



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh



Graduate Students: Coming to Cork

2022/2023



College of Medicine and Health
Postgraduate Student Committee

<https://www.ucc.ie/en/med-health/gradstudies/>

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ARRIVING IN IRELAND

Things to know ahead and upon your arrival

A good general resource of information for international students before arrival in Cork is the [International Student Hub](#).

Cash: Be sure to bring some Euros with you or confirm you can convert money at the airport. This will come in handy when you first arrive. Whether it is for paying a cab driver or paying for food if your card isn't working abroad, it is nice to have as a backup. Your bank at home should provide an exchange service with advance notice so check with them a few weeks ahead of your travel.

Cell Phone: You may be able to use your existing cell phone by purchasing a pre-paid SIM card (~€20) with one of the many cell phone companies in Ireland, yet your phone will have to be unlocked. Before you travel, check with your provider to determine if your phone is unlocked or if they need to do it for you. You can find a list of different SIM card options at [recommended SIM cards for Ireland](#).

Bus Access: [TFI \(Transport For Ireland\)](#): You can find bus lines and the location of bus stops at [Transport Network Maps](#) or plan a journey with [Help You Plan Your Journey on TFI](#).

To ride the bus, you will need cash (sometimes exact change is needed) or to use a Leap Card. A Leap Card is a rechargeable bus pass. You can get different types of passes, but the student pass will give you additional discounts. You will require a student ID to purchase the student Leap Card at the university. This can be done through [the Student Union website for student Leap Cards](#). The Leap Card can also be obtained from a variety of locations that are listed on [TFI Leap Card website](#). There is now a phone app for both android and iPhone users that will allow you to check the balance and top up (add money to the card). [Purchase a Leap Card](#).

Useful Apps for when you arrive:

- **FREENOW:** taxi hailing app (there are no ride-shares like Uber or Lyft in Ireland)
- **Deliveroo:** food delivery app

HOUSING IN CORK

1) Location

In general, Cork is a small, walkable city making it easy to get around (see transportation section). The majority of the relevant UCC buildings are located around the main campus (about 15-20 minutes walk from the city centre). For most people, it is ideal to live within a walkable distance from UCC. This is also ideal for when you may have an evening out with research mates and need to walk home from the pubs.

2) How to find accommodation

Your first port of call is the [Accommodation & Community Life Office](#). Their job is to assist students with accommodation issues and advise them of their tenancy rights. Gary and Jamie are the contacts. They can be reached at resservices@ucc.ie. You can view their location at Accommodation and Community Life

Have you joined the International Student Society Facebook Page? It's worth joining for help and useful information.

The UCC Student Rent and Information Booklet has helpful hints and tips you need prior to arrival, and whilst here. Also, check out [daft.ie](#) which is the main accommodation website in Ireland.

The [International Student Info Hub](#) has lots of information regarding the move to Ireland.

All exchange users Email (staff email): The Staff all exchange users' email may sometimes have information on house listings.

Noticeboard in CUH: Cork University Hospital has a noticeboard for staff that sometimes lists rooms to let.

[Student accommodation at UCC](#) may be able to assist. They may have a minimum stay length or be at capacity so be sure to contact them prior to arrival.

Some PhD students may also be registered as staff qualifying them for staff housing at St Kildas, but it is limited; you can call and ask to be placed on a waiting list [website for faculty accommodation](#)

You may need:

- Work reference (if you are a post-grad you can get one from UCC)
- Previous renting reference (great to have but not limiting)
- Proof of finances
- Photocopy of ID

Note: Ireland is currently experiencing a housing crisis. That said, it is very common for people to arrive in Cork without a permanent place to stay. Often, people may stay in an Air B&B style accommodation for 1-3 weeks while settling into Cork.

Cork also has suburbs which are connected via bus routes (see transportation section), though buses may not operate at all hours and can be unreliable. These places include Wilton and Ballincollig to the West, Douglas to the South, Blackrock to the East, and Blackpool to the North.

3) Pricing

Most postgraduate students receive a monthly stipend that would allow them to live well-off in shared accommodation. There are not many affordable studio or 1 bedroom apartments in Cork, however, making them an unrealistic option for most.

In general, it is very uncommon for students to share a bedroom (which is popular in American undergraduate dorms). Thus, the common terminology for "Single" or "Double" rooms most often refers to the size of the bed in the room, and not the number of people in the room. "En suite" indicates that there is a bathroom attached to the bedroom. En suite and double rooms in houses near the city are generally more expensive.

Estimated Price Guide for a room per month (Summer 2021):

- Single room in a shared house (4+ people): **€400-€500**
- Double room in a shared house (4+ people): **€450-€550**
- Double Room Ensuite in a shared house (4+ people): **€550-€650**
- One-bedroom Apartment: **€900- €1500**
- Two-Bedroom apartment or home: **€1200- €1800**

Update 19 May 2022: Cork rents increasing by 10.2% year-on-year, Galway rents by 13.8%, Limerick rents by 15.5% and Waterford rents by 16.2%.

The [journal.ie](#) Average Cost of rent in Ireland *"With less properties available, the average rent has also increased by 11.7% since the first three months of 2021, with rents now costing on average €1,567 a month nationwide."*

Due to rapid inflation, you may pay 600-800 euro/month for rent in Cork (Dec, 2022). Check sources for rent and bill information such as [UCC Student Rental Booklet.pdf](#) and [Costs of going to College | University College Cork \(ucc.ie\)](#).

You will typically need to put down a deposit plus the first month's rent.

Residential Tenancies Board

[The Residential Tenancies Board](#) website provides information on tenancy rights, actions, and registration.

PERSONAL PUBLIC SERVICE NUMBER (PPSN)

What is a PPSN?

A unique reference number that helps you access social Welfare benefits, public services and information in Ireland.

When do you need a PPSN?

To access public services many services are not available to Non-EU individuals, so PPSN is largely for identification.

If you are starting a job you will need a PPSN to pay tax.

If you are looking for a job you do not need a PPSN.

What do you need to get a PPSN?

1. A My Gov ID account

- You need to create an account on [my gov ID website](#).

2. Reason for applying and personal details

- You will need to submit certain documents to the [gov.ie personal public service number website](#)
- You will need to say why you need the PPSN

3. Identity documents

- Evidence of identity : passport or national ID card, and proof of address such as utility bill. Check the [website](#) to see what is accepted.

How do I get a PPSN?

[My welfare personal public service number website](#).

REVENUE

Revenue and Work Registration

Revenue has a range of functions including employment and tax credits.

If you have a job in Ireland, you will have to register with the Revenue.

Your Revenue accounts allows you to:

- Manage your tax record, claim credits, declare income, submit a return and register your new job or pension.
- Use "Review your tax" to get a Statement of Liability.
- Use "Manage your tax" to get a Tax credit certificate

You can find out which documents you will require to create your account at the [Revenue myAccount website](#).

Be aware that to register you will likely require a PPS number. If you do not have an Irish driving license, information from your P60 (if you don't know what this is you likely do not have this), or information from your Income Tax notice, they will mail you a password to finish your registration with Revenue.

Note: If you are staff, as some PhD students are, you will be required to register your position with Revenue (this information will be in your pack from Human Resources).

You can find general information here at the [Revenue website](#).

MONEY AND TAX

The currency in the European Union is the Euro. It is worth mentioning that tax is always included in the displayed prices in stores and online. For those of you involved in lab research this rule **does not** include research supply purchasing websites.

What documents do you need to setup a bank account?

- Proof of registration
- Proof of identity: passport/driver's license/national ID card
- Proof of address

What are the most common banks?

- Bank of Ireland (BOI) - Student Centre Campus
- AIB - Western Road

Bank Working Hours

Banks work Monday to Friday from 10am-4pm.

Online Banking

- Revolut
- N26
- BOI

Contactless

Most businesses in Cork provide card machines that accept contactless payments for purchases less than 50 euros. Since the pandemic, almost all businesses in Ireland provide contactless payment. It is common for people to no longer carry cash. There is always the odd location that only accepts cash, so if unsure ask.

Tipping

It is not mandatory but greatly appreciated!

Paying for printing in UCC

To avail of UCC printing services money needs to be added to your Student ID Card. Find the details at [UCC printing services](#).

Part-time work

As a postgraduate research student, your research funding agreement will dictate if you are permitted to take on part-time work. Read your contract for this information. Your visa status will also determine working hour allowances.

Internal UCC Jobs

There are several ways to make extra money in UCC. [UCC Career Services](#) advertises local and campus part-time work.

A common way for postgraduates to make extra money is by tutoring in their specialist subjects. In Ireland another word for tutoring is "grinds". All tutoring in UCC is organised by the UCC Skills Centre. Information to sign up as a tutor can be found at the [Skills Centre Tutor](#) website.

Research students Stipend

Research students have a Stipend as a source of income. Depending on the funding source a research student's stipend could be anywhere between €2,000 to €20,000 per annum. Some individuals may be self-funded and have no stipend. There are currently growing discussions in Ireland around research student pay.

Tax

Student stipends are non-taxable income. Unless you are self-employed your tax is filled automatically.

Emergency Tax

If you start a new taxable job, you may be charged "emergency tax" between 20% - 40% in your first few paycheques. Your employer is obligated to notify Revenue Services of your PPSN, name, commencement date, and employee identification number.

Once your details have been provided, all emergency tax will be returned.

[Revenue Online](#) services can be used to contact tax services.

PUBLIC AND PERSONAL TRANSPORT

[Transit For Ireland \(TFI\)](#) is the bus and transit company in Ireland.

Network Maps: [Transport Network Maps](#).

Plan a Journey: Link to [Help You Plan Your Journey on TFI](#).

Live Travel info and service updates: [Live Transport Updates](#).

Bus access with Leap Card

To ride the bus, you will need cash (sometimes exact change is needed) or to use a Leap Card. A Leap Card is rechargeable bus pass. You can get different types of passes, but the student pass will give you additional discounts. You will require a student ID to purchase the student Leap Card at the university. This can be done through [the students' union website for student Leap Cards](#). The Leap Card can also be obtained from a variety of locations that are listed on their website [TFI Leap Card](#). There is now a phone app for both android and iPhone users that will allow you to check the balance and top up (add money to the card).

Where to buy: [Purchase a Leap Card](#)

Irish Time

"Real-time" information may be inaccurate. Our advice is to be early and expect to be waiting.

Bike Share

[Bike share](#) has 32 stations throughout Cork. Pick up a bike at one station and drop it off at another. There is a station at UCC off Gaol Walk. Bikes are stationed around the area and can be found online or through the app for [iOS](#) or [Android](#).

UCC Employer Bicycle Scheme

UCC offers its employees the option to purchase a bicycle and related bicycle safety equipment through the University. The employee reimburses UCC by means of a salary deduction, which is exempt from income tax and PRSI. The UCC Employer Bicycle Scheme is operated by the Commuter Plan Manager (Buildings and Estates) and Human Resources. For full details on the scheme, please visit [UCC Cycle to Work Scheme](#).

Bike Shops

- [The Bike Shed](#)
- [Victoria Cross Cycles](#)
- [The Cycle Scene](#)

Taxi

The Apps used to hail taxis are FREE NOW or [Satellite taxis](#). There are no Uber/Lyft or ride share companies in Ireland.

Car Rentals

- [Hertz](#) (car rental)
- [GoCar](#) (car share)

Rickshaws

Rickshaws can often be seen in the city centre at night. They are a non-regulated service. In recent years rickshaws have been banned in some Irish cities, and attempts have been made to ban them in Cork. As with all late-night activities, common sense is advised with regard to individual safety.

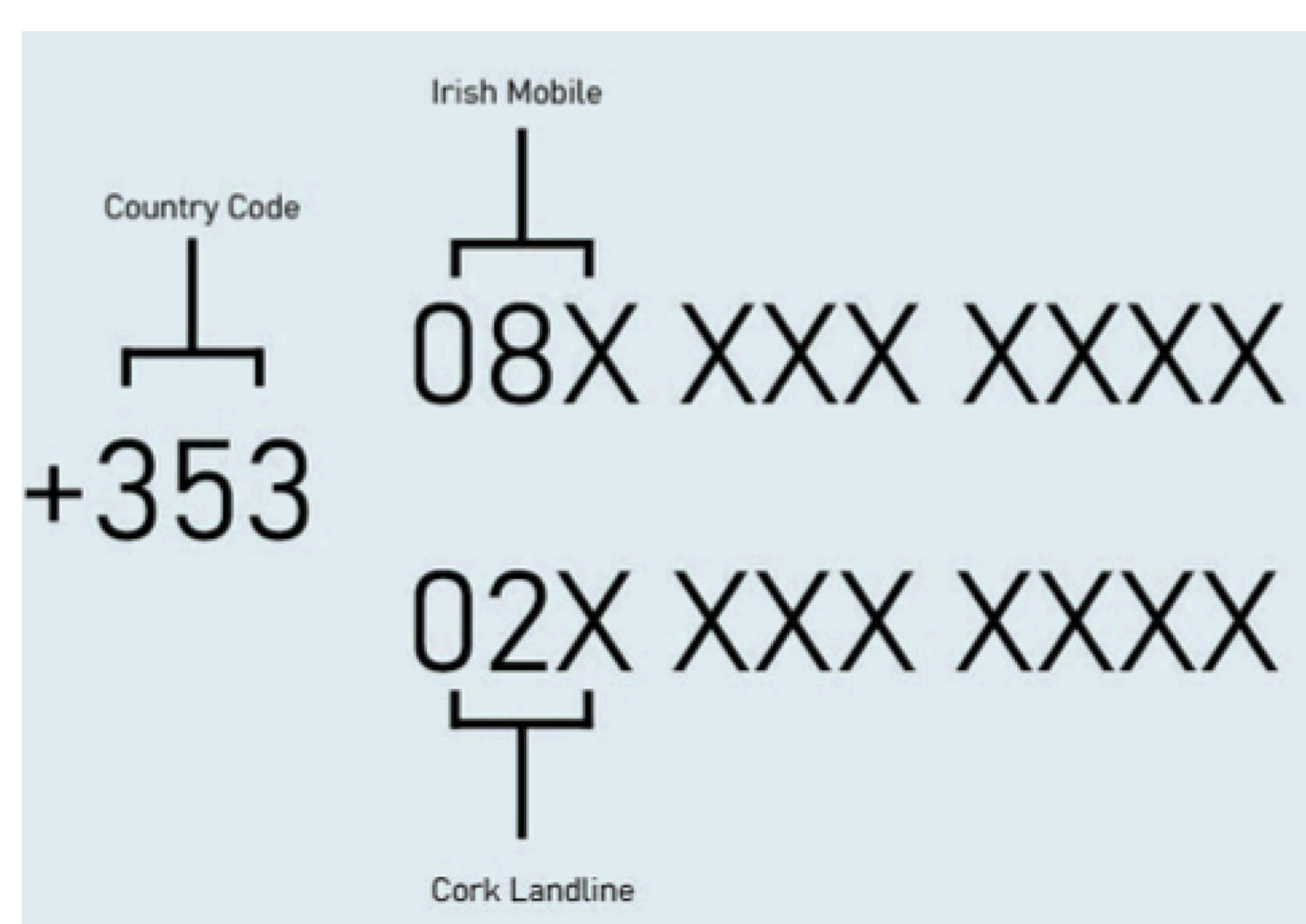
IRISH MOBILE PHONE

Cell Phone: You may be able to use your existing cell phone by purchasing a pre-paid SIM card (~ €20) from one of the many cell phone companies in Ireland. Your phone will have to be unlocked. Before you travel check with your provider to determine if your phone is unlocked or if they need to do it for you. You can find a list of different SIM card options at [recommended SIM cards for Ireland](#).

Main service providers

- Vodafone
- 3
- Eir
- Virgin
- Gomo

What Irish phone numbers look like



For specific details see [Wikipedia Telephone numbers in the Republic of Ireland](#).

Useful Apps

- Meetup - app that connects you to likeminded locals
- The Apps used to hail taxis are FREE NOW or [Satellite taxis](#). There are no Uber/Lyft or ride share companies in Ireland.
- Deliveroo and Just Eats are two major food delivery apps.
- Bike Share App.

Garda/ Medical Emergency number

- 112 or 999
- Garda Non-Emergency - Anglesea Street station - (027) 452 2000

HEALTH

UCC offers many health services for students. You can find links to the chaplaincy, peer support, student counselling and development, and student health through the [Student experience office student health and wellbeing website](#).

In Ireland, there is both a public and private healthcare system. The most commonly utilised service is the public one. You require health insurance to cover the cost of private healthcare. Some people may choose to pay privately for scans and tests through the private system. You can attend the public hospitals as a private patient also.

Please don't be afraid to access healthcare in Ireland because you may be concerned about the cost! See [citizens information health services for visitors to Ireland](#) website for more information. If you are concerned about the cost of a hospital admission or procedure, contact the "Patient Accounts" department in the hospital. They may be able to provide you with a "Payment Plan". You won't be required to pay upfront.

If you are from the EU/EA member state or Switzerland, you are entitled to a "European Health Insurance Card". This entitles you to access the public system almost free of charge. There are some small charges, e.g. cost of GP visits not provided by UCC, medications from pharmacies, Emergency Department fee, inpatient/day case fee (€80/day or night, max of €800 per year).

If you are coming from outside of the EU, EEA, Switzerland or the UK and intend to stay for one year or more, you are considered an "Ordinary resident" which entitles you to the same care as if you are from the EU/EA member state or Switzerland as outlined above.

This is general advice and subject to change. If you have any queries, "Citizens Advice" will be able to provide you with more information and clarification free of charge. [Citizens information entitlement to health services website](#).

Hospitals in Cork City

Cork University Hospital

Level 1 Trauma Centre

Largest hospital in Cork

Largest Emergency Department in Munster

Website: <https://www.cuh.hse.ie>

Telephone number: +353(0)1214922000

Mercy University Hospital

Has an Emergency Department

Website: <https://www.muh.ie>

Telephone number: +353(0)214271971

Mercy Urgent Care Centre

For minor injuries such as suspected broken bones, minor burns and scalds or cuts.

Website: <https://www.muh.ie/index.php/for-patients/urgent-care-centre>

Telephone number: +353(0)214271971

Open 8am - 6pm

South Infirmary Victoria University Hospital

Mainly provides elective procedures

No Emergency Department

Website: <https://www.sivuh.ie>

Telephone number: +353(0)214926100

Cork University Maternity Hospital

Provides maternity services in Cork, both public and private

Also provides gynecology services

Has its own Emergency Department

Website: <https://irelandsouthwid.cumh.hse.ie>

Telephone number: +353(0)214920500

Bon Secours

Private hospital, located near UCC

No Emergency Department but provides rapid assessment with a GP referral via the Medical Assessment Unit

Website: <https://www.bonsecours.ie/cork>

Telephone number: +353(0)214542807

Mater Private

Private hospital

Has an Emergency Department, only open Mon-Fri 9-5, by appointment only

Website: <https://www.materprivate.ie/cork/centre-services/all-services/>

Telephone number: +353(0)216013200

What to do if you don't feel well?

The telephone number for all Emergency Services in Ireland is 999 or 112, including the Ambulance service. If you need Emergency care, you should attend the Emergency Department in Cork University Hospital or the Mercy University Hospital.

If you need urgent care for specific injuries, Cork City has an "[Urgent Care Centre](#)" located on the North side of the city for injuries. The service is open 8am to 6pm, 7 days per week.

For routine health care, you should attend your General Practitioner (GP). As a UCC student, you have access to a GP free of charge located in the [Student Health Department](#). Some services require payment.

You may also need to visit a GP late in the evenings, during the night or at the weekend. This service is called "[Southdoc](#)" and there are a few centres located around Cork (telephone number 1850335999). You will be required to pay for this service, usually between €50 and €60 per visit, to be paid at the appointment. This service should not replace your own GP's service.

To be seen by a specialist in any area, you require a referral from your GP. In some other countries you can book a routine appointment with a specialist for example. In Ireland, you must first visit your GP, explain the issue and then they will refer you to the Gynaecologist, as needed. This rule applies to all specialties

Medication

The cost of drugs in Ireland is quite low relative to some other countries. A course of antibiotics for example costs in the region of €10-€25. This is dependent on the antibiotic prescribed. The cost of medications dispensed by community pharmacies (any pharmacy outside hospitals) in Ireland is not covered by health insurance.

Some patients in Ireland receive their medication free of charge because they have a "Medical Card". Applications for medical cards can be made here: [HSE medical card application process](#). To check if you are eligible for a medical card, see here: [HSE medical card coverage](#).

If you don't qualify for a medical card, you should apply for a "Drug Payment Scheme Card". This limits the cost of your medications per month to €80. For example, if your medications cost €5000 per month, you will only have to pay €80. To check if you are eligible and to apply for a card, see [HSE drug payment scheme](#). If you don't have a card and require medications which cost more than €80/month, your pharmacy may provide you with an Emergency Card.

Dental Care

To attend a dentist, search Google for one in your local area and ring for an appointment; a referral is not required. Some dentists provide emergency or out-of-hour services. If you have a medical card, some dental services are free/significantly reduced in cost. Otherwise, you pay for each treatment. Routine dental care such as examinations, cleaning, fillings tend to be reasonably priced.

The Dental Hospital, located on the grounds of Cork University Hospital provides care by dental students and is supervised accordingly by dentists. These treatments can often be significantly cheaper than attending a dentist privately. [Patient Registration for Dental Student Treatment](#).

HEALTH INSURANCE

As discussed in the sections above Ireland provides public healthcare. Many people resident in Ireland also have private insurance. The biggest benefit, aside from specialist procedures, is the reduced wait time for non-urgent medical care.

Students from outside the EU/EEA

Because of the regulations of the Irish Naturalisation and Immigration Bureau (INIS) students from outside the EU / EEA must obtain private health insurance (please see Health Insurers in Ireland below).

You can purchase insurance in your home country; however you will need to ensure that it is valid in Ireland and in any other countries where you plan to travel. There are different levels of private health insurance available. Students are advised to read their policy documents carefully. Immigration Service Delivery (ISD) requires that if you have health insurance from your own country it must cover you up to €25,000 for in-hospital treatment.

If you are coming to Ireland to study on an academic course of one year or less, basic medical expenses insurance is available for approximately €160 from [Study and Protect](#). This insurance policy will satisfy the visa/immigration requirement for private health insurance and can be obtained before students arrive in Ireland.

If you are coming to Ireland to study on an academic course for more than one year, you are deemed on 'ordinary resident' from the moment you arrive in Ireland, and therefore require more comprehensive health insurance.

INIS health insurance requirements for continuing students

Health insurance must be purchased from within Ireland after the first year - this requirement is applicable to any student renewing their IP card.

EU Nationals

Students from EU Member States in possession of the European Health Insurance Card (EHIC) are entitled to public health services in Ireland. The EHIC card is available from the health authorities in your home country. For further information and information on your entitlements to healthcare while in Ireland, please see the [European Health Insurance Card](#) website.

Details on health insurance plans available to students are available via the [Study and Protect](#) website.

Comprehensive plans are available from one of the three main private health insurance companies in Ireland: [VHI](#), [Irish Life](#) or [Laya Healthcare](#). Please note that in order to apply for a policy from one of these companies you will need to provide an address in Ireland and you may also need a PPS number. We recommend that you check the waiting periods on these policies. Further information on health insurance in Ireland is available through the [Health Insurance Authority](#).

Please see also the information provided by UCC - [health insurance, information for international students](#)

SHOPPING PLACES

Here you will find a list of shopping locations that should cover most of your initial needs. As you become familiar with the area you will discover a plethora of great cafes, restaurants, and shops beyond what is listed here:

- **Dunnes Stores:** Groceries/household items/clothes can be found under one roof. The one located on Patrick Street has a smaller grocery area than the one located on Bishopstown Court ("Fancy Dunnes") for example, so be aware they are not all the same.
- **Tesco:** Supermarket (grocery store) They offer delivery. Tesco Express is the name given to smaller local Tesco stores that stock most day-to-day goods.

- **Lidl:** Supermarket (grocery store)
- **Aldi:** Supermarket (grocery store)
- **Jia Jia Market:** Asian Market
- **Oje Systems Afro-Caribbean & Continental Food Store**
- **Centra and DayBreak:** You can find basic boxed and canned food, fresh/instant/ground coffee, a small selection of fresh produce, confection (candy), beverages, milks/yogurts/cheese, small section of frozen foods.
- **English Market:** Food and craft market
- **Marina Market:** Food and craft market
- **Mahon Point Shopping Centre**

Brown Thomas: Department store

Penneys: Department store

Marks and Spencer: Groceries and Department store

TK Maxx: Clothing and Home goods

Ikea: Located in Dublin but very reasonable shipping costs and fast delivery

CULTURE

Ireland is famous for its beautiful landscapes, rolling hills, castles, lively towns and cities, and Celtic traditions. It's known as the Emerald Isle for good reason. Irish culture revolves mainly around music, sport, literature, food and the pub. The [Discover Ireland](#) website is a good source for cultural events throughout the year.

Proof of Age: The legal age to drink in Ireland is 18 and so you must provide the server/retailer with proof of age. Accepted forms of proof of age include;

Passport

[Public Services Card](#)

[Garda Age Card](#)

Public Drinking: In general drinking outdoors is not prohibited

THINGS TO DO AND PLACES TO SEE IN CORK

The English Market



"A central market for locally produced artisan food"
- [Journal.ie](https://www.journal.ie)

Fitzgerald's Park



"Enjoy an oasis of calm, a cup of coffee and a riverside walk"
- [Cork-guide.ie](https://www.cork-guide.ie)

Marina Market



"A new market which includes food, craft and entertainment"
- [Marinamarket.org](https://www.marinamarket.org)

Shandon Bells & Tower



"One of the oldest churches in the city. It's easy to find and hear throughout the city"
- [Planetware.com](https://www.planetware.com)

Blackrock Castle Observatory



"Enjoy some exhibits or simply relax with lunch and enjoy the views during a scenic walk"
- [Planetware.com](https://www.planetware.com)

Cork City Gaol



"Take a trip back in time and explore what a 19th century prison looked like in Ireland"
- [Planetware.com](https://www.planetware.com)

Crawford Art Gallery



"A National Cultural Institution, dedicated to the visual arts both historic and contemporary"
- [crawfordartgallery.ie](https://www.crawfordartgallery.ie)

The Shakey Bridge



"Recently refurbished, the shakey bridge is loved not only for its beautiful views but its characteristic shake" - [Corkbeo.ie](https://www.corkbeo.ie)

St. Patrick's Hill



"Cork's very own San Francisco!"
- [The Irish Mirror](https://www.theirishmirror.com)

Close but not that close !

Travel < 1hr

- [Cobh](#)
- [Fota House and Gardens](#)
- [Fota Wildlife Park](#)
- [Charles Fort Kinsale](#)
- [Old Head of Kinsale & Lighthouse](#)
- [Blarney Castle](#)
- [Roches Point](#)
- [Inchydoney Beach](#) (hot chocolate afterwards)
- [Spike Island](#)
- [Ballycotton Cliff Walk](#)
- [Red Strand Beach](#)

Day Trips, Travel >1hr

- [Aillwee Caves & Doolin Caves](#) Co. Clare
- [The Burren Co. Clare](#) (visit Father Teds house on the way)
- [Cliffs of Moher/Doolin Cliff walk](#) Co. Clare
- [Glendalough Co. Wicklow](#)
- [Rock of Cashel Co. Tipperary](#)
- [Irish National Stud Co. Kildare](#)
- [Glengarriff Bamboo Park](#)
- [Muckross House & Lakes](#) - Get a boat out onto the lake
- [Glenteenassig Forest Park](#) Torc Waterfall/ Mountain Killarney
- [Ross Castle](#), Killarney
- [Crag Caves](#), Castleisland
- [Galley Head Lighthouse](#), Rathbarry
- [Skellig Michael](#)
- [The Beara Peninsula](#)
- [Garnish Island](#)
- [Cape Clear Island](#)

Adrenaline Junkies:

- [Ziplinning in Farran Wood](#)
- [Night/Day Kayaking and bioluminescent algae](#), Lough Hyne
- [Bike Rental and Explore: Killarney National Park/Ring of Kerry](#)
- Surf School: Located on a lot of beaches
- Sailing/Windsurfing/Kayaking/Obstacle courses
- [Baltimore whale and dolphin watching](#)
- Paintballing and Karting
- Horse riding lessons/trekking

NATIONAL HOLIDAYS AND BANK HOLIDAYS

There are 10 public holidays in Ireland each year (increased from 9 in 2022). Public holidays may commemorate a special day or other event, for example, Saint Patrick's Day (17 March) or Christmas Day (25 December). On a public holiday, sometimes called a bank holiday, most businesses and schools close. Other services (for example, public transport) still operate but often have restricted schedules. [Click here for a list of current bank holidays.](#)

2022	2023
1 January	1 January
17 March	6 February
18 March	17 March
18 April	10 April
2 May	1 May
6 June	5 June
1 August	7 August
31 October	30 October
25 December	25 December
26 December	26 December

UNIVERSITY COLLEGE CORK

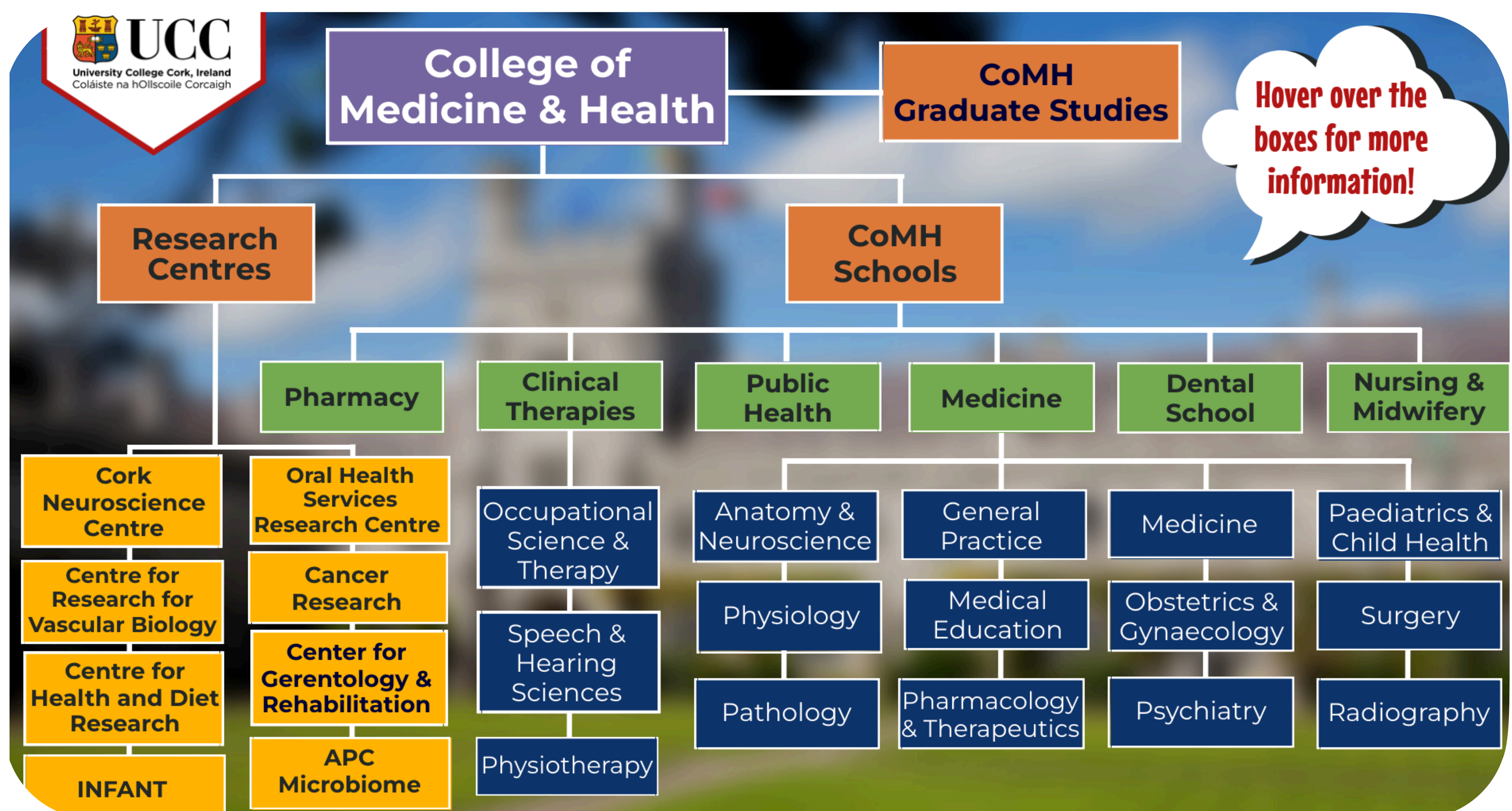


Our University has four Colleges:

- College of Medicine and Health
- College of Science, Engineering and Food Science
- College of Arts, Celtic Studies and Social Sciences
- College of Business and Law

Each College has Schools, and some are divided into Departments. As a postgraduate research student, you will be registered in a School/Department, and this is where the administration of your project, your annual review etc will be taken care of. You might carry out your research in a Research Institute or Centre however.

COLLEGE OF MEDICINE AND HEALTH



Schools, Departments and Research Centres/Institutes in the College of Medicine and Health

As well as your supervisory team, who are responsible for the overall direction of your research project, committee groups are active in Departments and Schools to support you. The College Graduate Studies Committee has representatives from the Schools and Research Centres and provide oversight of student activities, supports, workshops, social events and to ensure that your progress is on track. On the [CoMH Graduate Studies webpage](#), you can find details of the supports available to you. It includes an infographic called 'Roadmap to Success' with links to those supports, details about the student-supervisor relationship, what should be planned during the first meeting with the supervisor, and other activities that should be carried out during your research programme.



[Link to the Roadmap to Success](#)

What is important to know as a postgraduate research student

- Who is on your supervisory team
- What Department/School/Research Centre you are registered in
- Who are your support committees (College of Medicine and Health, Vice Dean of Graduate Studies, Progress review panel, PC Coordinator, School student representative, College Student Representative committee.)
- Services provided by [the Graduate Studies Office](#)

PG Representation

It's not just the staff that are looking out for you. Volunteer PG representatives are active at most levels of the University.

Your School/Department should have a PG rep. They feed information up to your College representative body. [The CoMH has an active committee](#). The four College representative groups work together as the PG Council. The PG Council works to improve the PG Student experience. If you have any questions or need any help please contact pgcouncil@ucc.ie.

Other PG Groups on Campus

UCC Postgraduate Workers' Alliance

A coalition of UCC postgraduate students campaigning for postgraduate workers' rights on a national level and part of the Postgraduate Workers' Alliance of Ireland. They can be contacted through their Postgraduate Workers' Alliance of Ireland twitter account.

The Boolean Journal

[The Boolean Journal](#) is an official, student-led journal where doctoral students from every area of UCC get to share their research with a general audience. It is internally peer reviewed and aims to promote the diversity of research in the University in an entertaining and accessible manner.

International Office

Your first point of call for most things is the International Office. As an international research student, most of your queries regarding registration, proof of registration, or changes to registration should go to the International Office.

Queries regarding thesis submission should be directed to the Graduate Studies Office. [Graduate Studies Office Doctorate Thesis Submission Steps](#) can provide further information.

Contact info: ['Contact Us' link for International office](#)

Staff Information: [International Office Staff Profiles and Contact Information](#)

STUDENT ID

Information on how to obtain a student ID card is included in your registration information. The student ID card will allow you access to the library and other services so get this as soon as possible. Find UCC info on ID cards here: [Student ID card registration](#)

First Year Students

You may make an appointment to collect your student ID card on **completion of registration**. This ID card will be for the duration of your programme of study and will be validated each year as you progress through your programme.

You can request a **replacement ID card** from the Student Records and Examinations Office, First Floor, West Wing, on payment of a fee of €20.

Contact the office at: +353 (0)21 4902422

STUDENT IT

UCC Student IT Services provide a number of digital services. A full list and introduction, can be found on the [The Hub's student services](#). Here are some of the highlights:

Umail

Your Umail account (UCC specific gmail) will be your main point of communication with the university. You can find out how to sign in at [UCC uemail and gsuite web page](#). You have the account for life, and also get access to Gsuite services. There is an option to change your uemail address to a format with your name (e.g. janedoe@uemail.ucc.ie) by contacting Student IT. Check here: [University College Cork | Can I change my Umail address to use my name? \(ucc.ie\)](#)

Canvas

This is your learning Dashboard. You should register on the 'COMH Postgraduate Research' Canvas site for all relevant information for your postgraduate research journey in UCC.

It has links to policies and procedures, postgraduate skills development, workshops, training, information on funding opportunities and doctoral bursaries, and information on the people in the College who will support you. All correspondence from College of Medicine and Health Graduate Studies will come through the Announcement function on Canvas so it is important to enrol. You can self-enrol through this link: <https://ucc.instructure.com/enroll/AMBM4A>

Canvas is also used for modules that you take and you will receive information on how to enrol when you sign up for a module on [the Graduate Studies webpage](#).

MyStudentAdmin

For all of your registration and record needs visit [UCC My student admin web page](#).

Microsoft Office 365

DO NOT BUY YOUR OWN OFFICE SUBSCRIPTION. All UCC students have a full Microsoft Office 365 subscription for the duration of their enrolment. You will have access to Word, Excel, Powerpoint and more.

Staff Email

Some postgraduate research student need a staff email as well as a student email. Staff email addresses cost your Department/School/Research team money each year. You will not have access to your staff address once you leave UCC. If you/your supervisor believe you need a staff email address, follow the link above for information.

Microsoft Teams

Since Lockdown, UCC works a lot online using Microsoft Teams. If you are using your Student email address on Teams, always request an email with the meeting link and save it in your own calendar.

THE MARDYKE



As a UCC student, you are a registered member of the [Mardyke arena gym](#), and can avail of all of their sports/training facilities. The arena tends to get incredibly busy during the months of September and January, but New Year's resolutions often disappear.

Facilities at the arena include the athletics track, climbing wall, swimming pool, squash courts, multiple gyms, and basketball courts. A full list of facilities can be found at the link above.

Since COVID, an [online booking system](#) is in place for access to the gyms and pool.

UCC Staff and Students can also make use of the [Arena Clinic](#) web page at reduced rates for physiotherapy and injury recovery.

While you may hear members of UCC refer to the Mardyke Arena as "The Mardyke", the word actually refers to the entire neighborhood running along the northern side of the island formed by the two branches of the Lee River, west of the old walled city named after the Meer Dyke in Amsterdam, the name is also used to refer to the Mardyke grounds Cork County Cricket Club and the Mardyke Entertainment Complex (a group of sports bar, bowling, pool hall, grill and arcade).

Famously the Mardyke is referred to in the Cork City Anthem, "[The banks of my own lovely Lee](#)".

CLUBS & SOCIETIES



UCC has over 150 Clubs & Societies, covering just about any extracurricular interest you may have.

Clubs refer to sports clubs in the University. They are run for students by students, overseen by [UCC Sports](#) and the [UCC Clubs Executive](#) of students.

Societies or Socs, refer to student interest groups. Ranging from academic subjects to charities, board games to political parties, you should find a So that interests you.

Clubs and Socs are one of the best ways to meet new people, learn new things, and make the most of what UCC has to offer.

*This handbook was written and compiled by
the College of Medicine and Health
Postgraduate Student committee.
We hope you find it useful !*