

Study Abroad in Dublin

PROGRAM HANDBOOK 2018



LEARNING ABROAD CENTER

UNIVERSITY OF MINNESOTA

Important Names & Addresses

In the United States

University of Minnesota Learning Abroad Center
230 Heller Hall
271 19th Ave. S.
Minneapolis, MN 55455-0430
Phone: 612.626.9000
Fax: 612.626.8009
Toll Free: 888.700.UOFM
Email: UMabroad@umn.edu
Website: UMabroad.umn.edu

Contact Prior to Departure

Josie Kahlenbeck, Enrollment Specialist
Phone: 612.626.4523
Email: kahle048@umn.edu

Jessica Hartnett, Associate Program Director
Phone: 612.626.6380
Email: hart0581@umn.edu

Christine Anderson, Academic Director
Phone: 612.625.2311
Email: ander590@umn.edu

Emergencies

In case of a serious emergency, contact the Learning Abroad Center at 612.626.9000. If it is after business hours, a recording will give you a number to call. The Learning Abroad Center has someone on call for emergencies and can contact the on-site administrators if needed. Once overseas, you should contact your in-country program staff.

In Ireland

Note: Please direct pre-departure questions to the Learning Abroad Center, not to the on-site staff.

Rianta Ireland
Fumbally Exchange, 5 Dame Lane
Dublin 2, Ireland
Phone: 353.872.460.157
Emergency Phone: 353.872.460.157

Telephone Codes

US exit code: 011

Ireland country code: 353

How to call Ireland from the US: 011+353+phone number

Time Differences

Ireland is 6 hours ahead of Minneapolis.

Program Health & Safety

Program health and safety information is available at global.umn.edu/gosafe/index.html.



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Introduction

Purpose of This Handbook

Before you leave the country, make sure that you have read and understood the information in your Confirmation Checklist, the Health & Safety Online Orientation (available in your confirmation checklist), and the information outlined in this handbook. These materials will guide you on a safe and successful learning abroad experience.

Valuable resources for your friends and family members can be found at [UMabroad.umn.edu/parents](https://umabroad.umn.edu/parents). It discusses topics such as health and safety, program prices, logistics, and travel.

Overview of the Program

Overview

The Study Abroad in Dublin program provides you with a unique opportunity to experience Irish culture firsthand. Whether you are taking classes alongside other study abroad students, or enrolling in a local university, the support of the Dublin staff will enable you to take full advantage of your semester abroad and venture out on your own to experience all that Dublin has to offer.

Ireland, however, is not like the US, and you shouldn't expect everything to be the same as it is here. You may have traveled there before, or you may have an idea of what it is like, but it is important for you to read the enclosed information carefully to prepare you for your time abroad. Studying abroad is much different than traveling abroad, and we want to make sure you are prepared.

The following information is intended to help prepare you for your upcoming experience by acquainting you with certain customs and aspects of life in Ireland and Dublin, which may not be familiar to you. It also addresses academic issues including the academic program, internship placements, and considerations at your home institution in the US.

Take this guide with you. It offers you an overview on certain topics but is not comprehensive; you are encouraged to read other information in preparation for your stay. You may also want to check your local libraries for additional information. The better prepared you are, the more quickly you will adjust and function effectively in Irish society.

Study abroad requires independence and individual initiative. To encourage and guide you, the University of Minnesota Learning Abroad Center (LAC) provides a full range of services such as preliminary program advising, travel help, and assistance with re-entry. Do not hesitate to contact the LAC or your local institutional study abroad adviser with any questions you may have.

Preparation & Planning

Documents

Passport

A passport is required to enter Ireland. If you don't have a passport, you should apply for one right away. Passports can take 4–6 weeks to process, so it's important to begin this process early. More information is available at [UMabroad.umn.edu/students/travel/passports](https://umabroad.umn.edu/students/travel/passports).

Embassy Contact Information

Always keep your passport in a safe place. If your passport is lost or stolen, contact the local police, the American Consulate or Embassy, and the on-site staff. To identify the consulate or embassy nearest you, consult usembassy.gov.

Visa/Immigration Documents

If you are traveling on a US passport, there is no visa required to study in Ireland. You will need to pack your acceptance letter with you in your carry-on luggage. You will be asked for that when you land in Ireland. Shortly after you arrive, you will meet with the immigration authorities to apply for a residence permit. The staff in Dublin will help you with this appointment. More information can be found here: [UMabroad.umn.edu/programs/europe/study-abroad-in-dublin/apply/visa](https://umabroad.umn.edu/programs/europe/study-abroad-in-dublin/apply/visa)

Non-US Passport Holders

Students who are not traveling under a US passport may have to follow different visa procedures in order to enter Ireland. Contact the adviser for your program for assistance in determining the correct visa process.

Power of Attorney

We encourage you to consider designating someone as your Power of Attorney while you are abroad. Your Power of Attorney can act as your legal representative in a number of situations, including banking and tax issues. For more information, review the information at [UMabroad.umn.edu/students/policies/finances/powerofattorney](https://umabroad.umn.edu/students/policies/finances/powerofattorney).

Safekeeping Important Documents

Copy all of your important documents and store the copies separately from the originals. Leave an additional copy with someone in the US and keep an electronic copy in a secure location.

Coordinated Group Flight

Purpose & Benefits of Village Travel

The LAC arranges an optional coordinated flight in consultation with Village Travel, a local travel agency. This flight confirms the official arrival date and time. The program staff will meet this flight at the airport. Village

Travel will contact you directly when this information is available. Information, booking, and payment are handled directly by Village Travel. Consult Village Travel's website for information on the coordinated flight: villageinc.com.

The coordinated flight cost is designed to be competitive, but priority is placed on services such as routing, ticketing flexibility, and the ability to make group reservations and reserve specific travel dates. Travel can be arranged from any location in the US or internationally and every attempt will be made to connect with the coordinated flight. While you are not required to choose this group flight, it is designed to offer travel in the comfort of other participants in the program.

If you make your own flight arrangements, select a round-trip flight that has a flexible return date, since most students change their return date. Flying standby is not allowed.

If you are not taking the coordinated flight, you are required to provide the LAC with a copy of your flight and train (if applicable) information by the date requested.

Arriving Early

If you plan to arrive in Ireland before the official start date, you will need to find your own accommodations for those extra days. You will also need to make your way to the program housing on the program start date. More information will be sent to you via email.

Staying After the Program

Program housing will only be available until the last day of the program, so if you would like to extend your stay in Ireland, you will need to find your own accommodations.

Round-Trip Airline Tickets

Round-trip tickets are the best option, since many countries require travelers to purchase a round-trip ticket as part of the visa process. In addition, one-way tickets can be expensive, and it is extremely difficult to find a return flight to the US.

Packing

Packing Principles

Dublin lacks extreme temperatures, so you can expect cool summers and mild winters. Rainfall is evenly distributed throughout the year, and you can generally expect some rain on most days. However, because of Dublin's position, it receives about half the rainfall of the west coast.

Buildings may not always be heated the way that you are used to in the US, so it is important to pack layers. While mid-40s in the winter sounds mild, the wet cold is persistent, and layers will be important. Because of the rain, waterproof shoes, a good rain jacket, and a sturdy umbrella are necessities in Dublin.

Apartments have a washer and dryer combination, but the dryer doesn't work quite like those in the US. You may have to hang dry a lot of your clothes, so keep this in mind

when you are packing. We recommend bringing clothes that will air dry easily and are wrinkle-free and generally low maintenance.

Electricity is different in Europe than in the US. The actual outlets are different, as is the voltage. If you plan to bring a computer, cell phone, or camera, most of those will have electricity converters already in the charger. You will, however, need to bring an adapter for the different outlets in Ireland. You can purchase both adapters and converters at places like Target before you depart. If you plan to use a small appliance that would require an electricity converter (such as a hair dryer, straightener, electric razor, etc.), we recommend you purchase the appliance in Ireland instead of bringing one from the US.

If you plan to participate in an internship, bring a few nice outfits that you can wear to the office and the interview. There is no need to bring a suit, but some nice pants and shirts, blouses, and/or dresses will be appropriate.

Students taking the *Performance* class on the Study Center track will need some all-black outfits that allow for free movement for this course.

Important Policies

Policies of the University of Minnesota and the Learning Abroad Center exist primarily for the protection and safety of LAC study abroad participants. The LAC expects all participants to read, understand, and adhere to the University of Minnesota and LAC policies, guidelines, and contractual documents. These include academic policies, finance and cancellation policies, health and safety policies, and student rights and responsibilities: UMabroad.umn.edu/students/policies.

FERPA

Under Federal Family Education Rights and Privacy Act of 1974 (FERPA), Minnesota Government Data Practices Act, and University policy, college students are considered responsible adults and are allowed to determine who will receive information about them. As a result, the LAC does not share academic, personal, or financial information with a third party (including parents, spouse, guardians, etc.) without the student's written permission. As part of their application, all students designate two emergency contacts who will receive information only in the case of an emergency.

Official Communications

Your UofM email address is the official means of communication. LAC messages will be sent to your UofM email address.

Health, Wellness, & Safety

Health

Health Information Form

The purpose of the form is to help the University of Minnesota Learning Abroad Center (LAC) to assist you in preparing for your time abroad. It is critical to disclose fully any health conditions or accommodation needs you may have on the LAC's Health Information Form. If your condition changes after completing this form or you realize you forgot to fully disclose anything, contact the LAC and provide the updated information as soon as possible.

Timely disclosure allows the LAC to support your overseas experience effectively. The information provided will remain confidential and will be shared with program staff, faculty, or appropriate professionals only as pertinent to your own well-being.

For more information, visit: UMabroad.umn.edu/students/healthsafety/healthinfo.

Mandatory Health & Safety Online Orientation

The mandatory Learning Abroad Center Health & Safety Online Orientation contains important information on health precautions, taking prescriptions overseas, and the mandatory insurance policy in which you will be enrolled as a program participant. Refer to your online acceptance checklist for the link to this orientation information and contact the LAC with questions.

Health Insurance

US Health Insurance

All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad.

The travel, health, and security insurance coverage through CISI is specifically exempt from the requirements of the Affordable Care Act (ACA) and was not intended to and does not satisfy a person's obligation to secure minimum essential coverage beginning in 2014 under the ACA. The University encourages travelers to consult with their legal counsel or tax adviser for information on their obligations under the ACA.

For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the LAC's US insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement.

CISI Insurance

In addition to your US health insurance, the University of Minnesota has contracted with Cultural Insurance Services International (CISI) to provide comprehensive international travel, health, and security insurance. This coverage is mandatory for all students and included in the program fee. You are covered by CISI only for the dates of the program and a few days to allow for travel to and from the US. If you plan to travel before or after your program, you should extend your CISI coverage or purchase your own insurance.

CISI does not include any preventive care, and individuals are advised to consult their medical providers for any checkups or preventive care prior to departure.

Your CISI card and insurance policy will be emailed directly to you. Carry the card with you at all times. If you have any questions or need additional information about CISI, visit the LAC's insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance.

Medication Overseas

Prescriptions

Bring all necessary medication (including such items as birth control), for the entire term of your program, with you to your study abroad site and bring it in your *carry-on luggage only*. It is illegal to ship medication overseas and will be rejected at customs. Contact the LAC if you need an enrollment verification letter to submit to your insurance company requesting prescription medication for your entire stay abroad.

Consult with your LAC program contact if you would like to consult with CISI about obtaining any medication once abroad. Some medications, including those that are commonly available over the counter in the US, are controlled or banned substances abroad. The LAC, in consultation with CISI, will assist you in determining if you can travel with your medications or if alternative solutions must be explored.

Vaccinations, Immunizations, & Travel Medicine

The LAC recommends that all students visit a travel clinic before their program abroad. Make an appointment as soon as possible so that you can get a scheduled appointment in time to complete any required and recommended immunization series. Many travel clinics often book far in advance (especially around the holidays), and some immunizations need to be started months in advance of your departure. For more information, visit: UMabroad.umn.edu/students/healthsafety/preplanning.

Review the Centers for Disease Control and Prevention (cdc.gov/travel) and US Department of State (travel.state.gov) websites for general vaccination, immunization, and



other travel medical information for the countries you will visit. However, only a travel clinic will be able to make a recommendation tailored for your specific travel plans and health history.

Wellness

Wellness and Study Abroad

In addition to any medications and required vaccinations, it is important to plan proactively for how you will maintain healthy habits abroad, both mentally and physically. Consider the following guidelines for your time abroad:

- **Physical self-care:** be physically active for 30–60 minutes daily, sleep enough to have energy through the day, spend at least an hour outdoors, and eat a balanced and moderate diet mostly of wholesome, minimally processed foods.
- **Emotional self-care:** talk to your medical provider prior to departure about effective ways to cope with the stress that can arise from experiencing unfamiliar surroundings, lack of family and friend support, and how to identify new ways of centering and embracing change and new experiences. This is a valuable lifelong skill.
- **Stress reduction practice:** participate in at least one practice to quiet your mind and body. Examples include deep breathing, time in nature, prayer, journaling, sensory grounding, meditation, yoga, tai chi, qigong, progressive muscle relaxation, autogenic training, biofeedback, and imagery work.
- **Hydration:** be certain to drink sufficient water and nutritious fluids as your body adjusts to a new climate and daily rhythm.
- **Making adjustments:** monitor your stress levels while abroad and adjust your daily routine (sleep

patterns, exercise, food balance, hydration) to meet the needs of your new location.

- **Positive attitude:** try to keep perspective on the challenges that you may encounter and work towards your long-term study abroad goals.
- **Support structures:** identify who in country is available to provide support and guidance when you feel confused or challenged.
- **Finding resilience:** the ability to recover and grow from adversity and to navigate difficult challenges with awareness, intention, and skill through healthy connections to others; balanced self-care; an open, engaged mind; and addressing manageable challenges with patience and intention.

The following website provides additional suggestions: globaled.us/peacecorps/maintaining-strong-mental-and-emotional-health.asp.

Mental Health

Learning abroad can be both fulfilling and challenging for all students and may present some additional challenges for those with mental health conditions. Even if you have no history of a mental health condition, it is possible that the impact of cultural adjustment or being in a foreign environment can influence your well-being.

The Health Information Form requires you to disclose any past and current mental health issues, family history of mental health, indications of mental health concerns, and current prescription medicines. It is imperative for LAC staff to receive this information before you study abroad to best support you and provide reasonable accommodations.

Past or current treatment for psychiatric and mental health conditions does not preclude you from studying abroad. However, if a healthcare professional recommends no travel or travel under certain conditions that cannot be met at a certain study location, you may be encouraged to focus on your health first and postpone program participation until a later time.

The following steps for managing mental health are important, regardless of where you will be traveling:

- Meet with your mental health professional prior to departure to discuss learning abroad and its implications, your plan to manage your health while abroad, and access to alternative support networks.
- Discuss a realistic communication plan for your time abroad with your support networks (i.e., family and friends).
- Understand that ups and downs are normal during study abroad. Check in with yourself often and seek support if you are feeling more intense ups and downs than expected.

- Connect with an LAC staff member prior to departure to set up on-site care with a mental health care professional, if required.
- Plan to bring sufficient amounts of prescriptions with you for the entire duration of your program. Work with LAC staff to ensure you can safely bring all necessary prescriptions abroad.

Resources for UofM Students

- Student Counseling Services (counseling.umn.edu) and Boynton Mental Health Clinic (bhs.umn.edu/east-bank-clinic/mental-health-services.htm): Staff in both settings can inform you about treatment options and offer immediate crisis counseling if needed.
- Behavior Consultation Team (BCT) (mentalhealth.umn.edu/facstaff/behavioral-consultation.html): If you are concerned about causing harm to yourself or others, call the University's BCT at 011.612.626.3030. For additional resources, visit mentalhealth.umn.edu.

Safety

Travel & Safety Considerations

State Department Travel website

Consult the United States State Department Country Information sheets, travel advisories and travel warnings at travel.state.gov for up-to-date information on travel precautions for the country where you will be studying or traveling.

CDC Information

Review the Centers for Disease Control and Prevention (cdc.gov/travel) and US Department of State (travel.state.gov) websites for travel and safety information.

Embassy STEP Registration

The LAC will register you with the Smart Traveler Enrollment Program (STEP), which makes your presence in Ireland known to the US Department of State. Once you are enrolled in this program, you will receive the travel updates and information directly as they are issued. Please carefully review these messages and contact the LAC or on-site staff with questions. For more information, visit: step.state.gov/step.

In addition, the local embassy can be a source of assistance and information in the case of an emergency. Each of our programs has information about the local embassy, and you might even have an embassy visitor at your orientation. For more information, visit the Country Information sheet at travel.state.gov for the countries you will visit and study in.

In order to ensure that all official communication from the US Department of State is sent to the correct address while you are abroad, check your official contact information

prior to departure. Visit onestop.umn.edu to verify that the information is correct. If your contact information changes, you must notify the LAC.

Sexual Harassment & Sexual Assault

The University of Minnesota and Learning Abroad Center take the risk of sexual harassment and assault very seriously. This topic will be covered in orientations in more depth, and LAC staff and our colleagues on site are trained and prepared to provide support to victim survivors.

Anyone who experiences sexual harassment or sexual assault while abroad must deal with the stress of this unwanted event in a place and culture that is unfamiliar. Being away from the support and comfort of home can exacerbate feelings of hurt, confusion, anger, and loss of control. This is normal.

Do not tolerate behavior that feels threatening or disrespectful by staff in country, faculty members, or homestay family members. When in any doubt, consult with someone with whom you feel comfortable.

Report any incidents of sexual harassment or sexual assault to in-country or LAC staff so that we can help you understand your options and supports available. The Aurora Center is a fully confidential resource for all students on LAC programs, even if you don't normally attend the University of Minnesota.

For more information on resources, including the Aurora Center, visit: global.umn.edu/travel/assault/index.html.

The University of Minnesota prohibits sexual harassment and retaliation. In compliance with Title IX, the LAC will work with the University's Title IX coordinator on any related inquiries and complaints. For more information, please contact the LAC or visit diversity.umn.edu/eoaa/titleix.

Alcohol & Drug Use

The University of Minnesota Code of Conduct and Code of Conduct for Education Abroad allow for responsible drinking if you are legally allowed to drink in your host country. Illegal, irresponsible drinking and/or misbehaving while drinking are violations of the University's policy.

The University of Minnesota has a no-tolerance approach to drug use while abroad. Students using drugs abroad may immediately be removed from the program at their own cost. You are subject to the laws of the host country while abroad, and penalties for foreigners using or possessing drugs abroad are often very strict.

For more information, visit: UMabroad.umn.edu/students/healthsafety/alcoholdrugs.

Personal Safety

When traveling overseas, there are a number of precautions you should follow in order to travel safely. Consult the US State Department's resources and your orientation materials for up-to-date information on travel precautions for the country where you will be studying or traveling.

For more information on women travelers: travel.state.gov/content/passports/english/go/Women.html

For more information on students abroad: travel.state.gov/content/studentsabroad/en.html

For more information on staying safe while abroad: UMabroad.umn.edu/students/healthsafety/safetyabroad.

Emergency Procedures

All students are required to carry a cell phone for use in an emergency. On-site staff will contact you on your cell phone, and you will utilize your phone to contact on-site staff and/or emergency services. In a life-threatening emergency, please seek immediate emergency care; otherwise, please contact on-site staff for assistance and recommendations. On-site staff are trained and have resources available to respond to all types of emergencies including, but not limited to, civil disturbance, natural disaster, illness or injury, hospitalization, robbery or pickpocketing, sexual assault/harassment, hate crimes, and mental health.

The LAC will utilize on-site resources as well as insurance and security resources, including CISI. See more details above on insurance.

For more information, visit: UMabroad.umn.edu/students/healthsafety/emergency.

Independent Travel

Independent Travel Notification

You are encouraged to travel during official program break periods, over holidays, or after the program is completed. During the program, travel on the weekends should be limited to nearby locations to ensure that you are able to maintain good rest, health, and timely completion of all coursework. Students are not permitted to travel during the program dates, including on weekends or vacations, to countries currently under a US State Department Travel Warning. See travel.state.gov for the most up-to-date list.

Consult with the on-site staff, well in advance of your planned travel, to understand if there are other locations, beyond the Travel Warning locations, that you are not permitted to visit within your host country or region. These limitations are put in place for your safety and security and apply within the program dates. If you choose to visit a Travel Warning or other banned location before or after your program, you do so at your own risk.

All LAC program participants must notify the on-site staff of any independent travel that leaves the program location overnight. The required independent travel form is provided in the appendix of this handbook. Some sites will collect this form and others will have a slightly different way of collecting the same information, so refer to your on-site orientation for more specifics.

Travel Restrictions

During the Program

Students are not allowed to visit any country currently under a US Department of State Travel warning as a part of personal travel. Please visit travel.state.gov/content/passports/english/alertswarnings.html for up-to-date information about travel warning countries. If you have questions about travel restrictions, contact the LAC.

Driving & Renting Vehicles Abroad

It is against University and Learning Abroad Center policy to drive or rent motor vehicles (including motor scooters or motorcycles) while a participant on an LAC program. These limitations extend from the start date to the end date of your program and are put in place for your safety and security. Traffic accidents are the leading cause of injury and death of students abroad.



Arrival Logistics

Arriving at the Program Site

Coordinated Arrival

Students who take the coordinated group flight will be met at the airport by the on-site staff and brought to their housing.

Independent Arrival

Students who do not take the group flight will be responsible for making their own way to the program housing. This includes paying for transportation. There are busses that are more cost-effective than a taxi, but with all of your luggage and jet-lag, taking a taxi is the recommended option. More information will be sent out prior to departure.

Program Information

Orientation in Country

Orientation will start the day after you arrive in Ireland. Before classes start, you'll spend a few days getting to know Dublin and the services our on-site staff provide. You will get to know the staff and other students on the program, and will also discuss academics, health and safety, policies, the calendar of events, etc.

Program Excursions

All students will participate in excursions around Dublin, as well as other parts of Ireland. Excursions around Dublin could include walking tours, historical sites, and museums. These excursions will bring course content to life and will expose you to the sites you are learning about in class.

In addition to excursions around Dublin, you will also go to western Ireland and Northern Ireland as a group.

The schedule of these excursions will be shared with you at orientation in Dublin, so we ask that you don't plan any independent travel until you arrive in Ireland.

In-Country Staff

In Ireland, we partner with Rianta Ireland, run by Seona MacReamoinn. Seona and her staff coordinate the housing, excursions and study tours, academics, and more. They can assist you with daily routine questions, health and safety questions, and independent travel questions. They are your local contacts there to support you and make your semester abroad a success. If you have academic concerns that

cannot be addressed or resolved directly with the professor, bring them to Seona and her staff.

While the staff are there to help, it's also important for you to take your own initiative and solve minor problems and questions on your own. Part of a successful study abroad experience is the ability to tackle issues and discover solutions independently.

Students taking classes at a local university will also have access to the international office on campus. The staff are a wealth of knowledge about opportunities and policies at their specific university, and we encourage you to be in touch with them about any questions relating to that portion of your study abroad experience.

Housing Considerations

Housing Options

Housing options depend on track choice. If you are on the Study Center track or the Dublin City University track, we will place you in shared apartments in central Dublin.

If you are on one of the University College Dublin tracks, you will have a choice of staying in student accommodations near campus or in a shared apartment in central Dublin.

Notification of Placement

You should expect to hear about your housing location and roommates about one week before the start of the program.

Housing Concerns

If you have concerns about your housing, contact the on-site staff. Some concerns can be worked out, and some may result in a change in housing. We want you to be safe and comfortable in your housing, but it's also important to realize that housing in Dublin is different than housing in the US.

Apartment

All students are housed in apartments in central Dublin, walking distance to many restaurants, cafes, museums, theatres, churches, and pubs. You will share an apartment with other students on the program.

The apartment will include cooking facilities, plates, glasses, and utensils so you will be able to cook your own meals. Kitchens don't come stocked with everything you may be used to at home, so you are welcome to purchase any additional specific items you want for your apartment. Linens, pillows, blankets, and towels are all provided, and each apartment comes equipped with a washer/dryer.

The apartments surrounding you are not all student apartments, so you will need to observe the quiet hours designated by the landlord and be respectful of your neighbors.

Liability Insurance

Regardless of your housing arrangement, you should consider your insurance coverage and needs. Does your renter's or homeowner's insurance cover your items if they are lost or stolen abroad? You may also wish to buy additional insurance in case you accidentally damage your accommodations, since any damages will be yours to pay.

For more information, visit: global.umn.edu/travel/insurance/outgoing.html#personal-tab.

Visitors

Program Housing

Your personal guests (e.g. friends, family, etc.) are not allowed to stay overnight in program housing, including apartments, dorms, and homestays.

During Program Period

Friends or relatives may visit during official program breaks or before or after the program, but not while classes are in session. Visits during this time interfere with your ability to focus on the program and host culture. Visitors are not allowed to stay with you in your official program housing.

Academics

Students are responsible for understanding and adhering to the academic policies for study abroad as published on the University of Minnesota Learning Abroad Center (LAC)'s website: UMabroad.umn.edu/students/policies/academic-policies.

Courses

Overview of Program Courses

All students will take the *Engaging Ireland: Past, Present, & Future* course, regardless of track. This course, which is grounded in history, but includes sections on education, language, music, and sports, will contextualize your experience in Ireland and give you a framework to understand all that surrounds you.

The study center track has a variety of courses designed for students studying abroad, which will be taught by local and international faculty. These classes utilize space in the city center of Dublin and also include excursions and events around the city throughout the semester.

Courses at Dublin City University and University College Dublin are integrated courses, so you will be in class alongside Irish and international students for the duration of the semester. These courses are not designed for students studying abroad, so the teaching style will be different from what you are used to in the US. There will be less group work and small assignments, and instead your grade will

be made up of one or two large tests or papers throughout the semester. We recommend you stay on top of all of your reading and reach out to the professors or other students if you are having difficulty with this new academic structure.

Global Identity

Global Identity: Connecting Your International Experience to Your Future

This optional, one-credit course will provide opportunities for you to “make meaning” of your learning abroad experience and prepare you to communicate your intercultural competence to future employers, graduate schools, or law schools. As global connectivity becomes increasingly important, you are asked to think beyond the borders of your own perception and better understand the world based on the new ideas and experiences to which you are exposed. Your ability to work in a multicultural setting and succeed in different cultural contexts is vital to your future. This course will help you apply these skills to your post-graduation plans.

For more information, visit: UMabroad.umn.edu/students/academics/globalidentity.

Internships & Service Learning

All students, regardless of track, have the option to participate in an internship. These are a great way to get a glimpse into Irish culture from inside a company or organization. By interning in another country, you will learn skills that will be beneficial in future classes, internships, and jobs after college. In the course that accompanies the internship, you will debrief what you are seeing on a daily basis and also hear from other students who are participating in internships at other organizations.

Volunteering

We encourage you to get involved with local organizations in Dublin that are of interest to you. There are plenty of places that would love your help. This is a great way to meet the locals outside of the classroom. The resident director in Dublin is more than willing to help you find a place to volunteer and can provide suggestions at your orientation in Dublin.

Registration

Registration through the UofM

University of Minnesota–Twin Cities Students

Before registering, you should meet with your academic adviser(s) to discuss the courses you plan to take and complete the Academic Planning form. All University of Minnesota–Twin Cities students will be responsible for registering themselves using the University of Minnesota online registration system. Prior to departure, you will receive an email with all the necessary information for

registration. Do not look for your class number to appear on the class schedule on the MyU website. The numbers required for registration can only be obtained from the LAC. If you register for a course that is listed online, you have registered for the wrong course and may be subject to tuition charges. Complete your registration by the stated deadline in the registration instruction email from the LAC. Check online for holds or required registration approvals that would prevent you from registering for classes and clear them before the registration deadline. The LAC cannot remove holds on student accounts. Failure to complete registration may result in late registration fees and may delay or prevent financial aid disbursement. If you do not register for study abroad, your grades cannot be processed. Failure to register before departing for study abroad may result in no credit for your study abroad program.

UMN System Students

Students from the University of Minnesota—Morris, Crookston, Rochester, or Duluth will be set up as a multi-U student by their home campus. Please contact your study abroad office to verify that your multi-U status has been set up. You can then register as a UMTC student (see above).

Non-University of Minnesota Students

Students from other institutions will be registered by the Learning Abroad Center and do not need to register themselves through the MyU website.

Maintaining Full-Time Status

Students are required to maintain full-time registration status as defined by their individual program throughout the duration of their study abroad program. Dropping or withdrawing from a class will not be allowed if it will bring a student below the required full-time enrollment.

Post-Program Registration

While abroad, University of Minnesota students and most other students will need to register for classes for the following term on their home campus. You must make any necessary arrangements prior to departure so that you are able to register while overseas. In many cases, students are able to register online.

Course Drop/Add/Withdrawal

Course Changes

These must be made in consultation with the on-site staff and per the deadlines as outlined on the LAC's Academic Policies website.

Program-Specific Information

Study Center students must finalize their courses before arriving in Dublin.

Students taking classes at either DCU or UCD will register for classes as part of your orientation at the local university. Pay attention to their specific add and drop dates, but you will usually have will weeks to finalize your schedule.

UMN 13-Credit Policy

University of Minnesota students are required to maintain a minimum enrollment of 13 credits per semester or maintain the minimum credit enrollment determined by their study abroad program, whichever is greater. For certain semester programs, 12 credits is considered a full-time course load.

Academic Culture

Academic Rigor

The program is designed to be academically rigorous, and it is each student's responsibility to maintain good study habits and complete assignments on time.

Books & Materials

Most course books and readings will be available for purchase in Dublin. If anything is needed prior to departure, the LAC will send you an email with specific instructions.

We recommend you pack some or all of your materials with you (notebooks, pens, etc). You will need them right away for your orientation when you land in Dublin.

Grades & Transcripts

Grades will be posted to the University of Minnesota transcript 6–8 weeks after the LAC has received them from the program. Grades will be converted into US equivalents, if necessary, prior to being posted on the University of Minnesota transcript. The LAC will provide one free transcript to the home institution of all non-University of Minnesota students. Additional transcripts can be ordered separately on the One Stop Student Services website: onestop.umn.edu.



Incompletes

Students are generally expected to complete all course requirements by the end of the term. In very rare circumstances, students can arrange an “Incomplete” in consultation with the instructor, the on-site staff, and the LAC, whereby the remaining work can be finished shortly after returning to the US.

Grade Appeals

If you wish to question a grade issued for a particular course after the program is completed, you must provide evidence that the professor made an error in his/her grade calculation. The following are not reasonable grounds for grade appeal:

- Differences between US and host country educational systems
- Personal disappointment in the grade outcome
- Comparison with one’s own prior academic record/GPA
- Failure to complete one or more assignments
- Minimum grade requirement of college/department or home university
- Health concerns/missed classes

Consult with your program contact in the LAC if you believe an error has occurred and you wish to complete the Grade Petition Form.

Student Grievances

Academic grievances are complaints brought by students regarding the provision of education and academic support services affecting their role as students. For grievances concerning University of Minnesota Learning Abroad Center or affiliated programs offered through the LAC, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the LAC, the Assistant Dean for Learning Abroad, the Student Conflict Resolution Center, and the Office of the General Counsel. For complaints concerning non-University of Minnesota programs, students should make appeals to the program sponsor.

Living in the Host Country

History Resources

You will learn about the history of Ireland in the *Engaging Ireland: Past, Present, & Future* course, but it may be helpful to know a general timeline before you depart. The earliest evidence of human life on the Irish island is as early as 10,500 BC. Neolithic settlers arrived sometime around 4,000 BC and introduced farming, domesticated animals, and

stone monuments. You will visit one of their monuments, built around 3,200 BC. Between the Neolithic settlers and early Medieval times, there was the Bronze age which introduced metal and technology into everyday life; there was the Iron Age where tools emerged; and there was the creation of a Celtic language and culture. There are different schools of thought as to how the Celtic language and culture emerged, and would be an interesting thing to research while you are in Ireland. Saint Patrick, Ireland’s most famous patron saint, arrived sometime in the 5th Century, and Saint Patrick’s Day is a national holiday on March 17, the supposed date of his death.

For hundreds of years, there were a series of Norman and English invasions, before the Kingdom of Ireland was created in 1542 by Henry VIII. English rule of law was enforced. Several wars and conflicts in the 17th Century, followed by a large famine in the 18th Century resulted in hundreds of thousands of deaths over a few hundred years. The population started to grow again at the end of the 1700s, but the Great Famine of 1845–1851 and the population fell by one third. More than one million people died, and about two million people emigrated, mostly to the US and Canada. The population of Ireland has never returned to the numbers it was before the famine.

Local leaders spent the beginning of the 20th Century fighting for autonomy from Britain. The Easter Rising of 1916 was a turning point in this movement, and in 1921 the Anglo-Irish Treaty was signed, which gave Ireland independence in its home affairs. In 1937 a new constitution was adopted which completed a gradual separation from the British Empire, but it wasn’t until 1949 that the Republic of Ireland was declared a state. While the history on the island goes back for centuries, the country is still young.

Another wave of emigration marked the middle of the 20th Century, from WWII through the 1980s. But starting in the late 1980s, the economy started to improve. From the 1990s until the financial crisis in 2008, this period of growth was called the Celtic Tiger, and Ireland was transformed from one of the poorest countries in western Europe to one of the wealthiest. Because of this economic growth, it was the first time that Ireland was a destination for immigrants, creating a new multiculturalism, especially in cities like Dublin.

Geography & Climate

Dublin has cool summers and mild winters. Average high temperatures range from the mid-40s in the winter to the mid-60s in the summer. While Dublin may have warmer temperatures than a Minnesota winter, it is still cold. The wind and rain make it feel colder than you might imagine. Remember to pack warm and waterproof gear.

You can find up-to-date weather at accuweather.com/en/ie/dublin/207931/weather-forecast/207931.

Languages of the Country

Both English and Irish are official languages in Ireland, and all street signs and other markings include both translations. Irish is taught in schools, but most people don't continue speaking it after that, and English is the main language spoken the country. However, there are some communities, mostly on the west coast, that speak Irish as their first language. You will hear some Irish words often, such as *slainte* and *craic*, that are a large part of Irish culture. Look them up! The Irish version of English and its idioms are very entertaining, and you're encouraged to research and ask questions when you don't understand.

Food Considerations

Meals

There are a wide range of restaurants in Dublin, ranging from fish and chips stands, to very fancy establishments. Ireland is known for their potato consumption, but their staple foods also include beef, cheese, Irish soda bread, and fresh local vegetables. There are also regional differences in foods across the island, so make sure to seek those out when you are traveling. Tipping is not as wide spread in Ireland as it is in the US. It is fine to leave small change (one to two euro) in most establishments, or around 10% for a larger bill.

Relationships

Dating Apps

Be cautious when considering online dating applications or other venues for meeting people. This is particularly important when seeking to meet new people because there are different cultural norms and values that surround relationships of all kinds. What might be considered a casual drink or meal with a person of interest can have a much more significant meaning in a different cultural context. Online dating applications can carry different connotations or serve different purposes than they do in the United States. It is important to remember that it is very difficult for you to safely determine who might be genuinely interested in you and who has ulterior motives (such as stealing your passport or money, or seeking a visa to the US). Given the significant cultural differences between the US and countries abroad, the Learning Abroad Center strongly encourages students to prioritize their academics and be mindful to seek out cultural experiences that are safe, such as through homestays, local staff, and program activities.

Living in Dublin

Central Dublin is very walkable and the Irish walk everywhere. Students attending one of the local universities will receive a transit pass, since busses will be essential to getting to and from class. Getting outside of the city is easy

as well, there are busses all around Ireland, and a local train that will take you just outside the city to small coastal towns if you need a bit of an escape.

Communication

Email & Internet

Internet will be available in your housing, in your classroom spaces, and in many cafes in Dublin. Keep in mind that internet in Europe is slower than internet in the US, so sometimes streaming or downloading things isn't as smooth.

Social Media

Not all countries share the same laws about freedom of expression that we have in the US. Keep in mind that derogatory comments, especially on social media, can result in legal claims and have extended legal implications even after you have returned to the United States.

Phones

All students are required to have a working phone while in Dublin. This is for your own safety, and is so we can get in touch with you in case of an emergency. You can either bring your US phone with an international plan, bring your US phone and get a local SIM card (but make sure that your phone is unlocked), or buy a small local phone when you arrive that you will use to call and text the staff, your faculty members, your internship supervisor, etc. If you would like to discuss these options, please contact the LAC.

Mail

Mail can be sent to your housing locations. You will receive more detailed information about this after you arrive.

Money Matters

Credit Cards

A credit card is a good resource for emergency situations and for obtaining cash advances, including cash for emergency situations, as long as you have a personal PIN. It is important to know your PIN in both letters and numbers. Please note that some ATMs require that the card have a metal "chip" visible on the front for added security. Many US credit cards now have this chip, but it is wise to ask your credit card company whether they can issue you a "chip credit card" if you do not yet have one.

Keep in mind that you may incur fees for using your credit card abroad. Be sure to notify your bank and credit card company that you will be traveling abroad for the semester/summer. If you do not, they may assume your foreign transactions are fraudulent and may deny further transactions.

Financial Planning

In general, you will use cash more in Dublin than you do in the US. Many places do take cards, but cash is preferred. The easiest way to obtain cash, and the best exchange rate,

is by taking money out of the local ATM. If possible, obtain a debit or credit card with a chip before you depart, and make sure you have a PIN for it. This will make your card transactions easier.

Review the Cost of Participation before you depart to budget for your time abroad. Many things will not be billed to your student account, and you will be responsible for paying for them when you are in Ireland (cell phone, meals, etc). The estimate additional expenses on the Cost of Participation sheet are there for guidance, but it's important to think about your personal spending habits, and adjust as necessary.

Expatistan

Expatistan.com is a great resource to research the cost of living in Dublin. You can compare where you currently live with Dublin, to see what the differences will be, and where you will likely spend more of your money.

Tips from Students

Below are some tips from past students, to help you adjust and plan for your time in Dublin:

- When learning to find your way around the city, street names will be very little help. The layout of Dublin is like a giant twisted maze, and some streets change names multiple times. Instead, rely on landmarks like the River Liffey, Trinity College, Christchurch Cathedral, etc
- Always carry a jacket or sweater. Even if it seems nice out, the weather can turn chilly quickly, especially at night.
- The roads are curvy and the seas are rough, so bring motion sickness medication with you on your travels
- Get involved! Go out to the pubs, attend sporting events, find a yoga class and above all, speak to the locals! The Irish as a people are very naturally friendly and love to strike up conversations with people, so don't be hesitant to put yourselves out there. You'll meet some fascinating people if you do.

- Don't be afraid to ask for help with anything. The Dublin staff are all a wonderful people who want to make sure you have an amazing time studying abroad, so don't hesitate to go to them if you're feeling overwhelmed, or alone, or stressed, or if you're having trouble navigating the city, or even if you just need someone to talk to. They will be your strongest support in Ireland.

Social & Cultural Adjustments

Student Identity

As a foreigner in Dublin, you will need to take the initiative to meet people. Don't be afraid to start a conversation with others.

Race & Ethnicity

You may wish to consult the resources available at the LAC related to students of color and learning abroad. For more information, visit: UMabroad.umn.edu/students/identity.

Gender

Generally, Ireland is safe for women, and it is suggested that female travelers take the same precautions they would for any major city in the developed world. Additionally, in 2015, the Irish government passed the Gender Recognition Act, which enables trans people to achieve full legal recognition of their preferred gender, including a new birth certificate.

Sexual Orientation

Attitudes toward sexuality vary greatly from country to country. Some cultures are open about homosexuality, and strong gay communities exist in many cities. However, some cultures and peoples are intolerant of different sexual preferences, and strict taboos or laws against such relationships may exist. As a result, it is important to disclose to the program staff either through the program housing form or by contacting the LAC program staff directly for guidance. For more information, visit: UMabroad.umn.edu/students/identity.

Disabilities

Many of the disability accommodations or services that are provided at US universities may be different or unavailable overseas. Being in a new environment can also be stressful, and accommodations that you may not have needed at home may become necessary in an unfamiliar setting. Participants with any kind of disability, whether hidden or visible, should contact the LAC in advance to discuss their particular needs. For more information, visit: UMabroad.umn.edu/students/identity.



Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks, or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another, or you may skip a step entirely.

Initial Fascination: On arrival, your surroundings seem glamorous and exotic. You feel like the focus of attention and activity.

Initial Culture Shock: The initial fascination and euphoria fade as you settle in and you enter an emotional decline.

Surface Adjustment: After the initial “down” (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you’ll feel less fatigued. Often you’ll be forming a small group of friends at this stage as well.

Feelings of Isolation: Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the

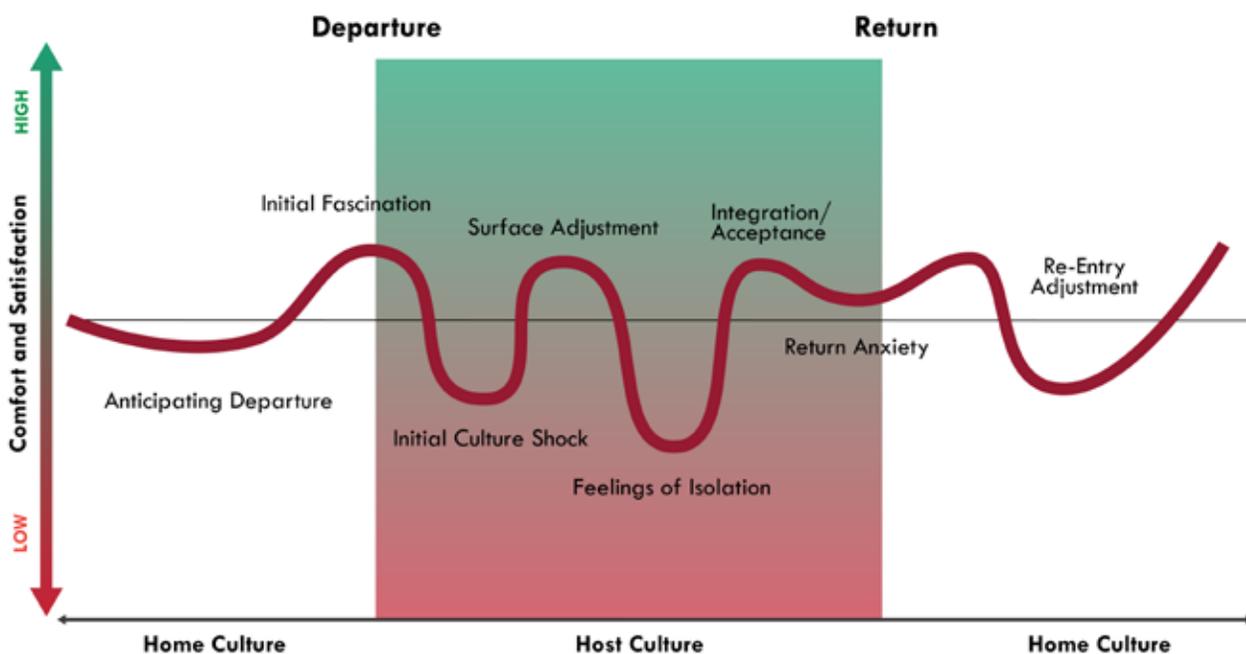
process. A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, and professional and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.

Return Anxiety: Just when you feel at home in the new country it’s time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you’ve changed as a person, and apprehension grows when you think about people at home who may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases, you may experience changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating, or lack of appetite.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment; however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your program’s on-site support staff.



Adjusted from Oberg (1960) and Gullahorn (1963)

Cultural Adjustment Curve

Looking Ahead

Career Information

Linking Undergraduate International Experience to Your Future Career

Learning abroad can help you develop and enhance intercultural competencies that are appealing to potential employers and graduate schools. Think about your academic and career goals before, during, and after your experience abroad. For more information, visit: [UMabroad.umn.edu/students/career-info](https://umabroad.umn.edu/students/career-info).

Re-Entry

Students often find that it is just as difficult, if not more difficult, to readjust to life in the US after studying abroad. You may find that your perspectives have changed significantly and that you may not connect with friends and family in the same way you did before going abroad. The LAC offers a variety of resources and opportunities to help you readjust to life in the US. For more information, visit: [UMabroad.umn.edu/students/process/reentry](https://umabroad.umn.edu/students/process/reentry).



synagogues and mosques for you to attend.

This form must be completed for all independent travel as indicated by the release and waiver you signed prior to participation (<https://gps.umn.edu/registration/release/245>). Failure to complete in full and submit prior to departure will be grounds for review and sanctions as outlined in the Policy on Student Conduct in Education Abroad Opportunities ([UMabroad.umn.edu/assets/files/PDFs/policies/rightsResponsibilities/studentConduct.pdf](https://umabroad.umn.edu/assets/files/PDFs/policies/rightsResponsibilities/studentConduct.pdf)).

Note:

1. Students are not allowed to travel to a country under a US State Department Travel Warning or one not recognized by the US government (e.g., North Korea) without prior approval. A copy of the suspension committee approval is required with this form.
2. Independent travel should not interfere with academic work, classes, or events. On-site staff has the authority to deny travel due to such conflicts.
3. Failure to return on time may be subject to dismissal. Travel with your program contact details and keep the staff updated on any changes to your plans.

Complete one form per student, per trip.

Student name: _____ Cell phone (if applicable): _____

Proposed destination(s): _____

Departure date: _____ Return date: _____

US emergency contact name, email, and phone number: _____

Contact information while traveling (below):

Dates at this location	City	Name of hotel or host	Phone number	Email address

Additional information:

Signatures

Student Signature _____
Date

Authorized On-Site Staff Signature _____
Date

Note to on-site staff: The form must be signed and dated by both the student and the authorized on-site staff person prior to travel and kept on file for the duration of program period.