

# ***INSTITUTE OF TECHNOLOGY SLIGO***

*INSTITIÚID TEICNEOLAÍOCHTA, SLIGEACH*

---



INSTITUTE OF TECHNOLOGY, SLIGO

## ***EU/EEA STUDENTS 2009-2010 STUDY ABROAD INFORMATION PACK***

**Eileen Curley, International Officer  
Institute of Technology Sligo, Ballinode, Sligo, Ireland  
Tel.: 00353 71 91 55384 Fax: 00353 71 91 37235  
From Ireland Tel.: 071 91 55384 Fax: 071 91 37235  
E-mail: [international.office@itsligo.ie](mailto:international.office@itsligo.ie)**

# Index

<b><u>INDEX</u></b> .....	<b>2</b>
<b><u>WELCOME!</u></b> .....	<b>4</b>
<b><u>INSTITUTE OF TECHNOLOGY SLIGO</u></b> .....	<b>5</b>
➤ INTRODUCTION .....	5
➤ ACADEMIC STRUCTURE.....	6
➤ STUDENT SERVICES & FACILITIES .....	6
<b><u>SLIGO TOWN</u></b> .....	<b>7</b>
<b><u>PROGRAMMES</u></b> .....	<b>9</b>
➤ ECTS INFORMATION .....	9
➤ PROGRAMME INFORMATION.....	9
<b><u>CONTACT DETAILS HEAD OF DEPARTMENTS</u></b> .....	<b>10</b>
<b><u>HOW TO APPLY?</u></b> .....	<b>11</b>
➤ ARE YOU APPLYING TO YEAR 1 OF A PROGRAMME? .....	11
➤ ARE YOU APPLYING TO YEAR 2/3/4 OF A PROGRAMME .....	12
<b><u>FEES</u></b> .....	<b>13</b>
<b><u>ORIENTATION PROGRAMME &amp; REGISTRATION</u></b> .....	<b>14</b>
➤ ORIENTATION PROGRAMME .....	14
➤ REGISTRATION .....	14
<b><u>LANGUAGE REQUIREMENTS</u></b> .....	<b>14</b>
<b><u>ACCOMMODATION</u></b> .....	<b>15</b>
➤ SELF CATERING STUDENT APARTMENTS: .....	15
➤ TEMPORARY ACCOMMODATION: .....	15
HOSTELS .....	15
BED AND BREAKFAST .....	16
➤ ACCOMODATION ADVICE .....	16
<b><u>HEALTH &amp; INSURANCE</u></b> .....	<b>17</b>
➤ VISITING DOCTOR/NURSE AT IT SLIGO .....	17
➤ MEDICAL INSURANCE .....	17

<b><u>TRAVEL</u></b> .....	<b>18</b>
➤ <b>HOW TO GET TO SLIGO?</b> .....	<b>18</b>
BY AIR .....	18
BY SEA.....	18
BY RAIL .....	18
BY BUS .....	19
BY ROAD .....	19
➤ <b>WITHIN SLIGO</b> .....	<b>19</b>
➤ <b>TRAVEL AROUND</b> .....	<b>19</b>
<b><u>MONEY MATTERS</u></b> .....	<b>20</b>
➤ <b>COST OF LIVING</b> .....	<b>20</b>
➤ <b>OPENING A BANK ACCOUNT</b> .....	<b>21</b>
<b><u>CLUBS &amp; SOCIETIES</u></b> .....	<b>22</b>
<b><u>CHECK LISTS</u></b> .....	<b>23</b>
➤ <b>BEFORE DEPARTURE</b> .....	<b>23</b>
➤ <b>ESSENTIAL ITEMS TO BRING TO SLIGO</b> .....	<b>23</b>
➤ <b>ON ARRIVAL</b> .....	<b>24</b>
➤ <b>BEFORE RETURNING HOME</b> .....	<b>25</b>
➤ <b>WHERE DO I GET HELP IN IT SLIGO?</b> .....	<b>26</b>
<b><u>IMPORTANT DATES &amp; DEADLINES</u></b> .....	<b>27</b>
<b><u>EMPLOYMENT</u></b> .....	<b>28</b>
<b><u>GRADUATION CEREMONY</u></b> .....	<b>29</b>
<b><u>TESTIMONIALS FROM LAST YEAR</u></b> .....	<b>30</b>
<b><u>APPENDIX 1:</u></b> .....	<b>31</b>
<b><u>APPENDIX 2:</u></b> .....	<b>33</b>
➤ <b>EMBASSY ADDRESSES</b> .....	<b>33</b>
<b><u>FREQUENTLY ASKED QUESTIONS</u></b> .....	<b>34</b>

# WELCOME!

May 2009

Dear EU/EEA Student,

We are pleased that you have selected to study at our Institute and know that you will enjoy your stay and studies with us.

This may be your first visit to Ireland and specifically to Sligo. It will be one of the most important and rewarding times of your life. This Information Pack is designed to answer some of your questions.

You will find a general description of our Institute, some practical advice before leaving your own country and information about your arrival in Sligo, its Accommodation, Clubs and Societies as well as useful web addresses and a map of the city.

Sligo is a fun place; we know that you will enjoy it. We would like you to know that we are here to advise and help you get the most out of your time here. You have made the right choice!

We look forward to meet you at our International Monthly Meeting held at the beginning of each month.

Best wishes,

Eileen Curley  
International Officer



## Institute of Technology Sligo

### ➤ Introduction

The Institute of Technology Sligo, founded in 1970, is one of Ireland's premier third level institutions, providing a comprehensive range of programmes at all levels and has extensive links with Institutes throughout Europe. In 2009, approximately 5,641 fulltime students selected to study at IT Sligo. International students make up 8% of the student population. Over 30 nationalities mingle with Irish students from Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Italy, Lithuania, Netherlands, Norway, Portugal, Romania, Spain, Sweden, the United Kingdom, China, Iran, Iraq, Japan, Korea, Kuwait, Belarus, Ukraine, Nigeria, Zimbabwe, Ivory Coast, Zambia and Somalia.

At IT Sligo we confer qualifications which are internationally recognised. Delegated authority to award our own awards at Higher Certificate (2 years); Bachelor Degree (3 years) and Honours Bachelor Degree (4 years) including designated Masters and Doctorate degrees, has been conferred on the Institute by the Higher Education and Training Awards Council.

We offer students a state-of-the-art learning environment with lecture theatres, laboratories, studios and workshops equipped with advanced technology where students gain training on sophisticated scientific, engineering and business equipment. There are superb sports and recreational facilities, which include floodlit championship playing fields and training pitches, a brand new athletics track and a large indoor sports hall with gym. We also have a dedicated student centre, health, counselling, careers and graduates services and an international officer.



## ➤ **Academic Structure**

IT Sligo is divided into 3 Schools which subdivide into Departments. Each Department has a Head of Department who is responsible for a number of courses.

### **School of Business & Humanities**

Department of Marketing, Tourism & Leisure  
 Department of Business  
 Department of Accounting & Computing  
 Department of Humanities

### **School of Engineering**

Department of Civil Engineering & Construction  
 Department of Mechanical & Electronic Engineering

### **School of Science**

Department of Applied Science  
 Department of Environmental Science

## ➤ **Student Services & Facilities**

- Over 1,400 full access Personal Computers
- Free internet access
- Laboratories, workshops and lecture theatres
- Library
- Main Restaurants (2) and Coffee Docks (4)
- Booknest bookshop
- Bank of Ireland
- Careers and Graduate Service
- Chaplaincy
- Counselling
- Access/Disability Office
- Health Services
- International Office
- Intensive English Programme
- Orientation Programme
- Sport and Recreation Facilities (Multi-purpose Sports Hall, Gym, Social Area, Athletics Track and Playing Fields)
- Student Clubs and Societies
- Student Union
- Free car parking

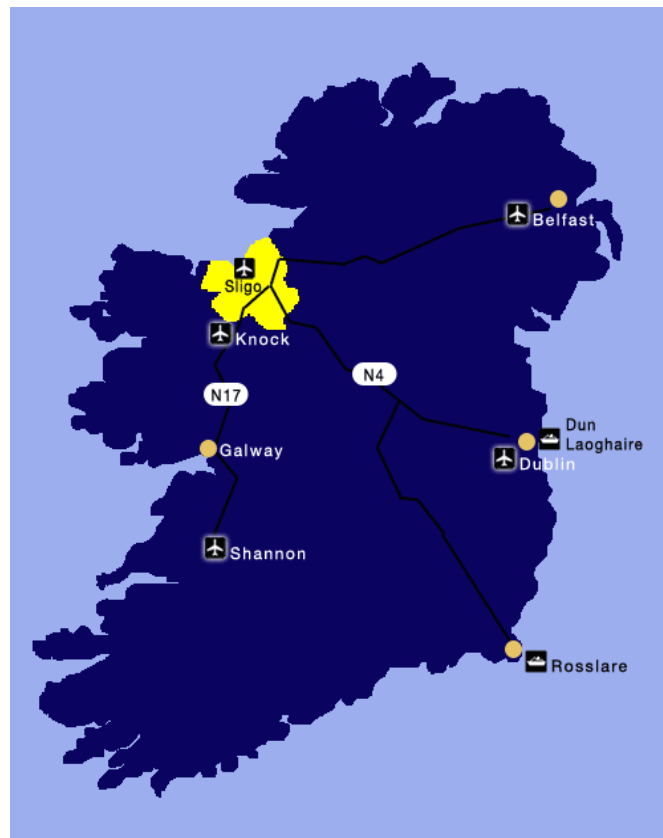


## Sligo Town

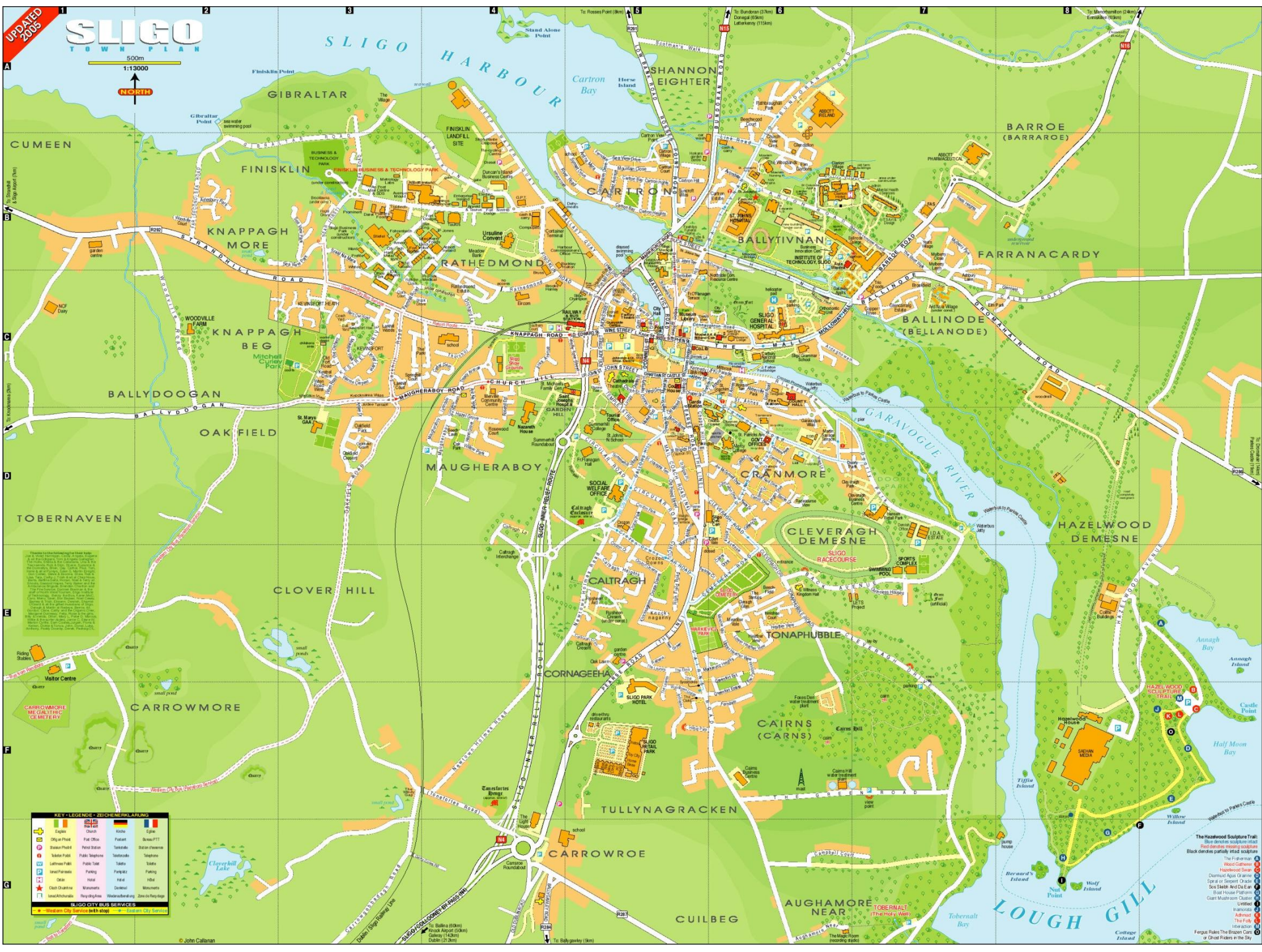
- Location:** in the Northwest of Ireland on the Atlantic coast  
3.5 hours on bus from Dublin
- Population:** 18,000 inhabitants
- Shops:** Most shops are open: 9:00 - 17:30  
Some stay open until 21:00 on Thursdays and Fridays.
- Train/bus:** The train and bus station are located in the town centre.
- Airport:** Sligo local airport is about 10 minutes outside town  
[www.sligoairport.com](http://www.sligoairport.com)

### Description:

Sligo town is a vibrant and fun place with plenty of activities for day and night with a good variety of pubs, cafes and good nightlife. Sligo town has a variety of music including Irish traditional, rock, jazz and classical. Local and ethnic cuisine can be sampled in the wide range of restaurants. Breathtaking countryside, mountains, lakes and beaches are all within easy walking or driving distance of Sligo town. Sligo offers plenty of activities including sailing, water-skiing, world-class surfing, scuba diving, swimming, fishing, canoeing, mountaineering and horse riding. Sligo has local Football, Soccer, Rugby and Basketball clubs and championship golf programmes. Sligo is surprising!!!



500m  
1:13000  
NORTH



**KEY - LEGENDE - ZEICHNERKLÄRUNG**

	English		French		German		Italian
	Spanish		Gaelic		Polish		Portuguese
	Swedish		Dutch		Belgian		Greek
	American		Japanese		Korean		Indian
	Chinese		Philippine		Thai		Vietnamese
	Australian		New Zealand		South African		Brazilian
	Russian		Ukrainian		Czech		Slovak
	Hungarian		Czech		Slovak		Polish
	Dutch		Belgian		Greek		Italian
	French		German		Spanish		Swedish
	American		Chinese		Indian		Australian
	Russian		Ukrainian		Czech		Slovak
	Hungarian		Czech		Slovak		Polish

**SLIGO CITY BUS SERVICES**

- Western City Service (with stop)
- Eastern City Service

**The Hazelwood Sculpture Trail**

- Blue denotes sculpture in situ
- Red denotes removed sculpture
- Black denotes partially in situ sculpture

The Sculpture Trail includes:

- Wood Sculpture
- Hazelwood Swan
- Diamond Again
- Spire of Silence
- Sea Shell and Out-Car
- Blue House Platform
- Quart Masterroom
- Unlisted
- Hazelwood
- The Holly
- Installation
- Fergus Rides The Brazen Cars
- or Good Riders in the Sky



# Programmes

## ➤ ECTS Information

The European Credit Transfer System ensures that students from Europe and EEA can have their study recognised in Ireland.

The ECTS per subject total to 60 ECTS for the full academic year. Students must follow one full programme and are not allowed to select subjects from different programmes as there are timetable clashes.

When applying to the Admissions Office, it is essential that students provide a Transcript of Results for subjects they have studied in the academic year prior to coming to IT Sligo. This ensures that students follow relevant programme.

Definition: Programme is the course of study the student follows.

## ➤ Programme information

<p><b>Business Programmes</b></p> <p><b>Marketing</b></p> <ul style="list-style-type: none"> <li>▪ International Marketing</li> <li>▪ Marketing</li> <li>▪ Marketing with Languages</li> <li>▪ P.R. with Event Management</li> <li>▪ Services Marketing</li> </ul> <p><b>Business</b></p> <ul style="list-style-type: none"> <li>▪ Business</li> </ul> <p><b>Tourism and Recreation</b></p> <ul style="list-style-type: none"> <li>▪ Recreation &amp; Leisure</li> <li>▪ Tourism</li> </ul>	<p><b>Science Programmes</b></p> <p>Archaeology</p> <p>Environmental Science</p> <p>Health Science and Physiology</p> <ul style="list-style-type: none"> <li>▪ Health Science and Physiology</li> <li>▪ Public Health and Health Promotion</li> </ul> <p>Occupational Safety and Health</p> <p>Pharmaceutical Science</p> <p>Science - Applied Science</p> <ul style="list-style-type: none"> <li>▪ Biomedical Science</li> <li>▪ Forensic Investigation &amp; Analysis</li> </ul>	<p><b>Engineering Programmes</b></p> <p>Civil Engineering</p> <p>Electronics</p> <p>Interior Architecture</p> <p>Manufacturing Management</p>
<p><b>Business</b></p> <ul style="list-style-type: none"> <li>▪ Financial Services</li> <li>▪ Management</li> </ul>	<p><b>Postgraduate Studies</b></p> <ul style="list-style-type: none"> <li>▪ Graduate Diploma &amp; Master of Science in Environmental Protection</li> <li>▪ Master of Science in Environmental, Health and Safety Management</li> <li>▪ Master of Science in Industrial Pharmaceutical Science</li> <li>▪ Masters in Science Education (M.Ed.)</li> </ul>	<p><b>Mechanical Engineering</b></p> <p><b>Mechatronics</b></p> <p><b>Quality</b></p> <p><b>Quantity Surveying</b></p>
<p><b>Accounting</b></p>		<p><b>Postgraduate Studies</b></p> <ul style="list-style-type: none"> <li>▪ Higher Diploma in Science in Quality</li> <li>▪ Master of Science in Quality</li> </ul>
<p><b>Business / Office Administration</b></p> <p><b>Computing</b></p> <ul style="list-style-type: none"> <li>▪ Database Management</li> <li>▪ Software Development</li> <li>▪ Systems &amp; Networking</li> <li>▪ Web Development</li> </ul>	<p><b>Postgraduate Studies</b></p> <ul style="list-style-type: none"> <li>▪ Graduate Diploma in Business</li> <li>▪ Master of Business Administration</li> <li>▪ Postgraduate Diploma in Business</li> </ul>	<p><b>Humanities Programmes</b></p> <p><b>Art &amp; Design</b></p> <ul style="list-style-type: none"> <li>▪ Fine Art</li> <li>▪ Industrial Design</li> </ul> <p><b>Early Childhood Care and Education</b></p> <p><b>Performing Arts</b></p> <p><b>Social Studies</b></p>
<p><b>Postgraduate Studies</b></p> <ul style="list-style-type: none"> <li>▪ Graduate Diploma in Business</li> <li>▪ Master of Business Administration</li> <li>▪ Postgraduate Diploma in Business</li> </ul>		<p><b>Postgraduate Studies</b></p> <ul style="list-style-type: none"> <li>▪ Graduate Diploma in Business</li> <li>▪ Master of Business Administration</li> <li>▪ Postgraduate Diploma in Business</li> </ul>



For more programme information: see website [www.itsligo.ie](http://www.itsligo.ie) - Prospective Students<sup>10</sup>  
or contact Head of Department: see table below

## Contact details Head of Departments

### SCHOOL OF BUSINESS

**Head of Department of Marketing,  
Tourism and Recreation**

Ann Higgins  
E-mail: [higgins.ann@itsligo.ie](mailto:higgins.ann@itsligo.ie)  
Web: [www.itsligo.ie](http://www.itsligo.ie)  
Tel.: 00 353 71 91 37220

**Head of Department of Business**

Pat Scanlon  
E-mail: [scanlon.pat@itsligo.ie](mailto:scanlon.pat@itsligo.ie)  
Tel.: 00 353 71 91 55280

**Head of Department of Information  
Systems**

Keith McManus  
E-mail: [mcmanus.keith@itsligo.ie](mailto:mcmanus.keith@itsligo.ie)  
Tel.: 00 353 71 91 55237

**Head of Department of Humanities**

Perry Share  
E-mail: [share.perry@itsligo.ie](mailto:share.perry@itsligo.ie)  
Tel.: 00 353 71 91 55340

### SCHOOL OF ENGINEERING

**Head of Department of Civil  
Engineering and Construction**

Kevin Savage  
E-mail: [savage.kevin@itsligo.ie](mailto:savage.kevin@itsligo.ie)  
Tel.: 00 353 71 91 55221

**Head of Department of Mechanical  
and Electronic Engineering**

Frank Carter  
E-mail: [carter.frank@itsligo.ie](mailto:carter.frank@itsligo.ie)  
Tel.: 00 353 71 91 55223

### SCHOOL OF SCIENCE

**Head of Department of  
Environmental  
Science/Environmental Protection**

Billy Fitzgerald  
E-mail: [fitzgerald.billy@itsligo.ie](mailto:fitzgerald.billy@itsligo.ie)  
Tel.: 00 353 71 91 55284

**Head of Department of Applied  
Science**

James Brennan  
E-mail: [brennan.james@itsligo.ie](mailto:brennan.james@itsligo.ie)  
Tel.: 00 353 71 91 55232



## How to apply?

### ➤ Are you applying to Year 1 of a programme?

EU students	Applying to Year 1 at IT Sligo
<p><b>How to Apply?</b></p>	<p>Apply to Irish Central Applications Office (CAO)            Address: Tower House, Eglinton Street, Galway, Ireland.            Web: <a href="http://www.cao.ie">www.cao.ie</a> Tel.: 00353 71 91 563269 or            003537191563318</p> <p>Select programme of study at IT Sligo.            Important: IT Sligo and the CAO will correspond to the postal            address on your CAO application form.  <i>An offer of a place is subject to students meeting the necessary            entry criteria.</i>            Closing Date: <i>1<sup>st</sup> Feb</i>            Late Applications will be accepted up to <i>1<sup>st</sup> May</i>.</p>
<p><b>Registration Information</b></p>	<p>Mid/Late August            The Admissions Office, IT Sligo will post successful applicants:            Information about Registration (*your registration date &amp; time)            Giro (invoice for fees)            General information</p>
<p><b>Letter of Offer</b></p>	<p>Mid/Late August            CAO will offer successful applicants a programme to study at IT            Sligo by post.            Successful applicants <u>must</u> accept their place on the CAO            website.</p>
<p><b>Registration and start of year</b></p>	<p>1<sup>st</sup> week in September.            Students register in person at IT Sligo as per above*            and student year now begins.</p>
<p><b>Orientation Programme</b></p>	<p>Takes place first week in September for first year programmes.</p>

➤ **Are you Applying to Year 2/3/4 of a programme**

<b>EU students</b>	Applying to Year 2/3/4 Degree Programme at IT Sligo
<b>How to Apply?</b>	<p>Apply to Admissions Office, Address: IT Sligo, Ballinode, Sligo, Ireland. E-mail: <a href="mailto:directadmissions@itsligo.ie">directadmissions@itsligo.ie</a> Tel.: 00353719155440 Web: <a href="http://www.itsligo.ie">www.itsligo.ie</a></p> <p><u>Transfer Student</u> Complete a Transfer application form (paper application – forms can be obtained from Michelle Moore <a href="mailto:moore.michelle@itsligo.ie">moore.michelle@itsligo.ie</a> or downloaded from our website <a href="http://www.itsligo.ie">www.itsligo.ie</a> )</p> <p><u>Add-On Student</u> Complete an Add – On application (on-line application – logon to <a href="http://www.itsligo.ie">www.itsligo.ie</a> and follow links)</p> <p>Both Transfer and Add-On Students attach: Transcript of exam results and a copy translated in English (stamped by home institute). Good level of English – all classes are in English. Deadline: 31<sup>st</sup> March – Incomplete forms will not be processed. <i>An offer of a place is subject to students meeting the necessary entry criteria.</i></p>
<b>Registration Information</b>	Mid July: The Admissions Office, IT Sligo will post successful applicants: Offer letter, registration pack with commencement dates will be sent to successful applicants' home address (by post).
<b>Registration date</b>	Register by post
<b>end July/early Aug</b>	Return completed registration form and paid Bank Giro receipt (middle section). Address: Admissions Office, IT Sligo, Ballinode, Sligo, Ireland. Closing Date mentioned in offer letter applies.
<b>Classes Start</b>	Mid September



## Fees

EU Students and non-EU students resident in an EU country are welcome to apply in the same way as Irish students. Fees for each year of study are comprised of a registration fee and a tuition fee.

The following fee rules apply:

1. Every student is liable for a registration fee. The registration fee for 2008/2009 is €900. This is subject to change at the beginning of each academic year
2. All students who are EU citizens qualify under the free-tuition fees initiative and are not liable to pay a tuition fee
3. For non-EU students the following fee rules apply:
  - a. Any non-EU student who has been resident for three out of the last five years in an EU country and who has proof of permission to stay in that EU country and who's permission to stay in that EU country was granted on humanitarian grounds is eligible under the free-tuition fees initiative and does not have to pay a tuition fee
  - b. Any non-EU student who has been resident for three out of the last five years in an EU country and who has proof of permission to stay in that EU country but does not have proof of permission to stay in that EU country on humanitarian grounds is liable to pay the EU tuition fee

➤ The EU tuition fees for 2008/2009 were:

○ Higher Certificate (Level 6) course	€1,368
○ Ordinary Degree (Level 7) course	€1,454
○ Architecture or Engineering (Level 8) course	€2,950
○ Honours Degree (Level 8) course	€2,319

Please note that these tuition fees are also subject to change at the beginning of each academic year

Further information regarding fees is available from Admissions Office.

E-mail: [tully.mary@itsligo.ie](mailto:tully.mary@itsligo.ie)



## Orientation Programme & Registration

### ➤ Orientation Programme

**For Year 1 of a programme:** Orientation is organised by Student Services and will take place for incoming students early September. You will have an opportunity to look at issues and ask questions relating to living and studying in Sligo. You will meet your Head of Department to discuss academic matters, take part in organised activities and have some time to allow you adjust to your new surroundings. Details of Orientation programme will be sent to you from Admissions Office via post.

### ➤ Registration

**For Year 1 of a programme:** Mid/Late August, The admissions Office, IT Sligo will post you information about Registration (with your date and time\*), a giro (invoice for fess) and general information. Usually during the first week in September, students register in person\* at IT Sligo and the student year begins.

**For Year 2/3/4 of a programme:** Mid July, The admissions Office, IT Sligo will post an offer letter, registration pack with commencement dates to your home address. Registration is by post. Return completed registration form and paid Bank Giro Receipt to the Admissions Office, IT Sligo. Classes will commence mid September.



## Language requirements

Students must have a good level of English as all classes are taught in English. Intensive English classes take place for incoming students early September in the mornings excluding Saturday and Sunday. These classes are free of charge. A short placement test takes place at the start of class to determine your level of English. At orientation, your English teacher will advise you of the class room.

Students requiring additional English language classes can avail of these at a private language school located on campus. There is a charge for these classes.

(Native Speaker Web: [www.nativespeaker.ie](http://www.nativespeaker.ie)).



## Accommodation

**Deadline:** It is strongly recommended that students book their accommodation in advance in JULY.

**How to Book:** contact owners directly for information and booking details. The International Office cannot book accommodation. All accommodation is private.

### ➤ **Self Catering Student Apartments:**

There are 4 student villages with over 2,000 bed spaces adjacent to the institute.

The following newly purpose built student apartments are available close to the Institute.

Most Erasmus students choose this type of accommodation.

#### **Ard Nua Village**

[www.ardnua.com](http://www.ardnua.com)

E-mail: [info@ardnuavillage.com](mailto:info@ardnuavillage.com)

Tel.: 00353 71 9147760

#### **Gateway Rentals**

[www.gatewayrentals.ie](http://www.gatewayrentals.ie)

E-mail: [info@gatewayrentals.ie](mailto:info@gatewayrentals.ie)

Tel.: 00353 71 91 45618

#### **Yeats Village**

[www.yeatsvillage.ie](http://www.yeatsvillage.ie)

E-mail: [info@albanne.ie](mailto:info@albanne.ie)

Tel.: 00353 71 91 38945

#### **Clarion Village**

[www.ghq.ie/clarion/village.html](http://www.ghq.ie/clarion/village.html)

E-mail: [info@albanne.ie](mailto:info@albanne.ie)

Tel.: 00353 71 91 38949

#### **Milligan Place**

[www.milliganplace.com](http://www.milliganplace.com)

E-mail : [info@milliganplace.com](mailto:info@milliganplace.com)

Tel. : 00353 71 91 46754

### ➤ **Temporary Accommodation:**

#### **Hostels**

Students who haven't pre-booked accommodation are advised to contact the hostels themselves and book a hostel for a few nights. Bed linen is included. Nightly rates apply; however, weekly rates may be available.

- **The Railway Hostel** (20 minutes walking distance to Institute)  
1 Union Place, Sligo. - located near the railway and bus station  
(cost: €16 - € per night)  
Tel.: 00353 (0)71 9144530  
E-mail: [therailway@therailway.ie](mailto:therailway@therailway.ie)

Web: <http://www.hostelbookers.com/booking/index.cfm>

- **White House hostel** (15 minutes walking distance to Institute)  
Markievicz Road, Sligo  
(cost: €14 - € per night)  
Tel.: 00353 71 91 45 160  
Web: <http://www.hostels-ireland.com/microsite.php?MailingListID=124>
- **Eden Hill Hostel** (30 minutes walking distance to Institute)  
Pearse Road, Sligo  
(cost: €15 - € per night)  
Tel.: 00353 71 91 43 204  
E-mail: [edenhillhostel@eircom.net](mailto:edenhillhostel@eircom.net)

## Bed and Breakfast

List of Bed and Breakfast available from North West Tourism: [www.ireland-northwest.travel.ie](http://www.ireland-northwest.travel.ie)

### ➤ Accommodation Advice

- Book well in advance, but be satisfied with your conditions.
- We suggest that you contact the students from your Home Institute who stayed in Sligo last year. Ask them about their accommodation. If they had a good landlord perhaps you could get the details and make arrangements to book the same accommodation!!!
- Self Catering Student Apartments have good standards.
- Students booking a double room are advised to book it with their friend from their own Institute or request to share the room with someone from your own country.
- Students are usually advised to arrive on a weekday. Make arrangements with accommodation owners to meet you or get good directions.
- Check if you need to supply bed linen or kitchen utensils when you pre-book your accommodation. Bed linen is not usually supplied but can be bought quite reasonably in Sligo.
- Check that the accommodation is clean and habitable.
- See the threshold website at [www.threshold.ie](http://www.threshold.ie) – ‘Know your Rights and Responsibilities as a Tenant’
- Deposits: When booking accommodation you should check that any deposit you are asked to pay is refundable and the conditions apply to the refund. There will be at least one months delay between departure and return of deposit. Deductions will be retained where premises are dirty, items broken or missing.
- Check out arrangements for the payment of electricity and heating bills.
- You are entitled to a Rent Book if you are in self-catering accommodation.



## Health & Insurance

### ➤ Visiting Doctor/Nurse at IT Sligo

A student health service is available to students at the IT Sligo. It is important that you notify the Institute nurse if you have a medical condition.

The Student Health Nurse is available, Monday to Friday. Doctor appointments are only made after assessment by the nurse. This service is available to all registered IT Sligo students free of charge.

Opening hours: Monday to Friday 9.00 – 16.00 hrs during term time

### ➤ Medical Insurance

It is advisable for students to get medical insurance from your home country before you study abroad.

As an EU citizen you need to obtain the European Health Insurance Card, which entitles you to free health care services during your stay in Ireland. This card replaces the E111/E128 forms. Apply for this card through your local Social Security/Health Board Office. Ensure that you apply for this card at least a month before you are due to leave home as it can take time to receive the card.

Apply for your European Health Insurance Card online at <http://www.ehic.ie>.



## Travel

### ➤ How to get to Sligo?

#### By Air

Sligo is served by Dublin airport twice daily.

[www.aerarann.com](http://www.aerarann.com)

[www.sligoairport.com](http://www.sligoairport.com)

Knock Airport is 1 hr drive from Sligo [www.knockairport.com](http://www.knockairport.com)

Important, do not forget to check the maximum luggage weight with relevant airlines.

International links with Dublin

Dublin Airport [www.dublin-airport.com](http://www.dublin-airport.com)

Air Lingus [www.aerlingus.com](http://www.aerlingus.com)

British Airways [www.ba.com](http://www.ba.com)

Air France [www.airfrance.com](http://www.airfrance.com)

Ryanair [www.ryanair.com](http://www.ryanair.com)

Atitalia [www.alitalia.com](http://www.alitalia.com)

**By Sea** - there are ferries to/from Britain and France

Irish Ferries [www.irishferries.com](http://www.irishferries.com)

Stena Line [www.stenaline.ie](http://www.stenaline.ie)

Brittany Ferries [www.brittanyferries.co.uk](http://www.brittanyferries.co.uk)

**By Rail** - Dublin to Sligo 3.5 hours

There are direct trains from Dublin (Connolly station) which take about 3.5 hours. For all train times see Irish Rail [www.irishrail.com](http://www.irishrail.com).

Train Tickets Tip: A single ticket is the same price as a return ticket!

For a monthly **return** ticket (1 trip to Sligo, 1 trip to Dublin)

If you travel on Friday or Sunday: € 44

If you travel on Mon, Tues, Wed, Thurs & Saturday: € 32

For a **Single** ticket

If you travel on Fri or Sun €44

If you travel on Monday, Tuesday, Wednesday, Thursday or Saturday, €32

Purchase your ticket at the train station or online before you go on the train.

Once students have registered and are studying at IT Sligo, students can buy a student travel stamp. Application forms are available at the Train station and it costs approximately € 12. Students with travel stamp: € 32.00 (return month) and € 22.50(single).

## By Bus

- Dublin Airport to Dublin City

Bus ticket costs approximately € 6 – buses start at 6:40 and stop at 23:00.

A taxi costs approximately € 20.

- Dublin to Sligo

3.5 hours Buses leave from Busáras (Central Bus Station), which is located on Store Street in the city centre, near Connolly Station.

Bus Eireann [www.buseireann.ie](http://www.buseireann.ie)

Single bus ticket costs approximately € 19.

Return bus ticket costs approximately € 28.50.

## By Road

Car Hire is available at all airports. The North West Region is serviced by major trunk roads from and between the principle entry points, cities and towns.

## Sligo Car Hire

Avis Car Rental  
Sligo Airport  
Co Sligo  
Tel.: 071 9168386

Mc Govern Coaches  
Sligo  
Tel.: 071 9176677

## ➤ Within Sligo

Most students walk to their destination. Another option is to cycle, but you should be careful, buy lights and reflective clothing for night, a helmet, a bell and good lock. You should be aware of where you can cycle and that we drive on the left-hand side of the road in Ireland.

Sligo City Bus is another way to get around Sligo. Single ticket cost € 1.50. Student weekly ticket costs € 8 approximately. Once you received your IT Sligo student ID card, you may purchase a Travel Save Stamp (for travel in Ireland only) to avail of reduced fares on trains, buses and air travel. Available in train station

Taxis can be used to get around Sligo approximately € 8 for a short trip but you can share. The main taxi rank is at Quay Street (opposite the Town Hall) in the town centre. Usually a small number of taxis are available on arrival at Sligo train station. You can book taxis over the phone for a night out. See Appendix 1 for list of taxis.

## ➤ Travel around

Students can avail of a reduced rate for travel on trains and buses once they have purchased a Student Travel card. Once you are a registered student you can apply for a Student Travel Card which costs around € 12. Application forms are available from [www.studenttravelcard.ie](http://www.studenttravelcard.ie)

## Irish Bus Service - Bus Éireann

Irish Bus has a nationwide network of buses serving all of the major Irish cities. [www.buseireann.ie](http://www.buseireann.ie)

## Private Bus Companies

There are also a number of private bus companies which serve towns and cities outside of Sligo. The Student's Union will give you advice about those. A useful website, see: [www.busstation.net/busuk/busire.htm](http://www.busstation.net/busuk/busire.htm)



## Money Matters

### ➤ Cost of living

2008 students estimate that it costs around € 790 per month (including accommodation, heating, electricity, food and entertainment) to live in Sligo.

This is a typical cost of living for a student in Sligo and a lot less than Dublin or larger cities.

Remember during the first few weeks you will probably spend the amounts below and as weeks go by, you will tend to spend less.

### Monthly Cost of living in Sligo

Monthly Cost of Living in Sligo	Per Month (in Euro) Please note these figures are a guide only.
Accommodation	€ 450 - 500 (for example € 60 - 90 per week) Depends on the type of accommodation you choose... this price includes heating & lighting
Laundry	€ 10 (normally in the student apartments)
Food	€ 150-250
Transport	€ 15 (you can also walk or cycle) Taxi € 8 for short trip, you can share taxi.
Entertainment	€ 145 (this can be a lot less) e.g. Cinema € 8; Nightclub € 8 - € 12; Movie club in Niland Art Gallery € 6; Sport - gym in IT Sligo € 15 per month
Other	€ 50 (varies: books, printing,...)
Total	€ 550-850

### Here is a list of the cost of some every day items in Sligo:

Milk (1 litre)	€ 1.00
Sliced Loaf of Bread	€ 2.50
Coffee (200 g)	€ 4.50
Coca Cola (2 litres)	€ 1.60
Big Mac Meal (Large)	€ 8.00
Cheddar Cheese (1 kg)	€ 4.99

Exchange rate see web: [www.xe.com](http://www.xe.com)

➤ **Opening a bank account**

There is a Bank of Ireland and an ATM machine on the Institute campus. The following are some of the Bank Cards that can be used: AC Card, Access, American Express, Visa, EC Master Card.

Bank of Ireland is based on campus in IT Sligo.  
All students of IT Sligo are invited to open a bank account.

If you wish to open an account please bring with you the following:  
Valid Passport  
Official correspondence with your evidence of your Sligo address (PPS Number)

Bank of Ireland operates a full on-campus banking service.

Bank of Ireland Opening hours:  
Monday - Friday: 10.00 - 16.00 hrs.  
Closed for lunch: 12.30 - 13.00 hrs.  
For further details on banking please call to the Bank in the Institute:  
Ms. Olivia O'Hanlon, Student & Graduate Officer, Bank of Ireland at IT Sligo.  
E-mail: [olivia.ohanlon@boimail.com](mailto:olivia.ohanlon@boimail.com)



## Clubs & Societies

There are approximately 60 Clubs and Societies at IT Sligo. Membership is free. Join as many clubs as you wish, they provide a lively social life, good friends that last a lifetime and many memories to treasure. Bring your sport gear for these activities! If you play music bring your instruments! Most clubs cater for beginners, so no excuse!

Registration for Clubs and Societies takes place in the Aula Maxima, IT Sligo the last Wednesday in September. Two important societies for international students are the International Society and the Discover Ireland Society.

**The International Society** organises regular cultural events such as Spanish, German, French, Italian, Chinese and Irish cultural days. This is a great way to get know other international students and enjoy a good social life. It also hosts food tasting days, International Soccer Tournament and an International Games day.

IT Sligo's **Discover Ireland** Society organises about 4 bus trips around Ireland each year.

We normally hold our first meetings for these two societies during Orientation week. We organise a stand at Clubs & Societies day (last Wednesday in September) and plan events for the year. Find a list of clubs & societies below:

Access Society	Hurling Club
African Students Soc	International Society
Aikido Club	Journalism Society
Architectural Soc	Ladies Soccer
Athletics Club	The Language Society
Basketball Club (Men)	Marca na Feirme
Basketball Club (Women)	Motor Sport Club
Boxing Club	Organic Society
Brazilian Jiu Jitsu	Parents Society
Camogie Club	Poker Club
IT Sligo Charitable Club	Post Graduate Soc
ITS Choral Society	Remote Control Crafts Soc
Computing Society	Rowing Club
Cricket Club	Rugby Club
Cycling Club	Sin Fein Soc
Dance Society	Soccer (men)
Design Society	Social Studies Society
Discover Ireland Soc	Stones and Bones
Drama Soc	Sub Aqua Club
Early Childhood Soc	Surf Club
Enterprise Society	SVP
Environmental Society	Swimming Club
Equestrian Club	Tag Rugby
Games Society	T'ai Chi Club
GAA Club (Football)	Theatre Society
Gaisce Society	Tourism Soc
Golf Club	Trad Soc
Handball Club	Wine Appreciation Soc
Hillwalking Club	



## Check Lists

### ➤ Before Departure

Date	Things to do
<b>Now</b>	Check information about Sligo on tourism websites. Practice your English.
<b>Closing dates</b>	<i>For Year 1:</i> Apply to Irish Central Applications Office (CAO): <a href="http://www.cao.ie">www.cao.ie</a> Closing date: 1 <sup>st</sup> Feb or 1 <sup>st</sup> May (later date)
	<i>For Year 2/3/4:</i> Complete Transfer application or Add on Application form. Attach: Transcript of exam results and a copy translated in English (stamped by home institute). e-mail <a href="mailto:casserley.emma@itsligo.ie">casserley.emma@itsligo.ie</a> Closing date: 31 <sup>st</sup> March
<b>July or earlier</b>	Check your accommodation options and pre-book.
<b>Arrival at Sligo</b>	Classes begin in September 2009. see academic calendar for more details

### ➤ Essential Items to Bring to Sligo

Item	
<b>Passport</b>	Current passport to remain valid until after the end of your study exchange period. Also keep a photocopy of passport and important documentation in a safe place.
<b>Student ID Card</b>	From Home Institution.
<b>International Student Card</b>	(ISIC card)
<b>European Health Insurance Card</b>	Apply for this card at least a month before you are due to leave home.
<b>Passport-size photos</b>	Bring at least 2 passport-size photographs.

<b>Cultural items</b>	Bring camera, flags, useful information for cultural projects/international days.
<b>Application forms</b>	Copy of your application form, transcript of exam results.
<b>Final exam results</b>	Bring a copy of your final exam results, if available (English translation). You may need them for Registration on arrival.

➤ **On arrival**

<b>On Arrival</b>	<b>Things to Do</b>
<b>Orientation – Attending a 1<sup>st</sup> year of a programme</b>	Information will be sent to you regarding orientation with your offer letter. E-mail: <a href="mailto:studentservices@itsligo.ie">studentservices@itsligo.ie</a>
<b>Registration/fees</b>	Payable to Admissions Office After registration and fees paid you will receive Student ID Card.
<b>Programme/course</b>	Classes commence in mid September for students.
<b>Where do I get help?</b>	<ul style="list-style-type: none"> <li>• See '<b>Contacts</b>'</li> </ul>

➤ **Before returning home**

Returning Home	Things to Do
<b>Academic Questions</b>	As the academic staff are on holidays during the summer, please ask any questions before you leave IT Sligo for your summer holidays.
<b>Transcript of Exam Results</b>	Your transcript of examination results will be posted to your home address. Check that if your home address changed since your original application to IT Sligo that the Admissions Office, IT Sligo has your correct home contact address and details for any further correspondence.
<b>Bills</b>	Ensure all bills are paid in full.
<b>Bank Account</b>	Close bank account in Ireland.
<b>Write a Review</b>	As a current or former international student, you have the opportunity to evaluate your study abroad experience by <b>writing a review</b> . <a href="http://www.iagora.com/istudy/index.html">http://www.iagora.com/istudy/index.html</a>

➤ **Where do I get help in IT Sligo?**

<b>Issue</b>	<b>Source of Help/Advice</b>
<b>Applications</b>	<i>For Year 1:</i> Apply to Central Application Office <a href="http://www.cao.ie">www.cao.ie</a>
	<i>For Year 2/3/4:</i> Admissions Office E-mail: <a href="mailto:casserly.emma@itsligo.ie">casserly.emma@itsligo.ie</a>
<b>Accommodation</b>	E-mail: <a href="mailto:accommodation@itsligo.ie">accommodation@itsligo.ie</a>
<b>Orientation – Attending a 1<sup>st</sup> year of a programme</b>	E-mail: <a href="mailto:studentservices@itsligo.ie">studentservices@itsligo.ie</a>
<b>Registration/fees</b>	Payable to Admissions Office After registration and paid the fees you will receive Student ID Card.
<b>Timetables</b>	Head of Department (Timetable will be available at beginning of Programme)
<b>Academic Issues</b>	Head of Department
<b>Club and Societies</b>	Student Services E-mail: <a href="mailto:studentservices@itsligo.ie">studentservices@itsligo.ie</a>
<b>Examinations</b>	Exam Secretary: Annica Rasmak E-mail: <a href="mailto:rasmak.annica@itsligo.ie">rasmak.annica@itsligo.ie</a> Examination Officer: Emma Casserly E-mail: <a href="mailto:casserly.emma@itsligo.ie">casserly.emma@itsligo.ie</a> Assistant Staff Officer: Hazel Sweetnam E-mail: <a href="mailto:sweetnam.hazel@itsligo.ie">sweetnam.hazel@itsligo.ie</a> Exams Support: Maura McMorland E-mail: <a href="mailto:mcmorland.maura@itsligo.ie">mcmorland.maura@itsligo.ie</a>
<b>Examination results</b>	Head of Department
<b>Absences</b>	Individual Lecturer/Head of Department
<b>Health and Medical Matters</b>	Nurse Elish Corley E-mail: <a href="mailto:nurse@itsligo.ie">nurse@itsligo.ie</a>
<b>Disability Officer</b>	E-mail: <a href="mailto:access@itsligo.ie">access@itsligo.ie</a>
<b>Pastoral Care / personal or local difficulties</b>	International Officer E-mail: <a href="mailto:international.office@itsligo.ie">international.office@itsligo.ie</a>
<b>Computers/Access to e-mail</b>	Computer Technician
<b>Curriculum Vitae, Job opportunities</b>	Careers Office E-mail: <a href="mailto:careers@itsligo.ie">careers@itsligo.ie</a>
<b>Change of Address (during academic year)</b>	Admissions Office E-mail: <a href="mailto:admissions@itsligo.ie">admissions@itsligo.ie</a>



## Important Dates & Deadlines

Please see academic calendar for a full timetable [www.itsligo.ie](http://www.itsligo.ie).

Academic Year (September – end May)	
<b>1<sup>st</sup> February</b>	First closing date for applications Year 1
<b>31<sup>st</sup> March</b>	Closing date for applications Year 2/3/4
<b>1<sup>st</sup> May</b>	Last Closing date for applications Year 1
<b>Early September</b>	Orientation programme + Start of Class for Year 1 of a programme
<b>Mid September</b>	Start Class for 2 <sup>nd</sup> /3 <sup>rd</sup> & 4 <sup>th</sup> year
<b>Last Wednesday in September in Aula Maxima</b>	Clubs & Societies: registration
<b>Friday before Christmas day (provisional)</b>	Start Christmas Holidays
<b>Mid January</b>	Classes continue for 2 <sup>nd</sup> / 3 <sup>rd</sup> & 4 <sup>th</sup> year
<b>end May</b>	Summer Holidays including exams
National Holidays	
<b>1 January</b>	New Years Day
<b>17 March</b>	Saint-Patrick's day
<b>Easter Holidays (usually 2 weeks)</b>	
<b>First Monday in May</b>	May Bank Holiday
<b>First Monday in June</b>	June Bank Holiday
<b>First Monday in August</b>	August Bank Holiday
<b>Last Monday in October</b>	October Bank Holiday
<b>Christmas Holidays (usually 3 weeks)</b>	



## Employment

EU citizens have the same entitlement to take up employment as that of an Irish person. As an EU citizen you have the right to travel to Ireland to study or work without a special permit or visa.

The entitlement to take up employment ceases once your student visa runs out. After you have completed your studies, if you want to continue in employment, you will need a work permit.

### **If you are looking for a job you must apply for:**

Personal Public Service (PPS) Number

If you are looking for a job you must apply for a PPS number. All employees in Ireland have a PPS number for tax purposes. It is a unique identifier for use in any transactions you may have with public bodies or persons authorised by those bodies to act on their behalf.

Applications are made through your local social welfare office. Sligo Social Welfare Office, Government Office, Cranmore Road, Sligo. Tel.: 071 91 48850 Opening hours 9.30 – 16.00 hrs. Information on Web:

<http://www.welfare.ie/EN/Pages/default.aspx>

<http://www.ictu.ie/rightsatwork/>

You will need to take the following along with you:

- Passport
- Proof of address (electricity/gas bill in your name or a bank statement)

### **Rights of an International Student Working in Ireland**

- International students are permitted to work for up to 20 hours per week during Institute term and up to 40 hours per week during school holidays.
- All international students working in Ireland are covered under Irish legislation
- The legal minimum wage per hour is € 8.30
- If you are experiencing financial or personal difficulty in the work place, please contact the following:  
Department of Enterprise, Trade & Employment,  
Davitt House, 65a Adelaide Road, Dublin 2.  
Telephone: +353 1 631 2121 LoCall: 1890 220 222  
Fax: +353 1 631 2827 E-Mail: [info@entemp.ie](mailto:info@entemp.ie)

### **Searching for a Part- Time Job**

Many students in Sligo seek part time employment while studying in the Institute. Students are reminded to keep study their priority. Bring your prepared Curriculum Vitae with you when looking for a job. Positions are advertised as follows:

- IT Sligo notice boards in the schools and student's union, careers letter
- Newspapers – Tuesday – 'Sligo Weekender'; Wednesday – 'Sligo Champion'
- Check out shop windows, shops, garages, restaurants, fast food restaurants, hotels, Tesco notice board, notice board in Sligo Citizens Information on Market/High Street and fellow students.



## **Graduation Ceremony**

Students, who successfully pass all their exams, in an Award year, are invited by formal invitation by the Institute to attend the Graduation Ceremony.

Invitations are posted to your home address (home country) by the Examinations Office approximately 2/3 weeks before graduation.

The Graduation is held each year in November.



## Testimonials from Last Year

- "If you have a car, bring it with you. If you don't have a car, buy a bike."
- "Try to have accommodation near the Institute and town centre."
- "Bring warm clothes and rain clothes as weather is different everyday – it is true! "
- "The first month was very hectic but after that things seem to settle. A very enjoyable year and excellent experience"
- "I say to all the guys, if you have a black pair of shoes, bring them with you, runners/sneakers are not allowed in night clubs."
- "Join some clubs and societies, it is a great way to make friends and have fun at the same time."
- "Get involved with the International Society & Discover Ireland Society. We had parties and more parties, fun days and nights, got to see other parts of Ireland....."
- "Check out your health Insurance and travel insurance for your stay in Sligo, better to have them than not"
- "Student apartments are new, very clean, near the Institute and well kept but expensive. Student houses are cheaper but often older, colder and sometimes a distance from the Institute. "
- "Make sure you look on the internet about the maximum luggage weight from your country to Dublin, and from Dublin to Sligo"
- If you are staying in the student apartments, bring a wire to connect to the Institute server. Otherwise these can be bought down town.
- "Make sure you have enough money with you, about € 600 - € 700 per month."
- "Bring your camera and bring your mobile phone and get a sim card in Sligo"
- "On arrival, take a taxi from the train/bus station to your accommodation."
- "A great, wonderful experience of life and for life! Una grande, magnifice esperienza di vite e per le vita! – A fascinating and enjoyable environment... I will miss everyone and everything. Un affascinante e divertente atmosfera... mi maucheranno tutti e tutto."
- "The first two months I spent approx € 700 but then for the following months I only spent € 450. Initially there are expenses such as deposit for accommodation, bike and leisure ....."

**This years students have thoroughly enjoyed themselves and are happy but very sad to be going home. In fact, some have decided to study for an extra year at IT Sligo as non-erasmus students. Allow at least a month or two to adjust to the culture.**

***Enjoy your***



***time in Sligo!!***

## APPENDIX 1:

Phone numbers & addresses you may use while living in Sligo

### Taxis

(The taxi rank is located in Quay Street)

Feehily Executive Cabs (car, limousine & mini-bus hire)

	9143000/9142596/9160717
A- Z taxi	9190000
Emerald Cabs	9148888
Eagle Taxi	9169044
Jim Middleton	9143044
P.J McNiff, Phone-A-Cab	9146666/087-2553030
Glenside Cab	9168888
Sean Foley	9169990
McTiernan	9142777
Savoy Cabs	9142266
Trump Cabs	9142201
Fallon's Taxis	9144444

### Tourist Information

Provides information on maps, attractions and services available in the North West.

Tourist Office, Temple Street

<http://www.sligotourism.ie/>

### Phones & Mobiles

Phones: Local and international calls can be dialled direct from public telephones. There are public telephones in most outdoor locations in Sligo public buildings including the rail and bus station, shops, pubs, restaurants and hotels.

These phones use:

- € coins
- card phones. Cards can be purchased in the on campus Bookshop called the 'BookNest' or in any retail outlets displaying the call card sign.

To make an international call on a landline from Ireland:

Dial: 00 (Country Code) (Area Code) (Local Number)

Mobile phones: are widely used in Ireland. There are three digital GSM mobile networks in Ireland operated by Vodafone, O2 and Meteor. All offer a pay monthly option or a prepaid option.

Information is also available at [www.vodafone.ie](http://www.vodafone.ie), [www.o2.ie](http://www.o2.ie) and [www.meteor.ie](http://www.meteor.ie).

Tip: Buy a sim card in Sligo and insert in your own phone.

### Laundrettes

Gurrie's Laundrette	High Street
Cartron Laundrette	Cartron Village
Like-Nu Cleaners	High Street

All Self Catering Students Apartments: Ard Nua / Clarion / Gateway Rentals / Yeats

### Bureaux de change/banks

Opening hours Mon-Fri 10.00-16.00 and Thurs 10.00-17.00

E.B.S.	12 Castle Street
First National	O'Connell Street
Irish Nationwide	Wine Street
A.C.C.	Teeling Street
A.I.B.	Stephen Street
Bank of Ireland	Stephen Street
Permanent T.S.B.	16 O'Connell Street
Ulster Bank	Stephen Street and Pearse Road
G.H.Q.	O'Connell Street

### **Gaiety Cinema**

Wine Street, Sligo

<http://www.gaietysligo.com/>

### **Yeats memorial Building**

Watch a short film about WB Yeats, famous poet. Look at pictures of his family and letters and poems written by Yeats himself. Admission: free. Open: Tuesday to Friday.

### **Sligo Regional Sports Centre**

(20 minutes from town)

Clerveragh Road, Sligo

071 9160539 ring to check public times for swim or gym

### **Horse Riding**

Sligo Centre 071 9161353 - lessons available

### **Post Offices - Postal Service**

A Post operates the national postal service. Postage rates for letters are as follows:

Ireland: 55c

Europe & US: 82c

The G.P.O, Wine Street

Post office, Castle Street Opening hours Mon-Sat 9.00-17.30

### **County Council**

**071 91 43221/56666**

### **Library, Stephen Street**

**071 9142212**

### **For Emergency**

Garda Station (Police), Pearse Road

Sligo General Hospital

999 or 112

071 9142031

071 9171111

### **Emergency Services**

Dial: 999 or 112

For... Fire brigade; Garda; Ambulance; Irish marine Emergency Services;

Mountain & Cave Rescue

Ask the operator for the emergency service you require. There is no charge for this service.



## APPENDIX 2:

### ➤ Embassy Addresses

#### **Austria**

Chancery: 15 Ailesbury Court, 93 Ailesbury Road, Dublin 4  
Tel.: + 353 1 269 4577 Fax: + 353 1 283 0860

#### **Belgium**

Chancery: 2 Shrewsbury Road, Dublin 4  
Tel.: + 353 1 269 2082 Fax: +353 1 283 8488

#### **Denmark**

Chancery: 121-122 St Stephen's Green, Dublin 2  
Tel.: + 353 1 475 6404 Fax: + 353 1 478 4536

#### **Federal Republic of Germany**

Chancery: 31 Trimleston Avenue, Booterstown, Blackrock, Co. Dublin  
Tel.: +353 1 269 3011 Fax: + 353 1 269 3946

#### **Finland**

Chancery and Commercial Section: Russell House, Stokes Place, St Stephen's Green, Dublin 2  
Tel.: + 353 1 478 1344 Fax: + 353 1 478 3727

#### **France**

Chancery: 36 Ailesbury Road, Dublin 4  
Tel.: + 353 1 260 1666 Fax: + 353 1 283 0178

#### **Greece**

Chancery: 1 Upper Pembroke Street, Dublin 2  
Tel.: + 353 1 676 7254 Fax: + 353 1 661 8892

#### **Iceland**

Chancery: 1 Eaton Terrace, London SW1W 8EY  
Tel.: + 00 44 171 590 1100 Fax: + 0044 171 730 1683

#### **Italy**

Chancery: 63-65 Northumberland Road, Dublin 4  
Tel.: + 353 1 660 1744 Fax: + 353 1 668 2759

#### **Luxembourg**

Chancery: 27 Wilton Crescent, London SW1X 8SD  
Tel.: + 44 171 235 6961 Fax: + 44 171 235 9734

#### **Netherlands**

Chancery: 160 Merrion Road, Ballsbridge, Dublin 4  
Tel.: + 353 1 269 3444 Fax: + 353 1 283 9690

#### **Norway**

Chancery: 34 Molesworth Street, Dublin 2  
Tel.: + 353 1 662 1800 Fax: + 353 1 662 1890

**Portugal**

Chancery: Knocksinna Houase, Knocksinna, Foxrock, Dublin 18  
 Tel.: + 353 1 289 4416 Fax: + 353 1 289 2849

**Spain**

Chancery: 17a Merlyn Park, Dublin 4  
 Tel.: + 353 1 269 1640 Fax: + 353 1 269 1854

**Sweden**

Chancery: Sun Alliance House, 13-17 Dawson Street, Dublin 2  
 Tel.: + 353 1 671 5822 Fax: + 353 1 679 6718

**United Kingdom**

Chancery: 29 Merrion Road, Dublin 4  
 Tel.: + 353 1 205 3700 Fax: + 353 1 205 3885

**Frequently Asked Questions****After my application has been approved, what should I do when I arrive in IT Sligo?**

Year 1: Orientation programme is organised by Student Services and takes place at the beginning of September and classes follow.

Year 2/3/4: Attend class mid September and meet your relevant Head of Department.

Check international notice board beside main reception.

**Do students need to meet any entry or language requirements to eligible for a programme?**

Yes, a good level of English is essential. Student must also meet the minimum entry requirement for the programme they wish to study, for example students wishing to apply for a year 3 programme should have a minimum of 120 ECTS credits on entry.

**What is the average number of credits taken by students per semester?**

We use the ECTS credit system; 60 credits per year.

**How do I book accommodation?**

There is an excellent choice of good quality accommodation. There are 4 student villages with over 2,000 bed spaces adjacent to the Institute. Most Erasmus students choose this type of accommodation. All accommodation is privately owned. Students need to book their accommodation directly with the owner.

**How much money do I need for living expenses?**

It is estimated by last year's Erasmus students that the cost of living in Sligo is approximately € 550 - € 800 per month (depends on type of accommodation, heating, electricity, food, entertainment,...).

### **Where can I have forms signed for my home University?**

On arrival you will receive a letter to confirm your registration. Forms for your home University will be stamped on arrival during orientation. Please have your details completed on the form as we cannot approve blank forms.

### **Where can I get a timetable?**

Timetables are located on your School Notice board once the academic year begins. Allow up to a month before they are finalised. Students or Lecturers do not have a set classroom, they move around from class to class. Classes start at 9.00 hrs and generally finish at 18.00 hrs. Usually there are some free classes in the middle of the day or you may have a few classes after 18.00 hrs.

### **What are the opening hours of IT Sligo?**

The Institute opening hours are as follows:

Monday to Thursday: 9.00 – 22.00 hrs

Friday: 9.00 – 18.00 hrs

Saturday: 9.00 – 14.00 hrs

### **Where is the International Office?**

The International Office is located in the Institute of Technology Sligo, Ballinode, Sligo in the Admissions Building, 2nd floor opposite the library.

### **Will I receive an IT Sligo student e-mail account?**

When you register with IT Sligo in September your personal IT Sligo student e-mail account will be activated. The International Office will correspond with you during your time in the Institute via your IT Sligo e-mail account. Ensure that you check the international notice board which is located near the Reception regularly, especially during the first month at the Institute.

### **Can I use my laptop in the Institute?**

There are adequate computers in the Institute. Students may use their personal laptops on the anti virus network in the following locations:

Library: 14 data points on computer bench to the left of the 32 computer stations.

Student Canteen: 16 data points (2 x 8) on pillars (underneath large TV).

Tip: If you are staying in student apartments bring a wire to connect to the Institute server, otherwise these can be bought down town.

### **What library facilities are there?**

The library provides a place to study as well as books, reference works and programme materials that students may require. Web page: <http://library.itsligo.ie/>

### **What is the Students' Union?**

The Students' Union promotes the social and organisational activities of student life, including the clubs and societies and represents the interests of students through various committees of the Institute. Web page: <http://www.itssu.ie>

### **Where can I fax letters?**

Students may fax letters at the Student's Union. There is a small charge of 50 cent for this.

### **Can I work in Ireland while studying in Sligo?**

Most students have a part time job. Bring your curriculum vitae with you. International students do not need a work permit for Ireland. An international student registered on a full time programme (the duration of which must be at least

1 year) is allowed to work up to 20 hours per week. All employees in Ireland have a PPS number for tax purposes. Therefore if you are looking for a job you must apply for a PPS number.

Information on web: [http://www.welfare.ie/contact/Local\\_offices.http](http://www.welfare.ie/contact/Local_offices.http)

### **What is the electrical current?**

The standard electrical supply is 230 volts/AC (50 cycles). 3 pin plugs.

### **What is the time?**

Greenwich Mean Time (same system as UK)

### **What about driving?**

Driving is on the left hand side. Road signs are in English and are similar to international design. If you are renting a car - Driver must be over at least 21 and have a driving license. Further details are available from Car rental companies. All drivers must have car insurance.

### **How is the weather in Ireland? What clothes should I bring to Ireland?**

Our variable climate could mean experiencing all 4 seasons in one day. The daytime temperature in winter rarely goes below -2° and in summer temperatures above 22° are rare. Generally, we have a cold climate during September – March and a pleasant climate from April – August. Students often layer themselves to be ready for the different types of weather, e.g. wear a T-shirt and tops. Bring your umbrella and your raining gear – but don't forget your shorts, T-shirts and swimsuit. Some students find the heating in the houses cooler, so that is another good reason to bring warm clothes!

### **Is it safe in Ireland/Sligo?**

The same rules about safety apply as if you were in your home town. Remember it always best not to walk alone late at night. There are plenty of taxis available.

### **When is lunch hour?**

Lunch is served in the student canteen from 12.30 – 14.00 each day. During the year, if you have a free class before your lunch hour, you may find it better to go along to the Restaurant twenty or thirty minutes 'early' to avoid any queue. Many Erasmus students return to their apartment for lunch.

### **Where can I do my grocery shopping?**

Lidl is very popular amongst the Erasmus student. Also Tesco and Dunnes which are large chain retail stores. Penny's is good for bed linen.

### **What is the local cuisine in Ireland like?**

Our supermarkets have a wide range of international foods for cooking most European and Chinese dishes. Halal meat is also available on request.

As well as "fast food" outlets such as McDonalds there are superb restaurants in Sligo as well as regular European restaurants, Chinese, Indian and Turkish outlets which also do takeaway.

Restaurants range widely in price as there are many cheap places to each such as Pizzerias, restaurants and many cafes and snack bars. The Institute has 2 large restaurants and 5 small canteens with facilities open from 8.30 hrs to 21.00 hrs.

### Are there interesting and useful web pages?

IT Sligo	<a href="http://www.itsligo.ie">www.itsligo.ie</a>
Students Union – IT Sligo	<a href="http://www.itssu.ie">www.itssu.ie</a>
USIT –Issues student identity card so that students can avail of discounts on public transport	<a href="http://www.usit.ie">www.usit.ie</a>
Read online reviews of past international students’ experiences with reviews on Housing, Social Life, Academics, Languages and Expenses	<a href="http://www.iagora.com/istudy/index.html">www.iagora.com/istudy/index.html</a>
How to travel to Ireland Bord Failte Tourist Board	<a href="http://www.ireland.travel.ie/gettinghere/">www.ireland.travel.ie/gettinghere/</a>
Sligo Tourism	<a href="http://www.sligotourism.ie">www.sligotourism.ie</a>
Bord Failte –Tourist Board – Getting Around	<a href="http://www.ireland.travel.ie/gettingaround/">www.ireland.travel.ie/gettingaround/</a>
North West Tourism	<a href="http://www.ireland-northwest.travel.ie">www.ireland-northwest.travel.ie</a>
Bord Failte	<a href="http://www.ireland.ie">www.ireland.ie</a>
Irish Times Newspaper	<a href="http://www.ireland.com">www.ireland.com</a>
Discover Sligo Tours – tours around	<a href="http://www.discoversligo.com">www.discoversligo.com</a>
County Enterprise Board	<a href="http://www.sligoenterprise.ie">www.sligoenterprise.ie</a>
Sligo Chamber Commerce	<a href="http://www.sligochamber.ie">www.sligochamber.ie</a>
Information about Sligo	<a href="http://www.lonelyplanet.com/destinations/europe/ireland">www.lonelyplanet.com/destinations/europe/ireland</a>
Information about Sligo	<a href="http://www.jod.ie/sligo.html">www.jod.ie/sligo.html</a>
Sligo Champion	<a href="http://www.unison.ie/sligo_champion">www.unison.ie/sligo_champion</a>
Department of Foreign Affairs (information on Embassies in Dublin)	<a href="http://foreignaffairs.gov.ie">http://foreignaffairs.gov.ie</a>
Bus routes and timetables for Dublin	<a href="http://www.dublinbus.ie">www.dublinbus.ie</a>
DART Rail System in Dublin	<a href="http://www.irishrail.ie/dart/home">www.irishrail.ie/dart/home</a>
Luas Passenger Information System	<a href="http://www.luas.ie">www.luas.ie</a>
Information on education and the education system in Ireland	<a href="http://www.educationireland.ie">www.educationireland.ie</a>
Irish Counsel for international students	<a href="http://www.icosirl.ie">www.icosirl.ie</a>
Rights of International students	<a href="http://www.immigrantcouncil.ie/factsheets.htm">www.immigrantcouncil.ie/factsheets.htm</a>
Accommodation Rights – ‘Know your rights and responsibilities as a tenant’	<a href="http://www.threshold.ie">www.threshold.ie</a>
Department of Foreign Affairs	<a href="http://www.irlgov.ie/iveagh">www.irlgov.ie/iveagh</a>