

STEPPING INTO DUNDALK

A GUIDE FOR INTERNATIONAL STUDENTS

#DkIT



MADE FOR STUDENTS,
BY STUDENTS

TAKING CARE OF YOUR

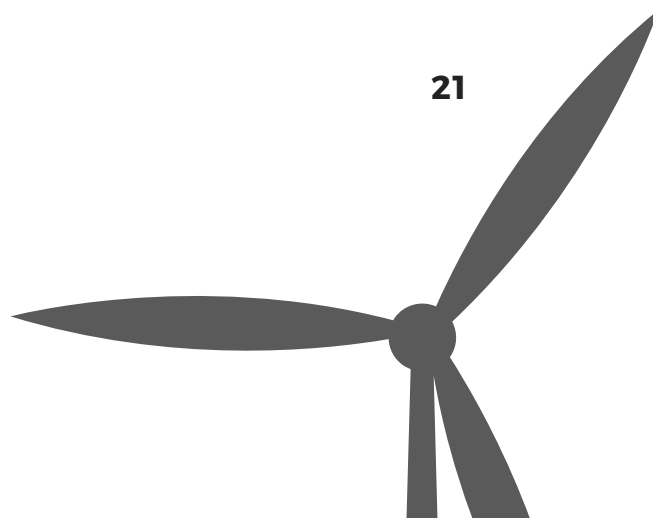
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01

SHU and Counselling:

Tel: 042 9370245

Email: healthunit@dkit.ie

Taking care of your HEALTH

DKIT Student Health Unit

The Student Health Unit (SHU) provides free on-campus medical care to all registered students including international students. Appointments to see the Doctor or Nurse can be made by telephoning or by emailing the Health Unit during opening hours **Monday to Friday 09.00 – 4.30**.

When making contact with the SHU the following information will be requested:

- Student ID number
- Name
- Local Address and Eircode
- Date of birth

Examples of services offered include triage for sudden illness and injuries, **sexual health and contraception services**, **STI screening** (Nurse-led free service), **mental wellbeing and referral when necessary**, medical emergencies (given priority), phlebotomy, wound management/dressings/removal of sutures, ear irrigation, certification of illness, health advice, sport injury referrals.

If you have underlying medical conditions, or need to routinely see a Doctor, you will need to register with a GP (General Practitioner) for continued medical care. The SHU will advise you on available GPs you can register with

02

Tel: 042 93 70 247

Email: Counsellor@dkit.ie

Counselling Services

DkIT cares about **supporting students' mental health and well-being**.

The Counseling Service offers confidential, professional help for personal or social issues through individual sessions, workshops, and group support. Experienced counselors assist international students with challenges like homesickness, helping to adjust to college life and a new environment.





03

SHU and Counselling:

Tel: 085-1961195

Email: pastoralcare@dkit.ie

Location: F119

Taking care of your HEALTH

Pastoral Care

Pastoral Care is concerned with emotional, social and spiritual support. Pastoral Care supports all religious and non-religious communities. The Pastoral Care Coordinator is someone who can be a listening ear, can offer support and advice to help you resolve an issues you may experience including support during times of sickness and bereavement.

The Pastoral Care Coordinator runs regular wellbeing workshops and events including hiking, walking tours and breathwork meditation classes. The aim of the Pastoral Care office is to ensure you have the best experience possible in DKIT offering you a helping hand when needed along the way. The Pastoral Care office can also help point you in the right direction of help and support you may need.

There is a new Interfaith Centre (All faiths and none) which will be available to students from September in F211. This space can be used for prayer, quiet reflection or meditation.

04

Emergency Care

In the event of a medical emergency call 999/112 if necessary and please notify a member of staff who will alert the Health Unit.

Louth County Hospital (Minor Injuries): Dublin Road, Dundalk, Louth, A91 X0DP.

Our Lady of Lourdes Hospital (Acute Care), Drogheda: Windmill Road, Moneymore, Drogheda, Louth, A92 VW28.

For International Office emergency support (during Office hours) : Contact Ms. Summer Wu(+35387 7511519)

For International Office emergency support (out-of-hours) : Contact International Office Manager, Ms. Noreen Carney (+35387 8348611)



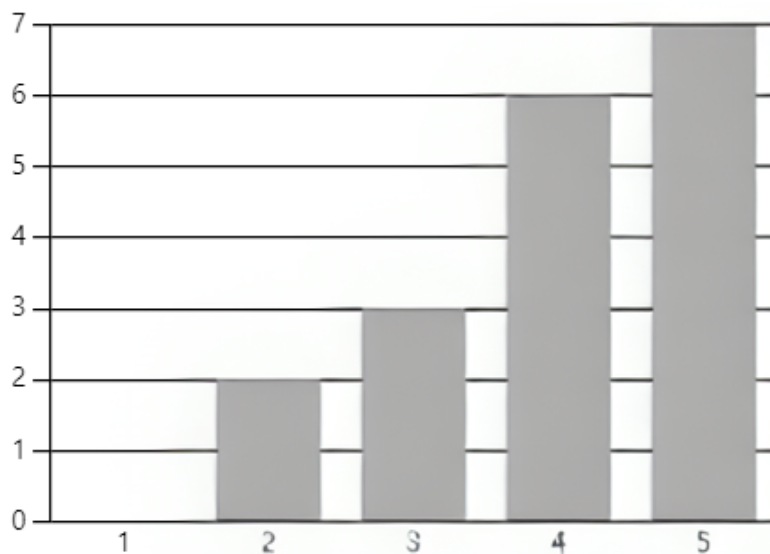


Taking care of your HEALTH

03

Recreational Sport and Gym

If applicable, how would you rate your experience with DkIT Sport?

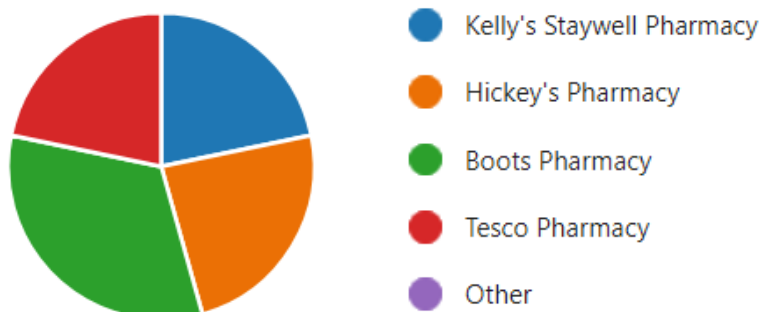


4.0
Average Rating

04

Pharmacies

Which of these pharmaceuticals have you visited or prefer to visit?



Avail of the offer!
Tipping's Neighbourhood Pharmacy Offers 10% Student Discount for all DKIT students.



Taking care of your PERSONAL SAFETY

01

(International Students at
DKIT survey, June 2024)

02

03

Staying safe around town

Dundalk is generally considered safe, but like any place, it is important to remain vigilant about personal safety as a college student. To ensure your well-being, familiarize yourself with the local area and secure reliable emergency contacts. Check emails from the International Office to stay informed about safety tips and support services available.

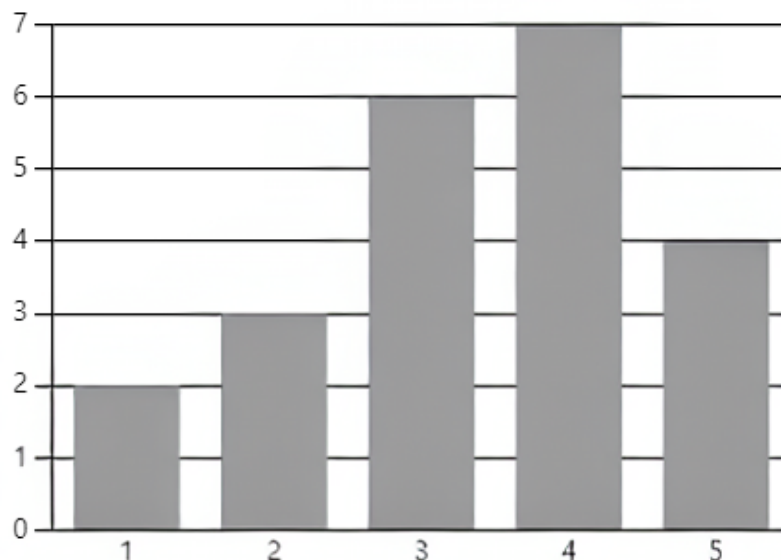
DON'T:

- Walk alone at night in unfamiliar places
- Take dark or isolated shortcuts
- Leave your doors and windows unlocked and unattended
- Leave your belongings unattended on DkIT campus
- Carry large sums of cash on DkIT campus or around town

DO:

- Read your emails from DkIT International Office and get in contact about any concerns
- Notify local authorities or campus staff if you observe any suspicious behavior or feel unsafe

How safe do you feel in Dundalk as an International Student?



1 = Very Unsafe, 5 = Very Safe



01

(International Students at
DKIT survey, June 2024)

Taking care of your EXPENDITURE

Accommodation

Before arriving in Ireland., it is essential to secure your accommodation.

1. **Online:** Daft.ie, Rent.ie and DNG Duffy Property Management.
2. **Private:** Can be a cheaper alternative, including asking friends who are moving out, renting or looking for roommates.
3. **Contacts:** Reach out to graduated students or who are still in DKIT for landlord contacts. Reach out to the International Office for suggestions.

Students tend to choose:

College Heights, Greenpark, Mourne View Hall, Setanta Oriel and Dundalk outskirts.

You can expect to spend an average of **€900** for monthly expenses overall *including rent*. The minimum expenditure range would be **€500-700** and the maximum expenditure range is **€1200-1500**.

Please bring more than enough money to anticipate making **important purchases for comfortable living** in your new accommodation.

International Student Essentials Suggested Checklist:

- | | | |
|--------------------|------------------|------------------------------|
| • Warm Duvet | • Bedsheets | • Multi Socket Extension |
| • Pillows | • Air Fryer | Lead |
| • Pots and Pans | • Drying Rack | • UK Power Adapter Plug |
| • Cooking Utensils | • Vitamin D | (Minimum 3) |
| • Plates | • Winter Clothes | • Water and windproof jacket |
| • Hairdryer | • Blankets | • Umbrella |
| • Electric Heater | • Mattress | • Water Filter |
| | Cover | • Spare Dresser |
| | • Hangers | |



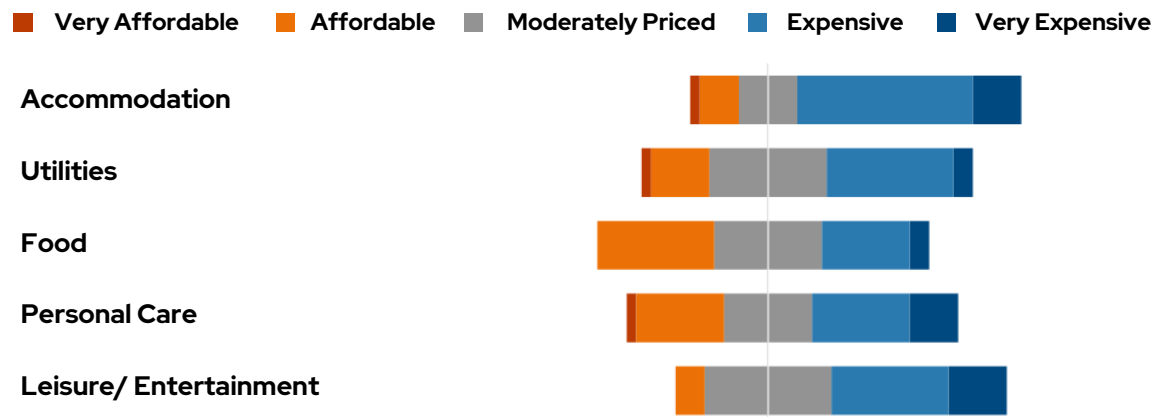


02

(International Students at
DKIT survey, June 2024)

Taking care of your EXPENDITURE

The Cost of Amenities

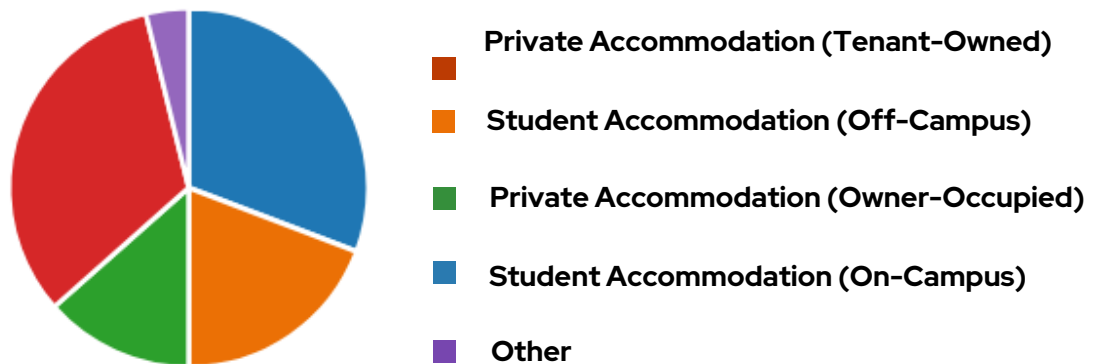


03

(International Students at
DKIT survey, June 2024)

Living Preferences

Where would you prefer living?





01

Taking care of your DOCUMENTATION

Irish Residence Permit

To apply for your Irish Residence Permit, follow these steps:

1. Email dundalk.immigrationunit@garda.ie to request an appointment for your IRP.
2. They will respond with a list of documents you need to bring to the appointment, including the following:



Passport



Address Proof



College Letter



Proof of Funds

Address Proof: For residents of Setanta Oriel House, the caretaker will supply the necessary address proof. For other accommodations, a written agreement will be provided. If you do not have a written agreement, please request one from your landlord.

College Letter: Email the International Office to request the college letter. Please give a minimum of 24 hours notice when requesting a letter.

Proof of funds: Bank statements or balances on any international cards you possess.

02

Student Leap Card

To apply for your Leap Card follow these steps:

1. **Prepare Documents:** Have your student ID or registration letter and a recent digital passport-sized photo ready.
2. **Apply Online:** Complete the application on www.studentleapcard.ie and pay the fee.
3. **Verify in Person:** Bring your verification email and student ID to a Student Leap Card agent for document verification.
4. **Receive and Top Up:** Get your card from the agent and top it up at various outlets, online, or through the Leap Top-Up App.



Taking care of your DOCUMENTATION

03

PPS Number

1. **Gather Documents:** Collect proof of identity, proof of address letter from your landlord and the reason for needing a PPS Number.
2. **Apply Online:** Register and complete the application on the MyWelfare website www.mywelfare.ie, uploading required documents.
3. **Submit Application:** Review and submit your application through the MyWelfare portal.
4. **Await Notification:** Receive an email with the outcome and your PPS Number by post if successful.

04

Driver Licence

Here are the steps to apply for a driver licence as a non-resident in Ireland:

1. **Check Eligibility:** Ensure you meet the eligibility criteria, which typically includes having a valid visa and meeting minimum age requirements.
2. **Complete Driver Theory Test:**
 - Study for and pass the Driver Theory Test, which is required for all learner drivers in Ireland.
 - Book your test through the Road Safety Authority (RSA) website (www.rsa.ie).
3. **Apply for Learner Permit:**
 - Complete the D201 application form for a learner permit, available on the RSA website or at an NDLS (National Driver Licence Service) centre.
 - Submit the form along with required documents, including proof of identity, residency status, and medical fitness (if required).
 - Pay the application fee.
4. **Take Driving Lessons:**
 - Schedule and complete driving lessons with an approved driving instructor.
5. **Apply for Full Driver Licence:**
 - After meeting the required learning and practice hours, schedule and pass the driving test.
 - Complete the NDLS application form for a full driving licence.
 - Submit the form along with necessary documents, including your learner permit and test pass certificate.
 - Pay the applicable fee.
6. **Receive Your Driver Licence:**
 - Once your application is approved, you will receive your driver licence by post.



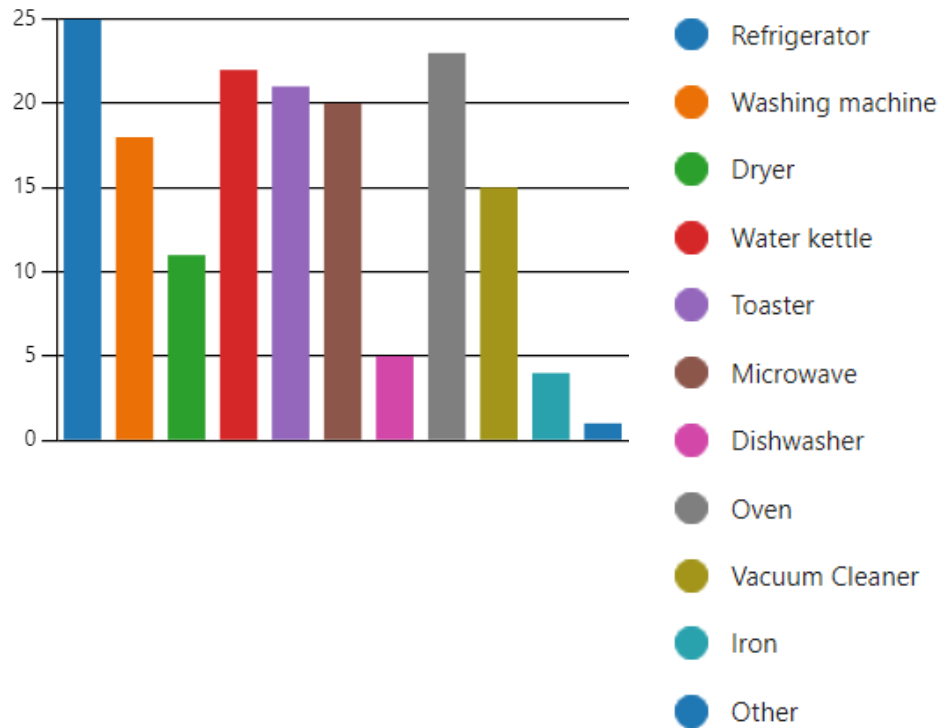
Taking care of your UTILITIES

01



Appliances provided

What appliances were you provided with when you moved in?

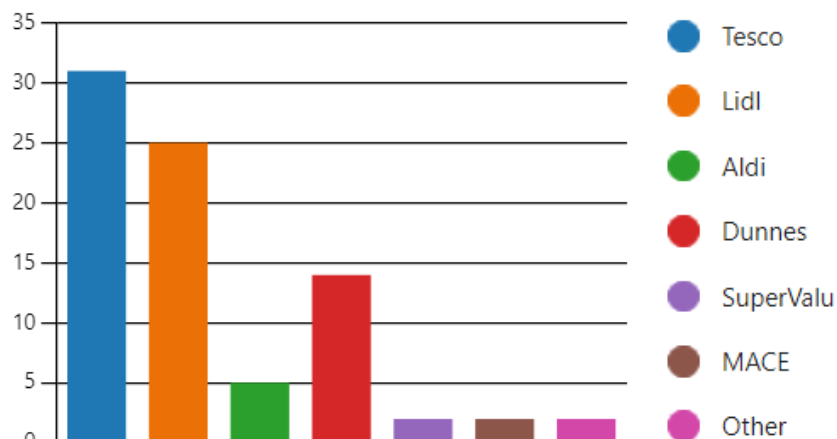


02



Groceries and household shopping

International Students frequent these stores the most:





Taking care of your UTILITIES

03



Sim Card and Wifi Services

Some of the popular services commonly used by students include:

- Vodafone Ireland
- Three Ireland
- 48 Ireland
- Tesco Mobile Ireland
- Eir Mobile
- Virgin Mobile Ireland

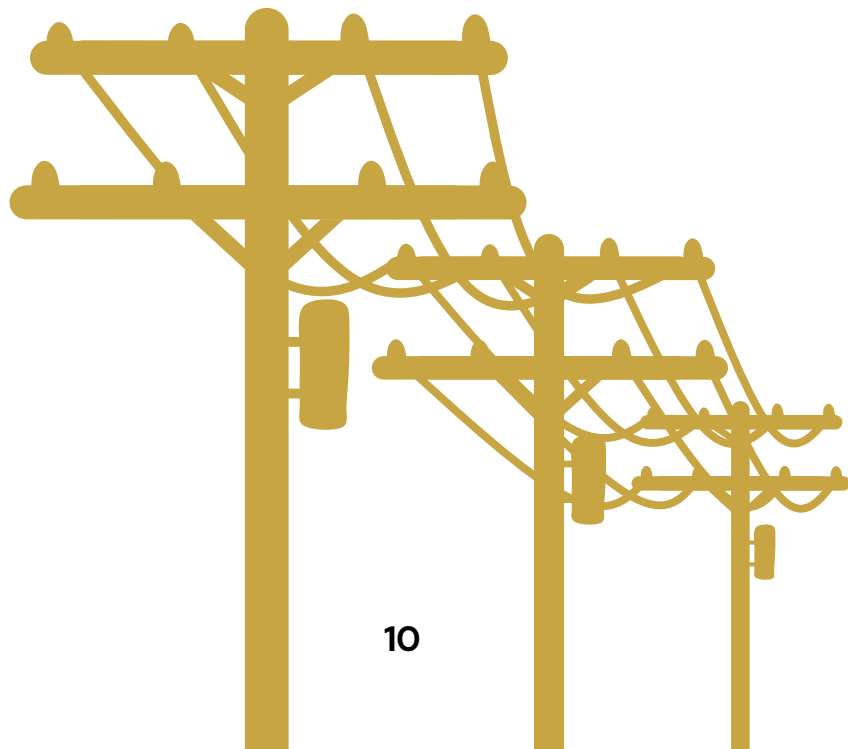
SIM cards will be available at International Welcome Days in September

04



Gas and Electricity

Payment for gas and electricity varies depending on the type of accommodation. In student housing, electricity is often included in the rent or topped up through a designated website. Private accommodations however have varying arrangements based on the landlord's contracted utility provider.





Enjoy your downtime and **RELAX**

01



Cafés and Restaurants

Dundalk has a variety of cafés and restaurants where you can relax with a cup of coffee or enjoy a meal with friends. Explore local favorites and try some Irish dishes. It's a great way to spend a leisurely afternoon.

- Panama Coffee: A cosy spot for coffee lovers.
- The Spirit Café: Known for its relaxed atmosphere.
- Costa: A popular coffee chain offering a comfortable place to hang out.
- Starbucks Drive-In: Convenient for a quick coffee break.
- Rocksalt: A trendy café with a welcoming ambiance.
- 3rd Place Coffee House: Another great option for a casual meetup.

02



Pubs and Bars

- Toals: A popular pub with events like Karaoke Tuesdays.
- The Malt House: Offers a cozy environment with great food and drink options, often featuring live music.
- Mo Chara: A welcoming café/pub renowned for its warm ambiance, great selection of drinks, and lively atmosphere.

03



Snacks and Food Places

- DkIT Snackbox: A budget-friendly place for a quick bite.
- Brubakers: Known for its affordable meals and drinks.
- The Vinegar Man: Offers a unique dining experience without breaking the bank.
- The Malt House: A good spot for reasonably priced food and drinks.





Enjoy your downtime and **RELAX**

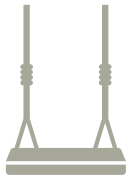
04



Local Attractions

Visit some of Dundalk's attractions like the Dundalk Castle, the Louth County Museum, or St. Patrick's Cathedral. These sites offer a glimpse into the local history and culture and are great places to relax and learn something new.

05



Parks and Outdoor Spaces

- Ice House Hill Park: A popular spot for relaxing walks, picnics, and enjoying nature.
- Blackrock Beach: Ideal for a scenic stroll along the shoreline.
- Dundalk Bay: A beautiful coastal area ideal for birdwatching, walking along the shore, and enjoying the fresh sea air.
- Muirhevnamor Park: A community park with sports facilities, playgrounds, and open spaces for various recreational activities.

06



Cultural and Entertainment Spots

- Cinema: Dundalk boasts two cinemas, IMC and Omniplex, where you can catch the latest movies.
- County Museum: Offers affordable entry, making it an excellent way to delve into local history and culture.
- Retail Park Fairs: Sometimes there are fairs and events that are affordable and fun.
- An Táin Centre: A lovely cultural arts centre hosting diverse performances, exhibitions, and events, celebrating the rich artistic heritage of the region. Occasionally hosts free or inexpensive events.
- Shopping Centres: Visit the Retail Park and the Marshes Shopping Centre for a variety of shopping options.





Enjoy your downtime and **RELAX**

07



Exploring Nature

Dundalk is surrounded by beautiful landscapes. Take a walk or bike ride in the nearby Cooley Mountains or along the Dundalk Bay. These natural spots are perfect for a peaceful escape and to recharge your energy.

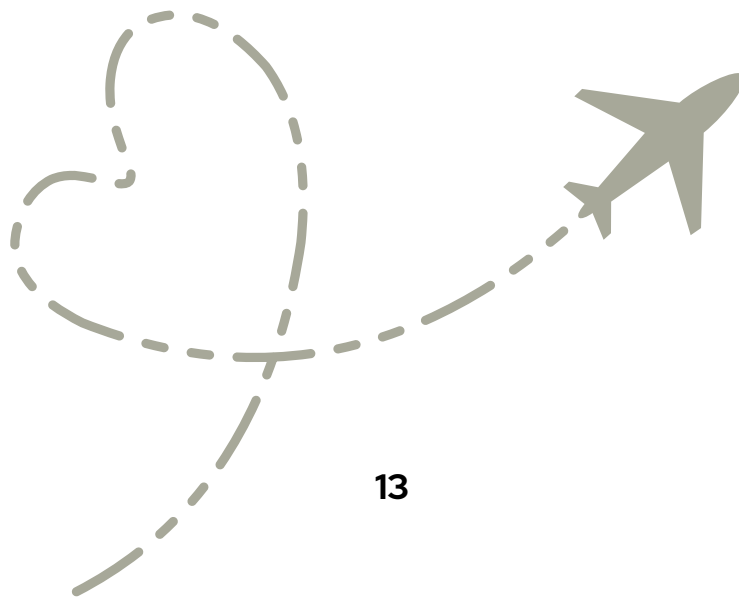
- Gyles Quay
- Blackrock Beach
- Castle Roche
- Skerries
- Powerscourt Estate, Gardens and Waterfall
- Cliffs of Moher
- Carlingford

08



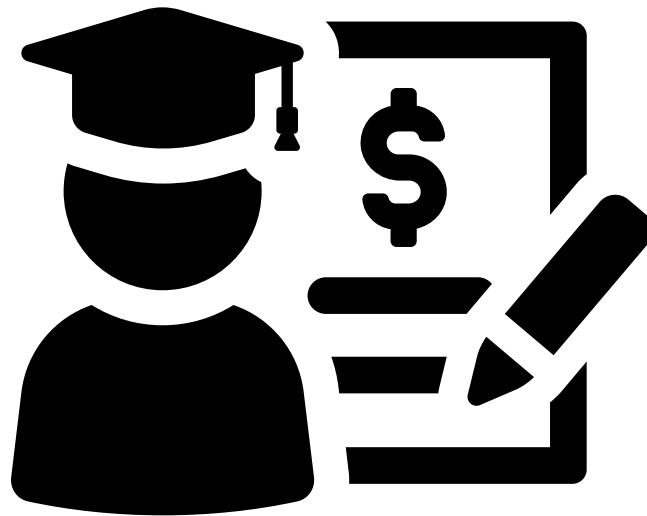
Socialising

Try out different student clubs or societies at DKIT. Whether you're into sports, arts, or technology, there's a club for you. Social events and gatherings are a fun way to meet people and unwind.



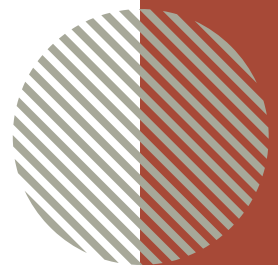


YOUR FEES AND SCHOLARSHIPS



Students should contact international@dkit.ie for information about fees and international scholarships.

As a continuing international student at DkIT you can pay your tuition fees in 2 instalments; 50% when registering and 50% balance in January.

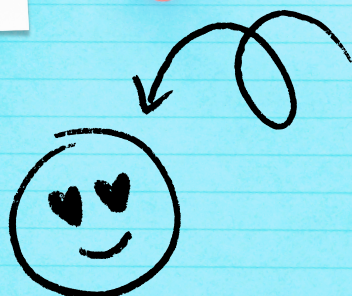




CLUBS AND SOCIETIES



01



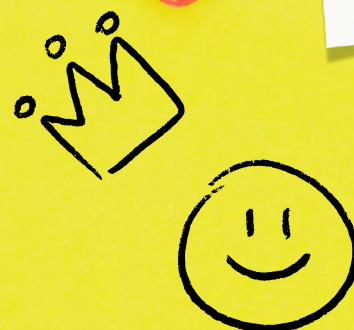
CAMPUS CULTURE

At DKIT, you'll find a vibrant community boasting over 50 dynamic Clubs and Societies, all open for you to join during the exciting Fresher's Week at the beginning of the academic year. Take the chance to develop your interests, network and meet like-minded people.

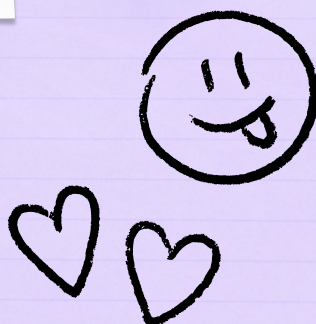
SPORTS

Athletics	Dance Society	Skateboarding
Airsoft	Equestrian	Soccer (Ladies)
Archery	Fencing	Soccer (Men's)
Badminton	Irish Dancing	Table tennis
Basketball (Men's)	Karting	Volleyball
Basketball (Ladies)	Pool Club	Handball
Boxing	Rugby (Ladies)	
Cricket	Rugby (Men's)	

02



03



CLUBS

ACM Student Chapter	Drama Society	Nutrition Society
African Society	DESHI	Malaysian Society
Agriculture	Engineering Society	Music Society
Anime	ESN Society	Photography
Bioscience	Film Society	Pride Society
Czech Society	Google Developer Club	Radio Society
Christian Union	Islamic Society	Trad Society
Circus Arts Society	Mature Students	Table Top Society
Creative Minds		

GETTING READY FOR IRISH WEATHER

General Weather Overview

Dundalk has mild winters (3°C to 8°C) and cool summers (12°C to 20°C). Extreme temperatures are rare.



Rain and Wind

Expect rain year-round. Always have a waterproof jacket and an umbrella. Windproof jackets are useful, especially in winter.

Layering Up

Wear layers to stay comfortable. Start with a light shirt, add a sweater, and finish with a waterproof jacket.



Footwear

Waterproof shoes or boots are essential. Comfortable walking shoes are also recommended.

Seasonal Tips

- Winter: Bring warm clothes like hats, scarves, and gloves.
- Spring/Autumn: Wear layers to adjust to changing weather.
- Summer: Light clothing with warm layers for cooler evenings.



PLACES of Worship

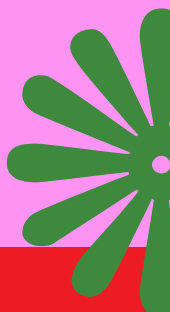


ST. PATRICK'S CATHEDRAL
ST. NICHOLAS' CHURCH
DUNDALK PRESBYTERIAN CHURCH
DUNDALK METHODIST CHURCH
THE CHURCH OF JESUS CHRIST OF
LATTER-DAY SAINTS

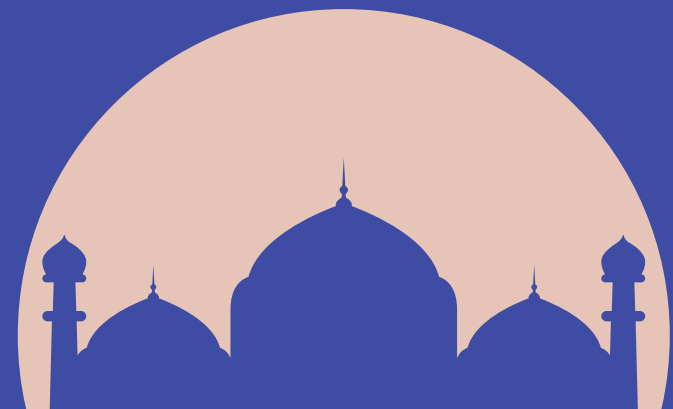


DUBLIN BUDDHIST CENTRE
DZOGCHEN BEARA
IRISH SANGHA TRUST

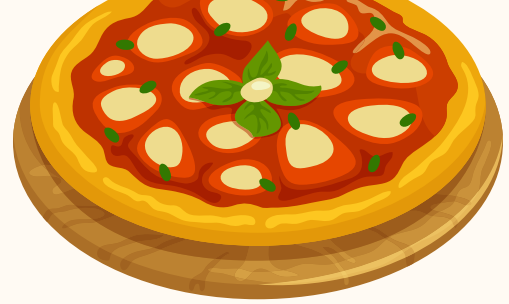
SHREE GANESH TEMPLE
ISKCON DUBLIN
(HARE KRISHNA TEMPLE)
IRELAND VINAYAKA TEMPLE



DUNDALK ISLAMIC CULTURAL CENTRE



SIKH TEMPLE DUBLIN



**NOOR FOODS
AYLA SUPERMARKET
MARHABA FOOD STORE AND HALAL MEAT
POLO STORES
KRAKOWIAK EASTERN EUROPEAN FOOD STORE**

*Are you
hungry?*



**HIMAWARI JAPANESE AND CHINESE CUISINE
THE KITCHEN
CASA LUNA
RAHA INDIAN CUISINE
PUNJAB HOUSE
SITAR INDIAN RESTUARANT
THE BLACK WOK, BLACKROCK
GORMET PALACE
ATAMI JAPANESE CUISINE**



The background of the entire page is a repeating pattern of stacks of money. Each stack is composed of several blue banknotes, with a single yellow banknote placed on top of each stack. The stacks are arranged in a staggered, grid-like fashion across the page.

LET'S TALK FINANCE!

Opening a Bank Account

Open a local bank account for managing finances. Most banks in Dundalk offer student accounts with no fees and contactless payment. You'll need:

- Valid passport or national ID
- Letter from DkIT confirming student status
- Proof of address (such as a utility bill or rental agreement)

Managing Your Money

Online Banking: Track spending and manage accounts easily.

- Emergency Fund: Save a small amount monthly for unexpected expenses.
- Avoid Debt: Be cautious with credit cards and loans.



LET'S TALK FINANCE!

Budgeting

Creating a budget helps you keep track of your expenses and ensures you have enough money for the entire semester. Here are some common expenses to consider:

- Rent: Your main expense
- Food: Groceries and dining out
- Transportation: Buses, taxis, or a bike
- Utilities: Electricity, gas, internet
- Books and Supplies: Textbooks and study materials
- Leisure: Social activities and entertainment

Part-Time Work

Finding part-time work can enhance your experience as an international student in Dundalk by providing financial support and valuable work experience. Based on a survey done with current international students, the two main sectors for jobs are food and retail/customer service. As an international student on a study-visa you can work for up to 20 hours per week during term-time and up to 40 hours per week during holidays.

The background of the entire page is a repeating pattern of stacks of money. Each stack consists of several blue banknotes tied together with a yellow rubber band. The stacks are arranged in a staggered, isometric grid across the page.

LET'S TALK FINANCE!

Financial Support Services

DkIT's Student Services offers advice on managing money and accessing once-off emergency support. Information is available on DkIT Moodle.

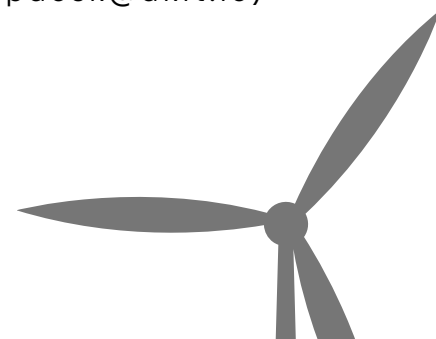
Final Advice

Being financially prepared with your family/guardian/sponsor will help you focus on studies and ensure that you enjoy your time at DkIT. Open a bank account, budget wisely and consider part-time work. For help, contact DkIT International Office. Welcome to Dundalk, and best of luck!

APPENDIX

WHERE DO I GET HELP IN DKIT?

Applications	International Office
Questions prior to arrival	International Office
Accommodation	International Office
Orientation	International Office
Pastoral Care/personal or local difficulties	International Office
Signatures to certify/arrival and departure	International Office
Need someone to mediate on your behalf?	International Office
Change of address	International Office
Academic Issues	Head of Department
Timetables	School Office
Learning agreements (Erasmus)	Head of Department
Examinations	School Office (or Exams Office)
Examination Results	School Office
Registering to repeat exams	International Office & Head of Dept
Health and Medical Matters	Student Health Unit
Sports Clubs and Societies	Student Services Office
Computers/Access to e-mail	Helpdesk (helpdesk@dkit.ie)



#DkIT



**For more information,
please contact:**

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**All graphics and templates were designed
with Canva.**