

The COVID-19 health and vaccination guidelines in this booklet are correct at the time of publication. The guidelines however are subject to continuous review as health advice on how best to protect our students and the Irish population continues to evolve. We will provide updates to you as these changes are introduced in the period between now and the start of the academic year.

Students who are fully vaccinated on arrival into Ireland are at an advantage as they are protected against COVID-19 and may face less onerous post arrival quarantine procedures.

For these reasons, if students can obtain full vaccination, with any of the European Medicines Agency vaccines (Pfizer, Astra Zeneca, Moderna or Johnson & Johnson) prior to arriving in Ireland, then please do so.

RCSI, 123 St. Stephens Green

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Welcome to RCSI

Congratulations on making your decision to become a medicine, pharmacy or physiotherapy student at RCSI University of Medicine and Health Sciences. This document provides an overview of the supports that we provide to ensure your safe arrival and induction as you begin your academic journey in September 2021.

You are entering the healthcare profession 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, prepare our students for the realities of professional practice in healthcare, and in particular, continue to support the safety and wellbeing of our students during the COVID-19 pandemic.

The RCSI mission 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 students. Our final medical year students, "the Class of

2021" have recently completed their programme and graduated. We wish them well as they embark on their future careers. Our continuing students have also completed their end of year examinations and we hope that they find some time to rest after an extraordinary academic year. We look forward to having them back in RCSI this coming September when, hopefully, you will join them as a fellow RCSI student.

Healthcare graduates who go on to become leaders in their chosen disciplines are needed now more than ever. You are starting on your journey towards a career that will be exciting, fulfilling and rewarding. Healthcare professions are ever-evolving due to scientific advances and the development of new medical technologies. As you move into your professional career, you will go on 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 and the health sciences at RCSI will shape your life in many positive ways. We are excited that you have chosen to study in RCSI and we will support you on your journey, ensuring that you are provided with the essential elements to prepare you for your future healthcare career.

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



We recognise that this is a challenging time to enter university. However, the COVID-19 situation in Ireland is stable, hospitals are returning to normal and the Government's roadmap to re-open the country began on 10 May, 2021 and continues at pace.

There is an air of optimism as we move into the summer months and plan for the academic year ahead. The improving situation in Ireland is due to a number of factors including decisive and effective government planning, clinical leadership and a cohesive response from our communities. The rapid escalation of the vaccination roll out since April has been a major boost and the country is on track to have 80% of the adult population vaccinated with a least one dose of the vaccine by early July 2021. We are proud that many of RCSI's academic and clinical leaders played key roles in informing government strategy and by providing front line support through the RCSI hospital group, when it was most needed.

Within the University we continue to focus on refining the robust safety measures that were put in place at the start of the pandemic to protect the health and wellbeing of our students, while at the same time ensuring that the quality of our educational programmes are fully maintained.

The vaccines will be very effective in protecting our student body and reducing transmission but we will continue to adhere to Covid-19 safety measures of hand washing, mask wearing and physical distancing, which will remain in place in the year ahead.

As Ireland's only specialist health sciences university, and as an institution with a long tradition of welcoming international students, we understand the challenges of leaving home and settling into a new life in Dublin. Our understanding of healthcare allows us to keep you safe and our understanding of what it means to be an international student beginning university in a new country, allows us to support you as you adjust to life at RCSI. You are joining a new incoming class in which 70% of students are taking that same journey, moving from home, away from family and from friends. We want to assure you of an exceptional educational experience in an environment where your safety and wellbeing will be supported throughout your time in RCSI, not just because of COVID-19 but because this is what we do.

For parents, preparing for this first year in university, this 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 continues to be central to 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 in this booklet is reassuring and we will continue to provide updates as safety measures change in the weeks ahead and as government guidelines and the advice of our clinical colleagues are 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

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 SECTION ARRIVING INTO IRELAND



Personal Meet and Greet service

We are delighted to provide our newly arriving students with a personal Meet & 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 RCSI students and we recommend that you take advantage of this service to make your arrival as easy as possible.

The RCSI Travel Office manage the Meet & Greet Service and advance booking is required. An online booking form is available on the RCSI offer-holder website (RCSeye). Access to the RCSeye was provided to you when you received your offer from RCSI. If you require access to RCSeye, contact admissions@rcsi.ie and we will arrange this for you. Please note that the first two weeks of all programmes will be delivered online this year with face-to-face teaching beginning in week three.

All newly arriving students are required by the Irish government to quarantine on arrival. Students are advised to arrive in Dublin on the Thursday, Friday, Saturday or Sunday before online classes begin. This will allow students to use the quarantine period to attend the online component of the course. If you arrive in Ireland early or late, please be assured that the meet

and greet service will be available as it is not limited to a confined set of dates.

Requirements for travelling to Ireland

Please Note: Due to the dynamic nature of the pandemic, advice on quarantine is subject to change, so students must regularly check and then comply with current <u>Irish government guidelines</u> before they plan to travel to Ireland.

At the time of writing, passengers arriving in Ireland:

- 1. Must complete a <u>COVID-19 Passenger</u> Locator Form
- 2. Provide evidence of a 'not detected' result from a COVID-19 Reverse Transcription Polymerase Chain Reaction (RT-PCR) test carried out no more than 72 hours before arrival.
- 3. If you are travelling from or via a <u>designated</u> state from which quarantine is required, then you must also pre-book and pre-pay for a place in a designated facility for mandatory hotel quarantine.

Further details of these requirements and exemptions from mandatory hotel quarantine are outlined in the following sections.

Quarantine on arrival

Quarantine on arrival is a key safeguard for public health in Ireland. It aims to protect public health and mitigate the spread of COVID-19 and new variants of concern.

The rules that apply to your quarantine on arrival in Ireland depends on your travel history – in particular, whether you are travelling from, or through, a "designated state" (high-risk country) or a "non-designated state" (low-risk country).

You are also required to have a COVID-19 PCR test before travelling to Ireland and the status of this test will also determine your quarantine requirement.

Before travelling, you must identify if you are travelling from, or through, a high or low risk country for the spread of COVID-19 variants. The most up to date list of high-risk designated states (which require mandatory hotel quarantine on arrival into the state) can be found on the Government of Ireland website.

It is important to note that the list is subject to change at short notice. You are advised to check the list before travelling to Ireland, to be sure of your obligations.

Types of quarantine

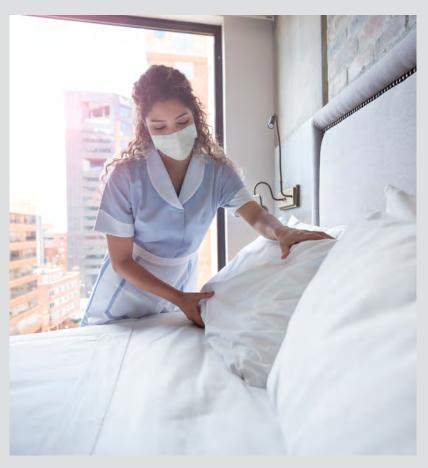
There are two types of quarantine operating in Ireland at present and all passengers arriving into Ireland must complete either:

- 1. Quarantine at home (self-quarantine) OR
- 2. Mandatory hotel quarantine

All passengers are also required to have a COVID-19 PCR test no more than 72 hours before arrival in Ireland. Evidence of having had the PCR test will be required by your airline before boarding the aircraft and by Irish immigration on arrival into Dublin airport.

1. Self-quarantine - is a legal obligation for passengers arriving from low risk countries who have a negative ('not detected') PCR result, conducted no more than 72 hours prior to your arrival in Ireland. You also must not have been in, or transitioned through, a designated state within 14 days of your arrival in Ireland. Passengers satisfying these conditions are required to self-quarantine for 14 days at the address confirmed on your COVID-19 passenger locator form which captures the address that you will be staying at when you arrive in Ireland. You must complete this form online before travelling to Ireland.





The quarantine period ends early if a HSE* approved PCR test is taken after day 5, which provides a negative result. If the test result is positive, the period of self-quarantine continues for a further 10 days. (*The Health Services Executive is the publicly funded healthcare system in the Republic of Ireland responsible for the provision of health)

2. Mandatory hotel quarantine - is a legal obligation for any person who has been in a designated state within 14 days of arrival in Ireland, this includes a person travelling from or transiting through designated states, and is regardless of nationality or residence.

Mandatory hotel quarantine is also required for any person who arrives in Ireland from a low risk country but who does not have a negative (not detected) result from an RT-PCR test for COVID-19 taken within the period of 72 hours prior to their arrival in Ireland.

Please note that any exemptions from Mandatory Hotel Quarantine are based on the Government of Ireland guidelines and not the World Health Organisation guidelines.

Mandatory hotel quarantine exemptions

Passengers who are fully vaccinated, with vaccines* that are approved by the European Medicines Agency (EMA), are exempt from mandatory hotel quarantine. As a result, RCSI is encouraging all students, if possible, to get fully vaccinated before coming to Ireland to begin or resume their academic studies.

Exemption from Mandatory Hotel Quarantine is conditional on providing:

- 1. Documentary evidence of having received a full course of an EMA approved COVID-19 vaccine* AND
- **2.** Proof of completing the final vaccine dose at least 7-15 days prior to travelling to Ireland

(Number of days depends on vaccine type. See <u>Government of Ireland website</u> for days required)

- *The approved EMA vaccines are:
- 1. Pfizer-BioNtech Vaccine BNT162b2 (Comirnaty®)
- 2. Moderna Vaccine CX-024414 (Moderna®)
- 3. Oxford-AstraZeneca Vaccine ChAdOx1-SARS-COV-2 (Vaxzevria® or Covishield)
- **4.** Johnson & Johnson/Janssen Vaccine Ad26.COV2-S [recombinant] (Janssen®)

(Note: The EMA updates vaccine approvals on an ongoing basis and additional vaccines may be added or existing vaccines may be withdrawn)

Please note that:

- Passengers who are fully vaccinated and therefore exempt from mandatory hotel quarantine are required to self-quarantine for 14 days after their arrival.
- The quarantine period ends early if a HSE approved PCR test is taken after day 5, which provides a negative not detected result. If the test result is positive, the period of self-quarantine period continues for a further 10 days.
- The exemptions from Mandatory Hotel
 Quarantine are based on the Government
 of Ireland guidelines and not the World
 Health Organisation guidelines. Please
 consult the Government of Ireland link
 above for complete information.

Welcoming our new International Students to RCSI: Supporting Your Health, Safety and Wellbeing SECTION THE START OF YOUR STUDENT **JOURNEY**



Supported on-campus student accommodation

To maximise our ability to support student 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 (Mercer accommodation, New Mill accommodation, Scape Student Accommodation or Wexford Street Student Accommodation). For the purpose of this document, we will refer to these options as "on-campus" accommodation.

By choosing to live on-campus, we can maximize efforts to ensure a safe student journey from the moment you arrive in Dublin. Living on campus will assist us in providing each student with dedicated supports during your post-arrival quarantine period and assist you in settling into your first year. More importantly, in the unfortunate event of becoming unwell, we will be there to provide you with support throughout your quarantine and recuperation period.

How to book accommodation

Accommodation is available to book now and booking details are provided in the accommodation section of the RCSeye.

Should you choose to live off-campus, please read the off campus information below, which includes details of our off-campus supports.

Arriving at on-campus student accommodation and self-quarantine

To assist with managing the arrival of new students, we will use a phased approach over four days for the check-in process. We will provide you with an accommodation check-in date, which will be the Thursday, Friday, Saturday and Sunday immediately before the start of your programme. To assist with the current COVID-19 guidelines and the need for post-arrival quarantine, you should plan to arrive in Dublin as close as possible to your accommodation checkin date.

- If you are arriving on the date of your accommodation check-in, you will be collected at the airport by the Meet & Greet Service and taken directly to your student accommodation, where you will begin your post-arrival quarantine period.
- If you arrive before your check-in date, the Meet & Greet Service will bring you from Dublin Airport to the hotel you have booked.
 Once you check-in at the hotel you will need to self-quarantine in the hotel until your check-in

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

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. The RCSI travel Office travel@rcsi.ie is available to assist you with any travel enquiries and can recommend a number of Hotels that are located very close (some within walking distance) to the oncampus student accommodation buildings.

• Under current government guidelines, if you come from a designated state (a highrisk country), you will need to pre-book a mandatory hotel quarantine stay for 14 days. This also applies to students who come from non-designated states but who do not present a valid negative not detected PCR test on arrival at Dublin airport. The mandatory hotel quarantine is run by the Department of Health and full information, including hotel booking information, is available on the Government of Ireland website.

Travelling to Dublin with Family

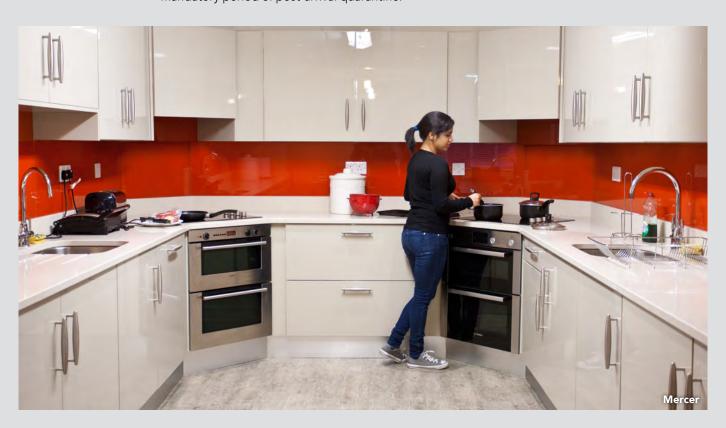
Some students may choose to travel with their parent/s or guardian. In all cases, parents/ guardians are also be required to complete the mandatory period of post-arrival quarantine.

Most visitors to Ireland are choosing to complete their self-quarantine in hotels and the RCSI Travel Office can advise on hotel options that are located close to the university. The RCSI Travel office can be contacted at travel@rcsi.ie.

If students wish to quarantine with their parent/s in a hotel, they may do so. When their quarantine period is over, they may then join their fellow RCSI students in the student accommodation. Please note that the student will need to provide a negative PCR test result, which must have been taken no less than 5 days after their arrival date, before joining the on-campus student community.

If you chose to undertake post-arrival quarantine in a hotel, please ensure that you have internet access to allow you to engage with your academic course during the post-arrival quarantine period. We will ensure that your RCSI laptop is delivered to the hotel to allow you to connect with your classes.

Face-to-face teaching will begin at the start of week three when the post-arrival quarantine period is complete for all new incoming students.



Checking- in to on-campus accommodation

On arriving in Mercer, New Mill Street, Scape or Wexford Street Accommodation, you will be greeted and shown the facilities of your new home. While some units are individual apartments, the majority are shared 4 / 6 / 8 bedrooms units each of which share a communal kitchen and living area. The students within each unit will form a 'student pod'.

This student pod will be part of your immediate student network, allowing students to get to know each other during self-quarantine, while maintaining physical distancing measures.

The accommodation will be deep cleaned prior to your arrival and all students will be encouraged to settle in straight away and make their room their own. In order to make self-quarantine 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 sanitiser and soap
- Strong Wi-Fi connections to support students academically and socially
- Details on how to order meals and groceries.

During the quarantine period, food orders will be delivered to your apartment by the accommodation staff.

In advance of your arrival we will provide students with two lists to make settling in easier:

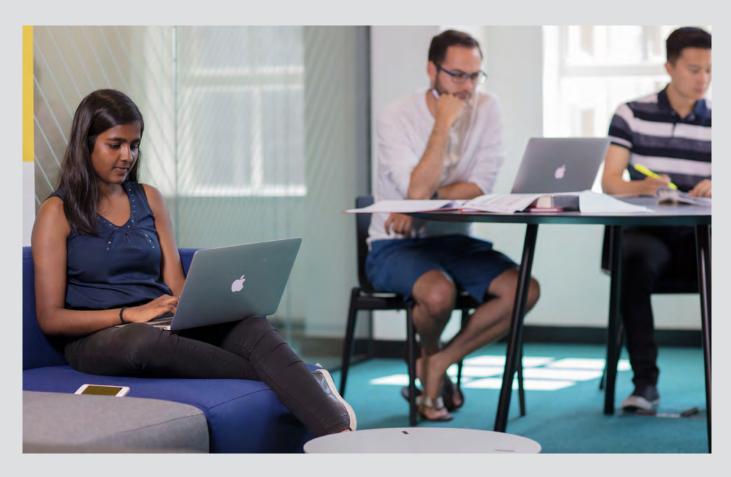
- **1.** A list of items that will be supplied in the student accommodation unit; bedroom, bathroom and kitchen/ living room
- **2.** A suggested packing list of what to bring to Dublin

You will also receive your RCSI registration pack shortly after you arrive. The pack will include the items required to get you started for your first two weeks of online teaching. The registration pack will include:

- An RCSI Apple laptop along with your RCSI network access passwords, RCSI email address and the necessary information to allow you to connect to your 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 useful contact numbers for the RCSI COVID-19 Helpline, Student Welfare, Student Services, IT and other 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. The timetable will provide a full list of academic and social activities taking place during self-quarantine and, importantly, during week three when you can then access the full benefit of student life out of quarantine and commence face-to-face teaching.

Access to the RCSI campus and commencement of face-to-face teaching will begin, for all new students, at the start of week three when the post-arrival quarantine period is complete for all new incoming students.





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), RCSI will not be in a position to provide the same level of practical "hands-on" care during your initial arrival, and throughout the first year.

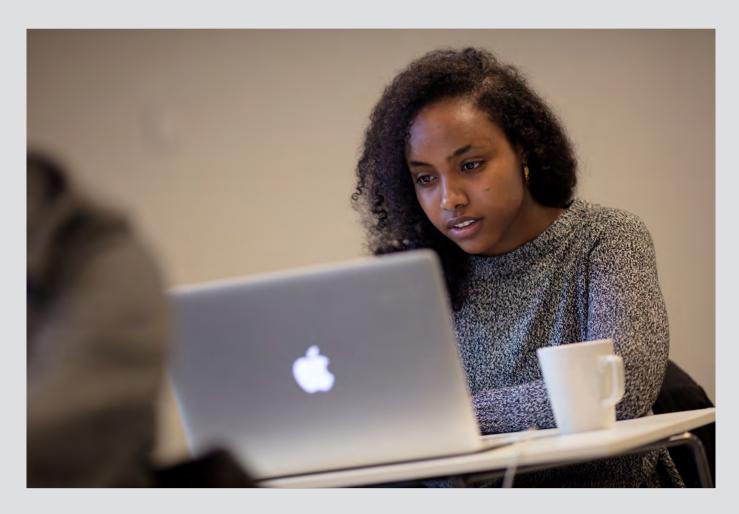
Your academic programme begins during the post-arrival quarantine period. The benefit of staying on-campus is that it allows us to ensure that each student journey has a positive start, and importantly it allows us to support you throughout the post-arrival quarantine period.

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.

Before travelling to Ireland, we will be asking all students to let us know where they are planning to live in Dublin. For those who are living off campus, we will do our utmost to get the necessary IT equipment to you as close to your arrival time as we can.

Students living off campus will be provided with the following supports:

- You will be provided with the personal Meet & Greet Service on arrival in Dublin Airport and transported to your chosen accommodation
- We will provide health support and the necessary safety guidance for post-arrival quarantine and staying well
- We will provide you with all your RCSI credentials so you can log in online and start your programme on day one of your course
- We will provide you with all contact information you may need for RCSI during your post-arrival quarantine period
- We will do our best to provide your RCSI laptop, as soon as possible after you arrival in your accommodation, to ensure that you can access your online content during the post-arrival quarantine 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 or tablet with you to Dublin.



This will ensure that you can connect with your programme from the start and until you receive your RCSI laptop

 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 three when the post-arrival quarantine period is complete for all new incoming students.

Programme	Programme Start date (during quarantine)	On campus start (post quarantine)
Graduate Entry Medicine	6 September 2021	20 September 2021
Medicine (5/6 Year), Pharmacy and Physiotherapy	13 September 2021	27 September 2021

Accommodation check-in will be available four days prior to the Programme Start date

The student academic journey

The first two weeks of each course is delivered online and will be a combination of orientation and academic teaching. We anticipate that most students will arrive immediately in advance of the beginning of their academic programme and this online period will coincide with your post-arrival quarantine period. From week three, teaching will be delivered using a combination of online and face-to-face teaching.

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 using innovative curriculum, teaching methods and approaches to assessment.

Your academic journey will start during the postarrival quarantine period. The academic start dates for all programmes are listed below. 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.



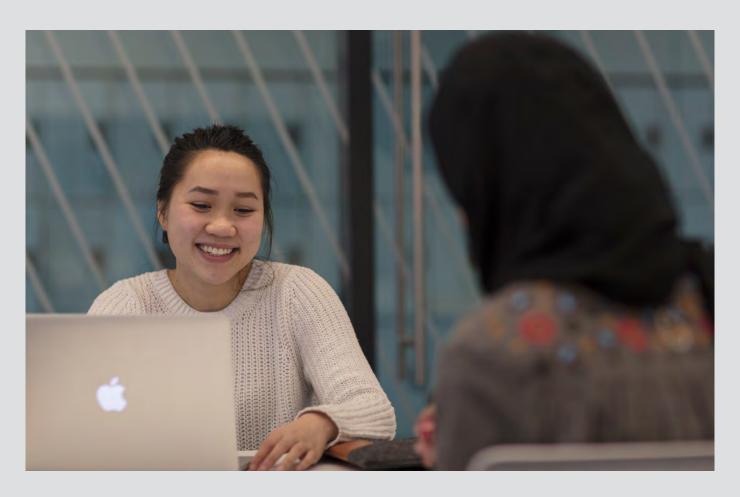
First two weeks

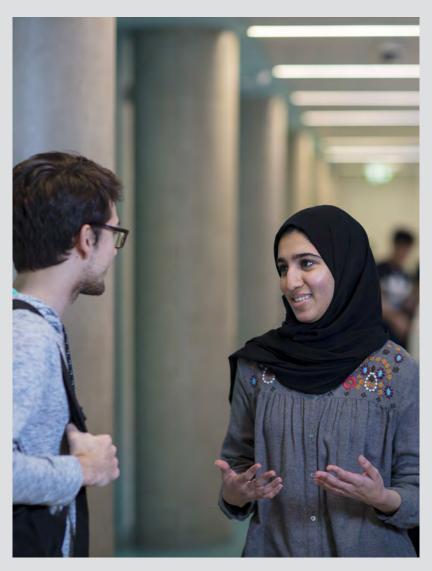
IThe first two weeks of the programme will be delivered online, while students are in post-arrival quarantine. We have designed these initial two weeks to be very productive from an academic and social point of view.

During the 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 online, using a digitally engaged learning approach.
- Students will have ample opportunity to get to know their fellow students, through online academic and non-academic activities.
- Students will be taught in small groups, called '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.
- 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, helping 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 who
 will be there to support you throughout the
 academic year.
- Socially, you will have the option to join online activities, ranging from various Student Club and Society events, daily online exercise classes delivered by the RCSI Gym team including yoga, Pilates and HIIT and much more to start your engagement with RCSI student life during those first two weeks.





Week three onwards

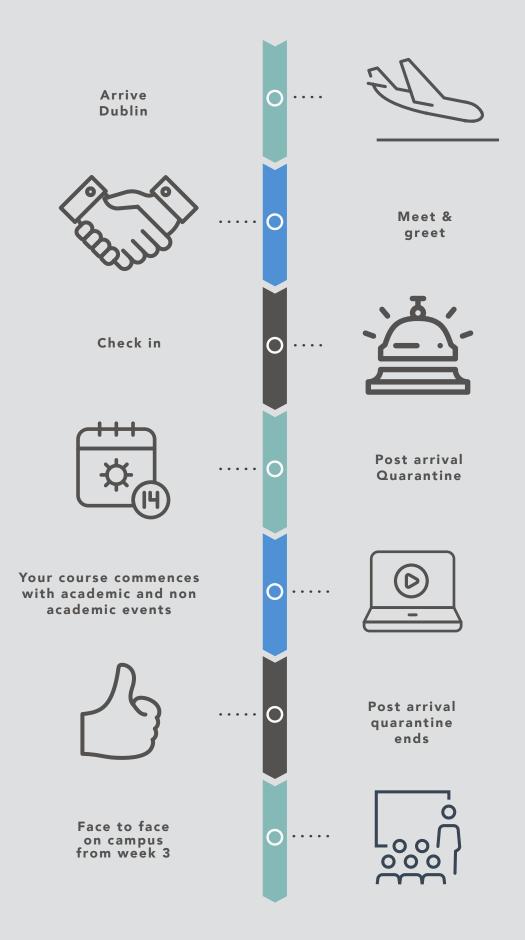
From week three onwards, when the post-arrival quarantine the period is at an end, students will get to join us on the RCSI campus. To ensure we comply with current physical distancing guidelines, students will continue to learn within their learning communities and these smaller class groups will also minimise any COVID-19 related risks.

The University introduced a contact tracing system for the academic year 2020/21, which proved very successful. This will remain in place for the upcoming academic year to ensure that students receive a high quality teaching experience in a safe campus environment. RCSI will continue to follow government COVID-19 guidelines for our University campus to ensure that we operate to the highest standards. Additional cleaning regimes and hand sanitisers will remain in place throughout the campus.

From week three onwards:

- 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 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 the experience of professional practice are essential parts of the first-year experience.
 These activities have been restructured due to COVID-19 to provide high quality and safe learning experiences. As these are fundamental to learning, Personal Protective
 Equipment (PPE) will be used where required.
- RCSI will supply PPE when it is required as part of your teaching programme and students will be educated in the use of PPE.
- Face coverings are currently mandatory in shared indoor areas on campus but this requirement will be reviewed in advance of the new academic year. Students are required to supply their own face coverings.
- Students will have library access, 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 maintained throughout the campus and a booking system is in place for access to the Library and Gym areas.

THE STUDENT JOURNEY



LOOKING AFTER YOU

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



RCSI Mercer's Medical Centre

IF YOU BECOME UNWELL AT ANY STAGE



SECTION



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

STUDENT HEALTH & WELFARE SERVICES

Mercer's Medical Centre

We are committed to caring for our students and the healthcare needs of our students, including COVID-19 care, is managed through the RCSI Mercer's Medical Centre, which is located immediately beside the university.

While RCSI will do its utmost to support students and to comply with public health guidelines, each and every student has an obligation to comply with these guidelines to protect themselves, their fellow students, patients and the public. This is the same responsibility as that for any qualified doctor and will be a lifelong obligation.

Mercer's Medical Centre is a busy, city centre primary care (GP) practice serving the needs of the local community and our student population. All RCSI students register with Mercer's Medical Centre for the duration of their studies in RCSI. Attendance at the practice is free of charge but students are required

to pay for prescribed medicines which can be purchased at local pharmacy stores. All COVID-19 related costs are provided free of change, including the RT-PCR testing which is provided on-campus in RCSI testing facilities.

Mercer's Medical Centre maintains a separate section on their website for RCSI students. This includes information on the general services that are provided in the practice and detailed information on COVID-19, including information outlining various scenarios on how students are managed if students suspect that they have Covid-19 or have been identified as a close contact. Please take time to visit the Information for RCSI Students section of their site and familiarise yourself with the student health information.

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

- Provide a free of charge, GP/family physician service
- Guide you to the relevant health professionals should you have any symptoms or concerns in relation to COVID-19
- Provide a mandatory online training course for all new 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 the Mercer's Medical Centre

Students will also be requested to download Ireland's national <u>COVID Tracker App</u> which has been set up by the Irish 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 daily 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. All new students register with the Mercer's Medical Centre to ensure that they have rapid access to medical care, should they require it during their time at RCSI. As part of the student registration process all students will be asked to sign a RCSI COVID-19 Health Management Programme Agreement.





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.

If a student becomes COVID-19 symptomatic, they should self-quarantine immediately and follow the advice outlined on the Mercer's Medical Centre website The information on the website is updated regularly as national protocols change. We therefore advise students to refer to the website from time to time for the most up-to-date COVID-19 health information for RCSI students.

RCSI Student Welfare Supports

The Centre for Mastery, Personal, Professional and Academic Success (CoMPPAS) is RCSI's hub for student advancement and growth. Through personalised support and development opportunities, the multidisciplinary team will seek to support you in achieving academic and personal success while a student at RCSI. You will be provided with a detailed orientation into the range of services that are provided by the CoMPPAS ffice in the first semester of the programme. From the early stages of your arrival in RCSI, the Student Welfare team, who are part of a wider multidisciplinary team with the CoMPPAS office, are available to 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.

CoMPPAS aim to:

- Provide a compassionate, inclusive and student centered service
- Promote positive mental health among the RCSI student body

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

- Implement personalised support plans collaboratively with students based on individual needs
- Promote the rights of the students and advocate on their behalf

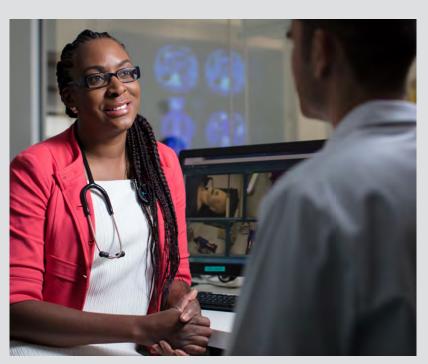
CoMPPAS provides individual consultations with students, run workshops and student events. We also help students to access support from other helpful services, like counselling.

We can help with:

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

RCSI Counselling Service

RCSI also offers a professional independent confidential counselling service to all RCSI students, which is located off campus. Our counselling service has extensive experience in providing counselling support to our 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.

FREQUENTLY ASKED QUESTIONS (FAQS)

For up to date information on your most frequently asked questions, please visit: https://www.rcsi.com/dublin/coronavirus/prospective-students/undergraduate

CONTACT US

If you have any queries please contact us: **Tel:** +353 1 402 2228

Email: admissions@rcsi.ie

For more information about us visit



GEM Semester 1 key dates

Activity	Start Date
Online start	Monday, 6 September 2021
Campus start	Monday, 20 September 2021
Reading & Revision Week	Monday, 25 October - Friday, 29 October 2021
Reading & Revision & Assessment Period	Monday, 29 November – Friday, 17 December 2021
Christmas break	Monday, 20 December 2021 – Friday, 7 January 2022
Semester 2 start	Monday, 10 January 2022

Medicine (6 Year), MPharm1 & Physio0 (4Year) programme Semester 1 key dates

Activity	Start Date
Online start	Monday, 13 September 2021
Campus start	Monday, 27 September 2021
Reading & Revision Week	Monday, 6 December – Friday, 10 December 2021
Assessment Period	Monday, 13 December – Friday, 24 December 2021
Christmas break	Monday, 27 December 2021 – Friday, 14 January 2022
Semester 2 start	Monday, 17 January 2022

(Medicine) 5 Year & Physio1 (3 Year) Programme Semester 1 key dates

Activity	Start Date
Online start	Monday, 13 September 2021
Campus start	Monday, 27 September 2021
Reading & Revision Week	Monday, 25 October – Friday, 29 October 2021
Assessment period	Monday, 13 December – Friday, 24 December 2021
Christmas break	Monday, 27 of December 2021 – Friday, 14 January 2022
Semester 2 start	Monday, 17 January 2022



Contact us

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For more information about us visit rcsi.com/dublin