

2014

GALWAY UNIVERSITY HOSPITALS



A GUIDE TO LIVING AND WORKING IN GALWAY



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GALWAY

Galway is the largest county in Connacht and home to Ireland's third largest city, making it a perfect mix of rural relaxation and urban entertainment. In February 2014 Galway has was crowned Europe's Micro city of the Year by the Financial Times.

Known for its festivals, music and bars, the city is a vibrant, fun-loving city. Conveniently, history and leisure combine here: the pubs, many of which retain their original, huge fireplaces and other Gothic features, are the best place to get a feel for the medieval city. As the capital of the Gaelic West – it's the only city in the country where you might possibly hear Irish spoken on the streets.



Galway is the only coastal city in Ireland that really seems to open up to the sea, and its docks sit side by side the compact city centre, as you're constantly reminded by salty breezes and seagulls. The jewel in the city's crown, the long, pedestrianised main drag of William, Shop, High and Quay Streets, becomes a lively, Mediterranean-style promenade during summer, lined with pub and restaurant tables. At its lower, western end, the street narrows to its original medieval dimensions, then flows straight out into Galway Bay along with the thundering River Corrib, providing faraway views of the Burren hills of County Clare.

Galway has developed into a great cultural venue hosting numerous festivals throughout the year.



A snapshot of festivals -

February - Galway Astronomy Festival

For those interested in the stars, this festival has exhibitions and speakers from around the world.

March - St. Patrick's Day Parade

The parade on St. Patrick's Day has taken place for more than 100 years

and is always worth seeing.

April - Cúirt International Festival of Literature

This is Ireland's Premier Literary Festival and features a wide range of Irish and international writers.

May - The Galway Early Music Festival



This annual festival takes place during mid May and is designed to promote medieval, renaissance and baroque music.

July - Galway Film Fleadh

Running for over 20 years, the Galway Film Fleadh is a popular 6-day event. A wide variety of films are screened during the festival which attracts plenty of famous faces.

July - Galway Arts Festival

This festival was founded in 1978 and brings theatre and performance companies from around the world to Galway. There are performances throughout the city during the festival.

July/August - Galway Race Week

Soak up the atmosphere at the biggest horse racing event on Galway's calendar.

September - Galway International Oyster Festival

A world-renowned festival combining oysters and Guinness, this 4-day event is the biggest festival in Galway. One of the highlights is the festival opening in Eyre Square.

October - Galway Races October Bank Holiday - Weekend Meeting

If you missed the horse racing in July and August, then this is your second chance to experience its electric atmosphere. The racing takes place in the last week of October



December – Galway Christmas Market

Sample Christmas treats from all from around Europe including a Santa's Grotto, a German bier keller, numerous gift and snack stalls and an entertainment area.

Every Saturday a market is held at the gates of St. Nicholas' Church on - the once again aptly titled - Market St. What started as a farmers' market has grown to include not only locally produced fruit and vegetables but also traditional crafts, clothes and mouth-watering food stalls. The homemade produce is pretty impossible to resist, no matter how hungry you are!

For more events visit www.galwaytourism.ie

Entertainment

Popular entertainment options are:

Cinema

The Eye Cinema, Wellpark Retail Park, Wellpark, Galway
Website: www.eyecinema.ie

IMC Cinema, Galway Retail Park, Headford Road, Galway
Website: www.omniplex.ie

Theatre

The Town Hall Theatre and Black Box Theatre, Courthouse Square, Galway
Website: www.townhalltheatregalway.com

Druid Theatre Company, Flood St, Galway
Website: www.druidtheatre.com

Galway Youth Theatre, 47 Dominick St, Galway
Website:
www.galwayartscentre.ie/galway-youth-theatre.htm

Blackbox Theatre, Dyke Road, Galway
Website: www.townhalltheatregalway.com

Comedy

The Laughter Lounge, Roisin Dubh, Dominick St, Galway
Website:
www.roisindubh.net

Live Music Venues

The Crane Bar, William St West, Galway
www.thecranebar.com

Monroe's Tavern, Dominick St, Galway
www.monroes.ie

Taaffes, Shop St, Galway

Tigh Chóilí, Mainguard St, Galway

The Quays, Quay St, Galway
www.facebook.com/quaysgalway

The King's Head
www.thekingshead.ie

Kelly's Bar & Lounge, Bridge Street, Galway
www.kellysbar.ie

Electric Garden & Theatre, Abbeygate St, Galway
www.facebook.com/electricgardentheatre

For weekly information on live music options in Galway City, the following are good sources of information.

The Galway Independent newspaper - www.galwayindependent.com

The Galway Advertiser newspaper - www.galwayadvertiser.ie

Entertainment Ireland - www.entertainment.ie

MCD - www.mcd.ie

Ireland Xposed - www.irelandxposed.com

Galway Pub Guide - www.galwaycitypubguide.com

Classical Music

Music for Galway

www.musicforgalway.ie

The majority of Music for Galway concerts take place in the Aula Maxima, Quadrangle on campus.

Clubs

Karma, Eyre Sq, Galway

www.karma.ie

Halo, Abbeygate St

www.halonightclub.com

Coyote's, Shop St

www.coyotes.ie

Carbon, Eglington St

www.carbonnightclub.ie

Adventure activities



Windsurfing

Galway is one of the best places in Ireland for Windsurfing for enthusiasts of all ages and levels of experience. There are numerous suitable beaches from Salthill all the way to Dogs Bay/ Gurteen in Connemara which offer sheltered waters to enjoy. The most popular area only 5 minutes from the city centre is Rusheen Bay. The enclosed bay with calm shallow waters and prevailing cross-onshore winds is ideal for beginners. You can hire all the equipment you need onsite, year round.

Rusheen Bay Windsurfing School

Address: Rusheen Bay, Barna Road, Galway, Ireland

Tel: +353 (0)87 2605702

Web: www.rusheenbay.com

Mountain biking

Derroua Mountain Bike Trail is considered to be the most natural bike trail in Ireland with the most variable terrain. Situated in Connemara about 6km beyond the town of Oughterard in un-spoilt countryside, the trail is just over 16kms long. It winds through deep forest and has a number of long climbs and exhilarating descents. At the halfway point in following a steep ascent you can enjoy fabulous views of Lough Corrib and west towards Maam Valley and westwards to the Twelve Pins. Give yourself about 1 ½ hours to complete the loop.



Derroua Mountain Bike Hire

Address: Letterfore, Recess, Co Galway

Tel: +353 (0)87 2273144

Web: www.derrouamountainbikehire.com

Diving

The waters in Galway Bay are clean with great visibility which makes for safe diving for those with all levels of experience. Galway has countless inlets along its rugged coastline with excellent reefs to explore. The nutrient rich Gulf Stream ensures an abundance of marine life to see. The most popular diving locations are in Connemara at Carraroe (opposite the harbour) and at Trá An Doilín (The Coral

Beach). Killary Harbour is also a very popular diving spot due to the extensive variety of marine life and some very large conger eels!

Scuba Dive West

Address: Renvyle, Co. Galway

Tel: +353 (0)95 43922

Web: www.scubadivewest.com

Kayaking

Galway is a popular location for kayaking enthusiasts as there are a number of different kayaking options to choose from. With the River Corrib flowing through the city and a network of canals throughout the town you have the opportunity to explore the city in a unique way. Sea Kayaking on Galway Bay is also a great option for visitors as you can kayak past the stone walls and old fishing boats of Galway docks and explore Rabbit and Hare Island, Oranmore Bay, Mutton Island Lighthouse while taking in the fantastic views of the Burren, Galway City and Salthill, before you return to join the busy city of Galway once more.



Kayakmór Tours

Tel: +353 (0)93 36097

Web: www.kayakmor.ie

Give It A Go Sea Kayaking

Tel: +353 (0)87 1914911

Web: www.giveitago.ie

Surfing

The west of Ireland is famous for having some of the best surfing in Europe and Galway City is just over an hour from some of the best surfing beaches on the west coast. The beaches of Lahinch, Fanore, Doonbeg in Co. Clare and Carrowniskey in Co. Mayo offer excellent surfing opportunities. If you don't have a board Lahinch is the best option for board rental as there are a number of good surf schools in the town.

Lahinch Surf School

Address: Main Street, Lahinch, Co.Clare.

Tel: +353 (0) 87 9609667

Web: www.lahinchsurfschool.com

Bens Surf Clinic

Address: Lahinch, Co.Clare.

Tel: +353 (0) 86 8448622

Web: www.benssurfclinic.com

Golf Clubs

Galway Bay Golf Club

Set on 300 acres and designed by former Ryder cup and World cup legend Christy O Connor Jnr this beautiful links championship course of Par 72 stretches to 7308 yds. off the championship Tee's. Superbly blending the stunning backdrop of Galway Bay and the rugged curves of the Atlantic Coastline makes this course a true challenge for all handicap golfers.

Contact details -

+353 (0) 91 7907110 or email info@galwaybaygolfresort.com

Renville, Oranmore, Co. Galway

Galway Golf Club

Situated in Salthill Galway Golf Club has unspoiled views of Galway Bay and the Clare Hills. This club dates back to 1895 and is recognised as one of the finest courses in Ireland.

Contact details –

+353 91 522033 / 522169 or email: info@galwaygolf.com

Blackrock, Salthill, Galway

Bearna Golf Club

This 18 hole club designed by RJ Brown is set on the edge of Connemara with magical views of Galway Bay.

Contact details –

+353 91 592677 or email : info@bearnagolfclub.com

Corbally, Bearna, Galway,

Places to visit in Galway

Salthill Promenade



The Promenade at Salthill is approx. 2 miles long (3kms), and it overlooks Galway Bay. A nifty 50's diving platform is open year round; however, swimming is not recommended in this part of the bay. It is an ideal place for jogging, rollerblading or strolling. On clear days, the hills of Co Clare are visible across the bay, and benches are provided along the seafront.

Kylemore Abbey

The story of Kylemore – both Castle and Abbey – is a truly remarkable one. The twists of fate which have marked its history at crucial moments from its beginning to the present day combine to create a colourful and moving history. Kylemore is located in Connemara, in the west of Ireland and its greatest attraction is its location. Nestled at the base of Druchruach Mountain (1,736ft) on the northern shore of Lough Pollacappul, the heart of the Connemara Mountains, it is regarded as one of Ireland's most romantic buildings. Originally built in 1867 as a romantic gift, Kylemore Abbey and the surrounding mountains and lakes are



steeped in history including engineering initiatives, model farms, tragedy, royal visits, gambling debts, a hideaway during Ireland's troubled history as well as excellence in education

The Aran Islands



Just a 40 minute boat ride from the mainland, the desolate beauty of the Aran Islands feels far removed from contemporary life. The three Aran Islands, Inis Mór Island (Big Island), Inis Meáin Island (Middle island) and Inis Oírr Island (East island) are situated in a north westerly, south easterly direction at the mouth of Galway Bay, Ireland. They are famous for their geological formation, historical monuments and their linguistic and cultural heritage. The Irish (Gaelic) language is still spoken here and in the twenty first century

all native born islanders are bilingual in both Irish and English.

Cliffs of Moher



On the west coast of Clare, just north of Lahinch, you can stand on top of Europe's highest cliffs, more than 650 feet high and watch the open Atlantic deep below. You can easily get a feeling you are standing at the end of the world it truly is one of the most spectacular coastal areas in Europe.

Weather in Ireland

Thanks to the moderating effect of the Atlantic Gulf Stream, Ireland's climate is relatively mild for its latitude, with a mean annual temperature of around 10°C. The temperature drops below freezing only intermittently during winter, and snow is scarce – perhaps one or two brief flurries a year. The coldest months are January and February, when daily temperatures range from 4° to 8°C, with 7°C the average.

In summer, temperatures during the day are a comfortable 15° to 20°C. During the warmest months, July and August, the average is 16°C. A hot summer's day in Ireland is 22° to 24°C, although it can sometimes reach 30°C. There are about 18 hours of daylight daily during July and August and it's only truly dark after about 11pm. Ireland receives quite a bit of rain, with the wettest months being December and January.

Driving in Ireland

A full driver's licence from other countries is valid in Ireland for a period of up to one year. For details relevant to driving licences please see the Department of Transport's website at www.transport.ie . The Irish drive on the left-hand side of the road. The speed limit in towns and cities is 50 km/h; the speed limit on secondary roads is 80 km/h and on national roads the limit is 100 km/h. You can find information on the Irish rules of the road at www.irishmotoring.ie or you can purchase a hardcopy of the Rules of the Road in Eason's bookstore on Shop St. Seat belts are mandatory for drivers and all passengers. The use of mobile phones while driving is prohibited in Ireland.

ACCOMMODATION – LONG TERM AND SHORT TERM

Long term Accommodation

You can look for private rented accommodation through local free newspapers –

Galway Advertiser – www.galwayadvertiser.ie

Accommodation lists from the Galway Advertiser can be accessed online or purchased from the Galway Advertiser offices on Eyre Square every Wednesday.

Galway Independent – www.galwayindependent.ie

There are a number of letting agencies in the city that can provide accommodation

Winters Property Management Ltd www.winterspm.com

Galway Property Services www.galwayproperty.ie

Castle Estates www.castle-estates.ie

Homeseekers www.homeseekers.com

Galway Property Management www.galwaypm.com

Martina McKeown Estate Agents www.mmck.ie

Or you can look at the following websites that offer a good source for rental options

www.daft.ie

www.myhome.ie

www.findahome.ie

www.let.ie

www.rent.ie

www.findahome.ie

The quality of rental accommodation can vary so you should view the property before making any tenancy agreement. It is common for people who have not met before to rent a house together and to share the costs of the house, including gas, telephone and electricity bills. You usually pay rent monthly, in advance. An initial deposit of one or two months' rent is also required.

Tips for Finding Accommodation

- Do not view a house alone if possible. A second opinion can be very useful.
- Choose your flatmates carefully
- Is the location convenient? Check bus routes, local shops, etc
- Check for dampness – wardrobes are a good place to check
- Check the appliances are working i.e. immersion, shower, fridge, tumble dryer
- Is there a smoke detector/fire extinguisher/fire exit?
- What are the rubbish/refuse disposal arrangements?
- Is there a secure place for bikes/cars?
- Are doors/windows secure and who has access to the keys?
- Do not sign a tenancy agreement until you are sure you want to rent the property.
- Make sure you get a receipt for the deposit paid and rent paid.
- Get the name and number of the landlord for emergencies.

A snapshot of monthly rents is as follows;

Galway	1 bed	2 bed	3 bed	4 bed	5 bed
Per month	€604	€737	€859	€933	€1,071

Bills

Electricity is supplied by the ESB, Bord Gais & Airtricity. For more information on setting up or transferring accounts check out www.esb.ie, www.bordgaisenergy.ie or www.airtricity.com.

Cable television is provided by UPC or Sky, for more information on setting up new accounts check out www.upc.ie or www.sky.com. You also need a licence for a TV, costing €160 per year. Every post office in the country sells TV licences or you can purchase online. Please see www.anpost.ie

Short term accommodation near the hospital

Jameson Court, Salthill

Right in the heart of the Salthill. Jameson Court offer 1 and 2 bedroom apartments. University Hospital Galway is a 15 minute walks and Galway City Centre is just a 20 minute walk away.

www.jamesonselfcateringgalway.ie

Phone - +353 (0)87 9176970 or +353 (0)87 9636772

Email - jamesoncourtapartments@gmail.com

The Western Citypoint Holiday Apartments, Eyre Square

Conveniently located with Galway city centre on your doorstep. These apartments are self-catering and provide you with free car-parking. The apartments are a 3 minute walk from Galway's train and bus stations and right in the centre of its shopping district. University Hospital Galway is a 15 minute walk.

www.galwayholidayapartments.ie

Phone - +353 91 562834

Email - info@thewestern.ie

B&B's near the hospital

Ashgrove House

6 Ash Grove Road

Newcastle Road

Galway City

Phone: +353 (0) 91 581291

E-mail: info@ashgrovehousegalway.com

<http://www.ashgrovehousegalway.com>

Desota House

54 Newcastle Road

Cookes Corner

Galway City

E-mail: bookings@galwaybandb.ie

Telephone: +353 (0)91 585064

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

The Ivies'
1 Montpelier Terrace
Sea Road Galway
Tel: 353-91-583257
Email: info@the-ivies.com
<http://www.the-ivies.com/>

Hotels near the hospital

The Ardilaun Hotel
Taylors Hill
Galway
Phone: +353 91 521 433
E-Mail: info@theardilaunhotel.ie

The Westwood Hotel
Dangan,
Newcastle,
Galway.
Tel: +353 (0) 91 521442
Email: resmanager@westwoodhousehotel.com

ABOUT GALWAY UNIVERSITY HOSPITALS

www.wnwhg.ie

Galway University Hospitals, comprising of University Hospital Galway (UHG) and Merlin Park University Hospital (MPUH), provide a comprehensive range of services to emergency and elective patients on an inpatient, outpatient and day care basis across the two sites.

Shuttle bus to Merlin Park Hospital

There is a free shuttle bus service to and from Merlin Park University Hospital. Please see timetable for bus attached at end of document.

GUH has 612 inpatient beds across the specialties outlined below

Acute and Chronic Pain Management	Hepatology	Ophthalmology
Anaesthesia	Histopathology	Oral Maxillofacial
Cardiology	Haematology	Palliative care
Chemical Pathology	Immunology	Plastic Surgery
Clinical Pharmacology	Infectious Diseases	Paediatrics

Cardiothoracic Surgery	Medical Assessment Unit	Radiology
Care of the Elderly including Rehab	Microbiology	Radiotherapy
Dermatology	Nephrology	Rheumatology
Emergency Medicine	Neonatology	Respiratory medicine
Endocrinology and Diabetes Mellitus	Neurology	Stroke Care
Emergency Medical Admissions	Oncology	Screening Programmes including Breastcheck, Diabetic Retinal , Cervical Check , Colorectal Screening
Emergency Surgical Admissions	Obstetrics & Gynaecology (inc Gynae Oncology Surgery)	Symptomatic Breast Care
ENT	Orthopaedics	Urology
General Surgery	Orthodontics	Vascular Surgery
G.I. Surgery (Upper & Lower)	Gastroenterology	

GUH has 98 day beds across Medical & Surgical Specialties. The Majority of Specialties provide a day service

Other services provided

There are a number of Primary Community and Continuing Care services on both sites.

On the grounds of UHG there are Mental Health Services, Public Analyst Laboratory, Breast Check and Inis Aoibhinn - Cancer Care West Lodge supporting our cancer services.

On the grounds of MPUH are Mental Health Services, Alcohol Treatment Centre and Podiatry.

Top key service changes over the last 3 years

1. Establishment of Acute Medicine Programme & transfer of all acute medicine from MPUH to UHG site
2. Cancer Services , Development of Rapid Access Clinics i.e. Prostate, Lung & Launch of Brachy therapy Service
3. Formation of Hospital Group (GRUHG) & Governance Structures
4. Implementation of National Clinical Programmes & JAG accreditation
5. Management process around Scheduled & Unscheduled care

Medical training at GUH

GUH is one of the major academic teaching hospitals in Ireland and is attached to the National University of Ireland, Galway. The university is sited across the road from the hospital and the Clinical Science Institute is attached to hospital

Over the last 2/3 years we have developed a detailed training programme for interns that include dedicated tutorials and clinical skill lab work. This has been developed by Dr Dara Devitt, a fulltime

intern tutor. Currently there are 110 one year intern rotation posts in the Western Region, all posts rotate to GUH for 6 months and spend six months in one of the affiliated hospitals in the region.

We have a number of Basic Training Programmes which operate from GUH. Examples include Foundation year in Anaesthetics, BST Emergency Medicine and the Galway Medical Scheme which includes rotations with six months spent training in the Mayo Clinic in Rochester USA. We also accommodate a wide range of other Basic Training programmes (Ophthalmology, Surgery, ENT, Orthopaedics, Paediatrics Obs and Gynae, Histopathology) which are administered centrally through their Training bodies.

GUH is recognised for Higher Medical Training in all specialities. We currently have 63 Higher trainees at different years of training in post.

There are also various educational and training supports in place for our trainees

- Each speciality has on average 3/4 hours of educational training per week, this includes journal clubs, MDMs, audit and speciality case conferences
- There are established research opportunities and information on these are available via the professorial units in medicine, surgery, obstetrics and paediatrics.
- A contribution towards HSE approved clinical courses (such as ACLS) and examinations (such as memberships examinations) is available to NCHDs from the HSE's Medical Education & Training (MET) Unit.
- Consultants also receive support for clinical medical education.

We are the first Hospital Group to appoint a Chief Academic Officer. Dr Anthony O'Regan was appointed to this position in December 2013 and his role is to develop a structured and integrated approach to education, training and research for all healthcare professionals in the Group. This includes establishing a department to co-ordinate NCHDs and consultant training and creating a system of support/mentoring for all trainees

Postgraduate programmes available in NUI Galway

For your professional development as a doctor, NUI Galway offer a range of Postgraduate Programmes in diverse subject areas. Some of the options available include:

- Chronic illness management
- Clinical Education
- Clinical Primary Care
- Clinical research
- Endovascular Surgery
- Health Informatics
- Regenerative Medicine
- Musculoskeletal Medicine
- Sports and Exercise Medicine
- Surgery

For more details on these programmes visit –

www.nuigalway.ie/courses

Email- general.practice@nuigalway.ie

Phone – 091 493524

CLINICAL RESEARCH FACILITY INFO

The Clinical Research Facility Galway is a joint venture between Galway University Hospitals (GUH) and National University of Ireland, Galway (NUI Galway) and has been in operation since March 2008. The CRFG provides the infrastructure, physical space, facilities, expertise and culture needed to optimally support patient-focused research studies and clinical studies aimed at understanding a range of diseases and translating the knowledge obtained through this research work into reimbursed, regulatory approved advances in patient care as speedily as possible.

A new building for the CRFG will be opened in January 2015. This will be located on the campus of UHG. This joint clinical and translational research facility will comprise state of the art facilities for patient-based research and for the processing and analysis of bio-specimens such as blood samples from those patients.



How to find us

Situated near the bustling city of Galway, University Hospital Galway is easily accessible by car and public transport. We'll also provide directions from the airport.

By car follow the directions below

From the South

- From Cork or Limerick, approach Galway on the N18. You'll by-pass Ennis & Gort and pass through Adrahan and Clarinbridge.
- Arrive at the Oranmore roundabout just outside Galway. Take the second exit at this roundabout.
- From Oranmore to GUH
- Follow the dual carriageway (N6) until the Martin roundabout and take the second exit, signposted Galway (West).
- At the next roundabout take first exit
- At Lynch Junction, traffic signals continue forward onto the N6 9 (signposted Galway)
- Continue forward onto Bothar Na Dtreabh - N6
Entering Galway
- At Morris Junction, traffic signals continue forward onto the N6 (signposted Galway City)
- At Font Junction, traffic signals continue forward onto Bothar Na Dtreabh - N6 (signposted Clifden N59)
- At Kirwan Roundabout take the 2nd exit onto Headford Road - N6 (signposted Clifden N59)
- At next Junction, traffic signals take right onto Quincentennial Bridge
- At traffic signals continue forward onto Seamus Quirke Road - N6 (signposted Clifden N59)
- At Browne Roundabout take the 2nd exit into hospital (back gates of hospital)

From the East

- End of M6
- At roundabout take the 2nd exit onto Bothar Na Dtreabh - N6 (signposted Galway)
- At Lynch Junction, traffic signals continue forward onto the N6 9 (signposted Galway)
- Continue forward onto Bothar Na Dtreabh - N6
Entering Galway
- At Morris Junction, traffic signals continue forward onto the N6 (signposted Galway City)
- At Font Junction, traffic signals continue forward onto Bothar Na Dtreabh - N6 (signposted Clifden N59)
- At Kirwan Roundabout take the 2nd exit onto Headford Road - N6 (signposted Clifden N59)
- At next Junction, traffic signals take right onto Quincentennial Bridge
- At traffic signals continue forward onto Seamus Quirke Road - N6 (signposted Clifden N59)
- At Browne Roundabout take the 2nd exit into hospital (back gates of hospital)

Galway is easily accessible by public transport.

- **Trains:** Galway's train station is just off Eyre Square. The city is very well serviced by rail and only 2.5 hours away from Dublin. Find out more about train times at www.irishrail.ie
- **Buses:** You can travel to Galway using frequent services offered by our public bus service, or use one of the private bus services such as CityLink or GoBus. Direct (non-stop) buses from Dublin take 2.5 hours.
 - From the city centre, you can take a taxi to the University Hospital Galway, or take the No.4 Bus in the direction of Newcastle from Eyre Square, near the train station, which is the normal drop-off point for buses.
- The Hospital is within easy reach of Ireland West Airport Knock, Dublin, and Shannon airports.
 - Shannon Airport and Ireland West Airport Knock are both just an hour's drive from Galway. To get to Galway, you can travel by bus with Bus Éireann or CityLink. Alternatively, car hire is easily available at these airports. For further information visit www.shannonairport.com or www.irelandwestairport.com
 - Dublin International Airport is 2.5 hours drive from Galway city. There are also a number of frequent and reliable bus services to choose from to travel to Galway, including: Bus Éireann, CityLink and GoBus. For more information visit www.dublinairport.com/

Public transport within the city

For information on public transport in the city including bus timetables check out - www.galwaytransport.info or www.buseireann.ie

WORKING IN GALWAY UNIVERSITY HOSPITALS

Visas/Work Permits

Citizens of certain countries need a visa in order to come to Ireland. You may apply for an Irish visa at your nearest Irish embassy or consulate. A visa does not confer any right to live or work in Ireland.

EU/EEA/Swiss citizens:

If you are from an EU member state or one of the countries (except for Bulgaria and Romania) of the EEA or Switzerland, you are entitled to come to work in Ireland. You do not need an employment permit. You are entitled to have your dependants come to live with you. If you are a spouse or civil partner of an EEA/Swiss national who is exercising the right of free movement, then you have similar rights to work and live in Ireland. There is also a system of mutual recognition of qualifications between the EEA countries.

Other countries:

If you are from another country then generally you need an employment permit. There are four different types of employment permit:

- Green Card permit,
- Work permit,
- Intra-company transfer permit,
- Spousal/dependant work permit

From 1st March 2014 new arrangements have been introduced in relation to non-EEA doctors (including locum doctors) either already working in the State or seeking entry to the State.

- *Currently holding Stamp 4 – new arrangements do not apply. Stamp 4 may be renewed on this immigration permission for 2 years provided they still continue to practice medicine*
- *SHOs/Registrars currently working in public hospital who were granted Stamp 1 prior to 1st March 2014 - can continue to work without the requirement of an Employment Permit until immigration permission expires. After this they must apply for Work Permit*
- *Doctors who have always been required to hold an Employment Permit must continue to do so*
- *All doctors registering on or after 1 March 2014 (Stamp 4 holders being exempt) whether for the first time or renewing their immigration permission will be required to hold an Employment Permit*

Doctors who are due to renew their immigration permission should ensure that an application for an Employment Permit has been submitted at least 4 weeks prior to the expiry date of their immigration permission.

The duration of the immigration permission granted will be linked to the duration of the Employment Permit. Therefore, doctors will be granted an immigration permission of either 6 months or one year subject to the duration of the contract as stated on the Employment Permit.

Detailed information in relation to Employment Permit policy and application procedures may be found on this website at <http://djei.ie/labour/workpermits/>.

Doctors coming to Ireland to sit the PRES Examination – as from 1 January 2014

Doctors will be permitted to enter the State to sit the PRES examination. However, all doctors who are granted permission to do so must leave the State on completion of the examination. If successful in this examination doctors may only re-enter the State with an Employment Permit issued by the Department of Enterprise and Innovation and the appropriate visa where applicable.

An Employment Permit will not be granted to persons remaining in the State without the correct landing permission and, where applicable, the correct entry visa. Doctors who fail the exam and wish to repeat it must apply to do so from outside the State.

Doctors who do not comply with the requirement to leave the State and therefore who remain illegally in the State **will not be** eligible to apply for an Employment Permit.

Doctors coming to Ireland for Interviews in the Public Sector

Where an employer wishes to interview a qualified doctor who is currently residing outside the State. This doctor will be granted permission to enter and remain in the State on a temporary basis (up to a maximum of 90 days from date of arrival)

During this time period, successful interviewees may apply for an Employment Permit from the Department of Jobs, Enterprise and Innovation and await the outcome of the application. **This application must be made as soon as possible following the offer of employment.**

For the purpose of this initiative dependants are not permitted to accompany the interviewee. This matter may be addressed should the interview/employment permit application process prove to be successful.

GNIB - Garda National Immigration Bureau

Once you have landed in Ireland you are required to registrar with your local GNIB offices.

IMPORTANT: You must make sure that your immigration status is kept up-to-date at all times. If there are any problems, for example, a delay in getting your work permit renewed you should inform your local Immigration Officer who may grant you a temporary stamp for at least 3 month.

The GNIB offices in Galway are located in Unit 3, Liosbaun Industrial Estate, Tuam Road, Galway. Tel: 091 768002 / Fax 091 768003.

Opening times

Mon –Thursday 7.30 am - 2.00 pm

Friday 7.30 am –12.30 pm

To get there

To get there on foot

Walk from the Hospital over the Quincenntenial Bridge (bridge over the Corrib River).

Turn left at the roundabout (Gort na Coirrbe will be on your left and Dunnes Stores on your right). Go to the next roundabout and take the fourth exit off the roundabout (the Pillo Hotel will be on your right). The road will branch to the left hand side. Keep to the left and you will see Unit 3 straight ahead of you. The Immigration Office is located near O'Brien's Sandwich Bar

To get there by bus

You cannot get a bus directly from the Hospital to Liosbaun Industrial Estate.

You will need to get the Ballybrit bus from Eyre Square. Buses start at 7.30 am and run every half hour up till 6.30 pm after which they are less regular. You can ask the bus driver to drop you near the Ulster Bank on the Tuam Road. Take the entrance road by the Ulster Bank into the Liosbaun Industrial Estate. Walk past Centrepoint Apartments. The GNIB office is on the right hand side at the end of the road between O'Brien's Sandwich Bar and Jaycee Printers.

To get there by taxi

Another way to get to the Immigration Office is to get a taxi from the Hospital. It will cost about €10.

Income Tax & Allowances

PPS Numbers

A Personal Public Service (PPS) Number is a unique reference number for all dealings with public service in Ireland that helps you access social welfare benefits, public services and information. You can apply for your PPS number at your local Social Welfare Office. You must be living in Ireland to apply for this

Galway Social Welfare office

Hynes Building,
St. Augustine Street,
Galway,
Co. Galway
Phone: (091) 500800
Fax: (091) 500808
Opening Hours: 9:30 - 16:00, Open Thu. 10:30

What you need to produce –

- Your passport or national identity card or your immigration card
- Evidence of your address, such as a household bill (electricity, telephone, gas, etc.) in your name – If you do not have proof of address get a letter from medical recruitment

Your PPS Number is important and you should keep a permanent record of it.

TAX

Starting Work

It is important to ensure that your tax is dealt with properly from the start and that your new employer deducts the right amount of tax from your pay. To ensure that this happens, you will need to do two things:

- 1) Give your employer your PPS Number (as soon as you get it). This number is your unique personal identification number for public services in Ireland. Your employer will then let your tax office know that you have started work and that they are your employer.
- 2) Apply for a certificate of tax credits. You will need to complete an application form to do this. It is called Form 12A Application for a Certificate of Tax Credits and Standard Rate Cut-Off Point. You will need your employers registered number for this form that you can get from Medical Recruitment.

To ensure that your employer and the tax office have time to have everything sorted out before your first pay-day, it is advisable to do all this as soon as you accept an offer of a job.

Your own personal circumstances dictate the amount of tax credits you are entitled to. The tax office will then forward you a detailed statement of your tax credits. Your employer will also be notified of your tax credits.

The PPS system in Ireland consists of a series of tax brackets, which determine the rate of tax you pay on your annual salary. The chances are you will be placed on an Emergency Tax bracket while waiting on all the paper work to get arranged between yourself, your new company and the Government. The Emergency Tax rate is 41%

Rates of Tax

There are two rates of tax in Ireland:

- 20% on the first €32,800 earned
- 41% on the remainder of your salary

You will also pay PRSI and the Universal Social Charge on your income.

The PRSI contribution is a percentage of the employee's earnings. This social insurance contribution goes towards providing State Social and Health Services. You will pay 4% on all of your income in PRSI

Child Benefit

Child Benefit (previously known as Children's Allowance) is payable to the parents or guardians of children under 16 years of age, or under 18 years of age if the child is in full-time education.

You need to apply for Child Benefit within 12 months of:

- The birth of your baby **or**
- The month the child became a member of your family **or**
- The month the family came to live in Ireland.

EU/EEA citizens and Swiss nationals working in Ireland satisfy the habitual residence condition for Child Benefit.

Non-EU/EEA citizens must be habitually resident in Ireland to qualify for Child Benefit. If you are a non-EU/EEA citizen and legally working in this State, you **may** qualify for Child Benefit if your child is also resident here.

For more information contact -

Child Benefit Section
Department of Social Protection
Social Welfare Services Office
St Oliver Plunkett Road
Letterkenny
Donegal
Ireland

Tel:(074) 916 4400
Locall:1890 400 400
Homepage: <http://www.welfare.ie>

Clinical Indemnity

Each doctor is provided with an indemnity under the Clinical Indemnity Scheme (administered by the State Claims Agency – www.stateclaims.ie) against the cost of meeting claims for personal injury arising out of bona fide actions taken in the course of his/her employment.

This indemnity is in addition to the Employer's(s') Public Liability / Professional Indemnity / Employer's(s') Liability in respect of the NCHD's non-clinical duties arising under this contract.

GUH strongly advises and encourages the doctor to take out supplementary membership with a defence organisation or insurer of the doctors choice, so that the doctor has adequate cover for matters not covered by the HSE / employing agency, such as representation at disciplinary and fitness to practice hearings or Good Samaritan acts out of the jurisdiction of the Republic of Ireland.

For details of the scheme please refer to the scope of coverage document available from the State Claims Agency at <http://www.stateclaims.ie/>

Banking

Banks in Ireland are quite strict with people opening new bank accounts. To open a new bank account you will need to go into a Bank branch in person. To open a bank account in Ireland you must have 1-2 forms of photo identification such as a valid passport or driving licence and proof of address in Ireland such as a utility bill with your name on it and which is recently dated (within the last 3 months). It could take at least a month if not more to obtain a utility bill with your name on it and you may want to set up your bank account before that. It's possible for recruitment in GUH to write a letter confirming this. Not all bank branches will accept this in lieu of a utility bill and you may have to go to the Hospital's bank (Ulster Bank) to open your account. You can ring a bank branch beforehand to check whether they will accept this letter or not. But you will be asked to prove your address within a specified period of time thereafter. It can take 3 to 5 working days for the account to be set up.

The main banks in Ireland are Bank of Ireland (www.boi.ie) and AIB (www.aib.ie). Banking hours are typically 10am – 4pm Monday to Friday.

Banks near the hospital

Bank of Ireland, the Concourse, NUI Galway.

Allied Irish Bank, Lower Newcastle Rd.

Ulster Bank, opposite the University College Hospital, Newcastle Rd.

Healthcare

Public health care for people coming to Ireland

Any person, regardless of nationality, who is accepted by the Health Service Executive (HSE) as being ordinarily resident in Ireland is entitled to free public hospital services but may have to pay inpatient and outpatient hospital charges. You are also entitled to subsidised prescribed drugs and medicines and maternity and infant care services and you may be entitled to free or subsidised community care and personal social services.

Private health care for people coming to Ireland

In addition to the public health system, people in Ireland can avail of a range of private health care services. You must pay the full costs of treatment if you opt for private health care. There are a number of private health insurance companies in Ireland –

Voluntary Health Insurance Company

www.vhi.ie

1890 444444

info@vhi.ie

Laya Healthcare

www.layahealthcare.ie

1890 700 890

info@layahealthcare.ie

Glohealth

www.glohealth.ie

1890 781 78

providers@glohealth.ie

Aviva

www.aviva.ie

1890 716666

info@avivahealth.ie

The Health Insurance Authority provides impartial advice and comparisons of health insurance providers in Ireland. You can access the website at www.healthinsurancecomparison.ie

Mobile Phones

There are 6 main mobile phone service providers in Ireland. The relevant websites are listed below. Please refer to the websites for information on special offers, price plans and free web text service. A useful website for doing a cost comparison between telephone service providers is www.callcosts.ie

www.vodafone.ie

www.O2.ie *

www.meteor.ie

www.3ireland.ie

www.tescomobile.ie

www.emobile.ie

These service providers offer the option of “ready to go” phones or an account option. The ‘ready to go option’ allows a customer to purchase a mobile phone and ‘top it up’ with credit as and when required. Credit can be purchased online, at ATM machines in shops or in dispensing machines. There are several shops in Galway City which sell mobile phones e.g. TheCarphone Warehouse with branches in the Galway Shopping Centre, Headford Rd and the Eyre Square Shopping Centre, Vodafone Store, Eyre Square, 3Store, Shop St, O2 Store, Shop St., Meteor Shop, William St. It is a good idea to shop around to find the best deal available. Be conscious that when buying a ready to go phone that you will receive call credit when you purchase the phone. The call credit is usually delivered over a number of months.

*1Call

1Call allows O2 mobile phone customers to make cheap international calls directly from their O2 mobile. 1Call is a separate add-on service which works with your existing mobile tariff by providing cheap international calls at much lower rates than your current mobile provider. Since it works as a separate service from your existing network plan it means that there are no phone numbers to change, no contracts to sign and no commitments of any kind. No calling card to buy, no pins to enter, no sign-up, no bills, no hidden charges. For further information on call costs and how to use the service please call 1800 928 928 (free phone number) or go to www.1Call.ie for more information.

Public Holidays

These are the public holidays observed in Ireland;

- New Year’s Day – 1st January
- St Patrick’s Day – 17th March
- Easter Monday – this day changes every year normally takes place in April
- May Bank Holiday – First Monday
- June Bank Holiday – First Monday
- August Bank Holiday – First Monday
- October Bank Holiday – Last Monday
- Christmas Day – 25th December
- St. Stephen’s Day (Boxing Day) – 26th December

Childcare

There are a variety of options when it comes to arranging childcare for your children.

What suits you best depends on practical issues, such as cost, the hours that you work or study, where you live and the availability of places, as well as any personal preference that you may have for choosing a home or centre based environment for your child.

www.galwaychildcare.ie has information on childcare in Galway.

Phone - 091-752039

Education

The Irish education system is made up of primary, second, third-level and further education. State-funded education is available at all levels, unless you choose to send your child to a private institution. The academic year in Ireland runs from September to June and is divided into three terms. Children must attend school between the ages of 6 and 16. Most students complete the Leaving Certificate (the final secondary school examination) between the ages of 17 and 19 years.

Pre-school education is usually provided by privately funded childcare facilities or providers. The Early Childhood Care and Education (ECCE) Scheme provides a free year of early childhood care and education for children of pre-school age.

Primary Schools

Children start school from around the age of 4 or 5 years and move onto secondary school when they are 12 or 13 years of age. The school day starts at about 9am and ends at 3pm. The primary school cycle is 8 years long. The Irish school year for primary school children stretches from 1 September to 30 June approximately

Primary Schools in Galway City;

Briarhill National School, Ballybrit, Galway
Tel: 091 751543

Bushy Park National School, Bushy Park, Galway
Tel: 091 524625

Dominican Convent, Taylor Hill, Galway
Tel: 091 520908

Gaelscoil Dara, Bothar Bhaile Atha Cliath, Rinn
Mor,
Gaillimh
Tel: 091 757145

Gaelscoil Mhic Amhlaigh, An Coimin Mor, Cnoc
Na Cathrach, Gaillimh
Tel: 091 590152

Galway Educate Together N S, Thomas Hynes Rd,
Newcastle, Galway
Tel: 091 527887

Grianach House School, Murrough, Merlin Park,
Galway (Private)
Tel: 091 751293

Holy Family School, Renmore, Galway
Tel: 091 779979

Niochlas N S, An Claddach, An Gaillimh
Tel: 091 586173

Parochial N S, Cearnog Ti Na Cuairte, Gaillimh
Tel: 091 569233

Rosedale School, Woodlands Centre, Renmore,
Galway
Tel: 091 779600

S N Bride Naofa, Sean Tallamh, Gaillimh
Tel: 091 525052
S N Caitriona Sois, Renmore, Co Galway
Tel: 091 753613

S N Fursa, Fursa, Co Na Gaillimhe
Tel: 091 521840

S N Iognaid, Bothar Na Sliogan, Gaillimh
Tel: 091 584491

S N Padraic Naofa, Sraid Lombard, Gaillimh
Tel: 091 568707

Scoil Aine, St Anne's Special School, Taylors Hill,
Galway
Tel: 091 521755

Scoil An Linbh Iosa, St Francis St, Galway
Tel: 091 566452

Scoil Croi Iosa, Presentation Road, Galway
Tel: 091 525904

Scoil Ide, Salthill, Galway
Tel: 091 522716

Scoil Michil Naofa, Baile Ban, Gaillimh
Tel: 091 753300

Scoil Na Trionoide Naofa, Muirbheach, Gaillimh
Tel: 091 755920

Scoil Naomh Einde, Bothar Na Tra, Gaillimh
Tel: 091 521272

Scoil Naomh Iosef, Rathun, Bearna, Co Na
Gaillimhe
Tel: 091 520933

S N Caitriona Sinsear, Renmore, Co Galway
Tel: 091 753613

St Joseph's Special School, Thomas Hynes Road,
Newcastle, Co Galway
Tel: 091 521895

Tirellan Heights NS, Headford Road, Galway
Tel: 091 763844

Secondary Schools

In Ireland secondary school starts at the age of 12, and lasts three, five or optionally six years. The main types of secondary school are: community schools, comprehensive schools, vocational schools, voluntary secondary schools and gaelscoileanna (secondary schools that teach all subjects through Irish). The Junior Cycle covers the first three years of secondary school covering a broad range of subjects. After 3 years every student will take a compulsory exam called the Junior Certificate, typically a student will sit between 9 and 11 exams in the Junior Certificate. After completing the Junior Certificate, a student may continue for two years to take a second state exam, the Leaving Certificate, around the age of 17-18. Students typically take 6-8 subjects. The results of these exams will determine whether or not they will be accepted in Higher Education Institutions which they may have applied for with Leaving Certificate grades converted into numerical points based on scores in their 6 best subjects. There is an optional year in most secondary schools called transition year which some students can take after the Junior Certificate and before the Leaving Certificate, this is designed to act as a bridge between the two cycles by facilitating the smooth transition from the more dependent learning of the Junior Cycle to the more independent self-directed learning required for the Senior Cycle.

Secondary schools in Galway city;

Colaiste Cholmcille, Indreabhán, Galway
Tel: +353 91 593 119 Email:
ccille.ias@eircom.net

Coláiste Einde, Threadneedle Road, Galway
Tel: +353 91 522 458 Email:
colaisteeinde@eircom.net

Coláiste Ghobnait, Inis Oírr Oileáin, Arann,
Galway
Tel: +353 99 75016 Email:
colaisteghobnait@eircom.net

Coláiste Iognáid SJ, Bothar Na Mara, Galway
Tel: +353 91 501 550 Email: iognaid@iol.ie

Coláiste Na Coiribe, Bothar Thuama, Galway
Tel: +353 91 753 977 Email:
eolas@colaistenacoiribe.ie

Coláiste Sheosaimh, Gearrbhaile, Beál Átha
Na Slua,
Galway
Tel: +353 90 964 2504 Email: garbally@iol.ie

Community College Móinín Na gCíseach,
Galway
Tel: +353 91 755 464 Email: gcc@cgvec.ie

Galway City Dominican College, Taylors Hill,
Galway
Tel: +353 91 523 171

Galway Presentation Secondary School,
Presentation
Road, Galway
Tel: +353 91 563 495 Email:
presgalpdp@eircom.net

Galway Technical Institute, Father Griffin
Road, Galway
Tel: +353 91 581 342 Email: info@gti.ie

Meánscoil Muire, Newtownsmith, Galway
Tel: +353 91 566 595 Email: msmtal@iol.ie

St Joseph's College, Nun's Island, Galway
Tel: +353 91 565 980 Email:
bishschool@eircom.net

St Mary's College, St Mary's Road, Galway
Tel: +353 91 522 369

Third level education

If you wish to enrol a child into a third-level college you will need to explore the full range of options available to you. The third-level education sector in Ireland consists of universities, institutes of technology, and colleges of education collectively known as Higher Education Institutions (HEI's). Entrance to third-level education in Ireland is generally decided by competition. Generally applications for under-graduate degrees are made through the Central Applications Office (CAO). Education in Ireland is free at all levels for students applying within the EU, including college (university). Most colleges charge an annual student contribution (up to €2,800) which students are required to pay on registration; this fee covers examinations, insurance and registration costs.

Third Level Institutes in Galway;
Galway - Mayo Institute of Technology, Galway Campus,
Dublin Road, Galway.
Tel: +353 (0) 91 753161 Email: academic.affairs@gmit.ie

National University of Ireland, Galway, University Road
Road, Galway
Tel: +353 (0) 91 524411 Email: info@nuigalway.ie