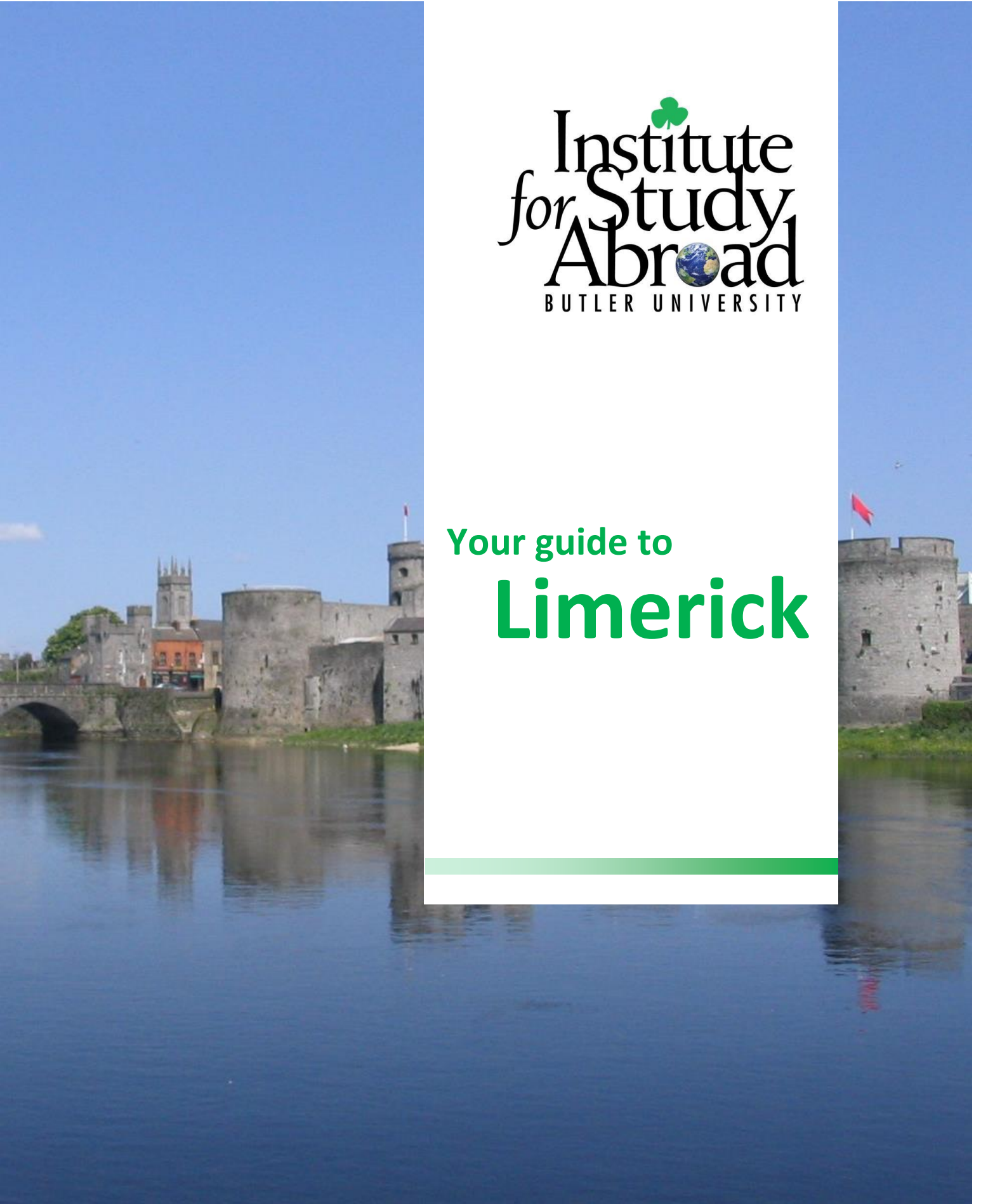


Your guide to
Limerick

The main title of the guide is "Your guide to Limerick", positioned in the middle of the page. "Your guide to" is in a green sans-serif font, while "Limerick" is in a larger, bold green sans-serif font. A solid green horizontal bar is located directly beneath the text.

Overview:

Limerick is located in Southwest Ireland. Sitting on the banks of the Shannon, it's common to see rowers practising out on the water – a sign of the city's well renowned passion for sports. The recently redesigned Thomond Park Stadium, stretching across the city's skyline is further evidence of this. Limerick is also famous for being a gateway to the west coast of Ireland, and given its proximity to Shannon, to America. Limerick is a colourful city, with bars, clubs, shops, and markets all bustling with locals. Limerick City may not have had the redevelopment that other Irish cities benefitted from during the Celtic Tiger, but this has led to it retaining a lot of its charm. The two 3rd level institutions in Limerick ensure that the city is always full of students. Bars and clubs take full advantage of this giving Limerick a great reputation for its lively nightlife!



Banks:

Ulster Bank is located on the UL campus. AIB and Bank of Ireland are located in Castletroy or throughout the city.

Laundry:

All of the campus villages have a laundry room. The SU also offers a laundry service where students can have their laundry done for them! For more information on this, contact the village reception or register at www.ulsu.ie/news/laundry_mom

Medical Care:

Doctor: The **Student Health Centre** is located in C Block, Level M, Main Building. The service operates from 9.00am to 5.00pm, Monday to Friday. There are doctors on site who will discuss your needs with you and advise you. They provide services such as physiotherapy and psychiatry, they also have clinics in Foreign Travel vaccinations, asthma, and weight management which are held at regular intervals throughout the academic year and will be announced in advance. Call 061 202534 to make an appointment.

University Hospital Limerick: Contact 061-301111. In an emergency attend Accident and Emergency (A&E) but it is a very busy hospital so expect long waiting times. In order to get an appointment with a specialist, you will need to be referred by a General Practitioner (GP).

Pharmacy: **Medicare Pharmacy, Gubbins** and **Castletroy Park Pharmacy** are all located in nearby Castletroy. Or **McCabes Pharmacy** in the Crescent Shopping Centre. They will dispense Irish prescriptions.

Shopping:

The **University of Limerick Students Union/Spar** convenience store is located in the main courtyard in the Student Centre, right next to the Students' Union building - you can't really miss it! Stocking everything from cornflakes to fruit 'n veg and biscuits, the shop caters for all your grocery needs as well as providing you with a hot counter and deli. The shop also runs special offers on products throughout the year, and also stocks UL clothing and UL Alumni Association products. There is also a Farmer's Market in the Student Centre in UL every Tuesday!! (Open 12pm – 5:30pm)

Lidl is a discount grocery store and is located in walking distance on the Dublin Road in Castletroy.

Tesco are located in Roxboro, Dooradoyle and Arthurs Quay but www.tesco.ie might be a better bet for your groceries to be delivered to you!

The Parkway Shopping Centre is about a 20 – 30 minute walk from the university. There are regular buses from campus to the shopping centre. In the past, students have done their shopping at the same time and shared a taxi back to campus. This costs about €7. Shops in the Parkway include:

Dunnes Stores is an Irish supermarket chain. This branch sells groceries as well as cheap household and clothing goods. It's a great place to pick up towels and bedding for a reasonable price. The

Carphone Warehouse – sells mobile phones and phone accessories.

Limerick city has got lots of shops. **Penny's** is a great place for good bargain clothes. Our students love it! It's great value for money but don't expect the clothes to last a lifetime or anything!

Bookshops:

The Students' Union runs its own second-hand bookshop. Browse the list of available book at <http://ulsu.starlight.ie/bookstore/>.

Eason on O'Connell St, is a chain of Irish bookshops, newsagents and stationers. They stock a wide range of books and stores tend to have a good selection of Irish authors. Celtic Bookshop on Rutland St opposite the Hunt Museum is good for Irish History and Literature.

O'Mahony's on O'Connell St is one of Limerick's oldest and best loved booksellers!



✚ Transport:

Bike Hire/Purchasing: The Students' Union Bike Shop sells bikes to both staff and students of the University. It is open on Tuesdays and Thursdays from 12 – 4 pm and is located next to the Paddocks Restaurant.

Buses: The no. 308/A (to Childers Rd) & 304 (to Raheen – the Hospital) run between campus and the city centre. Usually they run every 15 mins from 7am-11pm.

Coaches:

There are direct coaches to Cork, Dublin and Galway. See www.buseireann.ie for timetables and ticket prices. Or try www.dublincoach.ie for an express ticket to Dublin for €20 return!

Trains:

Trains run to Galway, Dublin and Cork. See www.irishrail.ie. Cheap tickets can be bought online in advance of travel. Always use your student card to get discounts on travel.

Airport:

There are direct buses to Shannon from the city bus station. See www.citylink.ie or www.buseireann.ie. A taxi to Shannon from campus costs about €45 each way. Cork airport can be accessed by coach, but you need to change in Cork City. Students travelling to Dublin airport have the option of taking a train or coach to Dublin city and then a coach or bus to the airport. See www.buseireann.ie, www.irishrail.ie & www.aircoach.ie for times and prices.

Day trips from Limerick:

The Cliffs of Moher are one of Ireland's most visited tourist attractions. The cliffs stretch for 8 kilometres along the Co. Clare coast and are up to 214 meters in height. When standing at the cliffs it is hard not to be captured by the immense power and size of the **Atlantic Ocean**, stretching out in front of you and crashing into the cliffs below. Those brave (or foolish) enough lie flat on the ground with their head looking over the cliffs to get a real sense of the sheer cliff-edge. There is a visitors' centre at the cliffs that has an interesting exhibits on the area. See www.cliffsofmoher.ie for information on getting to the cliffs from Limerick.



Bunratty Castle and Folk Park. The Castle is the most complete medieval fortress in Ireland. Today, it is a wonderful place to spend a day wandering around. There are people dressed in medieval costume, and if you feel like splashing out with a group of friends, you can have a full on medieval banquet! Hog on a spit anyone?! The grounds of the castle are like stepping into the 19th Century and you can wander in and out of the workers cottages and see what life was like back in the day. For more information, including how to get to the park, go to www.shannonheritage.com

Sports are huge in Limerick, especially at **Thomond Park**, the home of Munster Rugby and if you can get to a match nothing will surpass the atmosphere and the craic! See <http://www.munsterrugby.ie/> for match schedules and www.ticketmaster.ie. You might even see some of the players in the University Arena training!



+ Going Out:

Limerick has a great nightlife for students. Most tend to stay on campus (The International Night in the Stables is legendary now!) or head to nearby bars, saving trips into town for the odd night when they fancy a change. Denmark St is bustling with bars all week, as is the nightclub at The Kilmurray Lodge Hotel, The Lodge, which is probably one of the most popular late-night spot for UL students. Dolan's & Ikon are also popular and they have nightly deals! For sporting occasions, The Sin Bin, on Howley's Quay as part of Clohessy's Bars (owned by Munster Legend Peter Clohessy) is definitely worth checking out.



+ Cinemas:

Odeon Cinema in Castletroy Shopping Centre shows all the latest chart films. See <http://www.odeoncinemas.ie/cinemas/limerick/201/> for times.

Also the **Omniplex** in the Crescent Shopping Centre always has a big selection of movies to choose from. http://entertainment.ie/cinema-listings/Limerick/Omniplex_Limerick_Crescent_SC/201/18.htm

+ What's On:

The University of Limerick International Society runs various events for students throughout the year. These are great fun and give students an opportunity to meet other students from all over the world. Trips include mystery tours, a visit to Blarney Castle and tour of the Burren. Details can be found on their society's website www.ulinternationalsociety.com

+ Local Press:

The Limerick Leader is the city's main local paper. It is published weekly and has two editions, Country and City. It is more of a tabloid paper.

The Limerick Post is a free paper distributed weekly. They have a good website www.limerickleader.ie

Here at IFSA Dublin, we really hope you have a wonderful experience in Limerick, don't hesitate to get in contact if you need any help!