Experience DCU

16 things you’ll only know if you went to Dublin City University

It’s in Glasnevin, actually.

A SMALL CAMPUS, but a close-knit campus, with the best mix of Dublin and country folk of any university in the city. At least that’s what DCU heads think.

To everyone else, we’re best known for our most famous past student, Ardal O’Hanlon, and the constant debate on the university’s true location.

But if you went there, you’ll know it’s a very special place.

(Last week’s college was good old Trinity. Other colleges around the country will be getting their turn soon too.)

10. The walk to the library was like your Everest

You very rarely wanted to go to the (admittedly magnificent) library, because it meant you had an essay, or an exam, or some other trifling vexation.

Then there was the journey there, which though short often felt like the longest walk of your life. The fact that almost 1,400 people believe a travelator should be installed between the library and the Henry Grattan attests to this.

How it feels

How it is
Agenda / Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Internships
- Life on Site
- Health and Safety
- Finances and Budgeting
- Action Items
- Wrap up/Questions
Pre-Departure Roadmap

Boston University Study Abroad
Pre-Departure Roadmap

BU Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
• 44 Students Total*

• 33 Female

• 11 Male

• 35 BU Students / 9 Non-BU
  • University of Florida
  • Franklin & Marshall
  • James Madison University
  • Boston College

*subject to change (withdrawals, new admits, etc.)
Logistics: Staff Abroad

Contact Information

- **Mary McCloskey**, Dublin Director, DCU
  marymc@bu.edu

- **Frank Byrne**, Director of Academics, DCU
  byrnf@bu.edu

- **Emma Harrison**, Dublin Program Administrator, DCU, emma.harrison@dcu.ie
Program Logistics

- First ½ week – Orientation
- First 7 weeks – Core coursework
  - 2 required courses
  - ½ elective course
- Weeks 8-15 – Internship period
  - Work 4 days a week, full time
  - 2nd ½ Elective course usually Friday mornings
- Total of 16 credits
- Courses are at DCU All Hallows, but not with Irish students (taught by Irish faculty)
- Cost of textbooks between $50-100
Coursework

All students enroll in the following required courses:

- CAS SO 341: Contemporary Irish Society
- CAS HI 254/PO 231: The History of Ireland

All students enroll in 1 of the following electives:

- CAS EC 372: The Irish Economy
- CAS EN 392: Modern Irish Literature
- CAS IR 306: International Human Rights Law
- CFA AR 340: The Arts in Ireland
- COM FT 415 Film and Television Drama in Ireland

All students enroll in a 4-credit Internship course (course number based on internship track)
LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
• Set personal and professional goals for your study abroad experience;
• Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
• Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
• 1-credit pass/fail – 5 very brief yet meaningful assignments.
• Open to students in all fall or spring semester programs
• Delivered entirely over Facebook

Check your Hub Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
WHAT STUDENTS ARE SAYING ABOUT IP 101:

“Being part of a community on Facebook helped me feel more connected” (Spring ‘17)

“The Global Learning Experience helped me to contextualize my experiences abroad and learn how to process my time in Spain in a way that will be useful for future employment, fellowships and academic endeavors” (Spring ‘16)

“The questions asked helped me identify what I had been learning, and by identifying these things, I have been able to see and reflect on how much I have changed” (Fall ‘16)

“After the point at which every day life abroad had become "normal", this program helped remind me to appreciate the special things around me.” (Spring ‘16)
• All students are subject to BU’s [Academic Code of Conduct](#).

• Must take the full course load (16 credits) for a grade.

• Full internship must be completed – no exceptions.

• All coursework must be completed prior to end of program.

• If accommodations are needed, notify BU Study Abroad and BU Office of Disability Services right away.

• Attendance policies:
  – Personal travel must NOT conflict with academic or internship obligations.
  – More details will be given during the on-site orientation and EUSA meetings.
EUSA Internship Placement Process

1. Individual Internship Consultations
2. Provisional Placement
3. Interviews
4. Confirmation
5. Internship Starts
• Differences between US and host work cultures
  – Approaches to confrontation
  – Communication style
  – Concept of time
  – Frequent breaks, yet work gets done!
  – Plenty of socializing after work hours

• Dress Code
  – ‘Casual Smart’ (AKA ‘business casual’) for most placements. Some may ask for business formal. Make sure to bring work clothes that you can mix and match with each other.
What an academic internship is NOT:

- Not your dream job!
- Not the key to an automatic job offer
- Not specialized job training
- Not exciting and engaging 100% of the time
- Not necessarily a globally recognized company name
- Not the same experience as your friends
- Not optional – must complete full internship time; participation is mandatory
- Not all about you! Consider the needs of your company and think of it as a way to gain new skills or work habits
What *CAN* an academic internship offer?

*Can* provide professional experience and practice
*Can* offer exposure to different management styles and organizational structures
*Can* help build your professional network
*Can* enhance cultural awareness and language skills
*Can* help you hone problem-solving skills
*Can* make you become more adaptable as an employee
*Can* help identify your skills, interests, and values to discover career paths that are (or are not) a good match
*Can* integrate your practical learning with your academic work and field of study
*Can* provide transferrable and valuable skills like perseverance and grit (especially if getting through tasks you don’t necessarily love)
For Perspective...

- **Bus fare** from DCU to the City Center is approximately €2.20. It is recommended to buy a student pass (Approx. €110) that is valid for any 30 travel days.
- **DCU gym** is €160 with a discounted student semester membership.
- **Laundry** – €3.00 per load and €0.50 for each 15 min. of drying.
- **Typical meal out** - €15
- **Pint of beer at a pub** - €4.50
- **National Gallery, National Museum, Museum of Natural History, Dublin City Gallery** – **Free**

**Remember: Dublin is (about as) expensive!!**

€1 = $1.18 USD
Some Basics...

- Spending money
  - $3,000–$5,000 recommended (by past students) for personal and travel expenses
- US debit and credit cards accepted
  - 4 # pin only
- Take Euros for arrival – Approx. €100
- Inform your banks/credit cards of your upcoming semester
- Tipping not as widely common as US
  - Ex: No tips at the bar, tips for table service
  - Cabs, hotels, etc. = tips for exceptional service only
- Learn to cook
  - Groceries are reasonably priced (Tesco on Drumcondra Road)
Banking

• No direct bank reciprocity in Ireland
  – Bank of America has a partner in most other European countries (when traveling)
  – See Global ATM alliance slide on Roadmap

• Tell your bank you’re studying abroad!
  – Tell them that you’ll be traveling to multiple countries in Europe, and dates of your travel

• Credit/Debit cards will work abroad
  – Discover and American Express are very limited abroad, recommend Visa or MasterCard

• Access to multiple types of funds
  – Credit and cash and debit

• Chip/ PIN options – Research w/ banks
• Residence Hall Style – Mostly Single Rooms

• Amenities:
  – Shared kitchens
  – Shared bathrooms/washrooms
  – Furnished – sheets, duvets, kitchen items included, etc.
  – Wireless Internet

• No meal plan option, but can eat and drink on campus or locally with cash inexpensively.

• Will need to pay housing damages deposit of €100 to DCU – only AFTER receiving your offer of housing.

• Cleanliness:
  – Routine (yet warned) checks of your residences will be done! Be sure its spotless to avoid having your deposit docked.

• Live with only BU program students in residences. Keep in mind most DCU students do not live on campus – primarily commuters.
Life on Site: Getting Around

Getting Around

- Public transportation – mostly buses, Luas light rail (more limited, but very nice), cycling
- Taxis – licensed cabs are safe for day or night, tip optional.
- Transit at night – buses stop around 12:30AM, cabs only after that.
- Paying – student bus pass €110 for 30 “travel days”
  - Basic fare is about €2.20 per ride (you pay by distance traveled)
- Weekend travel: by plane to continent, buses are best way to the rest of Ireland and very inexpensive!
  - Please email bu@dcu.ie if you’ll be away for the weekend for emergency purposes
Life on Site: Daily Life

- Sport and Fitness Centre (Glasnevin Campus) that is open for membership for €160.

- Cooking is the most economical way to eat, supermarket available by 5 minute walk. Convenience stores located on Drumcondra Road.
  - Shared Kitchens: All students will share 2 kitchens so you’ll need to be extra courteous to your housemates. Make a schedule and keep it organized – we know it’s a squeeze!

- Entertainment outside of just clubbing
  - Student clubs and societies open, daytrips through BU, DCU student life events, cultural events, etc.
Culture

Language

Manners of interacting

Communication

Thoughts

Courtesies

Values

Rituals

Expected behaviors

Roles

Practices

Customs

Relationships
Culture Shock

STAGES of CULTURE SHOCK

- Honeymoon
- Anxiety
- Adjustment
- Acceptance

EMOTIONAL STATE

MONTHS IN NEW COUNTRY

I LOVE IT HERE! FIGHT ON!

NO ONE UNDERSTANDS ME. EVERYTHING IS SO DIFFERENT.

OH, IT'S NOT BAD HERE. AFTER ALL, I EVEN KIND OF LIKE IT.

BU Study Abroad
Top 10 Tips for Coping with Culture Shock

01
Research your host country prior to departure

02
Keep an open mind – Too many expectations might hinder you from experiencing what is around you!

03
Search out new experiences and friends

04
Do not judge the people of a country by one person or one experience

05
Keep a sense of humor – difficult things will be easier to handle when you see the humor in them!

06
Listen and observe rather than merely see or hear

07
Reflect daily to process your experiences

08
Use your host university’s support systems

09
Stay in touch with home – keep in mind that too much contact with home can make you more homesick!

10
Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.
Communication

- **Staying connected with home**
  - Skype/FaceTime
  - Email, messaging, and apps (WhatsApp)
  - Differences locally (i.e. Wi-Fi availability, internet speed, limited hours of use, electricity, etc.)
  - Follow BU Study Abroad on Facebook & Twitter

- **Mobile Phones**
  **You must have a local number for emergencies and ease of use**
  - Local pay-as-you-go plans are the easiest and most economical. You can either get a whole new cheap phone, or just a new simcard
  - Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available
  - US-based international mobile phone plans are more expensive and often don’t work. Skip them
If you are involved in an emergency:
1. Call local emergency services
2. Contact the program staff
3. Contact your family or emergency contact

If there is an incident while you are abroad:
1. Let the program staff know you are ok
   - Respond to any emergency messages they send
2. Contact your family or emergency contact

Unacceptable reasons for being unreachable:
1. Your phone isn’t turned on or charged.
2. You have limited minutes and want to save them.
3. You don’t want anyone to know where you are or what you’re doing.

We don’t judge! We just want to know you’re okay!
Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- **Make a plan to access your medications abroad**
  - Talk with your doctor
  - Make a copy of your prescriptions; keep them with your packed medications
  - Check with the host country consulate for restrictions
  - If allowable, obtain a supply for full semester
  - Do not plan to ship medicine abroad
- Learn about differences in medical facilities and the local health system
- Contact program staff with any concerns
Mental Health

- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.

- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

- Stay Healthy:
  - DCU Counseling Centre
  - Keep up routine (when possible)
  - GeoBlue covers mental health care
  - Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense
- Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment
- In case of need of medical treatment, mental health counseling, or emergency travel assistance while abroad, or to set up appointments in advance, contact GeoBlue directly and identify yourself as a Boston University student:
  - Call collect worldwide: +1-610-254-8771
  - Toll-free inside the US: 1-800-257-4823
  - globalhealth@geo-blue.com

All students are required to maintain their US-based health insurance coverage while abroad.
Program Emergency Plan
- Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
- Detailed emergency plans, general safety precautions and ways of communicating will be explained during orientation

Personal Emergency Plan
- Enroll in the State Department STEP Program to get travel alerts and warnings
- Talk with your family about communication expectations so they know you are okay
- Always have emergency contact numbers with you, both in your phone and separately
Our Expectations of you:

We expect that you will...

- Share responsibility for your safety and that of others in the program.
- You will be reachable by local phone at all times. Keep your phone charged and topped-up with minutes.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
Personal Safety

Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location-buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly – The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.
Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you
Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.

- All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University's policies, whether they happen on campus or off campus.

- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator Debbie Miller at millerda@bu.edu.

- BU staff/site staff are obligated to report any incident of sexual misconduct

- On-site staff will go over this in orientation

- Visit www.bu.edu/safety for more information.
Personal Safety - Preparation

BU provides educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

- **Rape Aggression Defense (RAD) training**
- In cooperation with BU’s Student Health Services, **SARP** provides a variety of trainings and services, including:
  - Step Up. Step In. (Bystander training)
  - Health services
  - Mental health counseling
  - Violence prevention workshops
- **Be Safe@BU**
- **Wellness & Prevention Services**
- Non-BU students, please also research your university’s services
Resources

LGBTQ Resources
• US State Department Advice for LGBT Travelers
• Diversity and Inclusion Abroad: Sexual Orientation Abroad

Disability resources
• Diversity and Inclusion Abroad: Student with Disabilities Abroad
• Abroad with Disabilities Facebook Community

Women’s issues by site
• US State Department Advice for Women Travelers
• Diversity and Inclusion Abroad: Women Abroad
• BU: http://www.bu.edu/shs/resources/

Many additional resources can be found online.
All programs have an optional group flight itinerary

- Itinerary sent via email
- Price not included in program fee

Independent travelers must email their confirmed itineraries to Corey Blackmar and bu@dcu.ie. Encouraged to send itinerary by **December 1, 2017**!

**Advantage Travel:**
Web: [http://advantagetravelcny.com/](http://advantagetravelcny.com/)
Phone: 315-471-2222
Toll Free: 800-788-1980
LOGISTICS

• Confirm your departure time and flight

• Arrive at the airport no later than two hours prior to your departure

• Wear heavier clothes on the flight to be able to have room in your suitcase
CARRY ON

• Passport and Certification Letter

• Liquids 3oz or less in plastic bags (check [www.tsa.gov](http://www.tsa.gov) for up to date requirements)

• Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)
**HEALTH WHILE TRAVELING**

- Drink lots of water and stay hydrated
- Be sure to time your medications while traveling
- Get lots of sleep after orientation: jetlag can take up to a week to go away!
Program Dates:
January 23, 2018 – May 5, 2018

• Group flight will be met by BU staff
• Group coach to DCU
  – Independent travelers should try to arrive by the group time so that they can take advantage of group transit.
• Move-in / Orientation start on Jan. 23
  – Move in upon arrival
  – Orientation begins that morning at 11AM!
Orientation

- Begins on day of arrival, lasts several days
- Tour of DCU facilities
- Academic orientation & library tour
- City orientation /scavenger hunt
- EUSA meetings/internship interviews
- Excursions
- Purchase mobile phones
- Opportunities to buy extra supplies for housing
Before Leaving for Dublin

1. Visas: Students who hold citizenship from the United States, European Economic Area (EEA) countries, and some other countries are not required to apply for a visa prior to departure.

If you do need a visa:
- Apply for a Long Stay (D) visa
- Contact Program Manager for instructions
- Processing time is 10-12 weeks upon receipt of complete application
- Should have sent materials in no later than October 15
- Full details on program hub page

2. Pre-Book Irish National Immigration Service (INIS) Appointment: All Students

All students, except those with citizenship to a European Economic Area (EEA) nation, are required to book an appointment with the INIS in Dublin City Centre to secure your temporary residence card.

Appointments fill very early! Please pre-book your appointment on the INIS website starting December 8 and keep checking for open appointments on February 9th or 16th; March 2nd, 9th, or 16th.
3. Upon Arrival at Dublin Airport

**ALL STUDENTS**  *must* show the following documents:
* your Valid Passport and
* your Certification Letter (provided by BU Study Abroad)
* Documentation of your round-trip flight itinerary

4. At Your INIS Appointment

You will need:

- Valid passport
- Certification Letter
- DCU Student ID card (which will be given to you in Dublin);
- Evidence of Private Medical Insurance: Your Program Manager will provide you with a letter prior to departure documenting your international insurance coverage.
- Evidence of EUR €500 per month to support yourselves while in Ireland (therefore, evidence of EUR €2,000 for the duration of the program, which equates to approximately $2,350 at today’s exchange rate, such as a bank statements)
  * Can use parent’s bank statements, but parent needs to provide a signed letter of financial support addressed to the Garda National Immigration Bureau.
- The GNIB Registration fee of EUR €300 (approx. $360, credit/debit permitted)
Packing Tips

• **Luggage:**
  • Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
  • Pack only what you can carry easily *yourself*
  • Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
  • Do not plan on shipping items abroad

• **All students should bring in your carry on:**
  • Passport, Certification Letter, Insurance Letter
  • Full roundtrip flight itinerary
  • Hard copy site contact details and directions to your program site (especially for independent travelers)
Program Specific Items:
☑ 1 bath towel to start
☑ Universal outlet converters (NOT voltage converters)
☑ Rain and winter clothing
☑ External hard drive or USB drive for backing up academic work
☑ Work clothing for internships

What NOT to bring:
× US-based international cell phone plan
× Sentimental items you can’t replace
× Personal appliances (hairdryers, straighteners, shavers) - can buy cheap replacements there
Some communication you can expect to receive over the next few months:

- General reminders from BUSA
- Pre-Departure recap posted to Hub Page
- Intl. Insurance Policy Info (From BU Study Abroad) — 2 weeks before departure
- Getting Ready to Go E-mail — 2 weeks before departure
- BU Payment Deadline:
  - Dec. 15 for BU Students
  - Feb. 1 for Non-BU Students
Action Items

- Housing Application (online), Housing Questionnaire, and Course Selection Forms
- DCU Registration and Terms & Conditions Forms
- Send in passport photo (electronic) to bu@dcu.ie
- Send independent itinerary (if applicable) to Corey & bu@dcu.ie
- Gather any documents necessary for INIS registration (see Hub page for instructions)
- Complete general Pre-Departure documents to get registered for your program (on BUSA Application)
- Watch the Pre-Departure Roadmap (again!)

Check in with offices on campus prior to departure: Student Accounting Services, Financial Assistance, Academic Advising
SLÁN
ABHAILE