

Information & Support for UCC International Students

Dear Student

I would like to take the opportunity to reassure you and offer some practical supports, while the University is closed. The situation is continuously evolving. Fortunately, here at UCC we have a very active online community that is highly engaged and supportive. At times like this we are all here for each other.

Communication

UCC will make every effort to keep students informed with up-to-date information. As always, your primary source of information is your **UCC email account**. In addition, please check the website regularly www.ucc.ie. A dedicated UCC webpage for COVID-19 is now available here: <https://www.ucc.ie/covid19> 'Ask UCC' will continue to be operational for any questions you might have <https://www.ucc.ie/en/ask/>

Access to International Office and Staff

While the physical International Office is closed, staff are working remotely, so we are available to you if necessary. You can reach us through the usual online channels. Our website is www.ucc.ie/international

Health

UCC Student Health Centre continues to give regular updates and advice to students. Please take the time to read the details. It can be found at <https://www.ucc.ie/en/studenthealth/flu/#d.en.1160754> or at your UCC email address. UCC dedicated webpage for COVID-19 is now available here: <https://www.ucc.ie/covid19>

Student Counselling and Development

UCC Student Health and Counselling have some very useful online resources which can be very helpful to students. <https://www.ucc.ie/en/studentcounselling/>

Mental Health Toolkit

- The **UCC Student Health and Wellbeing Office** has approved this really good (and free) [mindfulness programme](#) that I would highly recommend. It is modelled on the renowned mindfulness expert, Jon Kabat-Zinn. Daily mindfulness helps ease stress and anxiety and also supports emotional and mental resilience. One of the many research-based articles that can attest to that is available at [TIME](#) magazine.

- Build a **Mental Health First Aid Kit**. Learn how to [breathe](#); get enough [sleep](#); [eat](#) right; beware of the effects of [stress](#) on the body; and get enough [exercise](#).

Academic

You can expect to receive regular updates from UCC regarding online learning and assessment/examination arrangements. These will be sent through your UCC email account. You may also wish to view UCC dedicated webpage for COVID-19 which is available here:

<https://www.ucc.ie/covid19>

Travel

Many students will be wondering whether they should travel home or not. This decision depends on several factors:

1. What is the advice of Ireland's Health Service Executive (HSE)?
2. What does your home country embassy advice?
3. What is the situation in the country that you are transiting through?
4. What is the situation with airlines?
5. UCC dedicated webpage for COVID-19, which includes travel information, is now available here: <https://www.ucc.ie/covid19>

Parents

No matter how old their children are parents worry. The fact that their children are now adults does not matter. They especially worry when you are overseas. Please be responsible and take the time to reassure parents. Often, they telephone our office, asking us about your wellbeing. Only you can tell them about your wellbeing. Please stay in contact with them, so that they are not unnecessarily stressed. It is important to give an accurate and measured account to avoid increasing parental anxiety.

News & Media

Please try to ensure that your information is reliable by choosing primary and reputable sources. RTE (Radio Telefís Éireann) is the national broadcaster in Ireland. <https://www.rte.ie/> The Irish Times newspaper in the largest daily broadsheet <https://www.irishtimes.com/> The Health Service Executive (HSE) is tasked with providing accurate and timely information on the covid-19 situation <https://www.hse.ie/eng/>

We will continue to be supportive of our international student community so please do not hesitate to contact us should you need to do so.

Kind regards

International Office Team at UCC