



Spring Semester 2014 University of Limerick American Institute for Foreign Study

Newsletter No.3 February 16th- February 23rd 2014

AIFS Meeting

Our weekly meeting will be held every Monday evening at 6.00pm in Plassey Village Hall. It is also advised that you register with the American Embassy in Ireland. This can be done at <http://dublin.usembassy.gov/>

This can also be used to access other useful information.

Vicky will be available to meet with you at this weeks meeting.

Meeting next week

Please note that next week's meeting will take place on Wednesday the 26th February at 6.00pm. This is a compulsory meeting as we will be discussing the Dublin Trip.

Student Reporters Write for AIFS web site: We would like to hear your input and put it on the AIFS website. Prospective students particularly enjoy reading descriptions written by other students.

If you would be interested in writing a brief report of your experience thus far, please let me know.

Don't be shy!

Past student articles can be found on the AIFS website.

Meal Money

You received a Fair Fx card at the orientation meeting. This card will be topped up with your meal allowance each month. A total of €800 will be loaded to the card for the semester. Please see the dates below of the lodgements.

Pin numbers were issued to you all during orientation. The card can be used from then.

January 21st	€ 200.00
February 18th	€ 200.00
March 18th	€ 200.00
April 15th	<u>€ 200.00</u>
	€ 800.00

An additional €25 will be made to the upload on 18th February. This is for the Dublin trip. It will be explained to you at the meeting next week.

Mobile / Cell Phones:



By now most of you will have received mobile phones. **Please ensure that you email these numbers to me if you haven't already done so. Thanks to those of you that have emailed your mobile number already.**

Travel Plans

If you are planning on taking a trip please remember to fill in the Travel plans form and return to your advisor. This can be emailed in also.

Print Accounts



All print accounts have been credited with €10.



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NEWS

Clubs and Societies



For more information on the clubs and societies that you can join here at UL then please log on to <http://ulwolves.ie/>

Farmers Market

Every Tuesday a Framers Market is held in the Students Union Courtyard. Some of the providers there are:

Sallymills Bakery – Cakes and treats

Fishahoy – Fresh Irish Fish

Galway Bay Bakery – Bagels and Pretzels

Wilde Irish Chocolates - Fairtrade organic chocolate and fudge

It is an excellent opportunity to purchase high quality produce or to visit and soak up the atmosphere.



Plassey Village Events



Each semester the village management across the 5 villages on campus organise activities for you to take part in.

This month you can sign up for the following:

Inter village – Tag Rugby Competition

Kicking off in February

Get competitive and join or set up your own Village Tag Rugby team. Make new friends from other villages, keep fit and compete for the annual Village Tag Rugby trophy.

Register your interest by emailing:
Tom.OHaire@ul.ie

Limerick City Walking Tour

Wednesday, 26 February – 16h00

New to Limerick?? Then why not discover all that Limerick City has to offer.

Experience the architecture, history and folklore of our fascinating city.

Come and join us and share in a light hearted look at the surprises and delights of the 'River City'.

Limited Spaces, so please
Register by emailing
Andrew.Graham@ul.ie

Upcoming Cultural Events

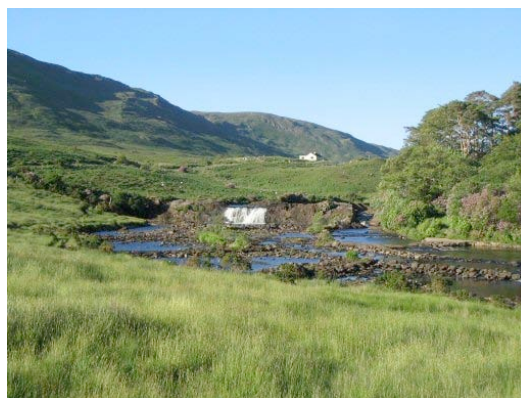
Below are a few of the upcoming cultural events organised for you.

Traditional Irish Music Night



I hope you all enjoyed the Traditional Irish Music night on campus on February 11th.

IED Trip to the West of Ireland.



The International Office will be taking you all on a trip to the West of Ireland next Saturday the 22nd February. You have been signed up for this event by AIFS and the fee has been paid.

You will receive an email this week to your UL email account with all the details.

AIFS Dublin Overnight Trip



AIFS will be taking you on a 2 night trip to Dublin on the weekend of February 28th. All details will be given to you at the meeting next week.

Dublin Flexi pack

This pack is issued by International Education. It has been paid for by AIFS on your behalf. It includes a return bus ticket, lunch voucher, entrance to the Book of Kells and a Liffey Cruise.

This can be used in addition to the overnight trip to Dublin. So essentially you can visit Dublin twice this semester.

Flight Voucher



Once you have booked a flight please bring the itinerary to the Monday meeting with you and we will issue you a refund of €40.

Other upcoming events to be confirmed.

Arena Membership



The International Office should have organized your arena membership at this stage. If you have any problems please let me know.

Celebrate the Irish Language



Some of you will be very familiar with the Irish Language as you are taking Irish Language classes.

Here are some phrases that will be of use to you while in Ireland.

An Ghaeltacht is a sign that you will have seen while travelling Ireland. It means an Irish speaking area.

.....is ainm dom-.....is my name

Dia Dhuit-Hello

Slán-Goodbye

May the road rise to meet you (Wishing you luck).....Go néirí an bother leat

Céad míle fáilte romhat...Welcome

Thank you...go raibh míle maith agat.

Things to do in Limerick



Remember to check out the link below for any events that will be happening in Limerick for the coming months.

<http://www.limerick.ie/>

Limerick-City of Culture 2014



Limerick has been chosen as the First National City of Culture in Ireland for 2014. There are many events and festivals taking place for the entire year.

Please check all events and details at <http://limerickcityofculture.ie/>

Limerick Milk Market



There are markets 7 days a week in the centre of Limerick City at the newly designed Milk Market. It is really worth a visit if you haven't been already. For more details please visit

<http://www.milkmarketlimerick.ie/default/index.cf>

The Great Limerick Run



The Great Limerick run takes place on May 4th 2014.

You can register to take part in one of four events taking place on that day.

These include a Marathon, a Marathon-relay, half marathon or six mile race.

Please let us know if you sign up for this great sporting event!

More information can be found at <http://www.greatlimerickrun.com/>

Colds, Flu, Fever, Sore Throat and Co.

If you're not already sick, then you probably soon will be!

A few precautionary measures can spare you a lot of suffering!

- Don't go outside with wet hair. Wait at least 30 minutes after drying your hair before leaving the house.
- Dress warmly—don't underestimate the weather. The natives have good reasons for not wearing shorts & T-shirts in winter!
- Wear good shoes—especially when out walking.
- Try to eat a lot of vitamins—fresh fruits and veggies.

And if you do get ill . . .

- Aspirin —lowers temperature and has a vitamin C boost.
- Drink herbal teas.
- Take honey which soothes a sore throat
- Lemsip is a very good drink to take. It can be purchased without a prescription in any chemist or food store.
- Stay in bed—especially with a high temperature—and drink alot (of water!!).

These remedies may seem a little old-fashioned and simple, but they really work and have no side effects.

Homesickness

You may find homesickness setting in. This is about the time in your stay when it may kick in, and it is therefore **completely normal**. Arriving at a new university, dealing with new lecturers and students as well as new rules and customs within a short period of time can be extremely stressful. You may miss familiar people, places, attitudes, gestures, food and language, and this can make you feel very isolated.

The **symptoms of homesickness** are:

- Not knowing what is expected of you and feeling overwhelmed as a result
- Irritability over trivial things
- Withdrawing from others
- Feeling depressed
- Insomnia

- Tendency to fall ill
- Problems eating (too much or not enough)
- Problems controlling alcohol use

As a reaction to homesickness, some people tend to develop an **over-dependence on others from their own culture**. If you only stick with Americans it will delay your ability to function easily here in Limerick. Conversely, sometimes people react by completely surrendering their identity in an attempt to totally assimilate. This can lead to disillusionment. Neither reaction is ideal. Living through the difficulties of homesickness and culture shock will ultimately result in a **greater flexibility** of your personality. Learning to be flexible and communicate across boundaries is a big part of what study abroad is about.

If you are feeling homesick, here's **what to do**:

1. **Accept this reaction** as normal and remember that it won't last. There is no reason why you shouldn't miss what is positive and comfortable.
2. **Express your feelings in writing** -- a handwritten journal is best for this. When you re-read what you have written, you can see exactly what is bothering you. This is better than just dwelling on everything in your head.
3. Knowledge is power -- **find out as much as you can** about your surroundings in order to increase your feelings of understanding and control.
4. **Find a group to join** where you can practice a hobby or interest. This will expand your circle of contacts here in Limerick.
5. **Make acquaintances quickly and friends or romantic liaisons SLOWLY**. If you immerse yourself entirely in only one group or one person and then find you are not comfortable with them, it may actually make you feel worse. Keep your options open!
6. **Try not to be too critical of yourself and others**. Feeling negativity towards yourself and/or others is a useless emotion. Practice **PMA – Positive Mental Attitude**, or at least an open mind.
7. Set yourself **small goals** to help you acclimatize. Then **reward yourself** for

accomplishing your goal. Take pleasure in the small achievements of adapting.

Remember that you are always welcome to arrange a meeting with me if you would like to talk about being homesick -- or anything else that may be bothering you.

Doctors

Below please find the names of some local doctors that you may want to register with during your stay here in Ireland. While there is a free medical centre on campus this is not open at the weekend so it is a good idea to register with a local doctor.

The UL Medical Centre

The Medical Centre is located in the Foundation Building on Campus. Please phone for an appointment. They provide many services.

Tel: **061 202534**

All information can be found at:

http://www2.ul.ie/web/WWW/Services/Student_Affairs/Student_Supports/Student_Health_Centre

Doctor



The Castletroy Park Medical Centre is located next to Plassey Village. If you need to visit the doctor and can't get an appointment soon enough on campus, then this is another option for you.

Tel: **061 314810**

All details can be found on <http://castletroyparkmedical.com/>

Dr Liam Holmes

U26A

Whitethorns

Castletroy

Tel: (061) 330721

Located across the road from Domino
Pizza

Dr. Michael Griffin /Dr. Caroline Wallace

18 University Court

Castletroy

Phone 331313

AND

St John's Square Limerick

Dr. Michael O'Flynn

22 William Street

Limerick

Phone 416533



CONTACT ME

My Contact Details
Elaine Keane
Email Address Ekeane@aifs.co.uk
Assistant Resident Director
Vicky Hannon
Email address
vhannon@aifs.co.uk
NB: If any student wants to talk to me at any time for any reason you can contact me at the above phone number