



**RCSI**

UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES



11 June 2020

# Coronavirus COVID-19



## Help prevent coronavirus



**Wash your  
hands**



**Cover mouth if  
coughing or sneezing**



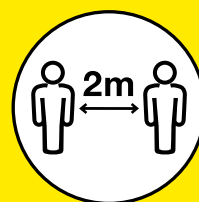
**Avoid touching  
your face**



**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](https://www.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**



Welcoming our new International Students to RCSI:  
Supporting Your Health, Safety and Wellbeing  
11 JUNE 2020



RCSI, 123 St. Stephens Green

<b>WELCOME TO RCSI</b>	<b>5</b>
<b>SECTION 1: ARRIVING INTO IRELAND</b>	<b>7</b>
- Personal Meet and Greet Service	8
- Travel Advice	8
- Supported On-Campus Student Accommodation	9
- How to Book Accommodation	9
<b>SECTION 2: THE START OF YOUR STUDENT JOURNEY</b>	<b>10</b>
- Arriving at On-Campus Student Accommodation and Self-Isolation	11
- Travelling to Dublin with Family	11
- Checking-in to Mercer, New Mill and Scape Accommodation	12
- Living off-campus	14
- The Student Academic Journey	15
<b>SECTION 3: RCSI AND COVID-19 – ESSENTIAL INFORMATION</b>	<b>19</b>
- RCSI's COVID-19 Testing and Contact Tracing	20
- Support from RCSI if a student becomes unwell	20
- Updates and guideline amendments	21
<b>FAQS</b>	<b>22</b>
<b>RCSI SEMESTER 1 DATES 2020 / 2021</b>	<b>25</b>
<b>RCSI STUDENT WELFARE SUPPORTS</b>	<b>26</b>





## Welcome to RCSI

Congratulations on making your decision to become a Medical Student.

You are entering medicine at a very exciting time, a time of great change and a time of great challenge and opportunity. The COVID-19 pandemic has placed your future profession at the centre of the world stage. As a focused Health Sciences University, we, at RCSI, are acutely aware of our responsibility to support the delivery of healthcare around the world, to prepare our students for the realities of professional practice in healthcare, and in particular, to support the safety of our students during the coming academic year.

Our Mission at RCSI is to **"Educate, nurture and discover for the benefit of human health"**.

Never has the scope of this Mission been so pertinent not just to the needs of healthcare but also to our 'nurturing' responsibilities to our new RCSI students. This document is designed

to help you understand the supports we are putting in place to enable your safe arrival, induction and academic journey in 2020/2021

Exceptional doctors who go on to become healthcare leaders are needed now more than ever. You are starting on your journey towards a career that will be exciting, fulfilling and rewarding. The practice of medicine is ever evolving and the practice of medicine today is unrecognisable due to scientific advances and the development of new medical technologies. As you move into your professional career, you will go on, in the future, to provide care and treatment to patients that is simply inconceivable today.

You are at a major crossroad in your life and the decision to study medicine in RCSI will shape your life in many positive ways. We are excited that you have chosen to study in RCSI and we will join you on your journey, ensuring that you are provided with the supports required to prepare you for your future healthcare career.

We recognise that this is a challenging time to enter medical school and there is no doubt that the academic year ahead will be like no other in our university's 236-year history. The COVID-19 situation in Ireland is stable, hospitals are returning to normal and the Government's



roadmap to re-open the country has been accelerated, moving from a five stage to a four stage re-opening plan. This improving situation is because of decisive and effective Government and Clinical leadership and a cohesive response from our communities.

We are proud that many of RCSI's academic and clinical leaders are playing key roles in informing these leadership actions. Here at RCSI, we are working hard to put robust safety measures in place in order to protect your health and wellbeing, while ensuring that the quality of your educational experience is not impacted.

As Ireland's only specialist health sciences university, and as an institution with a long heritage of welcoming international students, we want to assure you of an exceptional educational experience in an environment where your safety is supported at this challenging time.

For parents, preparing for this first year in University is both a proud and anxious time. We recognise that you have very specific concerns this year about health and welfare. Be assured that the safety of our students is at the centre of

our planning for the coming year and that our new students will become part of the RCSI community from the moment they arrive. Our Faculty and professional staff are dedicated to helping our new and ongoing students to navigate this next phase in their lives in a positive and safe way.

This document provides important information about what this year as a new student will look like.

We hope that the information is reassuring and we will continue to provide updates as our safety measures may change in the weeks ahead as government guidelines and the advice of our clinical colleagues is updated.

Of course, if you have any queries or concerns, please do not hesitate to get in touch with our Admissions team via [admissions@rcsi.ie](mailto:admissions@rcsi.ie).

I very much look forward to welcoming you to RCSI and Dublin in the coming months.

Best wishes,

Professor Hannah McGee  
**Dean, Faculty of Medicine & Health Sciences**



Welcoming our new International Students to RCSI:  
Supporting Your Health, Safety and Wellbeing  
11 JUNE 2020

# SECTION 1 ARRIVING INTO IRELAND





## Personal Meet and Greet Service

We are delighted to provide you with a personal Meet and Greet service upon arrival to Dublin Airport. On entering the arrival hall you will be met by an RCSI representative and transported to your accommodation. The service is available to all newly arriving first year students and family members who may be travelling with you. We recommend you take advantage of this service to make your arrival as easy as possible.

Our RCSI Travel Office will manage this service and advance booking will be required. An online booking form will be available in July, which will be sent to you by email to complete your booking.

## Travel Advice

Because of COVID-19, the current Irish government guidelines require all people travelling from outside the Republic of Ireland to:

- Complete a Public Health Passenger Locator Form, and
- Self-isolate for 14 days.

You will find more information about this [here](#).

The Public Health Guidance on self-isolation are available [here](#).

Please note, that the RCSI Travel Office is available to provide specialist advice and support with making your travel arrangements and with booking flights. Please feel free to contact the RCSI travel office at any time to assist you with your travel plans by emailing [travel@rcsi.ie](mailto:travel@rcsi.ie).



Irish health authorities currently recommend that people wear a face mask in situations where it is difficult to practice social distancing, such as shops, public transport and in an enclosed indoor space with other people. While travelling, we recommend you carry a face mask, hand sanitizer and gloves.



## Supported On-Campus Student Accommodation

To maximise our ability to support your health, safety and welfare, we are encouraging all international students to stay in one of RCSI's recommended student accommodation residences for their first year in RCSI (Mercer Accommodation, New Mill Accommodation or Scape Student Accommodation). For the purpose of this document, we will refer to these as 'on-campus accommodation'.

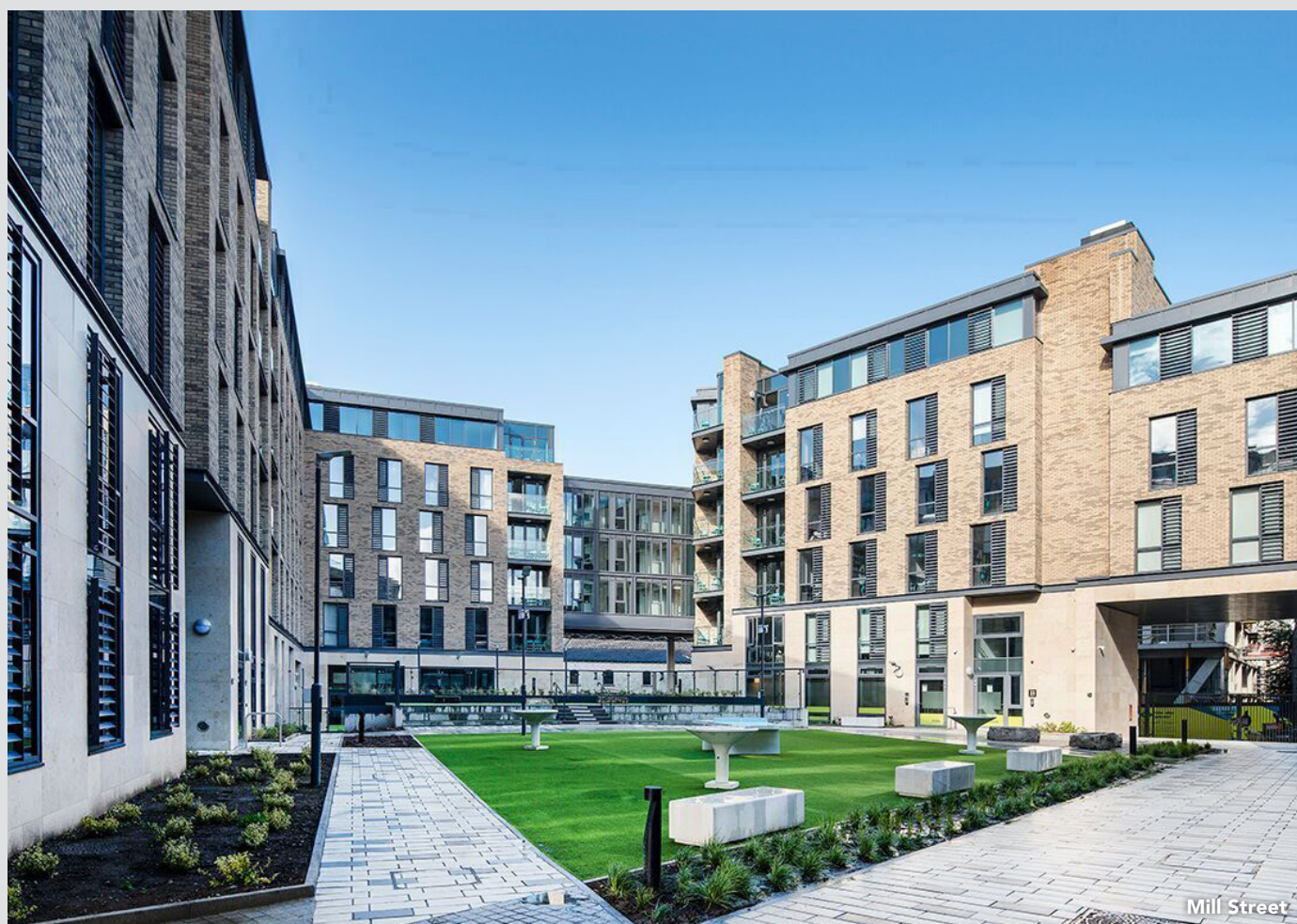
By choosing to live on-campus, we can maximize our support your safe student journey from the moment you arrive in Dublin. It will assist us in providing each student with dedicated support during your self-isolation and to assist you in getting settled into your first year at RCSI. More importantly, in the unfortunate event of becoming ill, we will be there to provide you with support throughout any self-isolation and recuperation period.

To assist you in choosing to live on-campus for the academic term of 2020/21, we are offering our new international students a 15% Accommodation Fee Allowance. This will be available to all newly arrived first year students in Mercer, New Mill and Scape Accommodation units. If you have already booked your accommodation in any of these facilities, the discount will be applied to your payment schedule.

## How to Book Accommodation

Accommodation is available to book now and booking can be made by following the directions that are provided in the accommodation section on the [RCSeYE](#) website.

*Some students may wish to live off-campus, before making your decision, please read Section 2 fully, which also includes detail of the support available if you choose to live off-campus.*





Welcoming our new International Students to RCSI:  
Supporting Your Health, Safety and Wellbeing  
11 JUNE 2020

# SECTION

# 2

# THE START OF YOUR STUDENT JOURNEY





### **Arriving at On-Campus Student Accommodation and Self-Isolation**

To assist with managing the arrival of first year students, we will use a phased approach over three days for the check-in process. We will provide you with an accommodation check-in date, which will be the Friday, Saturday or Sunday immediately before the start of your programme. To assist with following the current COVID-19 guidelines and the need for self-isolation, you should arrive in Dublin as close to your accommodation check-in date as possible.

- If you arrive on the day of your accommodation check-in date, you will be collected from the airport by the personal Meet and Greet service, and taken to the student accommodation where you will begin your self-isolation.
- If you arrive before your check-in date, your personal Meet and Greet service, will bring you from Dublin Airport to the hotel you have booked into. Once you check-in at the hotel you will need to self-isolate and remain in the hotel until your check in date in the on-campus accommodation. When you are moving to on-campus accommodation you will be required to make your own way to your student accommodation residence. Your hotel will book a taxi for you.

### **Travelling to Dublin with Family**

Some students may choose to travel with their parent/s or guardian. In this case, parents/guardians will also be required to self-isolate. Most visitors to Ireland are choosing to complete their self-isolation in hotels and the RCSI Travel Office can advise on hotel options that are located close to the College.

If students wish to self-isolate with their parent/s in the hotel, they may do so. When the 14 day self-isolation period is over, they may then join their fellow RCSI students in the student accommodation. Please note however, that you can only join the on-campus accommodation after the self-isolation period has finished in the facility that you are booked to live in, i.e. you cannot check in and join the student community whilst they are in their own 14-day self-isolation period. If you chose to self-isolate in a Hotel please ensure that you have internet access to allow you to engage with your academic course during the self-isolation period. We will ensure that your RCSI laptop is delivered to the Hotel to allow you to connect with your classes.

Access to the RCSI campus and commencement of face-to-face teaching will begin at the start of week 3 when the self-isolation period is complete.



## Checking-in to Mercer, New Mill and Scape Accommodation

Upon arrival you will be greeted and shown the facilities of your new home. Students will live in individual rooms. There are generally 4 / 6 / 8 beds in each student apartment. The students within each unit will be a 'Student Pod'.

This Student Pod will be part of your immediate student network, and during self-isolation students can get to know each other, while maintaining physical distancing measures.

The accommodation will be deep cleaned prior to students' arrival. All students will be encouraged to settle in straight away and make their room their own in order to make self-isolation as easy as possible. Students will be supplied with:

- New packaged bed linen (duvet, bed linen, pillows, mattress and pillow protectors)
- Bathroom items (towels, toilet rolls)
- Individual kitchen utensils (plate, bowl, side plate, mug, cutlery)
- Heat, hot water and a clean environment to live in
- Hand sanitizer and soap
- Strong Wi-Fi connections to support students academically and socially

- Details on how to order meals and groceries. Orders will be delivered to your apartment by the accommodation staff.

In the coming weeks we will provide students with two lists to make settling in easier:

1. A list of items that will be supplied in the student bedroom, bathroom and kitchen/ living room.
2. A suggested packing list of what to bring to Dublin.

As part of your arrival to RCSI student accommodation, you will also receive your **RCSI registration pack**. This pack will include all items students will require to get started for their first two weeks of teaching. The registration pack will include:

- An RCSI Apple laptop with all of your RCSI network access passwords, RCSI email address and the necessary information to allow you connect to the online learning community
- RCSI Student ID Card (required to be carried at all times on campus and in student accommodation)
- A wallet sized RCSI Contact card containing all of the contact numbers students may find helpful including the RCSI COVID-19 Helpline, Student Welfare, Student Services, IT and emergency contacts.
- You will also receive a printed copy of your timetable for the first three weeks. Your Moodle Account (our eLearning platform) will contain your full timetable but we include the paper version in your starter pack to allow you to have it as a quick guide to pin to your notice board. The timetable will provide a full list of academic and social activities taking place during self-isolation and importantly during week three, when you can then access the full benefit of student life out of self-isolation and commence face-to-face teaching.

We are committed to supporting students during their self-isolation period. We will provide the following additional support during that time:

- Students will be assigned a *Staff Buddy*.  
**The Staff Buddy will check-in on you** daily during the self-isolation period to support you as you get settled and to ask if you need anything.
- With your permission and if you wish, the Staff Buddy will also contact your parents from time to time with updates on how you are getting on.







## Living off-campus

If you choose to stay in other forms of accommodation, such as private rented apartments, house shares or other student residence units (off-campus), from a practical perspective RCSI will not be in a position to provide the same level of 'hands-on' care during your initial arrival, and throughout the first year.

Your academic programme begins during the self-isolation period. The benefit of staying on-campus is that it allows us to ensure that each student journey has a positive start, and importantly it allows us to support you throughout the self-isolation period. Students living on-campus will be provided with their RCSI laptop and RCSI registration pack shortly after arriving to ensure that they are ready to begin their programme on the start date of the course. It may be more challenging to provide students who live off-campus with their RCSI laptop and registration pack in advance of their programme start date as they will be in various locations across the city.

To help inform your decision, we will provide the following support if you decide to live off-campus:

1. New international students will be provided with the personal Meet and Greet service. The service will bring you from Dublin Airport to your chosen accommodation.
2. We will provide health support and the necessary safety guidance for self-isolation and staying well.
3. We will provide you with all your RCSI credentials so you can login online and start your programme on Day 1 of your course.
4. We will provide you with all contact information you may need for RCSI during your self-isolation period.
5. We will do our best to provide your RCSI laptop, as soon as possible after your arrival in your accommodation, to ensure that you can access your online content during the self-isolation period. We cannot guarantee that you will receive your RCSI laptop in advance of your programme start date, and therefore we recommend that you bring a laptop with you to Dublin. This will ensure that you can connect with your programme from the start and until you receive your RCSI laptop.
6. If you choose to live off-campus, you are responsible for ensuring that you have internet access available to start your academic programme.

Access to the RCSI campus and commencement of face-to-face teaching will begin, for all new students, at the start of week 3 when the self-isolation period is complete.







## The Student Academic Journey

While this year will be different for all of us, our programme will continue to be delivered to the same exacting standard as before, using innovative curriculum, teaching methods and approaches to assessment. Each programme will be delivered using a combination of online lectures and onsite tutorials, laboratory and practical sessions delivered in person by our academic colleagues.

Your academic journey will start during the self-isolation period. Below is a list of programme start dates. This will be the first day of teaching in the academic programme.

By the start date of each programme, students are required to have arrived at their accommodation and be setup with a laptop so they can start learning and interacting without delay.

Programme	Start Date (during isolation)	On campus start (post self-isolation)
Graduate Entry Medicine	31st August 2020	14th September 2020
6 Year Medicine	14th September 2020	28th September 2020
5 Year Medicine	5th October 2020	19th October 2020

Accommodation check-in date will be 1 – 3 days prior to the dates above.  
Semester 1 term dates are available on [page 25](#).

The first two weeks of the programme will be delivered online, while students are in self-isolation. We have designed these initial two weeks, to be very productive, which will provide you with a personal introduction to RCSI.

During these first two weeks:

- Student orientation will take place and students will be given supports on how to make the transition to University life, how to make best use of University resources, and where to get assistance when required.
- Students will virtually meet and get to know key staff of the University and the academics who are managing and delivering their course.
- Students will start semester 1 of their programme online, using a digitally engaged learning approach.
- Students will have lots of opportunities to get to know their fellow students, through online academic and non-academic activities.
- Academically, students will be taught in small groups, that we call 'learning communities'. These learning communities will provide you with a more personalised learning experience;
  - You will experience learning and teaching within your community group, and extracurricular/co-curricular activities will also be based around these learning communities or subgroupings.
  - Each learning community will have an Academic lead (member of RCSI Faculty) and a Student Engagement Lead. The Student Engagement Lead will lead the wellness and social activities of the Learning Community; and help students to engage in areas of personal and group interest.
- All students will have a Personal Tutor. A Personal Tutor is a member of RCSI Faculty they will be there to support you throughout your academic year. You will virtually meet your Personal Tutor before you arrive, during this introduction you will learn more about the Personal Tutor programme, which will consist of small group meetings and activities.
- Socially, you will have the option to join lots of online activities during orientation, including Student Club and Society events, daily exercise classes delivered by the RCSI Gym team including yoga, HIIT and exercises that can be done from your room and more so you can start engaging in student life.



**From week three onwards**, when self-isolation ends, students will get to join us onsite on the RCSI campus. To ensure we comply with current physical distancing guidelines, students will continue to be taught in their learning community. Smaller class groups will also minimise any COVID-19 related risks.

**Following latest guidelines, a contact tracing system will be in place, more details will be shared upon your arrival.**

Students will experience a high quality and safe educational experience:

- The University will be open seven days a week to allow us to give all students face to face time on campus. Students will take part in a mixture of online learning and small group engagements on campus (labs, anatomy, and patient engagement).
- Each student can expect to be on campus to attend teaching on at least three days each week, with the remaining teaching time being delivered online.
- In providing a blended education, we will ensure that student time on campus maximises engagement and discussion with their academics and fellow students by 'flipping

classrooms' and engaging tutorials. A 'flipped classroom' is a blended learning approach, focusing on student participation, through active learning and engagement.

- Students will have the bulk of their on-campus experience in their 'learning community' within lecture theatres and tutorial rooms.
- Laboratory practical's, anatomy and experience of professional practice are essential parts of the first-year experience. We are restructuring these activities to provide high quality and safe learning experiences. As these are fundamental to learning, we will use Personal Protective Equipment (PPE) where required. RCSI will supply PPE when required as part of the academic programme and students will be educated in the use of PPE. Students who wish to use a face mask or other PPE outside of these settings may do so and should supply their own.

Students will also have scheduled library study time on campus, scheduled time in our campus gym facilities, and planned social engagements in clubs and societies over the seven-day week. Physical distancing will be in place so appointments will be necessary before accessing some areas such as the gym.

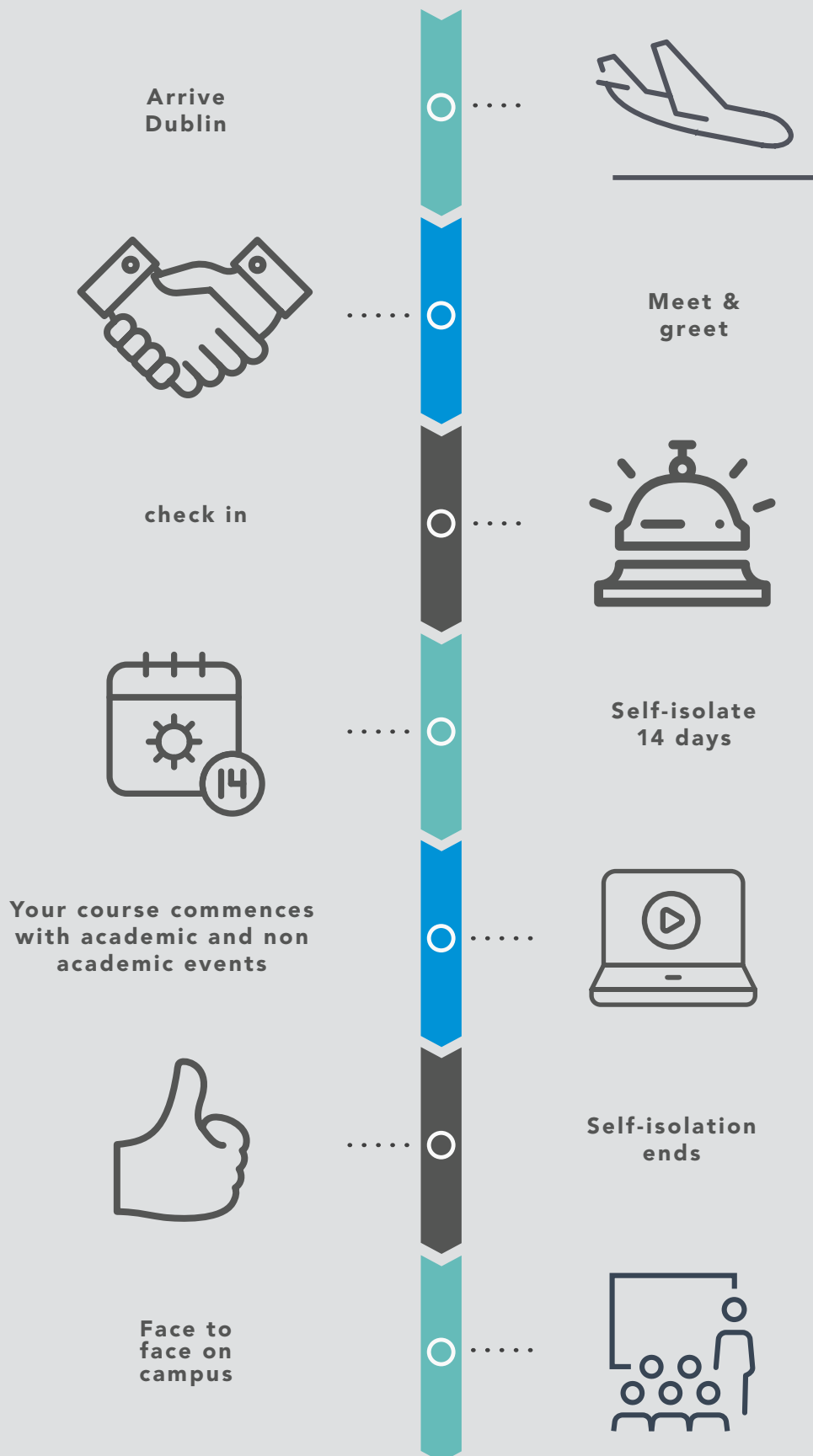


Further information  
will follow from  
the year lead  
during summer  
communications.

RCSI will continue to follow COVID-19 guidelines for our University campus; extra cleaning regimes have been introduced and hand sanitisers have been installed throughout the campus.



## THE STUDENT JOURNEY



## LOOKING AFTER YOU

On arrival register with RCSI Mercer Medical Centre and complete a consult as per registration requirements



....

**RCSI Mercer Medical Centre**

## IF YOU BECOME UNWELL AT ANY STAGE

**Isolate in your room immediately**

....



Do not worry, we are here to help you

The RCSI COVID-19 team will assess your symptoms and arrange a test



....

**Call RCSI COVID-19 helpline**

**Student Pod precautions**

....



If you are sharing a twin room your roommate will move to another room. The remainder of your pod should isolate if advised to do so by The RCSI COVID-19 team

A member of The RCSI COVID-19 team will carry out the test onsite



....

**Testing**

**Results**

....



Results will be returned to you

**If negative**  
The RCSI COVID-19 team will advise next steps

....



....

**If positive**  
**Ongoing care**  
The RCSI COVID-19 team will advise next steps. A member of our Student Welfare team will support you each day



# SECTION

# 3

## RCSI and COVID-19 ESSENTIAL INFORMATION



National  
Surgical & Clinical  
Skills Centre

Surgical and Clinical Skills Laboratory  
Supported by Johnson & Johnson  
Family of Companies



## RCSI's COVID-19 Testing and Contact Tracing

As a world-class higher educational institution we are committed to nurturing and caring for our students. As part of our measures to protect students, RCSI will have a dedicated COVID-19 testing facility, which will have the capacity to ensure that all students have access to test with a quick turnaround of test results.

To offer peace of mind to our new students and their family, all new students will be tested for COVID-19 by the RCSI COVID-19 team. This will take place in RCSI in the early days after students have completed their self-isolation.

In our commitment to our students' wellbeing, RCSI will:

- Use a specifically trained team to conduct the swabbing for test samples.
- Use the most effective technology to assist and support an effective contact-tracing programme.
- Arrange for all new students to be tested upon commencement of their programme.

## 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 the RCSI Mercer Medical Centre and have access to free general practice (GP) or primary healthcare. This year, in addition to GP

services, all students have access to a dedicated RCSI COVID-19 testing programme.

As part of the registration process all students will be asked to sign a COVID-19 related declaration form. This information will ensure that we can provide all necessary support to students. Students will be asked to

1. Agree to take an RCSI provided swab test on arrival for COVID-19
2. Self-declare any relevant pre-existing medical conditions
3. Consent to provide a contact named parent/guardian in case of a medical emergency
4. Consent to share any positive COVID-19 test result with RCSI Student Welfare team to enable them to support students if they become unwell.

## If a student becomes COVID-19 symptomatic, they should:

1. Self-isolate immediately and contact the confidential RCSI COVID-19 helpline.
2. The RCSI COVID-19 team will assess the symptoms and carry out a swab test and arrange for laboratory testing.
3. Results will be provided to the student, RCSI Mercer Medical centre (student GP), and the RCSI Student Welfare team. (as per COVID-19 declaration).
4. Other members of the 'Student Pod' should also self-isolate and will be tested.





### **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 for confirmed positive students for 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, the symptomatic student will remain in the room and the non-symptomatic student will be moved to an alternative bedroom, 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 current guidelines and will act accordingly.

All students will receive the most up to date information about our testing measures and physical distancing guidelines in place when they arrive at their student accommodation.



Full information about RCSI's qualified Student Welfare team can be found on page 26, this will provide you with more information about the services they provide to all students in RCSI.

## FAQs

The following questions have been designed to cover the most common questions we have been receiving about what you can do during the self-isolation period:

### Can my parents come to see my on-campus accommodation?

After the self-isolation period, your parents are welcome to come and view and visit your on-campus accommodation. They are also welcome to come and visit the University and see where you will be studying.

### Can I meet and talk to other students in my student pod?

Yes, but the physical distancing guidelines should be respected.

### Can I have visitors to my student on-campus accommodation?

During self-isolation, visitors will not be permitted into the accommodation units, this is for the safety of you and your fellow students. After self-isolation, visitors are welcome, while following physical distancing guidelines. Your accommodation unit will provide you with house-keeping and visitor guidelines. A full orientation on 'living on-campus' is provided to all new residents on the weekend of the check-in.

### Can I exercise?

Yes, we encourage you to keep active. It is currently recommended that during the self-isolation period you exercise in your room. Our RCSI Gym team, will be running daily online classes, these will include yoga, Zumba and HIIT workouts. You can also book on-line 1-2-1 sessions and exercise within your apartment with the support and guidance of our qualified Gym personnel.

### Can I cook?

Yes, but you should only cook your own meal, clean up afterwards and eat in your room. You should also avoid sharing utensils, cups and plates. During this self-isolation, we recommend that you keep utensils in your room and bring them to the kitchen when preparing your meals.

### Can I get UberEats / take-away meals delivered?

Yes, you can have take-away meals delivered from lots of restaurants and cafes. Our staff will deliver the food from the reception of the accommodation complex to your apartment.

### Can I go the grocery store to buy food?

You are not permitted to leave the on-campus building until you have completed your self-isolation. You can, however, order groceries which will be delivered to the accommodation complex, <https://www.buymie.eu/#home>

### Can I go out and walk around Dublin?

During self-isolation you should stay in your accommodation until you have completed your self-isolation period.

### Can I visit the University?

University facilities will only be available to students after they have completed their self-isolation.

### Can I go to the gym?

The on-campus gym will only be available to students after they have completed their self-isolation. During self-isolation you will be able to take part in daily exercise classes online, which will be delivered by our RCSI Gym team, these will include yoga, Zumba and HIIT workouts. You can also book on-line 1-2-1 sessions and exercise within your apartment with the support and guidance of our qualified Gym personnel.

### Can I pray in the RCSI Prayer rooms?

During self-isolation, you should pray from the comfort of your own room. Once self-isolation has ended, you will be very welcome to visit the on-campus prayer rooms where physical distancing measures will be in place.

### Can I keep in touch with family and friends?

You can most definitely talk on the phone and keep connected on social media, from the comfort of your own room. Also, do not forget your Staff Buddy will reach out to you once a day so if you need anything just ask

### I need to get an Irish SIM card, how can I get this during self-isolation?

Each accommodation unit, will have SIM cards available for purchase during the self-isolation. As you have access to free Wi-Fi in your on-campus accommodation, you will be able to use apps like Whatsapp and Facebook without needing a new SIM card.

### If I arrived before my accommodation check-in date will these days be considered as part of self-isolation?

You will be required to self-isolate for the full 14 days in student accommodation, even if you arrive early and self-isolate in a hotel. This is to avoid possible spread of COVID-19 should a student test positive.

### I want to self-isolate with my parents as they are travelling with me?

If you wish to self-isolate with your parents in a hotel you may do so. When this self-isolation period is over, you can join your fellow RCSI students in the student accommodation; however, this is on the condition that the students in the accommodation unit have also completed their self-isolation period, i.e. you cannot check in and join the student community whilst they are in their own 14-day self-isolation period.





## FAQs General queries



### Will the accommodation options sell out?

We have enough bedrooms to cater for all new first year students within the three recommended on-campus accommodation residences; Mercer Accommodation, Mill Street Accommodation or Scape Student Accommodation. The most popular accommodation options fill up fast, so if you do have a preference, we recommend you book soon. You can book using the [RCSeye](#) website.

### I want to stay in a house share, what support can you offer me?

If you choose to stay off-campus, unfortunately RCSI will not be in a position to provide the same level of 'hands-on' care during your initial arrival and throughout the first year. We will still provide the Meet and Greet service at the airport, and bring you to your accommodation, and of course provide all the necessary safety guidance as they relate to self-isolation and staying

well. We will endeavour to get your RCSI laptop to you but we may not be able to have it available for day 1 of your teaching if you arrive very close to your start date. Access to the RCSI campus and commencement of face to face teaching will begin at the start of week 3 when the self-isolation period is complete.

### I cannot arrive in Dublin in time for the start date of the programme, what should I do?

If you arrive late, you will be required to self-isolate and we can support you during this. Of course, it would be much easier for your student journey to arrive at the same time as the rest of your class, as it will let you start your journey with the other students in your 'student pod'. Contact us via [admissions@rcsi.ie](mailto:admissions@rcsi.ie) and we can help support you and give you more information.

### Is it possible to buy face masks and hand sanitizer in Dublin?

Yes of course, these products are readily available for purchase, For travelling to

Ireland, we recommend you carry hand sanitizer for your journey. We will supply you with a suggested packing list, before you depart to make this easier.

### Do I need to supply personal protective equipment (PPE) for my course?

RCSI will supply PPE when required as part of the academic programme and students will be educated in the use of PPE. If you wish to use a face mask or other PPE outside of these settings you may of course do so, but you should supply your own.

Current guidelines recommend the wearing of a face mask in situations where it is difficult to practice social distancing, for example, in shops or on busy public transport.

Do you have more questions?  
Feel free to email us via  
[admissions@rcsi.ie](mailto:admissions@rcsi.ie)







## GEM Semester 1 key dates

Activity	Start Date
Online start	31st August
Campus start	14th September
Mid-term break	24th - 28th of October
Term	29th October
Study time	26th November - 10th December
Assessment period	11th - 21st December
Christmas break	22nd December - 5th January 2021

## 6 Year programme Semester 1 key dates

Activity	Start Date
Online start	14th September
Campus start	28th September
Mid-term break	21st - 26th of October
Teaching complete	18th December
Christmas break	19th - 28th December
Study time	29th December - 3rd January 2021
Assessment period	4th - 16th January 2021

## 5 Year Programme Semester 1 key dates

Activity	Start Date
Online start	5th October
Campus start	19th October
Mid-term break	24th - 28th of October
Christmas break	23rd December - 4th January 2021
Teaching complete	8th January 2021
Study time	9th - 17th January 2021
Assessment period	18th - 31st January 2021
Semester 2 start	1st February 2021

## Tips for living in on-campus accommodation during self-isolation

- Avoid situations where you have face-to-face contact closer than two meters.
- Use your own eating and drinking utensils.
- Do not share food and drinks or prepare food for others.
- Wash your clothing separately from others.
- Minimise the time you spend in shared spaces, kitchens, and sitting rooms.
- Keep shared spaces well ventilated.
- Clean surfaces after you use them and try to avoid touching them after you have cleaned them.
- Use separate towels from other people in the kitchen areas for hand-hygiene purposes.
- Take your meals back to your room to eat.

## RCSI Student Welfare Supports

The CoMPPAS Student Welfare team provide confidential one-to-one support and advice for students at RCSI. The service is Social Worker led and is here to help students reach their full potential and overcome any challenges that they may meet in their time at RCSI.

There are three Student Welfare officers in full time employment with RCSI.

### We aim to:

- Provide a compassionate, inclusive and student centered service
- Promote positive mental health among the RCSI student body
- Implement personalised support plans collaboratively with students based on individual needs
- Promote the rights of the students and advocate on their behalf

### We are here to help

We provide individual consultations with students, run workshops and student events. We also help students to access support from other helpful services, like counselling.

### We can help with

- Strategies for positive mental health
- Self Care
- Adjustment support, for settling into student life
- Academic related issues
- Feeling overwhelmed or anxious
- Making a plan to overcome any difficulties you may be facing







## **RCSI COUNSELLING SERVICE**

RCSI offers a professional independent confidential counselling service, available to all RCSI students, which is located off campus. Our counselling service has extensive experience over many years in providing counselling support to RCSI students. On behalf of RCSI, they manage a diverse panel of over 20 professionally registered counsellors with a broad range of expertise located across the city. As part of the counselling process, a student will firstly meet with a Clinical Psychologist who will carry out an initial assessment of their support needs. This is a collaborative process and will take into consideration a student's needs and goals. The student will then be matched with, and referred to, one of our specialist counsellors depending on what best suits their needs.

All counselling services are provided free of charge to students as part of our student welfare support.

## **CoMPPAS STUDENT ASSISTANCE PROGRAMME**

The CoMPPAS Student Assistance Programme (CSAP) is a confidential and independent counselling and specialist information service, which can be accessed 24 hours per day, 365 days per year, and can be accessed anywhere in the world.

This service provides both phone based support, information and access to up to six face to face counselling sessions. This service also provides access to information specialists, who can assist with matters such as Property and Renting, Legal Situations and Managing Personal Finances.

The service also offers an online portal with helpful information about wellbeing, coaching services and is available to family members of our students who are aged 16 and older, and are ordinarily resident in Ireland.



## Contact us

If you have any queries please contact us:

**Tel:** +353 1 402 2100

**Email:** [admissions@rcsi.ie](mailto:admissions@rcsi.ie)

For more information about us visit [RCSI.com](http://RCSI.com)