



RESTRICTING YOUR MOVEMENTS

Due to Covid-19, the Irish Government has introduced protocols to ensure the safe arrival of all international students to Ireland for the new academic year.

The protocols apply to all international students (new and returning) and they apply to all Colleges and Universities in Ireland.

They require that international students must confirm that they have suitable accommodation to restrict their movement for 14 days on arrival.

Suitable Accommodation

When completing the Starting at NCI & Arrival Form, Students must declare that their accommodation is suitable to restrict their movements. Please read the Health Service Executive (HSE) guide on [restricting your movements](#).

Students who are sharing common areas with others should follow HSE advice on [precautions](#) to take within the household.

Post-Arrival Health Check Survey

For 14 days post arrival all new and returning international students must complete the [post-arrival Health Check Survey](#).

Health & Wellbeing

If students feel un-well or develop Covid-19 symptoms they should contact the NCI Medical Centre and email internationalsupport@ncirl.ie

The NCI website also has information on [frequently asked questions](#) for all students on COVID-19 such as:

[I feel unwell what should I do?](#) And [Does the college have a GP?](#)

Looking after your mental health

NCI have a [student counselling and wellness service](#) that is available to all students. Students can also access health and wellbeing resources on Moodle. Students can access [moodle](#) from the NCI website using their student login.

COVID-19 Tracker

The HSE (Health Service Executive) have developed a [COVID-19 app](#) that is a health surveillance monitor for Ireland. You are strongly encouraged to download and use this app daily. Note: The mobile app will only work on an Irish or UK registered mobile phone so you must have an Irish SIM card to use it.

Getting Food Delivered

Restricting movements means staying indoors and completely avoiding contact with other people. This includes other people in your household, as much as possible, and not going shopping.

Students should arrange for food to be delivered to their accommodation and there are several options available for this. However, if students must go shopping a face mask is mandatory.

Supermarkets with online deliveries

[Buymie.com](#) [Tesco Stores](#) , [Supervalu](#), [Lidl](#)

[Aldi](#) – currently testing deliveries with Deliveroo

[All the food](#) is a site listing independent stores that deliver

A lot of restaurants deliver food and some good websites to use are:

[Just Eat.ie](#) and [Deliveroo](#)

Our contact details:

internationalsupport@ncirl.ie

+353 1 4498786



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