

NCI Guide

Safe arrival of students & support during quarantine



Due to Covid-19, the Irish Government has introduced a protocol to ensure the safe arrival of all international students travelling to Ireland.

It is advised that students, where possible, are fully vaccinated before travelling to Ireland. See approved vaccines [here](#).

The protocol applies to all international students (new and returning), and to all Colleges and Universities in Ireland. They require that international students must:

1. not travel to Ireland if they test positive for Covid-19 or have any symptoms, in the 14 days prior to travel.
2. Complete the [passenger locator form](#) prior to departure
3. inform the College / University when they will travel to Ireland. NCI student's do this by completing the Registration Form.
4. follow the latest [Irish government advice for travel to Ireland](#)
5. if quarantine on arrival is applicable:
 - confirm they have booked suitable accommodation to **self-quarantine** on arrival
 - not use public transport to travel from the airport to their accommodation

Registration Form

All International Students must complete the [Registration Form](#) which is required to ensure that:

- **Registration** is completed for all new students to start their classes.
- **Welcome Meeting** is scheduled
- **Airport Pick-Up** is arranged
- **Port of Entry Letter** is issued

Port of Entry Letter

Students who complete the Registration Form will be issued a Port of Entry Letter before travelling. This letter can be presented to immigration on arrival in Ireland. It will be emailed to the student's personal email address two days prior to their arrival in Ireland.

Travel from the Airport to your accommodation

NCI can arrange an airport shuttle service for all new students from the airport to their accommodation in Dublin.

Checking in with students and NCI Health Check Survey

NCI are required to check-in with all new and returning students within the first 14 days on arrival. To do this, NCI will send students an email which will have a link to a **Post-Arrival Health Check Survey** which students must complete. Also, we will try to reach out by phone or WhatsApp to students within a few days of their arrival.

Reliable sources of information on COVID-19 in Ireland

It is everyone's responsibility to keep themselves informed about the current situation in Ireland at any time.

The most reliable sources of information about COVID-19 in Ireland are the following websites: www.gov.ie, www.hse.ie and [Citizens Information](#).

All travellers should keep up to the date and follow the latest [Irish Government Travel Advice](#)

On arrival to Ireland, it is strongly recommended that students [download the COVID Tracker app](#) which is FREE.

NCI Guide

Safe arrival of students & support during quarantine



Students must follow the latest [Irish government advice](#), which is updated regularly, to determine what is applicable to them.

Suitable Private Accommodation

If Students have to self- quarantine on arrival, they must book suitable accommodation.

Full details of suitable accommodation are detailed on the Registration Form, which confirms that all students must have a private bedroom during their self-quarantine period. This applies to everyone, even students who travel together as it ensures that if anyone develops COVID symptoms that they can self isolate safely, from all other members of the household.

When completing the Registration Form, Students must declare that their private accommodation is suitable for self-quarantine.

Rules for Self-Quarantine if applicable

Self-Quarantine means staying at home, avoiding any contact with others and it is not acceptable to go outside at all during the quarantine period, except for medical attention or to get a COVID Test.

During this time students cannot switch or move accommodation, attend any classes or appointments at NCI, the bank or immigration, etc.

Note: The Garda (Irish Police) may call to your accommodation to check you are following the rules for self-quarantine.

Public Health Guidelines

Everyone in Ireland is asked to follow public health guidelines to prevent the spread of COVID-19.

Students can keep up to date with the government guidance and the 'public health measure in place' on the [gov.ie website](#). It is also important to keep up to date on the [latest advice from the Health Service Executive \(HSE\)](#)

If students develop any COVID symptoms, they should contact the [NCI Medical Centre \(Hanover Medical\)](#) for advice.

Students with COVID symptoms can arrange a [free HSE PCR test](#) by phone or online. Please note if students need to travel to the test centre, they should not use public transport and should travel by taxi.

Post Arrival PCR Test

Travellers to Ireland without proof of vaccination, proof of recovery, or a valid RT-PCR test results will be required to take a test within 36 hours of arrival. This test is free of charge and can be arranged with this link:

[gov.ie - Book a COVID-19 test for after you arrive in Ireland \(www.gov.ie\)](#)

Students in breach of the Safe Arrival Protocol or any Government COVID guidelines / legislation may be subject to disciplinary action.

NCI Guide

Safe arrival of students & support during quarantine



Quarantine Support

Looking after your mental health

NCI have a [student counselling and wellness service](#) that is a free service and is available to all students. Students can also access the [Student Counselling and Wellness Moodle page](#), which has lots of hints, tips, advice, helplines, websites, blogs and apps which will no doubt be useful for students at this time. Students can access [Moodle](#) from the NCI website using their student login.

WiFi

It is important to ensure that your accommodation has WiFi so you can access the Welcome Programme and classes during quarantine. If you need to get WiFi and other utilities set up for your private accommodation. The website '[Relocating to Ireland](#)' is a good resource for information on how to get established in Ireland for your utilities.

Welcome Programme

The International Support Team have developed a Welcome Programme to support new international students starting at NCI. It is delivered over several weeks starting from the first week in January and September. It is designed to ensure you have all the information you need to settle into student life, start your studies and make friends. It is delivered online and is a mix of informative workshops and meet-ups. The schedule of events you can join are published on the NCI Website in [Starting at NCI](#).

Getting Food Delivered

Students should arrange for food to be delivered to their accommodation and there are several options available for this.

Supermarkets with online deliveries

- [Tesco Stores](#)
- [Dunnes Stores](#)
- [Supervalu](#)
- [Lidl](#) food deliveries with the app [Buymie.com](#)
- [Aldi](#) food deliveries with Deliveroo
- [All the food](#) is a site listing independent stores that deliver locally.

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

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

COVID-19 Vaccine

Students who travel to Ireland unvaccinated are eligible to access the vaccination programme in Ireland, which is free of charge.

As new students don't have a PPSN (Tax Number) you must register with the Telephone Helpline on 1850241850 Monday to Sunday 8am to 8pm. You will be asked for the following details.

Name
Date of Birth
Nationality
Reason why no PPSN (Travel to Ireland for study)
Email Address
Mobile Number

Note: It is recommended that if you don't have an Irish Mobile number to select 'email' as the preference for notification of appointments.

When you attend the vaccination appointment you will need to provide Proof of ID and Proof of Address. If needed you can use the NCI PPSN letter as your proof of address.