

Website www.isaireland.com

Email info@isaireland.com

facebook <https://www.facebook.com/studyabroadireland>

twitter

<https://twitter.com/isaireland>

institute of study abroad
IRELAND 

Address: Institute of Study Abroad Ireland, Bayview Avenue Campus, Bundoran, County Donegal, Republic of Ireland.

Office Ireland: +353 7198 42418 Office USA 973 610 5125

WHAT TO PACK FOR IRELAND INFORMATION DOCUMENT FOR STUDENTS & PARENTS

The Institute of Study Abroad Campus is located in County Donegal, on the Atlantic Coast. This area of Ireland is famous for breathtaking scenery, wonderful history and the friendliest people in Ireland. Although we are based in Donegal, we travel to many other parts of Ireland, including Dublin City and the counties of Meath, Cavan, Fermanagh, Sligo, Leitrim and Derry.

County Donegal is one of the most one of the most historic, beautiful and scenic counties in the Republic. We are right beside the beaches, with excellent surfing, sports and very friendly people. We are in the town of Bundoran, which is famous for surfing and for a traditional Irish welcome. There are shops and banks, a cinema and bowling alley, a funfair and beautiful surf beaches just seconds from our door. There are many beautiful places nearby, which we visit on our tours.

The Adventure Campus is in the village of Bundoran, and our centre is warm, comfortable and teen-friendly. The accommodation has free Wi-Fi and internet access in all lobby and public areas. Rooms are shared between 2 -4 persons, and there is full supervision at all times. Rooms are en-suite and students can request to stay with friends, if travelling together.

There are three meals served each day: Breakfast of cereal, tea/coffee, toast & fruit, a hot lunch, and a two-course dinner. Students also have access to local stores, and can stock up on favourite snacks and suppers. Vegetarians are easily accommodated. Other dietary considerations should be advised in advance.

There are church services available here to most denominations. We will help arrange this for students if they wish to attend services.

A word on Northern Ireland.... We are located in County Donegal, which is in Southern Ireland. Since 1994, we have been blessed with a peaceful and wonderful resolution of past troubles between North and South. There are now no borders between Northern and Southern Ireland, and Irish people travel very comfortably between both places.

WHAT TO PACK.

Students need a sturdy waterproof jacket that is warm and comfortable. Comfortable sneakers/ shoes are also advised. Layers are always good: Irish weather can change a lot in one day! T-shirts, shorts, sweaters & comfortable pants are needed. We recommend at least two pairs of shoes, and a pair of rain boots. Warm night clothes (pyjamas) are advised. Bring at least one swimsuit. The ocean is warm enough for a light wetsuit, - if you have your own surf booties to protect your feet, bring them, or we can loan you some.

We will have a talent show, and a final night out, so please feel free to bring a nice outfit, and if you have a costume, or something special for the talent show, you can bring that too..

You need to bring **at least two towels** & your own toiletries. All bed linen is supplied, but we recommend a comfy pillow for the travel. Sunblock and sunglasses are recommended, but so is a woolly hat and plenty of socks! Irish summer weather can be quite warm, or quite chilly, (all in the same day). Please also remember we are never far from stores where toiletries, clothes and other essentials can be easily acquired. We recommend a comfortable, casual wardrobe, suitable for outdoors.

All appliances will need a UK convertor. PLEASE NOTE- THERE IS A DIFFERENCE BETWEEN EUROPE CONVERTORS AND UK CONVERTORS. IT MUST BE A UK/ IRELAND CONVERTOR. This includes chargers for laptops, phones, hairdryers etc. Convertors can be purchased at the airport. You cannot plug US plugs into Irish sockets- the electrical current is stronger here, and will damage your equipment. You can get a useful, cheap converter at the airport when you fly.

PLEASE be advised that we will **not** take responsibility for lost iphones, ipods, tablets, cameras or laptops. We recommend insuring all expensive items, or coping without them. We also recommend insuring any valuable items for loss, damage or

Website www.isaireland.com

Email info@isaireland.com

facebook <https://www.facebook.com/studyabroadireland>



<https://twitter.com/isaireland>

institute of study abroad
IRELAND 

Address: Institute of Study Abroad Ireland, Bayview Avenue Campus, Bundoran, County Donegal, Republic of Ireland.

Office Ireland: +353 7198 42418 Office USA 973 610 5125

theft. Wifi is widely available, and there are computers available for student use at our residences. Cameras and any other personal equipment should be labelled with student's name, and carefully stored in the proper methods. Students are responsible for all possessions at all times.

We ask all students to only use their laptop or iphone (etc) during free time, and when it is not antisocial. Students may not post any picture, comment, or social media item taken indoors in showers, changing rooms or bedrooms- or about or implying anything that could be construed as embarrassing, hurtful or inappropriate to anyone participating on the trip, staff or persons connected with the trip.

The currency in Ireland is the EURO. Most USA debit and credit cards work in Irish ATMS (if they have the maestro logo). You can check with your bank. Alternatively, students can bring travellers cheques.

Students do not need a lot of money, and should not carry large amounts of cash. Students do not need any money for daily expenses- just gifts, and whatever they buy for themselves during the day. 10 euro per day is plenty for candy/extras, and credit cards are sensible for purchasing larger goods.

VACCINES: Highly recommended per the Center for Disease Control

The following vaccinations are recommended for travel to Ireland. Due to the nature of the outdoor camp, we advise all students to have a tetanus booster before they travel.

1. Routine immunizations (ie. MMR, IPV, influenza, etc).
2. Tetanus/diphtheria booster within the past ten years (Tdap if appropriate).

WHAT TO EXPECT IN IRELAND:

Ireland is a friendly country, and generally speaking, tourists are well treated. Students will be well supervised at all times, but it is worth noting the following:

Dublin is a busy, modern city, and especially busy in the summer. Like every city, there are people who will target tourists, with their wallets, phones, cameras etc. Students should not carry all of their money, passports, cards in one place, and a waist-bag or inside pocket is recommended for money.

The same caution that applies to talking to strangers, making sure you are always with the group, and behaving in a safe and responsible manner applies as much in Ireland as it does anywhere else.

Bundoran, in Donegal is a holiday town on the coast. Students are supervised at all times, but will be participating with other students from Ireland, England and continental Europe. Students are expected at all times to be respectful of others from different communities, as the same respect will be extended to them.

The Irish summer climate is changeable- students used to a hot and humid summer will not have that experience here. Summer weather is generally mild, sunny and warm, but it also can be rainy and windy. The Ocean is warm enough for swimming in a swimsuit, and summer wetsuits are provided for surfing and kayaking.

We discourage students from spending too much time on facebook etc! We like them to be engaged with the program. Students must not post photographs or video taken in changing rooms, bedrooms, or in any circumstance which is not a responsible and respectful vacation photograph. Students must not post any comments or images that could be construed as disrespectful or mean to students, staff or other people connected with the program.

A facebook blog will be posted on the Institute Study Abroad Facebook page. We ask your permission to use photographs taken during the trip for our blog. We do not post detailed names, addresses or personal information. If you would prefer that your student is not photographed or video-ed, please advise us of same in writing. The facebook page is

<https://www.facebook.com/studyabroadireland>

Website www.isaireland.com

Email info@isaireland.com

facebook <https://www.facebook.com/studyabroadireland>

twitter

<https://twitter.com/isaireland>

institute of study abroad
IRELAND 

Address: Institute of Study Abroad Ireland, Bayview Avenue Campus, Bundoran, County Donegal, Republic of Ireland.

Office Ireland: +353 7198 42418 Office USA 973 610 5125

Homesickness can be a factor for the first few days. Students travel a long distance, and tiredness, nervousness and uncertainty can often kick in. We ask parents to wait for a few days before reacting, as it can take this time to settle in. We have never had a student who was unhappy, and returned home! But we need a little bit of time to get to know everyone, and for us to get to know them. We work extremely hard to make sure every student here is happy and enjoys the experience. Encourage your child to talk to us if there is anything bothering them. We are very experienced, and very conscientious, and everyone should look forward to the trip.

Occasionally, students are nervous about activities like surfing, sports, talent shows etc. Please understand that nobody is forced to do anything they don't want, but everyone is encouraged to try things. The water activities like surfing are at beginner level, in shallow water, and are ok for non-swimmers. Climbing & Cliff Jumping are easy and safe, but we have no difficulty with students deciding to just observe.

Finally- this program is one in which everyone is respected and included. We encourage laughter, teamwork, kindness and fun. We do not tolerate discrimination or bullying of any kind. We will discourage cliques, disparaging comments, and any behaviour that might make life uncomfortable for students, staff, and local people. The reward is a wonderful immersion program in a rich and rewarding culture. Thank you for signing up!

Niamh Hamill

USA Director Institute of Study Abroad Ireland.