

## Student Information Pack

Please read in detail:

### Some things to note:

- Please be respectful to your host family. Please notify the host family in advance of any excursions / trips, as these are optional and will require an additional cost. Also, please notify the host family if you are going to be late for the evening meal or any pre-arranged return time. Trips are optional please be aware it is not mandatory for students to attend.
- Your Parent or Guardian Emergency Contact Number must be contactable 24 hours a day.

### Insurance:

Students are not insured by the IRI against Illness, Theft or Loss of personal belongings and the IRI accepts no responsibility in the event of these occurring.

We advise ALL students to take out full medical and personal insurance cover, prior to departure.

Students travelling from the EU **MUST** have a European Health Insurance Card (**E1 11**) when travelling to Ireland.

### Arrival & Departure:

Students will be collected at Dublin Airport and transported to host family address.

### Rugby Camp Details:

Camp starts at 9am each day, Monday through Friday.

We have asked that your host family show you the location of Rugby pitches on day 1. They are under no circumstances to bring any valuables to the camp. If by mistake they are brought they must be given to the head coach.

### Meals:

We expect you to eat with the family at all meal times, except where the camp is in session or you have pre-arranged plans with the host family. Your host family must provide you with a Packed Lunch every day. Packed Lunches should include at the least 2 Sandwiches, biscuit / piece of fruit and a bottle of water. A packed lunch may also be required at weekends if you are going on an excursion / trip.

### Laundry:

The host family will be aware that a wash once a week is sufficient but also that you may need your rugby kit washed during the week.

### Rugby Gear:

Please bring 3 pairs of rugby kits along with training gear for the gym.

### Emergency:

Should you fall ill, please call or visit the doctor with your host family, and have them contact us. You will avail of your European Health Insurance Card (previously E1 11). Please ensure you bring this with you in case of going to A&E or doctors surgery or you will be charged.

### Contact Numbers:

In case of EMERGENCIES a member of our team will be on call and may be contacted on the numbers below.

<u>Contact</u>	<u>Number</u>	<u>Contact Times</u>
Marie Haire	0868651870	Monday - Sunday 8am to 5pm
Robert Forbes	0863381367	Monday - Sunday 5pm - 12am
Rossa Keane	0872363482	Monday - Sunday 12am - 8am

### What to Bring to the Camp:

- Rugby Boots & Training Shoes
- Gumshield
- Protective Clothing (Pads, Headgear etc)
- 3 x Training Kits (Shorts, Socks, Jersey & a Spare Change of Kit)
- Raingear

Please Leave All Valuables at the house of the Host Family – no responsibility can be taken if valuables are lost or stolen at the Camp.

### **Pocket Money:** *NB. These are rough estimates*

Weekly Estimate -

- Student Weekly DART Ticket €33
- Pay As You Go Phone Credit €20

We recommend between €50 and €60 a week.

Thank you.

We hope that you enjoy your stay with us and with your host family.

Looking forward to meeting you,

Rossa Keane,  
The Irish Rugby Institute