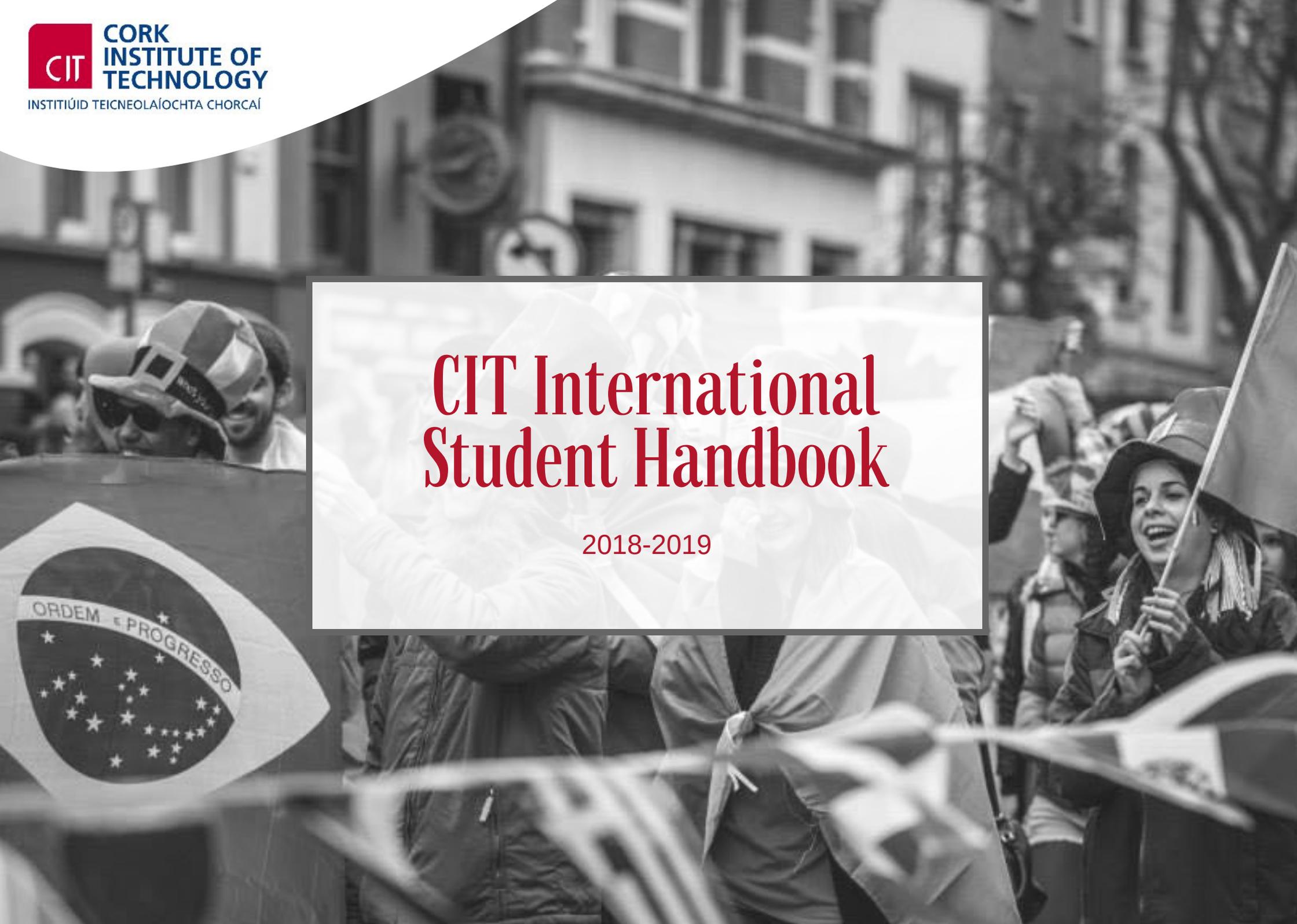


CIT International Student Handbook

2018-2019



A message

From the Vice President for External Affairs



Dear Students,

It gives me great pleasure as the Vice President for External Affairs in CIT to introduce the International Student Handbook for 2018/2019, and to welcome you to CIT!

With over 500 international students enrolled from 125 different countries, CIT's excellence in higher education is recognised worldwide. For CIT, Internationalisation is central to our ambitions, and I thank you for choosing us as your study destination.

Knowledge and experience of international cultures and business environments is a key requirement for graduates in an increasingly internationalised world. In this context, the following strategy statement outlines CIT's vision for Internationalisation:

To develop graduates as global citizens who have the necessary abilities and confidence to live, work, achieve and participate fully in an international environment.

CIT's International Office celebrates the great diversity of our student body, and provides end-to-end support to both incoming and outgoing students embarking on an international experience. I wish you every success in your studies in CIT, and I have no doubt you will have a challenging, fun and rewarding experience!

Orla Flynn
Vice President for External Affairs

Information on CIT

CIT's Mission

To provide student-centred education with a career focus for the benefit of the personal, intellectual and professional development of the student and for the benefit of the whole of society.



Contents

1. Welcome

1.1 Congratulations!	3
1.2 What to do now	3

2. Information on CIT

2.1 About CIT	4
2.2 International Office	5
2.3 Social Media	5

3. Before you arrive

3.1 Visa and Immigration	6
3.2 Cost of Living	6
3.3 Accommodation	7
3.4 Academic Calendar	8
3.5 Health Insurance	8
3.6 Pre-arrival Checklist	9
3.7 Getting to Cork	10

4. After you arrive

4.1 Orientation	10
4.2 Bank Account	11
4.3 Immigration	11
4.4 Working in Ireland	11

5. Practical Information

5.1 Departments	12
5.2 Services	12
5.3 Learning Support	13
5.4 Societies	14
5.5 Sports	15
5.6 International Society	16
5.7 PALS	17

6. Cork and Ireland

6.1 Cead Mile Failte	17
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1. Welcome

1.1 Congratulations!

Congratulations on being offered a place to study at Cork Institute of Technology. Now that you have received an offer to study at Cork Institute of Technology (CIT), it is time to start thinking about the preparations which should be made before you come to Cork.

1.2 What to do now

Once you receive your offer from us you will need to accept, decline or defer your offer by emailing international@cit.ie

Accepting your offer

• I HAVE A FULL OFFER...

To accept your full offer you must email international@cit.ie of your intent to accept your offer and pay the required non-refundable deposit to secure your place on your chosen programme.

This deposit will be deducted from the overall tuition fee. The balance of the tuition fee must be paid in full prior to registration in September 2018.

Deposits will be refunded should your visa application be refused.

• I HAVE A CONDITIONAL OFFER...

To accept your conditional offer you must email international@cit.ie of your intent to accept your conditional offer and pay the required non-refundable deposit to secure your place on your chosen programme.

This deposit will be deducted from the overall tuition fee. The balance of the tuition fee must be paid in full prior to registration in September 2018.

Deposits will be refunded should you not meet the condition of your offer or if your visa application is refused.



Meeting the conditions of your offer

If your offer is conditional on meeting the minimum English language proficiency requirement, please submit evidence of same no later than August 1st, 2018. Should you require a visa to study in Ireland, you will have to submit evidence of English language proficiency in adequate time to obtain your full offer letter and process your visa.

If your offer is conditional upon obtain your final high school results, foundation programme results, degree results, please submit your official results once known.

Rejecting an Offer

If you do not want to take up a place of study at CIT, you can reject the offer by emailing international@cit.ie

Deferring an Offer

If you are thinking of deferring your offer please contact international@cit.ie with your request and we will check the possibility with the relevant department. Deferrals are approved on a case by case basis

2. Information on CIT

Bishoptown Campus (Bishoptown, Cork)



The Bishoptown campus is the main centre, and is situated in the western suburbs of Cork city. It is comprehensively equipped with lecture rooms, laboratories, theatres, drawing studios, library, computer suites, open-access computing centre, and research units. The student centre includes a common room, café, shop, Students' Union, sport clubs, and societies.

Recreational facilities include a championship standard running track, tennis courts, all-weather pitch, an excellently appointed gymnasium, and grass playing pitches. A heated indoor public swimming pool and fitness centre (Leisureworld) is located alongside the institute.

CIT Crawford College of Art & Design (Cork City)



This is a self-contained College of CIT, located in Sharman Crawford Street. It is situated within walking distance of the city centre. The Department of Fine Art & Applied Art based at the Sharman Crawford Street campus offers Honours Degree programmes in Fine

Art, and Contemporary Applied Art (Ceramics, Glass, Textiles). The Department of Media Communications based at CIT Bishoptown campus offers Honour Degree programmes in Multimedia and Visual Communications. Facilities at the CCAD include lecture rooms, library, studios, and personal work-areas for students. There are well-equipped workshops and laboratories for an extensive range of specialist areas. The CCAD annual Degree Show is one of the highlights of the arts calendar in Cork.

CIT Cork School of Music (Cork City)



This is a Constituent School of CIT, located at Union Quay, Cork city, and provides Honours Degree programmes in Music, Theatre & Drama, and Popular Music. The School also has a wide range of MA and PhD degrees.

The CSM has many award winning bands, chamber music ensembles, choirs drama groups, and orchestras – with the senior ones undertaking extensive national and international tours, broadcasting, and making commercial recordings.

National Maritime College of Ireland (Ringaskiddy, Co. Cork)



This purpose built College is on a 10 acre campus and located 18km from Cork city, in Ringaskiddy. It provides training and education for the Merchant Marine and the non-military needs of the Irish Naval Service.

The NMCI provides education services of the highest quality and includes Degree programmes in Nautical Science, Marine Engineering, and Marine Electrotechnology. Specialist spaces including survival facilities, seamanship and shipwrights' workshop, fire-fighting/damage control, jetty and lifeboat facilities and engine room are provided. The College also provides specialised simulation equipment in the areas of navigation, bridge training, communications, engineering machinery operations, liquid cargo handling/ damage control and vesseltrafficsystems. These facilities fully comply with the most up to date international standards and requirements. A multipurpose all and sporting facilities are also included in the college.



2.2 International Office

The International Office opening hours are: **10.00am to 1.00pm and 2.00pm to 4.00pm**. The International Office provides information and practical assistance to both incoming and outgoing Study Abroad and Exchange students, and liaises with the international co-ordinators in partner institutions to ensure the smooth running of the Study Abroad and Exchange programmes.



2.3 Contact details & Social Media

 Administration Centre
Cork Institute of Technology

 @citinternational

 +353 21 433 5300

 @CIT_Intl

 international@cit.ie

 @citinternational

 www.cit.ie/international

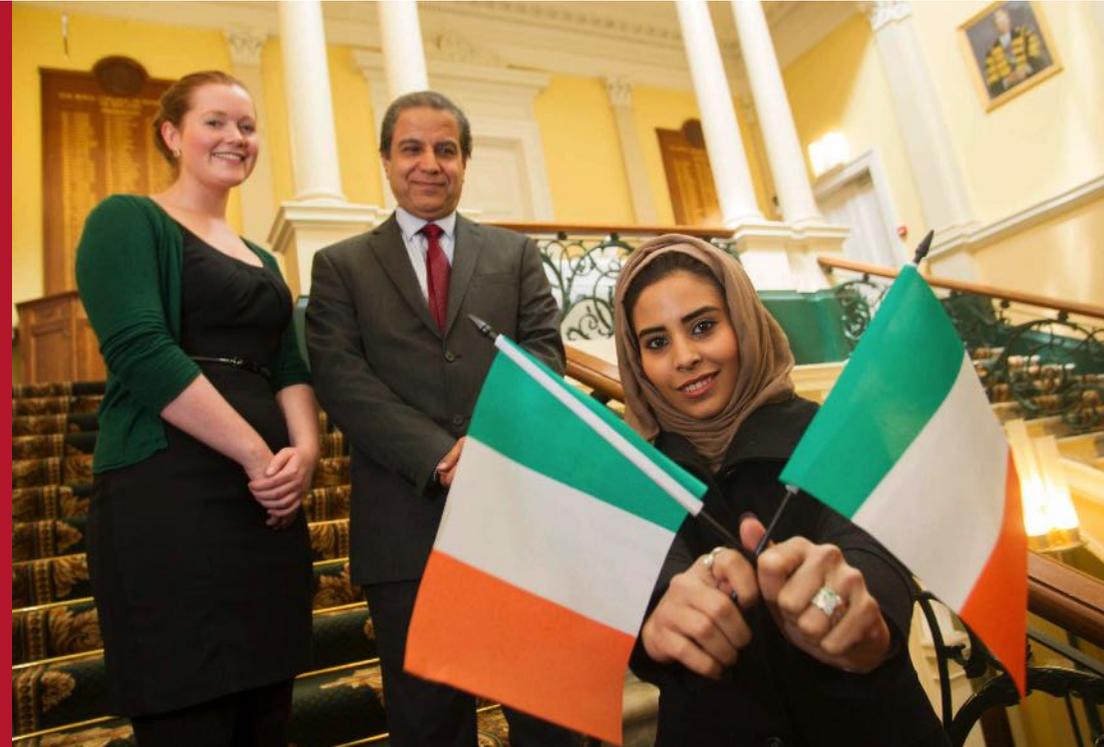
3. Before you arrive

3.1 Visa and Immigration

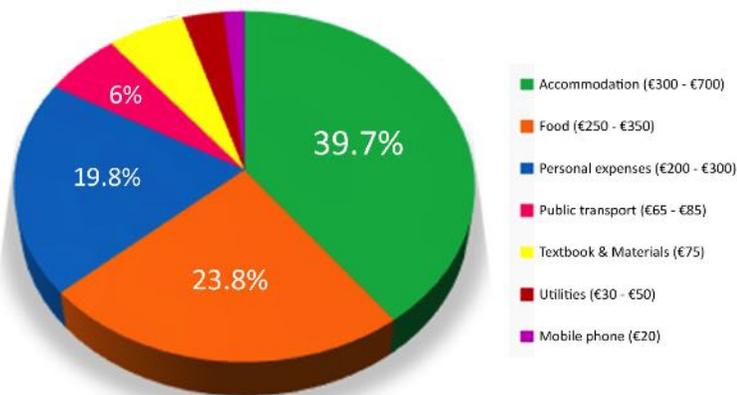
Many non-EU students need to apply for a visa to the Embassy of Ireland or the Consulate in their home country. This can take 6-8 weeks, so it is important to allow plenty of time for this when planning for your admission date. It is the responsibility of students to arrange their own visas. In such cases, students should ensure that they make their visa applications well in advance of the start of their course at CIT. For complete details of visa requirements and processes, please visit the Irish Naturalisation & Immigration Service website: <http://inis.gov.ie/>

You will need to supply the following documentation when applying for a visa to your local Irish Embassy:

- Valid passport number
- Date of issue and expiry of passport
- Date, place and mode of arrival in Ireland
- Letter from CIT indicating that you have been offered a place
- Evidence of tuition fee payment
- Recent passport photographs
- Visa application fee (non-refundable)



Distribution of expenses



3.2 Cost of Living

RENT

Approximately €100 (depending on type of accommodation) per week excluding/including electricity/gas.

FOOD

Approximately €55-€65 per week.

LEISURE/ENTERTAINMENT

A student cinema ticket costs €7.00 for matinee screenings and €9.00 for evening screenings, and soft drinks costs around €2.00 per glass. Many theatres, clubs, pubs, etc. offer special student discounts.

3.3 Accommodation

CIT does not have its own campus accommodation. The Accommodation Office can assist students with any queries. Students can phone, call into the office or email for up to date lists and information.

W:<http://www.cit.ie/studentlife/accommodation>

T:+ 353 21 4335750

E: accommodation@cit.ie

Opening hours:

Monday to Friday 8.30am - 4.30pm.

1. LODGINGS/SELF CATERING LODGINS

Where a student receives breakfast, evening meal and light supper.

2. SHARE HOUSES/FLATS

A list of houses/rooms in houses is available throughout the year and this updated regularly and especially during the summer months. As there is a high demand for this type of accommodation, it is advisable to contact the Accommodation Office regularly for an updated list.

3. STUDENT ACCOMMODATION

There are a large number of student apartments in close proximity to the Institute. It is advisable to look into this option early in the intended Academic Year. Bookings should be made directly to the apartments.

Three main student housing options:

EDEN HALL



(<http://edenhall.ie>)

- 8 mins walk to CIT.
- Each room is ensuite.
- 2, 3 and 4 room apartments.
- Study desk and broadband in each room.

Edenhall @theVillage, Model Farm Road,
 Tel: 021 434 2727
 E: info@edenhall.ie

PARCHMENT SQUARE



(<http://www.parchmentsquarecork.com>)

- Direct walkway to CIT
- Catering for all budgets
- On-site launderette
- Different room types

Parchment Square, Model Farm Rd, Cork
 Tel: 021 454 5200
 E: studentenqs@parchmentsquarecork.com

DEANS HALL



(<http://www.deanshall.com>)

- Walking Distance to C.I.T.
- Walking Distance to Leisure world Pool & Gy
- Free Internet
- Luxury Student Accommodation

DeansHall Bishopstown, Curraheen Road, Cor
 Telephone: 021 481 9500
 E: info@deanshallbishopstown.com

3.4 Academic Calendar

Students are advised to arrive at least a week before the beginning of the semester, to allow time to settle in and prepare for courses.

CIT courses are divided into two 13-week semesters
Semester 1 (12th September 2018 – 18th January 2019):
Semester 2 (28 January 2019 – 20th June 2019)

All Non-EU Student Registration and Orientation:
Monday 10th and Tuesday 11th September 2018

Master of Science in Information Security Orientation:
Monday, 6th and 7th September 2018

See Academic Year Planner for Examinations and Breaks

3.5 Health Insurance

Overview

All students should have health insurance cover.
Non-EU students must have private health insurance for Immigration purposes. Immigration will only grant permission to reside in Ireland if you can produce private health insurance policy documentation. In the case of visa requiring students it is mandatory to submit private health insurance details with the visa application. (The health insurance document must be written in English).

Students are advised that in addition to medical insurance being a visa and immigration requirement the cost of Healthcare in Ireland is high. A one night stay in hospital can cost in excess of €1200. Therefore we would recommend that all students carry medical insurance in case they are taken ill or are involved in an accident whilst studying with us.

You need private medical insurance to cover any emergency situation where you might need to be hospitalised or access to private consultations.



Private Health Insurance Options

- A. Obtain health cover from home country. Please ensure that it is valid in Ireland. Please note that in cases where there is a high deductible (excess) it may be less expensive to purchase health insurance in Ireland.
- B. Obtain private health insurance from Irish Health Insurance providers, see below.
- C. Students can also avail of the services of Bupa Global; <http://www.ihl.com/>.

Irish Health Insurance Companies

1. Study and Protect - www.studyandprotect.com

CIT has set up a new agreement with “Study and Protect” Insurance suppliers for you with competitively priced policies.

Policies available are as follows;

- Medcover Standard: €120.00 for 12 months cover with an excess of €100.00 (deductible) which means it is the students responsibility to pay the first €100.00 of each claim you make and the limit is €2.5 million.
- Medcover Superior: €170.00 for 12 months cover with an excess of €50.00 (deductible) which means it is the students responsibility to pay the first €50.00 of each claim they make and the limit is €5 million.

2. Laya Healthcare - www.layahealthcare.ie

3. VHI -Voluntary Health Insurance Board - www.vhi.ie

4. Aviva Health - www.aviva.ie/online/health/

5. Irish Life Health - <http://www.irishlifehealth.ie/>

3.6 Pre-arrival checklist

...and don't forget your rain coat!!!

- Accept your offer**
- Pay your deposit/tuition fee**
- Apply for a study visa.** Check if you require a study visa for Ireland here <http://www.inis.gov.ie/en/INIS/Pages/Study>
- Purchase Health Insurance**
- Book accommodation.** Please contact the International Office asap if you are having difficulty sourcing accommodation.
- Plan your budget.** It is important to understand all the costs involved, including tuition fees and day-to-day living costs. Budgeting is one of the key skills you will develop during your time at university and once you learn how to manage your money, you will be able to enjoy college life to the full.
- Plan your trip.** International orientation takes place September 10th and 11th 2018, so please arrive by September 9th at the latest. (*Msc Information Security Orientation in September 6th and 7th 2018).
- Prepare your immigration travel documents.** All non-EU/EEA nationals are subject to immigration control at the point of entry to the Irish State, so please ensure that you comply fully with Irish Immigration Regulations and that you have all the required documentation ready for inspection immigration officials.
 - o Passport
 - o Letter of Offer
 - o Evidence of tuition fee payment
- SIM Card.** The International Office will issue you with an Irish SIM card on arrival to Cork. In order to use this you will need to unlock your phone. Please follow the instructions below to unlock your phone.
 - Contact your phone network. They can provide the phone unlocking code on request. Most networks will provide this if you have spent over a certain amount of credit. Once you have the code, Google your phone model to find unlocking instructions to guide you through the process.
 - Go to an independent phone shop. Many provide a service to unlock phones at a minimal cost. Check online for the closest shop to you.
 - Your phone may be unlocked already! You can check this by putting in a different SIM card to your current network and see if it works.
- Attend registration and orientation:** International orientation takes place September 10th and 11th 2018 (*Msc Information Security Orientation in September 6th and 7th 2018).
- Open a Bank Account.** International Office will assist.
- Register with local immigration.** International office will give the information at orientation. Check the documents needed in immigration section.
- Re-Entry Visa.** If you require a re-entry visa, once you have successfully completed the above steps you will be able to apply for a Re-Entry visa. You can either apply for a single entry or multiple entry re-entry visa. We strongly recommend that you apply for a multiple re-entry visa in case you are required to return home immediately in the event of an emergency. The International Office will provide you with the form required and information on documentation required to submit as part of the application during orientation.
- Keep in touch.** Be sure to stay in regular contact with the International office, and let us know if you have any questions! Email us at international@cit.ie, and connect with us through social media! Facebook: [@citinternational](https://www.facebook.com/citinternational) or Twitter: [@CIT_Intl](https://twitter.com/CIT_Intl)

3.7 Getting to Cork



AIR

Cork International Airport is the country's second busiest airport after Dublin and serves more than 50 destinations. The airport is located just 10 minutes from Cork City centre on the highest point of the south side.



FERRY

The hugely popular Brittany Ferries vessel the Pont Avon runs between Cork and Roscoff in north-western France.



TRAIN

Cork city's railway hub and access point to the national rail network is Kent Station on the Lower Glanmire Road, a ten minutes walking east of the city centre.



BUS

In recent years prices for seats on private and public buses running the Cork-Dublin and Cork-Limerick-Galway route have become very competitive - good news for visitors to Cork! A three hours journey to Dublin or Galway can cost as little as 15 euro if booked in advance or slightly more if you just turn up. Buses run from 6am until midnight in both directions. <http://www.aircoach.ie/> or <http://gobe.ie/>



CAR

Ireland's intercity road system is now of the highest international standard and the two lane M8 motorway between Cork and Dublin is now entirely 120km/h resulting in journey times of only 2.5 hours. There is plenty of on-street parking in the city (2€/h between 8.30am and 6.30pm Mon-Sat) and a plethora of multi-storey car parks.

Cork is a very safe city so it is perfectly acceptable to leave your car parked on any street overnight and on-street parking can be paid for by buying paper discs (available in hundreds of shops around the city) or using your phone and signing up with Park Magic to pay by credit card.

4. After you arrive

4.1 Orientation

Students should inform the International Office of their arrival date as soon as they have booked their flights. An Orientation programme will be arranged for incoming students. Full schedule regarding time and location will be emailed to you as soon as they have been finalised, and once the receiving department has accepted the student's application. All students are required to attend the orientation session in order to become familiar with the institute and its facilities and services.

Registration week & Students induction:

MSc Information Security: Thursday 6th and Friday 7th September 2018

All Non-EU Students: Monday 10th and Tuesday 11th September 2018



4.2 Bank Account

There is a branch of Bank of Ireland on the CIT Campus. Banking hours are between 10.00am and 4.00pm Monday, to Friday. In order to open a bank account, you will need to take with you to the bank the following items:

<i>Letter of offer (with home address)</i>	<i>Letter of confirmation of study period (with Cork address) from the International Office.</i>	<i>Passport.</i>	<i>CIT Student Card.</i>
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Please note that bank letters cannot be issued until you have a Cork address. The bank will not accept a temporary hostel address. There are also two ATM machines located in the Student Centre of the Bishoptown Campus.

4.3 Immigration

<i>A valid passport</i>	<i>An entry visa (where applicable)</i>	<i>CIT student card</i>	<i>Evidence of financial support</i>
<i>A letter from CIT stating that you are a registered student</i>	<i>Immigration Card Fee of €300</i>	<i>Evidence of Private Health Insurance</i>	<i>**International Office will assist you with this</i>

4.4 Working in Ireland

In order to work in Ireland, you must apply for a PPS number, which is similar to a national identity number/social security number. *You must be full registered with CIT prior to applying for a PPS number.*

PPS number applications will only be accepted with a pre-booked appointment from the Department of Social Protection.

Before arriving for your appointment, please ensure you have been allocated a date, time, and desk number. Without these, you may not have a valid appointment. You will need to present the following;

1. Passport
2. Proof of Address
3. Immigration Card
4. CIT Student ID Card
5. Letter from CIT confirming your student registration

Following successful registration, customers will be advised of their new number, within 3 to 5 working days, through the issue of a letter of notification sent automatically to the address given on the application form.

Non-EU, full-time full-year students can work 20 hours per week during term time or full-time, up to 40 hours, during holiday time (May, June, July, August and between 15th December and 15th January).

Students carrying out a training period in a company whilst in Ireland will also require a PPS number.

The most up to date information is available at:

<http://www.welfare.ie/en/Pages/PPSN.aspx>

Opening hours and location map information is available at:

<http://www.welfare.ie/en/Pages/office/Intreo-Centre-Cork-Hanover-Street.aspx>

5. Practical Information

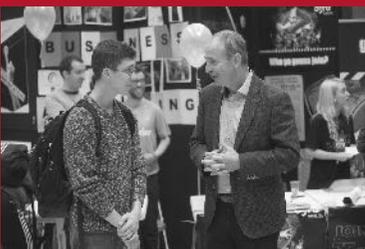
5.1 Departments

We offer the full range of higher education qualifications, including Bachelor degrees, Honours Bachelor degrees, and post-graduate Masters and PhD degrees. CIT has a very well developed 'ladder' structure to enable students to progress through the different levels of qualifications.

CIT offers **73 courses** through the CAO. Forty-one of these are on the Honours Degree (Level 8) list. It is important to note in addition that there are thirty courses on the Bachelor Degree Level 7 list which have routes of progression to Honours Degree courses at CIT.

CIT is **one of the most highly rated higher education colleges in Ireland**, both in terms of facilities and in the great student-staff relations.

CIT courses cover **Business, Engineering, Science, Computing, Humanities, Media, Art, and Music**. We have an enviable record of providing students with excellent employment opportunities and a firm basis for future career development.



5.2 Services



Medical Centre

The Medical Centre is located on the first floor of the Student Centre.

Doctor: Monday - Friday 11.30pm - 1.00pm

Nurse: Monday - Thursday 9.30am – 3.45pm
Friday 9.30am – 1.00pm

You can arrange an initial appointment with the Doctor or Nurse. The morning is the best time to arrange an appointment. Follow-up appointments should be made directly with the Medical Centre by students themselves.

There is one late-night pharmacy in Wilton, which is close to CIT and one on Patrick Street in the centre of Cork.

Chaplaincy

The CIT Chaplaincy team, consisting of two full-time chaplains and six post-graduate students, operates an information desk in the main teaching block of the Bishoptown Campus. The Chaplaincy office is located in room D151 and the Chapel is located in room D155.

Students' Union

The Students' Union represents and defends everyone who attends CIT on matters affecting their rights and interests as students. They act as a channel of communication between the students and other bodies.

They also offer a number of services to students such as travel visas, bus tickets, travel timetables, and various publications throughout the academic year. In their shop you can buy lab coats, goggles, phone credit and photocopying cards. They also organise many entertainment activities such as Freshers' Week, Christmas Day and Rag Week.

5.3 Learning support

The Academic Learning Centre provides with additional assistance and resources to complement their course lectures.

The well-appointed centre with internet access and printing and copying facilities provides a student-centred environment, where students can meet with subject lecturers in a relaxed setting outside of the classroom to discuss any queries they might have on a subject.

Lecturers on a weekly basis provide subject support sessions during each term of the academic year and in addition a highly successful summer programme has been provided for students taking repeat exams. Individual sessions have also been provided where feasible and appropriate. The sessions are free and open to all students taking the subject as part of their course. Students have attended from a broad spectrum of disciplines Science, Engineering, Computing and Building and Architecture. Many of the regular attendees have built up good communication with the lecturers who have delivered walk-in subject clinics have gained valuable additional insights into the student learning experience.



5.4 Societies

Education means more than just academic learning. Joining a society will give you the opportunity to enhance your skills in organising events, activities and managing finance.

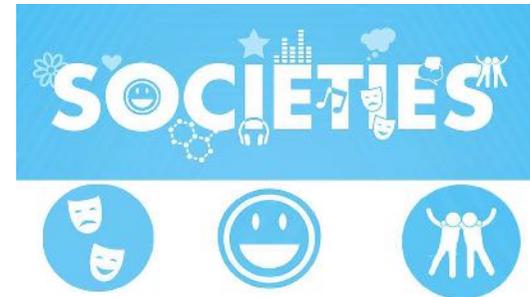
The diversity of CIT societies means that practically every taste is catered for. Grab the opportunity to experience something new or pursue an interest you have always wanted to explore. Why not get involved in the Photographic Society, Music Society or Drama Society or get to know more people by getting involved in your academic related Society.

CIT Societies are some of the best Societies in Ireland frequently winning at the BICS (Board of Irish College Societies) National Awards. Students who are at the heart of running CIT Societies have achieved the honour of winning both National “Society of the year”, “Most Improved Society”, “Best Event” as well as “Individual Awards”. To be elected as a Society committee officer is a huge bonus for your CV by providing an opportunity to develop your communication and teamwork skills.

For the full list of societies and contact information check out the societies website. Make sure to sign up on Societies Day **Wednesday 19 September**.

The types of societies range include:

- Academic** - Course based societies.
- Activities** - Workshop based societies.
- Community** - Societies with a people orientated aim, cause or belief.
- Interest** - Societies focusing on a specific hobby.
- Music, Performance & Arts** - Societies based in CSM and CCSD.



5.5 Sports

The Sports Office facilitates students and their club and is responsible for the management and upkeep of all sports facilities in the Institute. A section in the office is dedicated solely for club members to work on club business, design posters, make phone calls, and access the internet.

The Sports Office plays a key role in the life of CIT assisting students in the running of clubs and interacting with people of similar interests. CIT participates at the highest level of competition amongst the country's third level institutions and in the world. As well as catering for the competitive athlete, CIT's Sports Office place a big emphasis on participation and runs a number of activities such as aerobics, circuit training, and 'fit for life' programmes.

The Gym may be used by all full-time registered students and is open Monday – Friday 7.30am – 9.00pm and Saturday 11.00am – 4.00pm. T:021 433 5778

New students should look out for "Sports Day" which is held in September when each club gives information of its activities and recruits new members.



HOW TO JOIN A CLUB

Sign up on **Sports Day**, Tuesday 18 September from 10.30am- 2.30pm in Nexus, the Student Centre, Bishopstown Campus.

Each club will have a stand on display with details and information on the activities of the club. Chat to existing members about what the club has to offer and sign up for free!

During Term

If you miss the Sports Day, pick up the weekly newsletter 'What's On' from the Info Desk. This gives the most up to date Club training times, alternatively drop into the Sports Office for a club contact.

How to set up a new Club

If you find that after Sports Day and Societies Day that your interest isn't catered for then why not set up your own club! To ensure a successful club, a focus on both efficient organisation and the importance of fun and enjoyment is necessary. Contact the sports office for more details.

SPORTS CLUBS

MARTIAL ARTS	FIELD SPORTS	WATER SPORTS	INDOOR SPORTS	GREAT OUTDOORS
Karate	Camogie	Canoeing	Badminton	Athletics
Kickboxing	Gaelic Football	Rowing	Basketball	Cycling
MMA	Hurling	Sailing	Boxing	Equestrian
Tae Kwon Do	Hockey	Sub Aqua	Darts	Golf
	Rugby	Surfing	Powerlifting	Motorsport/ Karting
	Soccer	Swimming	Racquetball	Rock-climbing
		Wakeboarding	Volleyball	Tennis
				Orienteering

5. 6 International Student Society

CIT's International Student Society organises many different events throughout the year, including trips all over Ireland, themed parties, visits to amazing Cork hotspots including Fota Wildlife Park, The Titanic Experience, Cobh, Kinsale. There are various nights and events out including Halloween & Christmas Parties, bowling, pool and paintball tournaments. The Society also participates in the annual St Patrick's Day Parade. The society is for every student of CIT and gives International Students the chance to get to know new people and just have fun!

Indian, Malaysian, French, Spanish, German, Italian, Canadian, American, Vietnamese, Irish and more - that's a lively, loud, and colourful crew. This is a very sociable Society which won the National Student Society of Ireland in 2006, 2008 and 2014. The aim of this Society is to bring International students together to experience the best of Ireland and to become familiar with the Irish culture, history and geography. It gives students of different nationalities the opportunity to meet each other and socialise with Irish students.

You can find out more on our facebook page <https://www.facebook.com/groups/531668390562282/> or contact us on isscit@gmail.com



5.7 PALS - Peer Assisted Learning & Support

PALS is a project of the Student Engagement Office, Office of the Registrar and VP for Academic Affairs. As part of PALS, First Year students meet once a week with senior experienced students to discuss and study material covered in a specific module.

PALS has been in operation in CIT for the past four years. PALS was first piloted to three departments and continues to expand each year. This year PALS Peer Mentoring is offered across all four campuses of CIT and PALS Study Sessions are operating in ten departments.

PALS OFFERS

- Peer to peer student support.
- Assisted academic support through facilitated student study sessions.
- Learning through engagement both socially and academically.
- Support from student and staff on a common academic journey.



6. Cork and Ireland

6.1 “Céad Míle Fáilte” A hundred thousand welcomes to Ireland!

Ireland is a beautiful island to the north-west of continental Europe. It is 300 miles long and 150 miles wide, making it the third-largest island in Europe and the twentieth-largest island on Earth. It boasts stunning landscapes providing the ultimate backdrop to any occasion. To its east is the larger island of Great Britain, from which it is separated by the Irish Sea.

English is the official language in Ireland, Irish (Gaelic or Gaeilge) is spoken in some areas mainly along the western coast. If you wish to visit areas where Irish is still spoken you can visit the Gaeltacht areas in Ireland...





In Ireland, everyone talks about the weather. Whether it's discussing the direction of the rain from a supermarket doorway, or musing that it's 75°F in March from a bar counter.

Irish weather can be unpredictable, so we like to discuss it. A lot.

Ireland's climate is influenced most by the Atlantic Ocean. As a result, it doesn't have the extreme temperatures that other countries at similar latitude would have. The average temperature is a mild 50°F.

A major warm ocean current called the North Atlantic Drift keeps sea temperatures mild too. Hills and mountains, mainly around the coast, shelter the rest of the island from strong winds coming off the ocean.

So while the weather can be changeable – it's rarely extreme.

WHY DO INTERNATIONAL STUDENTS CHOOSE IRELAND AS A STUDY DESTINATION?

- Leading Global Companies at their doorstep
- Entrepreneurial Society
- Internationally Recognised Qualifications
- Friendly, safe environment
- English Speaking

Cork is located in the South-West Region of Ireland and in the province of Munster. With a population of 119.230, it is the second largest city in the state and the third most populous on the island of Ireland.

Outside of Cork City, Cork County boasts rich farmlands and river valleys, which contrast with the wild sandstone hills of the west. Above all, there is the magnificent coastline scooped and fretted by the Atlantic into great bays and secret coves, strewn with rocky headlands and long soft golden sands.