



CASA – Trinity Programme Handbook

Autumn 2022

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Welcome

In Irish, we have a saying, céad míle fáilte, which translates to a hundred thousand welcomes. Ireland is known for its warmth, friendliness and welcoming spirit, and we look forward to extending the same welcome to you. Céad míle fáilte romhat!

Congratulations on your acceptance to the Consortium for Advanced Studies Abroad (CASA) Programme at Trinity College Dublin, the University of Dublin. We are delighted to welcome you to the programme, and look forward to your arrival in Dublin. This handbook will help to prepare you for your semester or year abroad, and provide you with practical information you will need to get started on your journey.

Introduction to the CASA-Trinity Programme

The **Consortium for Advanced Studies Abroad (CASA)** is comprised of twelve leading research universities, created with the purpose of organising and delivering rigorous education abroad programs in collaboration with leading world universities. For more information on CASA and its members, see: <https://casa.education/about>.

Trinity College Dublin, the University of Dublin, has been Ireland's most prestigious university since its founding in 1592. A Trinity education fosters a life-long desire for knowledge and understanding, a capacity for creativity and innovation, cross-cultural awareness and a sense of global citizenship. Trinity is a centre of teaching and research excellence and is known for producing independent researchers and thinkers, as well as for its student experience. Community is a key element of the Trinity education, and every student can benefit from a wide variety of available supports. Trinity's accessible and dedicated professors encourage students to actively engage in University life and the city on our doorstep. Trinity's historic campus is located at the very centre of Ireland's vibrant international capital, providing the perfect opportunity to explore Dublin, Ireland and Europe while you are here.

Trinity is proud to have been the first non-US university to become a member of **CASA**. We have a long history of welcoming study abroad students from CASA institutions and from all over the world, so you will be right at home at Trinity.

CASA-Trinity Programme Overview

The CASA-Trinity programme offers the opportunity for immersion in Trinity's rigorous academic environment and vibrant campus life, located at the heart of Dublin's city centre, Ireland's historic and modern capital. In addition to this immersive experience, CASA-Trinity provides a programme tailored to your needs as a student of a CASA university – from regular support and advising to exciting excursions and events, CASA Trinity will support your study abroad experience and make sure that you make the most of your time here at Trinity.

The programme has several defining features:

Programme & Academic Orientation

In addition to orientation elements delivered by CASA for CASA-Trinity students, the programme includes a one-week orientation programme led by Trinity's School of Histories & Humanities, called *Understanding Ireland*, which helps its students to meaningfully understand and interpret Ireland's

culture, literature and political history, while adjusting to life in Ireland and preparing for the start of term at Trinity.

Advising and Support

In addition to Trinity's resources for students, CASA-Trinity students will have intensive advising and support designed especially for the cohort through the CASA Programme Staff.

Immersion into Trinity's academic and student life

As a study abroad student at Trinity, you will be fully immersed into Trinity's academic and student life. You will have access to everything [Student Life at Trinity](#) has to offer, as well as access to classes, called 'modules', from across the university's three faculties: the Faculty of Arts, Humanities and Social Sciences, the Faculty of Health Sciences, and the Faculty of Engineering, Maths and Sciences. View the Module Directory in order to have an idea of all of the different subject areas and modules offered to study abroad students: www.tcd.ie/study/non-eu/study-abroad/to-trinity/ModuleDirectory/.

Events and Excursions

CASA-Trinity will also offer carefully programmed academic field trips throughout the semester to help its students connect with, and continue to reflect upon, Ireland's culture, history and heritage. Excursions will include tours of both historic and modern sites throughout Dublin, a theatre or music performance at a local venue, and day trips outside of Dublin.

Past programme excursions have included:

- Programme welcome lunch or dinner
- Academic Orientation excursions to Glasnevin Cemetery and Glendalough Monastic Site
- A play at one of Dublin's historic theatres
- Local group tours have included: Kilmainham Gaol, Dublin Castle, Malahide Castle and Gardens, Google Dublin, Dublin Writers' Museum, Henrietta Street Tenement Museum, Little Museum Dublin, National Museum Collins Barracks
- CASA drop-in lunches at Trinity's Forum café
- Ferry ride to Dun Laoghaire and Howth to explore Dublin's coast
- Day trip to Cork and Blarney Castle
- Day trip to Northern Ireland, including Black Taxi tour, Giants Causeway and the Dark Hedges

Please note that excursions are subject to group numbers, availability, and public health guidelines and may differ from the examples above.

Programme Resources

- [CASA Trinity Study Abroad Programme Presentation](#)
 - Pre-recorded CASA Programme webinar to introduce you to the programme
- [CASA Dublin website](#)
 - CASA-Trinity's programme website, with lots of handy resources and information
- [Study Abroad at Trinity website](#)
 - Study Abroad at Trinity's general website, including link to apply, Study Abroad Guide, Study Abroad Application Guide, Study Abroad Blog, and more.

Programme Staff

Your experience abroad at Trinity will be supported by CASA staff and events, as well as all of the resources and supports available to you through Trinity College Dublin. CASA staff at Trinity are:

Hannah Hopkins Kilgore is the CASA-Trinity Programme Director & Study Abroad Manager at Trinity. She directs the programme and has run the programme since its inception. Prior to her 6+ years at Trinity, she previously worked in Harvard College's Office of International Education as Assistant Director. She holds an M.Ed in Higher Education from Harvard's Graduate School of Education and an M.Phil in Medieval Language, Literature and Culture from Trinity College Dublin. She also serves as President of the Harvard Club of Ireland. You can reach Hannah at hkilgore@tcd.ie.

Emma Gottbrath is the CASA Programme Officer at Trinity. She serves as your main point of contact at Trinity and coordinates the CASA programme and its events and activities. Prior to working at Trinity, she has worked for two other study abroad programmes, including one in Dublin. She holds an MA in Education from University College Dublin. You can reach Emma at gottbrae@tcd.ie and once the programme begins, you'll be added to the CASA Programme WhatsApp group.

Heather Hodges is the Study Abroad Officer at Trinity. She usually works with the regular study abroad and exchange cohort, but you may meet her on some CASA programme events and excursions. She has also worked for another study abroad programme in Dublin and has experience accompanying CASA programme students on events and excursions. She holds an MPhil from Trinity College Dublin in English Language Teaching. She can be reached at study.abroad@tcd.ie.

When Emma is out of the office for any reason, Hannah and/or Heather will be your main points of contact at Trinity.

There are many other staff who will be a part of your Trinity experience. Please see Resources at Trinity section for more information. When in doubt, get in touch with Emma!

Applying to the Programme

Steps to Apply

Get to know the programme	<ul style="list-style-type: none"> • View CASA website • View pre-recorded webinar • View CASA Resource Flyer • Read Study Abroad Guide • Meet with your home university's study abroad advisor and apply to your home university for approval to study abroad by the relevant deadline
Prepare for Trinity Application	<p>Check in with your Home University Meet with your home university's study abroad advisor and concentration/major advisors as applicable to prepare for your study abroad application.</p> <p>Reference You will need one academic reference to apply to Trinity. Make sure you have requested their permission prior to completing the application so you can enter their email in the application to receive the auto-prompt to complete the recommendation once you have completed your application</p> <p>Review Areas of Study View Module Directory to get a sense of what modules are offered at Trinity: www.tcd.ie/study/non-eu/study-abroad/to-trinity/ModuleDirectory/ You will need to specify between 1 and 6 areas of study on your application, and those are the areas you will be able to take classes (modules) from on arrival. So even if you only need one class in an area, make sure to specify it on your application!</p>
Apply to Trinity	<p>During your application to Trinity, make sure to review the step-by-step How to Apply Guide that walks you through the application line by line.</p> <p><i>Note: make sure to use your home university email address when applying to Trinity!</i></p>
Finish Trinity Application	<p>Create and submit complete application by relevant deadlines</p> <p>April 15 for Autumn/Full Year</p> <p>October 15 for Spring semester</p>
Questions?	<p>Email the CASA Programme Officer Emma Gottbrae to schedule intro meeting if you have any questions: gottbrae@tcd.ie</p>

Preparing for the Programme

Programme Dates Autumn 2022

CASA-Trinity Programme Calendar Autumn 2022		
Month	Event	Dates
AUGUST <i>Lúnasa</i>	Arrivals to Dublin	Morning of Saturday 27 th August
	CASA-Trinity Orientation Programme	Saturday 27 th August – Saturday 3 rd September
SEPTEMBER <i>Meán Fomhair</i>	General Study Abroad Orientation & Module Enrolment week	Monday 5 th – Friday 9 th September
	Start of Teaching <i>Teaching begins for all except 1st year (JF) modules</i>	Monday, 12 th September
	Start of Teaching <i>Teaching begins for 1st year (JF) modules</i>	Monday, 26 th September
	Continued Teaching & Learning and Continued CASA events*	
OCTOBER <i>Deireadh Fomhair</i>	Reading Week <i>No teaching</i>	Monday 24 th – Friday 28 th October
	Continued Teaching & Learning and Continued CASA events*	
NOVEMBER <i>na Samhna</i>	Continued Teaching & Learning and Continued CASA events*	
DECEMBER <i>na Nollag</i>	Last date of Teaching Term	Friday 2 nd December
	Revision Week <i>No teaching, some assignments may be due</i>	Monday 5 th – Friday 9 th December
	Examinations/Assessments Week	Monday 12 th – Saturday 17 th December
	Continued Teaching & Learning and Continued CASA events*	
	Departures	Departures from Sunday 18 th December
<p style="text-align: center;">Programme calendar is subject to change – we will notify you if there are changes. *We will be scheduling CASA events throughout the semester so please wait to schedule any independent travel until we have sent you the programme calendar! The university calendar can be found on the Trinity College Dublin website here: https://www.tcd.ie/calendar/.</p>		

Programme Fees & Estimated Costs

CASA-Trinity Programme Estimated Costs Autumn 2022			
Expense Type	Expense	Cost	Cost Breakdown & Additional Information
Set Cost (billed to student by home university)	Programme Fee	Rate varies based on home university rate	Includes: onsite tuition and fees (including access to the Trinity Sports Centre), related academic programming and program sponsored excursions. It also covers the onsite orientation program, emergency travel assistance, and the services of the onsite program staff. <i>Please note: CASA will bill your home university based on the relevant rate, and then you will receive the bill directly from your home university</i>
Direct Student Cost (billed to student by housing)	Housing: Campus locations	Rate varies by location on campus: from	For full information, see: https://www.tcd.ie/accommodation/on-campus/ . The fees quoted here in the table are inclusive of the period prior to the normal tenancy period for the semester since CASA students will

		€3,647 to €5,016*	arrive earlier for CASA orientation. Full break down of rates here: https://www.tcd.ie/accommodation/assets/pdf/residential-charges.pdf . These figures are approximated and may vary slightly. The correct figure will show when you make your online payment.
Direct Student Costs (Set cost)	Immigration	€300 fee	Due at time of immigration appointment. Students from visa-required countries will need to pay additional fees to procure a visa prior to arrival in Ireland.
Direct Student Costs (variable depending on budget and lifestyle)	Setting up your housing	Approx. €200	Some housing locations offer kitchen and bedding packs for students, or students can opt to pick up items needed for housing locally in Dublin (e.g. bedding, kitchen items, etc.) For info on campus packs, please see: https://www.tcd.ie/accommodation/life-at-trinity/moving-in/
	Meals	Approx. €600 per month	Note that these costs will vary very widely depending on individual budgets and lifestyle. €150-200 per week is an approximate cost from previous students which includes a combination of groceries and eating out. (Note: Meal plans are not offered in Ireland or at Trinity, but there are several cafes and options for eating on campus: https://www.tcd.ie/accommodation/college-catering/) It is normal for university students to cook/prepare the majority of their food in Ireland rather than relying on eating out or meal plans. Please note that this costs just reflects meals and does not reflect entertainment.
	Transportation	Approx. €30-150 per month	€10 Euro to purchase Student Leap Card . Amount students spend on transportation varies widely from student to student, and has ranged from €10-40 per month. As you will be living on campus, you won't have commuting costs, and Dublin is very walkable and this varies quite a bit from student to student! Some may pay as little as 10-20 euro per month on transportation just to get around to other areas outside the city centre. <i>Please note the approximations do not include independent travel or transport.</i>
	Phone	Approx. €20 per month if using Irish plan	For Irish SIM plan, you can get a pay-as-you-go plan for 20 Euro per month. Some students have phone plans that do not permit using an international SIM, in which case an international addition to the current phone plan is required which would be more expensive but would be charged as usual via your home accounts/currency.
	Health Insurance	Varies	Varies based on private provider or home university plan. For more info ask your home university what they recommend/require for students studying abroad.
	Books, Materials & Printing	Approx. €150 total per semester	Note: university bookstores are not common in Europe. Most students use books from the library and buy only the occasional book as needed. Printing facilities available at TCD libraries.
	Laundry	€150-200 per semester	Can be between 6 and 9 Euro for each load of laundry, depending on your location.
	Clubs & Societies Fees	Approx. €20-30	Clubs and societies have a small registration fee to join (some as little as €1 Euro, some are €5), and the member cards often provide additional student discounts.
<i>Please note: there may be additional costs if COVID regulations change (e.g. COVID-related costs such as a PCR test prior to travel to and from Ireland, etc.)</i>			

Prior to Departure

Entry Visas

Some, but not all, non-EU/EEA students require an entry visa for Ireland. **For example, those with US or Canadian passports do not need an entry visa to enter Ireland.** Please refer to:

<http://www.inis.gov.ie/en/INIS/Pages/check-irish-visa> to check if you require a visa.

If you need an entry visa to enter Ireland, you should submit your visa application using the AVATS facility at: www.visas.inis.gov.ie. The application will only be processed when the online form is completed and the required documentation, passport photograph and appropriate fee are received by the relevant offices as indicated by the online system. Please refer to the links below for Visa Guidelines: www.inis.gov.ie/en/INIS/Pages/Students. When possible, you are encouraged to apply for a multiple-entry visa to allow for travel, and will otherwise require a re-entry visa in order to travel and return to Ireland. You should generally allow 8 weeks for processing time. You can check online for visa decisions using your visa application number at: www.inis.gov.ie/en/INIS/Pages/Visa%20Decisions. When your visa is approved, the Embassy to which you sent your documents will affix a visa to your passport.

Students who do not require an entry visa will need to bring the relevant documents with them to the airport (see 'Documents' below).

Please note: if you have an EU/EEA passport, you will need to enter the country with that passport to bypass the immigration process. Even if you are a dual citizen and enter the country with your US passport, for example, you would need to register with immigration.

Health Insurance

All non-EU students must have health insurance to cover any major medical care necessary during your stay in Ireland, and will be required to show proof of coverage and plan on arrival to Ireland and then again in their immigration appointment. Check with your current health insurance whether there is a plan that will cover you abroad, or check in with your home institution to see whether they recommend specific plans for their students studying abroad. If you wish to instead obtain insurance from one of the health insurance providers in Ireland, please visit: <https://www.tcd.ie/study/international/arriving-in-ireland/health-insurance/>.

Please note that, while all study abroad students will have access to use the [College Health Service](#) and [Student Counselling Services](#) during their study at Trinity, access to the Services does not replace health insurance. The Health Centre is located on campus in House 47 and offers primary health and psychiatric care, including physician consultations and emergency clinics. Most services are free, although some services can incur a small fee. Please see [Health and Safety Abroad section](#) for further information on this subject.

Medications

Make sure to plan ahead if you need medication while abroad! If you need to bring prescribed medication with you, please note that the maximum amount of imported medication permitted is a 3-month supply, which must be cleared through Customs by the Irish Medicines Board. Customs will only clear medication that is licensed for use in Ireland, so while you may be able to get your current prescription(s) in Ireland while you are here, it is important to check in advance and check whether you should bring medication with you or get a prescription while you are abroad. Plan ahead to ensure that you have a clear plan of treatment!

What to Pack

There are many helpful study abroad packing lists online, so definitely do a bit of research and check them out!

- Items to Remember
 - Important documents, medications (see above section titled Medications), glasses/contacts, laptop and charger, mobile phone and charger, adaptors for Irish outlets or a universal adaptor, etc. It is also good to have a small amount of Euros with you in case you need it on arrival or there is an issue with your card.
 - Tip: If you enjoy hiking, bring hiking boots! Most organised hiking trips with societies will require them for participation.
- Items Best Left at Home
 - Bedding and towels (they take up a lot of space and can be purchased inexpensively here), hairdryers and straighteners/curlers (they will be the wrong voltage, anyway!), toiletries (they take up space and can be purchased here!).
 - Some housing sites also offer kitchen and/or bedding packs, so do check those out as well.
- Weather
 - Make sure to also research average weather information to get an idea of what clothes to pack: www.met.ie/climate/monthly-data.asp?Num=532. The Irish climate is largely temperate and mild. Temperatures rarely drop below 0°C (32°F) in winter or rise higher than 25°C (77°F) in summer. It won't rain quite as much as the stereotype, and when it does, it is often light to medium showers with lots of changes in weather during the day. It is wise to make sure you have a good waterproof and windproof jacket and warm clothing for the winter months. However, there are many stores very close to Trinity and any items needed can be purchased here as well.

Trinity Student Registration

You will receive an invitation to register through your my.tcd.ie portal shortly before your arrival. You should complete the online registration process as soon as it is sent. To complete the registration process, all tasks up to and including the Terms and Conditions of Registration must be completed in full. On completion of online registration, your TCD email address, computer ID (username) and password will be provided via an in-tray message in the portal.

Please note:

- You should NOT be charged for tuition during the registration process, as you will be billed for the CASA Programme Fees by your home university. (Note that programme fees do not include housing, which is paid directly by the student in most cases.)
- Student Registration is different than Module Enrolment (process of signing up for modules, which is equivalent to class registration in the US) which will take place during orientation. But you cannot enrol in modules without first registering as a student!

Housing Form

Please make sure to fill out any forms needed for your housing. For example, you will need to complete an [Early Move-In Request Form](#), and some students may opt to order Bedding/Kitchen packs to rent items needed to get set up in your rooms. Info about both located here:

<https://www.tcd.ie/accommodation/life-at-trinity/moving-in/>

Documents

Prior to your departure, make printed copies of all important documents to bring with you: Trinity College Dublin Offer Letter, Registration information, Health Insurance coverage information, photocopy of your passport and bank cards in case of loss, etc.

You will be required to present the following documents at the airport, so please make sure to print them out and pack them all safely in your carry on (immigration occurs prior to baggage claim):

- Your valid passport (ensure that it is valid for 6 months after your scheduled return date)
- Your entry visa (only for visa-required students)
- Your Trinity College Dublin offer letter
- Confirmation of fees paid (at least deposit) or scholarship/grant/financial aid received
- Bank statement showing means to support your stay
- Proof of health insurance

Keep all these documents ready, as you will need them again when you register with INIS.

Arriving in Dublin

At the Airport: Immigration

All non-EU citizens, whether visa-required or not, are subject to ordinary immigration controls at the airport on arrival. The Immigration Officer on duty determines who is allowed to enter Ireland. If your documentation is in order, the officer will stamp your passport for one to three months. At the immigration desk, you will need to present the documents that you prepared before arrival.

Keep all these documents ready, as you will need them again when you register. All non-EU students must register with Immigration Service Delivery (ISD, formerly INIS) within the time limit stamped on the passport. We will go over this in detail during orientation and walk you through the process.

Please note: Any students with an EU or Irish passport must either enter the country with that passport or they will need to complete the non-EU immigration registration process, regardless of the passports they hold.

At the Airport: CASA-Trinity Arrivals

CASA-Trinity students arriving on the designated date will have group taxis organised to take you from the airport to your accommodation site. The Programme Officer will send you an arrivals form where you can fill in your arrival information for the CASA Programme to coordinate your arrivals and taxi groupings.

If for whatever reason you need to make alternate arrangements, please let us know, and you can find information as follows on travelling independently to Trinity from the Airport:

- Dublin Airport is approximately 10 km (7 miles) from the city centre and Trinity's campus. Transport options include:
 - The AirLink 747 is an express bus service operated by Dublin Bus. It stops opposite the Trinity entrance. The single fare is 6 Euro. The Airlink runs every 15 and 10 minutes daily, but only runs between 6am and midnight Monday-Saturday, and 7am and midnight on Sundays.
 - The Aircoach bus service (www.aircoach.ie) runs 24 hours a day and stops near Trinity College. The single fare is 7 Euro and buses depart from Dublin Airport every 15 minutes,

except between the hours of 23:55pm and 03:25am when they depart every 30 minutes (23:55pm, 00:25am, 00:55am, etc.)

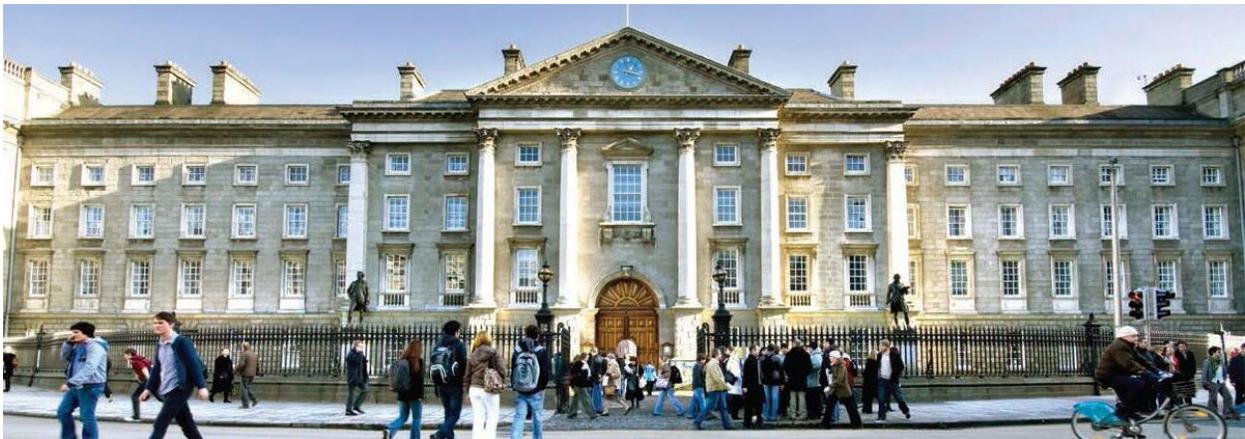
- Several Dublin Bus routes also run from the airport throughout the city and are less expensive (though more lengthy) options to get into the city centre. Further information at: <https://www.transportforireland.ie/timetables/>
- Taxis are metered and will cost approximately 25-30 Euro, with extra charges for each additional passenger and for carrying luggage. Taxis usually only take euros unless booked through FreeNow, the most widely used taxi app service.*

*We would not recommend using Uber. Although the app will work here, it is not commonly used and is therefore not as regulated or as quick as taxis.

Arriving at your Housing

Please check in with your housing location prior to departure to ensure that you are clear on the arrival dates and procedures, and make sure you have the relevant information and phone numbers saved for your arrival. If you arrive outside of business hours (9am-5pm Monday-Friday), you will need to let Accommodation know in advance so your keys will be waiting for you at Front Gate.

Information about Campus can be found here: <https://www.tcd.ie/accommodation/on-campus/>



Orientation

CASA Orientation

CASA students have a bespoke orientation that includes special orientation by the CASA-Trinity Programme Director, Programme Officer, and an academic orientation led by the School of Histories and Humanities designed to familiarise students with Trinity, Dublin and Ireland. In addition to these CASA-specific orientations, students also take part in regular orientation, which will include guidance on getting settled at Trinity, living in Dublin, immigration and banking, module enrolment, and more. CASA orientation schedule will be sent directly to students.

Study Abroad Orientation

General Trinity study abroad orientation events will be posted here:

<https://www.tcd.ie/students/orientation/visiting-exchange/>. During orientation, you'll receive information about getting set up at Trinity. Once you receive your Trinity email, make sure to check your Trinity email account regularly for official College communications. It is recommended that you check

your TCD email account regularly for official College communications. Some students find it easiest to forward their home university email to their Trinity email, or vice-versa. Lecture timetables will be available via the portal near term time. A digital student ID app is also available at: <https://mydigitalid.tcd.ie/>.

Signing Up for Classes

The process of signing up for classes (registering for modules), is called Module Enrolment at Trinity. When you apply for admission to Trinity, you note your areas of study based on your subject area preferences and will select modules you are interested in taking. Admissions offers include your acceptances to each area of study indicated on your application (between 1 and 6 areas of study), which you can then enrol in modules in on arrival.

Module Enrolment occurs after you arrive on campus and during orientation. In the meantime, view the Module Directory to find the most up-to-date list of modules. The Directory is updated over the summer as schools and departments finalise their offerings for the coming academic year: www.tcd.ie/study/non-eu/study-abroad/to-trinity/ModuleDirectory/. CASA staff will walk you through the process in detail during orientation when you arrive at Trinity.

Course Load

The standard course load for students studying abroad at Trinity is 30 ECTS (ECTS refers to the standard European Credit system.) Modules at Trinity are worth 5 or 10 ECTS, and therefore most students take between 3 and 6 modules. The minimum number of ECTS to be a full-time registered student at Trinity with access to Trinity resources is 20, but please make sure to check in with your home institution's study abroad office regarding their credit load policies and requirements to ensure that you earn a full semester or year of credit from Trinity.

Academic Adjustment

The CASA Programme is designed to provide as much academic advising as possible throughout your study abroad to help ease the transition to a new university in an entirely different educational system. Your orientation will include information on academic adjustment to help you adjust to the Irish system, and CASA staff available for advising appointments throughout the programme.

The academic system in Ireland is very different to the system in the US. Irish students apply to courses, not Colleges, based on their desired area of study (i.e., English, Political Science, Engineering, Biology), and are admitted to their courses only based on test scores. Students then take four years of courses (called 'modules' in Ireland) in only that subject with a handful of electives, as the emphasis is far more on depth of knowledge in that area than on general breadth provided by the liberal arts style. Additionally, the enrolment, assessment and marking processes are all very different at Trinity as well. Although these differences may feel uncomfortable at first, the Programme Director and Officer will help you with the transition. It is important to remember that, studying abroad means you are immersed in a completely different educational system, and while it may be a bit uncomfortable to study outside of your comfort zone, there are immense benefits to studying abroad and we will be here to support you throughout the process.

Immigration Registration

Regardless of whether you need a visa to enter Ireland, all non-EU students are required to register with immigration, called the Irish Naturalisation and Immigration Service (INIS) after you arrive in Ireland. We will provide detailed instructions about this during Orientation and support students through the process.

While Abroad

Academics

Academic Support

CASA staff provide all CASA students with one mandatory academic advising appointment at the start of term to help ensure that your module selection and course enrolment processes are as smooth as possible, and a further mandatory advising session halfway through term to check in. Students are able to request as many academic/student advising sessions as needed throughout the term.

Trinity provides all undergraduate students with academic support through [Student Learning & Development](#), an office that offers workshops and advising to help students adjust to Trinity's academics. Students should also reach out to their Professors, Schools/Departments, TAs, etc. with any module-specific questions or advising needs. Trinity's study abroad students also have access to academic support and advocacy through the Senior Tutor's Office. For more information, see the [Resources at Trinity section](#).

Changing your Enrolment

If you need to make changes to your enrolment after registration, please contact the programme staff as soon as possible. Please note that if you wish to withdraw from a module after the add/drop deadline, you will likely not be able to enrol in a different module instead. In the case of a withdrawal, after you have reached out to CASA programme staff, contact the [Academic Registry](#) at TCD, as well as your home institution. Please remember that your home institution cannot withdraw you from a module at Trinity. If requesting a change to enrolment after the add/drop period, you will need to make a formal request in writing to the Senior Tutor's Office at senior.tutor@tcd.ie in order for your request to be considered, and please keep CASA programme staff informed.

Assessment at Trinity

As of 2018-2019, Trinity has changed to a semester schedule from its historic three-term academic year. With this semesterisation comes more of an emphasis on continuous assessment and experiential learning. While Trinity has more continuous assessment than it did in the past, Trinity and other Irish universities have historically assessed students by one exam per module at the end of an academic year, which is very different from the US model of continuous assessment and therefore means that US students will still experience less continuous assessment than they would in the US context. Please note that all students are required to sit their relevant exams and assessments, and exceptions can only be made in cases of serious illness or bereavement. In such a case, the Senior Tutor's office needs to be contacted right away to provide more information about the case so it can be reviewed. Please see Academic Calendar section for departure dates and information.

Marking at Trinity

The following marking scheme applies in Trinity College Dublin. Make sure to discuss grading and credit transfer with your home institution prior to studying abroad. It is very important to note that first class honours are quite rare - but please note that your home institutions are familiar with the fact that marking schemes vary widely across the world! It is very important to remember that you are studying abroad in a different educational system and as a result, the grades you receive might be different from the marks you are used to at home. We will go over the marking system very carefully during Orientation, but please feel free to flag any questions you may have before your arrival, too.

Degree Classification	Grade	Percentage Range
First Class Honours	I	70-100%
Second Class Honours, First Division	II.1	60-69%

Second Class Honours, Second Division	II.2	50-59%
Third Class Honours	III	40-49%
Fail	F1	30-39%
	F2	Below 29%

Resources at Trinity

Trinity has many resources for its students across the College, including its study abroad students. Just a few of these resources include:

S2S Mentor

Every Trinity student is assigned a Student-to-Student (S2S) mentor who keeps in regular contact throughout the semester. As fellow students, they can give advice on relevant modules to take, how to make the most out of your time in college, and listen to any concerns you may have. They will give you your campus tour during orientation, and will be in touch throughout your time on campus. You can reach out to them with any questions you may have about your academic or social life at Trinity:

www.tcd.ie/Student_Counselling/student2student/.

Global Room and Global Room Ambassadors

Trinity's Global Room is a hub for international student activities and provides a space which fosters and encourages greater interaction between international students and the rest of the student body. The Global Room is run by Global Room Ambassadors who are current or recently graduated students who can answer many practical day-to-day questions about being an international student at Trinity. From its popular events like American Thanksgiving, Chinese New Year, and Puppy Day during exam times, to its screens with over 300 international TV channels, the Global Room is a great home away from home for international students at Trinity. The Global Room also runs a programme called New 2 Dublin, which helps international students settle into life in Dublin: <https://www.tcd.ie/study/international/trinity-life/global-room/>.

Global Officers

Some departments in Trinity College have a Global Officer – an academic staff member dedicated to international students within their school. Global Officers assist with module selection, organise social events and act as points of contact for all international students:

<https://www.tcd.ie/globalrelations/about/>.

Student Counselling Services

The Student Counselling Service is a confidential, professional service available free of charge to every Trinity student. It offers help in coping with any personal or emotional problems and offers learning support and development aids. Appointments should be made directly with the Counselling Service. The Counselling Services runs a course 'Feeling @ Home in TCD' which is aimed particularly at international students. www.tcd.ie/student_counselling. They can also refer you to private practitioners should that be your preference. International SOS, your insurance company, also offers a series of free counselling sessions. See Health and Safety Abroad section for further details.

Disability Service

The Student Disability Service is the support service for students with disability or special learning difficulties. Students requiring support from Trinity due to the impact of their disability or specific learning difficulty are advised to contact the Service as early as possible to explore what supports can be provided. To find out more, contact the Disability Office here: www.tcd.ie/disability/ and complete the form for incoming international student requests on your my.tcd.ie portal once you arrive at Trinity.

Please Note: University policies vary country to country, so while we work with every student to accommodate them as best we can, we may not be able to provide exactly the same accommodations as at your home university (i.e. Irish vs US laws on extended time for student exams).

Students' Union

Every registered student at Trinity College is automatically a member of the Students' Union (SU). The Students' Union is a representative body with five full-time student sabbatical officers and several part-time officers, who look after the educational and welfare needs of Trinity's student population, as well as organising entertainment and events. The SU is based in House 6 in Trinity's Front Square, where it runs an office with up-to-date accommodation and employment advice and listings. Within the building you will find the Students' Union offices, a newsagent (that stocks sweets, sandwiches, fruit, drinks, basic groceries and the cheapest newspapers in the city) and the Students' Union Bookshop Co-op. Faxing and photocopying facilities are available, and the Student Travelcard can be purchased here. There is also a Students' Union shop in the Hamilton Building and in Goldsmith Hall. The SU is a great source of information about College life, the services available to you, life in Dublin, and so much more: www.tcdsu.org.

College Health Service

All full-time registered students are eligible to use the College Health Service throughout the year. The service offers on-campus primary health and psychiatric care. Students can also avail of specialised clinics in physiotherapy, sexual health care, eating disorders, minor surgery, vaccinations and blood tests. Students can also attend DUBDOC, an out-of-hours emergency general practitioner service in St. James's Hospital or the Contactors Medical Bureau who will send a doctor on request. All services are provided either for free or for a heavily discounted rate to students. For more information, see: www.tcd.ie/CollegeHealth/. See [Health Insurance section](#) under *Preparing for your Departure for insurance and coverage information*.

Senior Tutor's Office

Study Abroad students have access to the Senior Tutor's Office for any academic advocacy (we will go over in detail during orientation when students need to reach out to the Senior Tutor's Office): www.tcd.ie/Senior_Tutor/.

Student Life at Trinity

Campus

Trinity's campus is alive with its 425 years of history. From two of the oldest student debating societies in the world, to ancient campus traditions, students love learning about their new campus home. With a campus located directly in the heart of one of Europe's most vibrant cities, Trinity is unique in how intertwined its student life is with Dublin city. On many occasions throughout the year, the campus floods into the city, and the city atmosphere extends into the campus. With Ireland's three most prolific theatres within a 10 minute walk from campus and the country's two biggest stadiums less than a 30 minute walk, students can experience the culture of the city just steps away from Trinity's front gate.

Trinity is well-known for its active student life. At Trinity, education is not confined to the classroom. Our students passionately engage in creative, entrepreneurial and charitable pursuits within the University and throughout Dublin. Trinity brings together a diverse, curious and supportive community and culture. With 17,000 students from 122 countries, Trinity offers a multicultural environment and student experience.

More than merely a component of student life in Trinity, clubs and societies define the social life on campus. Many Irish students go home to their families on the weekends, so mid-week events are essential to meeting other students and living like a local! At Trinity, involvement in student organisations is not just a hobby; it plays an integral part in our educational ethos and allows students to engage in all of their interests. Trinity's clubs, societies and sports clubs are known for being very welcoming, even if you will only be here for a semester. Make sure to sign up for clubs, societies and sports during your Orientation!

Clubs and Societies

Trinity's extracurricular life features over 200 societies, sports clubs and publications, including 'The Phil' and 'the Hist' – the oldest debating societies in the world! If you have a particular skill or passion, they are a great way to meet like-minded people, and even if you don't, it's the perfect opportunity to learn something new.

You can turn up at any student society meeting and be sure of a warm welcome. While some societies are free there is usually a small joining fee, anything from €1 to €10 for the bigger sports clubs. You can meet society reps and sign up in Front Square during Freshers' Week. Full details of all the societies can be found on the Central Societies Committee website: www.trinitysocieties.ie.

Sport

Sport plays an important role in the University, promoting health and physical activity as well as intercultural dialogue. There are 49 sports clubs in Trinity College, so no matter what your sporting preference you will find a club in Trinity to suit you. Or you may like to try something new like rugby or Gaelic games! All of Trinity's sports clubs are welcoming.

All students have automatic access to our sports facilities, including multiple playing pitches, a boathouse on the River Liffey two miles from campus, and a state-of-the-art Sports Centre, which includes: a fitness theatre, a 25 metre swimming pool, an 11 metre high climbing wall, fitness classes and cycling studios. All you need to do is go to the reception desk at the Sports Centre once you have your Trinity ID to activate your membership at: www.tcd.ie/sport.

Volunteering

Trinity prides itself on giving back to Dublin city and has numerous volunteering opportunities for students to get involved in. Comprised of ten different campus groups, Trinity Volunteering is an umbrella student initiative that run volunteering events on campus and in Dublin city.

We encourage all visiting students to engage in volunteering to give back to their adopted city. Through student organisations such as Trinity VDP (Vincent de Paul), DU Amnesty, Trinity FLAC, the Trinity Cancer Society, Bridge 21, MOVE, Trinity Enactus and the Voluntary Tuition Programme, you will find a volunteering opportunity to suit your skills and interests. To find out more information on Trinity Volunteering projects, see: <https://www.tcd.ie/Community/students/volunteering/campus/forum.php>.

Please Note: CASA-Trinity strongly recommends that you prioritise your participation in Clubs, Societies, Sports and Volunteering. Getting involved in campus life is the single best way to meet full-degree Trinity students. They often meet on weekends, so please endeavour to balance any weekend travel you plan around your Clubs and Societies events! *Tip: CASA students who prioritise attending clubs and societies meetings rate their student experience at Trinity higher than those who do not.*

Living in Dublin

Bank Accounts

Study abroad students are welcome to open an Irish bank account while abroad, but are not required to. We will provide detailed information about opening a bank account during orientation in case you are interested. If using a non-Irish bank, be sure to familiarise yourself with your bank's policies on ATM fees and foreign transactions, and always notify your home bank of your study abroad and any additional travel.

Cost of Living

The cost of living varies widely depending on student budget. Under Budget and Sample Student Budget on the Orientation site, you can find a helpful sample student budget which will give you an idea of cost of living in Dublin (click 'Sample Budget' link under Budget section of the page):

<http://www.tcd.ie/students/orientation/twelve-weeks/week-9.php>.

Phone

Students can either buy an Irish SIM chip with a pay as you go plan (usually 20 Euro per month with unlimited data) or pay their current phone plan for an international plan so they are contactable in Ireland. An Irish plan is usually more cost-effective, but check with your phone company whether they permit other SIMs to be used in the phone. There is also the option to buy a cheap temporary phone to use while abroad. Make sure to keep your home institution and Trinity informed of your new contact numbers, if applicable. Unlimited data is included in many of the 20 Euro/month plans and is very handy for calling friends and family at home via WhatsApp/Facetime/Zoom, etc.

Your Trinity Email

Once you have completed online registration for Trinity at my.tcd.ie, you will receive an intray message with your Trinity computer account username and initial password. The intray message will outline the steps for how to set up your own password, a step which you must complete before you can access your Trinity email account. Remember to check your Trinity email, as all important Trinity communications will be directed to your Trinity email account. If it is easier for you, you can either temporarily forward your Trinity email to your home university email address or vice versa.

Connecting to the Network

After you have set up your Trinity password, you should visit the IT Services web pages for new students at www.tcd.ie/itservices/students/new_students.php for information on how to get started with your Trinity email account, where to find the computer rooms, how to connect your device to the Trinity Wi-Fi or wired network in residences, and how to use other services such as the printing, scanning and photocopying service. If you have a query about the IT services in Trinity or have encountered a problem, please contact the IT Service Desk as outlined at www.tcd.ie/itservices/help/it-service-desk-contact.php. The IT Services department is responsible for the provision and support of computer systems, networking, and audio-visual and media services in Trinity College.

Library Access

Once you have received your student ID card, you will have access to the Library. Trinity College Dublin's Library is the largest library in Ireland and dates back to the establishment of the College in 1592. Today it has over 6 million printed volumes with extensive collections of journals, manuscripts, maps and music reflecting over 400 years of academic development. It has been a Legal Deposit library since 1801 and receives a copy of every publication published in the UK and Ireland. Many of the library's items are located in remote stacks and can be accessed via request in person or online. The Library includes: The Berkeley/Lecky/Ussher Libraries (known as the BLU), the Hamilton Library (the STEM subject library), the Early Printed Books and Special Collections, and the Manuscripts and Archives Research Library, which

includes Trinity's famous Book of Kells Exhibition, which you can enter for free with up to two guests with your Trinity ID. For more information, see: www.tcd.ie/library.

Employment

Single semester study abroad students are not permitted to seek employment. Students who are studying at Trinity for a full academic year are entitled to work for 20 hours per week during term time, and 40 hours per week during the winter and summer holidays. Further information available at: www.icosirl.ie/eng/student_information/working_in_ireland.html. Students wishing to pursue unpaid employment are welcome to reach out to companies regarding unpaid internships. Contact the Programme Director with any questions about employment in Dublin.

Transportation in Dublin

Student Leap Card (also known as Student Travelcard)	For discounted travel within Ireland, you will need to get a Student Leap Card, the National Student Travel and Discount Card. It is a reusable smartcard that can be used instead of paper tickets to pay for transport in Dublin. This is the only card accepted by Irish Rail, Dublin Bus, Bus Eireann and LUAS (tram) for student fares. It is also a discount card for hundreds of goods and services nationwide. The Student Travelcard is accepted as authentic proof of student status, allowing you to book a student flight to anywhere in the world. Once you have your Trinity ID card, you can get a Student Travelcard for 10 Euro. The application form will be available in the Students' Union in House 6 and sign-up tables will be in the Arts Block during Orientation week. Student Leap Cards and regular Leap Cards can be 'topped up' (phrase for adding credit) in most newsagents, and at Dart and Luas stations. Further information can be found at: www.studenttravelcard.ie .
Dublin Bus	Dublin has an extensive bus route network. If you need to take the bus, it is best to familiarise yourself with the routes and fares in advance so you know what stop or fare to request when getting on the bus. Please note that if you don't have a leapcard or rambler ticket, you must have exact change, as the bus driver will not give change back. Students can buy 'rambler' tickets from the SU shop that allows you to buy a ticket in advance for a set amount of days. For further information on routes and timetables please see www.dublinbus.ie .
Nitelink	Dublin Bus operates a night service called Nitelink which runs from the city centre to the suburbs. The Nitelink fare is €6. The Nitelink buses are a cheap and safe alternative to taxis. For further information on routes and timetables, please see: www.dublinbus.ie/en/Your-Journey1/Timetables/Nitelink-Services .
Luas	The Luas (Irish for 'speed'), is a tram/light rail system. There are two lines, the Red and Green, which connect the suburbs and intersect in the city centre. The Luas cross-city connection between the two lines has a stop right outside Trinity's front gates. See www.luas.ie .
DublinBikes	Dublin has a popular and growing bike-sharing scheme, allowing you to collect a bike from any DublinBikes stand and return it to any other stand. They offer annual memberships at very low cost. More information is available here: www.dublinbikes.ie . Please note that if you choose to bike in Dublin, remember to be safe and vigilant: always be careful to wear a bike helmet, be cautious when crossing Luas tracks and remember that the traffic drives on the other side of the road from the US.
DART	The DART train (Dublin Area Rapid Transit) is a commuter rail that runs along the coast from Howth and Malahide in the north to Greystones in the south. The main DART stations close to Trinity are Tara Street Station and Pearse Station. For timetables please see www.irishrail.ie .
Iarnród Éireann (Irish Rail)	Irish Rail operates train services to Irish cities from two train stations in Dublin: Heuston Station and Connolly Station, both of which are located in the city centre. For timetables please see www.irishrail.ie .
Bus Eireann	Bus Eireann is the Irish bus system with a nationwide network connecting all major Irish cities. It also provides linking services from major cities to smaller towns or villages. Buses leave and arrive in Dublin at Busaras (Central Bus Station), which is close to Connolly Station. For further information please see: www.buseireann.ie .

Bus Tours	The main tourist office in Dublin can provide information about coach tour providers in Ireland. The tourist office is located on Suffolk Street. Or visit: www.visitdublin.com .
Taxis	Taxis are located everywhere in Dublin and very easy to access. You can hail taxis in person, but need cash for the trip. There are taxi stands conveniently located throughout the city centre. Or you can use the app FREENOW to hail and pay through the app. https://www.free-now.com/ie/

Being You in Dublin

At Trinity College Dublin, our commitment to diversity and inclusion is at the heart of our institutional mission. We are committed to creating an inclusive, diverse and pluralist college community and a positive environment in which all can participate, and all are recognized fully for their contributions. We are committed on all equality grounds to protecting staff and students from discrimination and to ensuring that diversity is promoted and celebrated. Trinity’s commitments to Equality and its Diversity and Inclusion Strategy particularly focus on the following themes: Age, Disability, Ethnicity/Nationality, Family and Relationships, Gender, Religion, Sexual Orientation, Socio-economic Background, Traveller Community.

On Trinity’s campus, you will find many resources. From the LGBT society ‘Q Soc’, to International Students Society ‘DUISS’, Mature Students Society, Muslim Students Association, the Global Room, and many more, Trinity’s campus is one dedicated to making you feel at home, no matter your background.

Dublin is Ireland’s capital city, known for its growing diversity and its large proportion of young people. In 2015, Ireland famously became the first country to approve same-sex marriage by popular vote, and is currently very active in political activism, including on issues such as Brexit’s impact on Ireland, Women’s Healthcare, funding for Education, and more. Since 2015, Ireland is consistently named in the top LGBTQ+ countries for study abroad. For example, read Amirah’s blog about her take on activism at Trinity and in Dublin: <https://tcdglobal.wordpress.com/2017/11/13/the-spirit-of-dublin-is-on-fire/>.

We recognise that studying abroad in a new country can present unique challenges and opportunities. We want all of our students to be supported while abroad, so please reach out to the programme staff to speak with them, if you’re comfortable, regarding anything that is on your mind, or for them to refer you on to additional resources, of which there are many throughout CASA, Trinity and Dublin.

Health and Safety Abroad

CASA students will have access to CASA Programme Staff, who can assist and help connect them to resources throughout the duration of the programme as well as in case of emergency. They will be added to a WhatsApp group so that they can easily communicate with CASA Programme Staff both directly as well as in the larger group.

International SOS

All CASA students have access [International SOS](#) through Brown University (if you don’t have access to it through your home university.) International SOS provides all Brown University travellers (including CASA-Trinity students) with 24 hour worldwide medical and travel assistance. Before you travel, we encourage you to familiarize yourself with the benefits of registering your trip with International SOS. You may need to enter Brown University’s International SOS membership number to [enter the site](#). The membership number is **11BSGC000031**.

ISOS has experts on hand 24/7 who can assist you with all kinds of queries – from safety abroad, to planning ahead re- what kind of medical assistance you can receive abroad and what medications are available in Ireland, to health queries, free counselling sessions, and more. They can even refer you to

doctors and counselling appointments in Dublin and can pre-book and pre-pay for the appointments. They can provide you with counselling services on the spot or refer you to appointments on-site in Dublin. In case of an emergency, they can call you an ambulance and ensure that all billing/payment coordination is directed to ISOS, not to you. **Note:** *There is also an App where you can reach out for 24/7 Live Support Help when needed:* <https://www.internationalsos.com/subscriber/assistance-app>.

On Arrival

- Ensure that you have familiarised yourself with the resources available through ISOS: <https://www.brown.edu/campus-life/safety/resources/international-sos>
- Make sure to save the following numbers in your phone:
 - ISOS: +1 215 942 8226
 - An In Case of Emergency number
 - The Programme Staff’s contact information, which will be shared before arrival
- Please be very cautious when crossing streets in Dublin and around Trinity. The traffic is on the other side of the road, and includes bikes, trams, buses and cars, so please be careful and always look both ways.

In Case of Emergency

Type of Health and Safety Contacts	Description	If dialling from US number	If dialling from Irish number
Irish Emergency Services	You should always call 999 if someone is seriously ill or injured, or their life is at risk	112 OR 999	112 OR 999
ISOS 24 Hour Assistance*	Recommended that you call ISOS for assistance with all medical and emergency assistance questions. They have a team of experts available 24/7.	+1 215 942 8226	00 1 215 942 8226
On Campus Emergencies	Any emergency on Trinity’s campus	+353 1 896 1999	01 896 1999
Student Counselling Emergencies	Trinity Student Counselling Emergency Number (note: you can also call ISOS in this case)	+353 1 896 1407	01 896 1407
Non-urgent Trinity Health Services	Trinity Student Health Services number (note: you can also call ISOS in this case)	+ 353 1 8961591 or + 353 1 8961556	01 896 1591 Or 01 896 1556
Out of hours Trinity Health Services resource	Trinity Student Health DUBDOC out of hours service number (note: you can also call ISOS in this case)	+353 1 454 5607	01 454 5607
<i>Please keep CASA Programme Staff informed of all health, safety and emergency issues while you are abroad, and they are happy to assist however possible, but note that ISOS has access to health and emergency professionals on demand 24/7 so should be your first call in case of emergency.</i>			

*ISOS should be your first call at +1 215 942 8226 as they have trained medical and health professionals on hand 24/7 (unless you need to call 999 or 112 in case of serious illness or injury, or life is at risk). Make sure to note that you are part of the CASA Programme at Trinity and covered under Brown University’s plan. (Brown are the coordinating US institution of the programme.) ISOS can schedule health appointments of all kinds locally in Dublin. They can also call an ambulance on your behalf and make sure it goes to the correct location, and prepay any fees or waive fees that are incurred so you do

not have to coordinate insurance information until after the issue is resolved. Make sure to also keep the Programme Director informed of any issues (emergency or otherwise) so she can provide the necessary programme support, advising, and connect you with any relevant resources.

Trinity Emergency Resources

- Health Service
 - General information about Trinity's Health Service can be found in the [Resources at Trinity section](#)
 - The Health Service offers **emergency** appointments during business hours. Initial consultations are by phone. During this consultation you will be assessed for further care. Phone numbers are 01-896 1591 or 01- 896 8555 or 01-896 1556
 - If you need assistance outside of business hours, you can find information here about services out of hours: <https://www.tcd.ie/collegehealth/service/out-hours.php>
- Student counselling
 - General information about Trinity's Student Counselling Service can be found in the [Resources at Trinity section](#)
 - In the event of an emergency that cannot wait, the Student Counselling Service has an emergency slot available from 3.00pm to 4.00pm every day. Students are asked to use this time for emergencies only and to book the slot in advance during the morning by calling +353 1 896 1407 (01 896 1407 if dialling from an Irish number). https://www.tcd.ie/Student_Counselling/contact/emergencies/
 - **Please also see the Student Counselling After Hours Resource List:** https://www.tcd.ie/Student_Counselling/support-services/after-hours/

Resources outside Trinity

If you would like to see a health professional in Dublin outside of Trinity's Health Centre, there are many drop-in clinics in Dublin city centre where you can be seen the same day for urgent concerns, or make an appointment for less urgent concerns. These private options are more expensive than Trinity options, but more affordable than US healthcare services, and can often offer same-day bookable appointments (most services within Counselling and Health are free or nearly free, but can have longer wait times.)

- Walk-in Clinics
 - <http://damestreetmedical.ie>
 - <https://www.nassau.ie>
- Private mental health provider recommended by College Health Service:
 - <https://mindandbodyworks.com/>

Remember – you can also call ISOS for referrals to private care in Dublin, too.

Protocol and Resources for non-Emergency Health/Mental Health Care

If you are experiencing a non-urgent health issue, you have a few different options:

- Schedule a Trinity appointment in advance with [Trinity's Health Centre](#) or [Counselling Services](#), or with a private physician if you so choose (sometimes there can be longer wait times for the Trinity services).
- You can also call ISOS at +1 215 942 8226. They can schedule health appointments of all kinds with practitioners throughout the city and waive fees in advance.

- If you need an appointment that is last-minute and outside of office hours, there are walk-in clinics all around the city, including one on Dame Street near to Trinity. You can go in day-of without an appointment and get seen the same day.
- Keep Programme Director informed of any major issues.

Safety

Ireland is in the top ten for safest countries, according to the Global Peace Index 2021. It is also known for being one of the most welcoming and friendly countries. Although it is a very safe place to live, it is important to remember that, as in any city, you should be vigilant and take normal precautions. Avoid leaving your bag open while walking down the street, don't leave your things unattended in a shop or at the library, don't walk home alone late at night, be careful with your phone and trust your instincts. When in doubt, ask the CASA staff and play it safe!

If you do need to contact emergency services:

- If you need to report an emergency (including: a danger to life, risk of serious injury, crime in progress or about to happen, offender still at scene or has just left), call 999 or 112 to contact the Garda, Ireland's National Police Service.
- If you experience an emergency on campus, you can contact the 24- Security Centre at + 353 1 896 1317 or the emergency number is +353 1 896 1999 (01 896 1999 if dialling from an Irish number).
- Call ISOS for health emergencies, referrals to Doctors' offices and waived fees in advance. (Or, if required, call them afterwards for assistance with follow up.)
- Please also reach out to the Programme Staff and keep them informed about all health and safety issues!

Home University Contact

In case of emergency, your first point of contact is ISOS and/or local health resources, and then CASA Programme Staff. However, please make sure to contact your home university as well to keep them in the loop, and make sure you are informed about their contact details.

Please also make sure to monitor your home university email while abroad to keep track of any updates that come through on your home university side. Keep in close contact with them about any relevant credit pre-approvals and transfer processes to ensure you can earn a full semester of transfer credit while abroad.