service.

MEAT DELIVERY

(often include ready meals/vegetables/diary)

Scarlet Heifer

Dublin Meat Company

James Whelan

The premium butcher

FISH DELIVERY

<https://eatmorefish.ie/>

<https://sustainableseafood.ie/shop/>

<https://kishfish.ie/>

FRUIT/VEGETABLES DELIVERY

Fruit people

Sprout

Annie's Farm

Jackie Leonard & Sons

Fallon and Byrne

TAKEAWAY DELIVERY

<https://www.just-eat.ie/>

<https://www.ubereats.com/ie>

<https://deliveroo.ie/>

<https://gourmetfuel.com/>

<https://www.thewholefoodrevolution.ie/>

<https://dropchef.com/>

<https://www.hapifoodco.ie/>





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