Postgraduate Well-being Services

Harmony

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Dean of Students

My name is Kevin O’Kelly and as the Dean of Students, I welcome all Postgraduate students: those returning and those just arriving. To those of you starting, I congratulate you – you have made an excellent choice. Trinity is an exciting and invigorating community. Your colleagues have come from all counties in Ireland and from over 122 countries around the world; these are the people you will study with, travel with, struggle with, and succeed with. Some will become professional colleagues and some will become your life-long friends.

Trinity takes pride in fostering a community where students develop not just academically but culturally, socially and professionally as well. While your journey through Trinity will be exciting, it will also be challenging. There are numerous supports and services here to help you on your way such as:

→ Postgraduate Advisory Service
→ Careers Advisory Service
→ Student Counselling Service
→ Day Nursery
→ Disability Service
→ Student Health Service
→ Chaplaincy
→ Sports & Recreation

It is important that you are aware of these services and I encourage you to access the help whenever you need it.

As the Dean of Students, it is my role to encourage an exceptional and comprehensive student experience. As Trinity students you will be exposed to unlimited opportunities for involvement, leadership, and personal exploration. My role is to support and facilitate student development, integrating the out-of-class experience of students with the academic mission of College. Indeed, we recognise that the attributes we want each of you to cultivate cannot all be provided solely in the classroom. I invite you to embrace all that Trinity has to offer but also to see this as an opportunity to celebrate and share your own experiences, your own stories and in that way make your contribution to the richness of the Trinity Student Experience.

Dean Kevin O’Kelly
During your time at Trinity, you will probably often hear that postgraduate study is a wonderful opportunity to work at the frontiers of discovery and develop the discipline you work in, at the same time developing yourself academically, professionally and personally.

This is absolutely true.

But words like discovery and development sound very challenging, don’t they?

Well, there will be times when you feel challenged during your postgraduate study. In fact, it’s probably important that you do – this is part of where dynamic research comes from and it’s normal. It’s also normal to ask for help in meeting those challenges.

In the following pages you’ll learn about the different ways Trinity services can give you the tools to manage your studies in a healthy way, to cope with difficult times, and learn more about yourself and how to get the right balance of work, rest and play.

My job, as Postgraduate Student Support Officer, is to help you to access the information and support you need to navigate Trinity and make the most of your time here, and while the Postgraduate Advisory Service (PAS) is therefore often the first port of call if you have a query, each service can be contacted directly for an appointment or assistance with questions or concerns you have that aren’t covered in this handbook.

There are no silly questions, and it’s important that you access the correct information and support early on – don’t wait for things to get better by themselves. All of the services in this handbook work together to help our postgraduates realise their potential, as individuals and as a community.

My time as a postgrad at Trinity was some of my very best. I hope this year means the same to you.

Keep in touch.

Martin McAndrew
Postgraduate Advisory Service

The Postgraduate Advisory Service, commonly referred to as PAS, is the frontline support for postgraduate students at Trinity. PAS is coordinated by the Postgraduate Student Support Officer who acts as a first point of contact for postgraduate students needing support or guidance.

How we can help
We are here to provide support on any matter that may impact upon your time as a postgraduate at Trinity.

Some of the most common issues students come to PAS to discuss include: study-related stress or worry; concerns about academic progress; supervisor-relationship concerns; extensions and going off-books; queries regarding regulations and disciplinary cases and financial hardship.

We support students by:

→ Providing frontline confidential and free support, information, and referral via the Postgraduate Student Support Officer
→ Providing, on referral, named academics to provide advice and, in certain circumstances, advocacy via a panel of Postgraduate Advisors
→ Providing other supports including informal mediation, workshops and training to postgraduates
→ Administering the Postgraduate Student Assistance Fund and other financial assistance to postgraduate students
→ PAS also provides assistance for postgraduates in the event of disciplinary and/or academic appeals
→ PAS is located on the ground floor of House 27.
→ We’re open Monday to Friday and appointments are available from 10am to 3pm
→ We also offer brief drop-ins every Tuesday and Thursday 2.30-3.30pm for quick queries or to arrange a longer appointment

Financial Assistance
The Postgraduate Advisory Service administers the Postgraduate Student Assistance Fund. This fund is intended to tackle disadvantage by providing small amounts of financial assistance to students requiring additional support to enable them to fully benefit from their third-level studies. It is co-funded by the Irish Government and the European Social Fund as part of the ESF program for Employability, Inclusion and Learning 2014-2020.

There are a few sources within College that registered postgraduates can turn to if they find themselves dealing with financial hardship. There is no financial assistance to help students pay tuition fees, however.
**Postgraduate Student Assistance Fund**

The Student Assistance Fund, referred to around College as the SAF, is a fund for registered students in severe financial hardship due to emergency or unforeseen circumstances. The fund is intended to help cover expenses such as rent, food, transport and childcare and an award is made against a specific cost (e.g. one month’s rent, or an emergency medical expense).

The Postgraduate SAF is administered by the Postgraduate Advisory Service (PAS), and is means tested, requiring an online application, a short personal statement, and the provision of supporting documentation.

All applications are treated in confidence, and are considered by the Postgraduate Financial Assistance Committee whose membership includes the Senior Tutor and Vice-President of the GSU. The committee is chaired by the Dean of Graduate Studies.

Applications usually open in mid-October. Contact the Postgraduate Student Support Officer in PAS for further details:

- pgsupp@tcd.ie
- https://www.tcd.ie/seniortutor/students/postgraduate/financial-assistance/

**Student Union Welfare Loans**

The Students’ Union offers interest-free loans up to €100. The repayment plans are flexible, and this loan may be availed of more than once. Simply drop into the SU’s Welfare Office, on the first floor of House 6, to discuss applying. For more info at https://www.tcdsu.org/financial-assistance

**Student Charges**

The Student Charges paid at registration may be reimbursed to registered postgraduates in certain circumstances. Students will need to demonstrate that they have qualified for SAF, or that their sole source of income (or family income if deemed dependent) is social welfare payments.

**Grad Chats: The Postgraduate Student Support Group**

Are you feeling confused or overwhelmed about being a Postgraduate student in Trinity? Would you like to connect more with Postgraduate peers? ‘Grad chats’ is drop-in, open support group for postgraduate students (taught or research). The support group will be both educational and interactive in its delivery.

At Grad Chats you will get a chance to:

- Share your postgraduate experiences with others
- Meet other postgraduate students and learn from their experiences
- Explore academic relationships and how best to manage these
- Learn the importance of self-care as a postgraduate student
- Learn relaxation and anxiety management techniques to improve coping skills
- This is an open group, booking isn’t necessary, just come along on the day!
- Tea and coffee provided!
- Time: 11am -12.15pm
- Dates: Weekly from Friday Sept 13th
- Venue: GSU Common Room, First Floor, House 7 (Front Square)
- Facilitated by: Student Counselling Services (SCS) and Postgraduate Advisory Service (PAS)
- Wheelchair access: No*
- Gender neutral toilets: Yes

* Please contact us if you have any accessibility difficulties and would like to access this group

**Contact:**

- https://www.tcd.ie/seniortutor/students/postgraduate
- pgsupp@tcd.ie
- 01896 1417
Equality, Diversity & Inclusion

Diversity and Inclusivity are core values of Trinity College, expressed in successive College Strategic Plans, most currently in ‘Our Values’ in the TCD Strategic Plan 2019—24, (pending), as follows:

→ Pioneering
→ Inclusive
→ Collaborative
→ Ethical
→ Fearless

While it is very important that our commitment to Equality, Diversity, and Inclusion is reflected in our strategy, it is even more important that we ensure these values are evident in the everyday experiences of our students. In this regard, the College has in place a range of policies, structures, and services to give life to our values.

In relation to policies, the primary policy is our Equality Policy (https://www.tcd.ie/equality/policy/equality-policy/), which sets out our fundamental policy commitments to:

→ Promote equality in all aspects of activity – employment, education and service provision

→ Prevent discrimination for students, staff and service users on any of the protected equality grounds

→ Identify and address any barriers to full participation in University life

The Equality Policy is supplemented by a range of more specific targeted policies, including for example the Dignity and Respect Policy (https://www.tcd.ie/hr/assets/pdf/dignity-and-respect.pdf) which sets out the standards of Respect that are mutually expected across College, and a framework to address any issues in this regard: the Gender Identity and Gender Expression Policy (https://bit.ly/33HbsXg), which outlines the College’s formal commitment to recognise and support an individual’s gender identity and gender expression; the Accessible Information Policy (https://www.tcd.ie/about/policies/accessible-info-policy.php), which ensures that Trinity’s information and events are accessible to all; and the Policy on Supports for Student Parents, Student Carers and Students Experiencing Pregnancy (https://www.tcd.ie/about/policies/assets/pdf/student-parent-carer-and-pregnancy-policy.pdf ) which sets out the College’s provision for and commitment to those students who become pregnant or who have parental or caring responsibilities or experience pregnancy at any point during their time in College.

Further info:
→ Further information in relation to Diversity and Equality issues can be found on https://www.tcd.ie/diversity-inclusion/ and https://www.tcd.ie/equality/
Trinity Disability Service

The Disability Service provides confidential supports for postgraduate students with disabilities in Trinity. Many Trinity students have disabilities that may be visible or invisible. Regardless of the nature of your disability, the Disability Service is here to help you identify and support your needs during your time in Trinity.

→ Working within the service are a team of professionals with expertise in the field of disability, including disability offices, occupational therapists and an assistive technology officer. As a student who has applied for reasonable accommodation with the service, a number of resources and supports are available to you that will assist your throughout your research and study. These may include the provision of assistive technologies, access to respite spaces, or access to reasonable accommodations (such as disclosure of your disability, note takers, library assistants etc. Additionally, postgraduates can avail of individual sessions with an occupational therapist who will assist you to develop practical skills and strategies to help you manage your university student life (including balancing well-being, research load, and the supervisor-relationship.

→ The Trinity Students with Disabilities Ambassador Programme is a student-led programme that gives students with disabilities the opportunity to represent and showcase Trinity’s Disability Service to prospective students by sharing their stories and experiences of university life. The Ambassadors act as positive role models and sources of information at presentations in the community, and at orientation programmes in Trinity. For further information about the programme or to become an Ambassador please contact askds@tcd.ie

→ The Student Services Case Coordinator provides one-to-one support to students with more complex mental health difficulties who are in need of a higher level of support. These students are referred by the College Counselling, Disability & Health Services. This may be to develop strategies to help the student cope while in college or to check-in on any difficulties the student may be having. It may also be to liaise with any services a student might be using or to encourage a student to engage in appropriate additional College services. The case coordinator also liaises with external services such as GPs, Adult Mental Health Services, counsellors etc. to ensure the student is engaging in services and is coping not only with the academic pressures of college but also the everyday activities such as socialising with peers. The Case Coordinator may engage with these services as a result of an emergency or concern; or do so acting on behalf of a student with their consent.

Postgraduate students are also welcome to avail of the DS Solutions Drop In Centre from 11am to 3pm Monday to Friday during term.

Contact:

→ www.tcd.ie/disability
→ askds@tcd.ie
→ 01896 3111
The Trinity Centre for Gender Equality and Leadership (TCGEL) was launched in Trinity College Dublin in October 2017, by the University Chancellor Dr Mary Robinson, to drive sustainable structural and cultural change across all areas of the University. The Centre’s mission is to develop and embed sustainable practices to advance gender equality in Trinity College Dublin to ensure a diverse, innovative and productive academic community of global significance. Inclusivity, equality and diversity are core values for Trinity College Dublin, and these are enshrined in the university’s Strategic Plan. TCGEL aims to create an inclusive College community in which all genders participate at all levels and where all are recognised fully for their contribution to the university.

TCGEL drives the University’s Athena Scientific Women’s Advancement Network (SWAN) strategy/actions and represents the University on the National Athena SWAN Committee. TCGEL was recently successful in renewing the University’s institutional Athena SWAN Bronze Award, which recognises good practice in actively tackling gender equality challenges in the higher education sector.

The Trinity Centre for Gender Equality and Leadership are the co-ordinators for the €2.2million Horizon 2020 project SAGE (Systemic Action for Gender Equality). SAGE partners (in seven European universities) have designed and implemented Gender Equality Plans to advance gender equality, using a proven SAGE model that can be implemented throughout Europe. SAGE seeks stronger action on gender equality in higher education and research, recognising the structural barriers that impede progress including: unequal pay, absence of work/life balance, the persistence of harassment and discrimination, and the under-representation of women in decision-making. A SAGE Charter of Principles for Gender Equality in Higher Education was launched in Dublin, in May 2019, by the Minister of State for Higher Education, Mary Mitchell O’Connor. The SAGE Charter was officially adopted by the entire Irish HE Sector.

Further info:
→ Please visit the TCGEL websit at https://www.tcd.ie/tcgel/
Trinity College’s health service is working hard to make Trinity a healthy place to live, study and work. Through the Healthy Trinity project, it also provides the college community with information on how to lead a healthy lifestyle.

Medical Centre - Student Clinics
The hours of attendance for students are as follows:
→ 9.30am–12.30pm
→ 2.00pm–4.30pm
→ The service is closed between 1–2pm

Consultations are normally by prior appointment only. Please notify the staff if you have to re-schedule or cancel your appointment.

General Practitioner Clinics
GP clinics are held daily by Dr. David McGrath, Dr David Thomas, Dr Niamh Murphy, Dr Mary Sheridan, Dr Aisling Waters and Dr Colette Horgan.

→ These include:
  Minor Surgery, Psychiatry, Travel Advice, Sports Medicine, Sexual Health Clinic, Confidential HIV, Counselling and Testing, Antenatal Care, Contraception and Liquid Nitrogen.

The College Psychiatrist Dr. Niamh Farrelly is available for consultation on referral from a GP or Counsellor

Confidentiality is maintained at all times.

Student Fees
As from 1st October 2016. Essentially, the service offers free on campus primary health care. However charges will be incurred for the following consultations, these include:
→ Lab. Blood and Urine Tests €15
→ Post Coital Contraception €15
→ Liquid Nitrogen €20
→ Eye Testing €20
→ Pregnancy Testing €10

Vaccinations:
→ Varied Hepatitis B (Full Course) €110
→ Depo Provera €15
→ Implanon Insertion/Removal €100

Charges subject to revision.

Physiotherapy
Karita Cullen – by Appointment
→ Student consultations €20

The College Health Service is a recognised International Yellow Fever Centre. Students seeking travel vaccination or travel advice are encouraged to attend at least one month prior to travel. The health service has computerised advice on hand, updated monthly with the latest health advice.

Have a Healthy Social Life
Your social life is key to making the most of your time at college and we’d like to make sure that nothing happens to you, beyond having a good time:

→ Try to limit your intake to no more than 6 units of alcohol per session, a unit is a short, or half a pint of beer or cider.
Consider carrying a condom for your own protection

Look out for your friends, especially as night, and make sure everyone gets home safely

**Student Discounts at Pharmacies**
Available on production of a Trinity Student card at:
- Price’s medical Hall (Clare St)
- Lombard Pharmacy (Lombard St)
- Boots Pharmacy (Grafton St)
- Trinity Pharmacy (Nassau St)
- Hickey’s Pharmacy (Grafton St)

**Student Health Information**
Check out the college health website for information on alcohol, drugs, safer sex, managing stress, eating well, exercise and generally surviving college life.
http://www.tcd.ie/College_Health

**Out-of-Hours**
The following information is available on our Voicemail which is activated every evening after 5:00pm (Tel. 01896 1556) or from Security Staff at Front Gate (Tel. 01896 1317).

**Dubdoc**
Dubdoc is an out-of-hours emergency general practitioner service based in St James Hospital. (Tel. No. 4545607). The service is available from 6.00pm–10.00pm weekdays, 10:00am–7.00pm weekends and Bank Holidays. A triage nurse is available to give telephone advice, arrange a house call or make an appointment with a GP on duty.

**Contactors Bureau**
Outside these hours please telephone Contactors Bureau (Tel: No. 830 0244). Contactors Bureau is a domiciliary deputising service who will send a doctor on request within the Co. Dublin area.

Students (with the exception of Non-Irish EU students or students with Medical Cards) will be responsible for any fees incurred or consultation or home visit.

**Medical Cards**
Approximately 15% of the Student Body is entitled to a medical card. This entitles the holder to free prescriptions and free hospitalisation, in addition to using the College Health Service.

**Criteria as follows:**
- **Irish Students** Entitlement of Irish students to a medical card is based upon the individual’s financial circumstances. Therefore: If aged between 16-25 years, eligibility depends upon parents holding, a current medical card. If aged over 25 years, and a full time student, a means test will apply. An application form can be downloaded from www.hse.ie
- **Northern Ireland & Great Britain Students** NI & UK students require proof of domicile in order to avail of emergency medical card services. They do not qualify for full medical card entitlement, but will receive emergency medication and treatment on production of an NHS No.
- **EU Students** Those with a valid European Card, issued in their home country, are automatically entitled to medical card services, as well as free general practitioner treatment and certain prescribed medications. A signature is required at the time of consultation.
- **Non EU Students** Students from non EU countries are not covered for any free medical attention and must arrange their own medical insurance. However attendance at the College Health Service is free of charge. The College cannot accept financial responsibility for any charges incurred from outside doctors.
Student Counselling Service

Managing Well-being in the Postgraduate Context.

At some point throughout your academic career there will be a time where you are feeling challenged. You may be finding communication with your peers or supervisor difficult; your research is not going to plan; or you might be struggling to balance academic work alongside financial obligations, friends and family responsibilities. This is not unusual because postgraduate study is demanding, and this challenge is heightened if you are feeling isolated, exhausted, unwell or unable to concentrate. It can be helpful to avoid seeing postgraduate study as a general postponing of life, but rather an opportunity to learn how to best support yourself through what is going to be a challenging but hopefully rewarding phase in your life. We know that the academic environment plays a large part in this process, as does your ability to navigate this in a way that helps you best meet your needs. So here are some of our top tips.

STEP 1: Self-care is important not indulgent

→ Get the balance right for you: Psychological health encompasses our capacity to work in a generative and meaningful way, our capacity to form and sustain authentic relationships and our capacity to play, be creative and get lost in the moment. So make time for those significant relationships in your life, and plan for some positive outlets throughout the academic year because this is will improve your energy levels and your ability to concentrate overall (see https://www.mentalhealthireland.ie/five-ways-towell-being/ for more information).

→ Name the ‘self-critic’ instead of blaming yourself: Good plans often go to the wayside if we feel like: “I’m messing this up!”, “I don’t deserve to take a break”, “I’m not able for this!”. These are very common thoughts that tend to get louder the more overwhelmed we feel, and paradoxically, the more we listen to these the less effective we become. Often we rush to feeling self-critical and blaming ourselves for challenging circumstances when we could be more self-compassionate. (see https://selfcompassion.org/category/exercises/#exercises for more information)
Take a regular step back from it all: Whether you take regular breaks from academic work or make the time to talk with friends, family and course mates about how you are getting on, it’s important to reflect on the bigger reasons you have chosen to study. When we can reconnect with a sense of meaning and purpose in the work we are doing it can become a much more enjoyable and rewarding process.

STEP 2: Build a Support Network
→ Many students feel a sense of being “an imposter” and think things like “Have they made a mistake by letting me in?”, “What if I’m not good enough?”, “They are going to find me out one of these days!”. It is hard to believe that others are feeling similarly unless we reach out to them, but often this can feel more difficult in postgraduate courses due to the emphasis on independent study and smaller cohort sizes.

→ Connect with peers: The Student Counselling Service in conjunction with the Postgraduate Advisory Service and the Graduate Student Union run a weekly drop in support group (“Grad Chats”) during terms times. The Student Counselling Service also runs groups and workshops on general student issues, which can be a good opportunity to learn more about these and connect with other students (see https://www.tcd.ie/Student_Counselling/counselling/groups-workshops/ for more information).

→ Stay informed and Upskill if necessary: Postgraduate study is designed to be a step up from previous education (see the Postgraduate Research Student Handbook https://www.tcd.ie/graduatestudies/assets/pdf/postgraduate-research-student-handbook-2018.pdf). This may require you linking in with our Student Learning Development Team who run workshops and training throughout the year and also offer one to one appointments (http://studentlearning.tcd.ie/).

→ Ensure you have the right level of support: If you are currently experiencing low mood or anxiety difficulties, or you want to learn more about managing stress you can sign up to our online support programmes at https://ie.silvercloudhealth.com/signup/tcd/. Enlist the support of other services: see https://www.tcd.ie/students/support-services/ for a full range of the student support services, clubs, societies available at TCD.

STEP 3: Ask for Help
→ Even with all of this in place there may come a time where you feel you would benefit from the chance to talk with someone objective about your situation. If you feel that your mental health and well-being is being negatively affected or you just need some space to talk through a difficult situation, a disappointment or a loss we would encourage you to book an appointment with the Student Counselling Service by calling 01896 1407. If you are having difficulty navigating academic processes and procedures, or want some advice about making an academic complaint or an appeal, you can contact the Postgraduate Advisory Service at: https://www.tcd.ie/seniortutor/students/postgraduate/

Contact:
→ https://www.tcd.ie/Student_Counselling/
→ student-counselling@tcd.ie
→ 01896 1407
Open to all staff and students of any faith and no faith, the Ecumenical Chaplaincy offers prayer, confidential listening and referral, and spiritual guidance.

The Chaplains are happy to assist students of other churches or of other faiths who wish to make contact with their own religious community. There is a Prayer Room available for quiet reflection and prayer to people of all traditions.

Events include:

→ Prayer in the style of Taizé each Monday in term at 6.00pm in the Gallery Chapel

→ Tuesday morning prayer-time from 9.15 to 9.30am in the Gallery Chapel each week in term

→ Denominational events and services (Roman Catholic, Methodist, Anglican/Episcopalian)

→ They offer space to Christian LGBT students, co-facilitate a bereavement support group with Counselling, a free, simple communal lunch open to all every Tuesday during term in the Common Room, House 27, 12.30–2pm.

Faith spaces for students:

→ Common room, Monday-Friday in House 27: relaxed social space, tea and coffee, open to all students to drop in and relax.

→ Christian Chapel shared by the three largest Christian churches on campus, regular services and home to the world-famous chapel choir.

→ There are prayer rooms for Muslim students in Goldsmith Hall and St James’ teaching hospital.

Student faith groups (all open to any student, sign up at the Freshers' Fair):

→ Christian Union
→ Jewish Society
→ Laurentian (Roman Catholic) society
→ Muslim Student Association

Contacts in Ireland for other Systems of Belief:

→ Atheism: Atheist Ireland http://atheist.ie
→ Buddhism: Dublin Buddhist Centre www.dublinbuddhistcentre.org
→ Hinduism: Hindu Cultural Centre Ireland www.hindu.ie
→ Humanism: Humanist Association of Ireland http://humanism.ie
→ Islam: Islamic Foundation of Ireland http://islaminireland.com
→ Judaism: Irish Jewish Community www.jewishireland.org
→ Quaker: Quakers in Ireland http://quakers-in-ireland.ie

Contact:
→ https://www.tcd.ie/Chaplaincy/
→ Chaplaincy@tcd.ie
Sports at Trinity

Trinity Sport offers something for everyone, whether you are interested in staying healthy or you have aspirations of sporting glory.

Trinity boasts a state-of-the-art Sports Centre on campus, along with a number of outdoor sports sites. The Sports Centre includes a variety of facilities including a swimming pool, sauna and steam rooms, a fitness theatre with over 600 stations and a fitness studio. The main sports hall hosts a range of sports including basketball, badminton, volleyball, netball and 5-a-side-soccer.

On-campus facilities also include futsal and tennis courts, pitches for cricket, rugby, soccer and hockey, as well as a grass athletics track in the summer. Off-campus facilities include a new water-based hockey pitch, synthetic 5-a-side pitches and grass pitches for Gaelic games, soccer, rugby, American football and ultimate Frisbee.

This extensive range of sports facilities ensure that all levels of fitness and physical activity are catered for and over 40 weekly exercise classes are delivered by a highly experienced and motivated team of staff. Trinity Sport has recently introduced a key focus on the recreational sporting opportunities available to students, as fundamental to the health and well-being of the campus community. The range of activities organised include a campus run series, social leagues and coaching courses.

Sports centre membership is included in student fees so simply call over to the Sports Centre and activate your student card to get started and the Sports Team will be on hand to help. We look forward to welcoming you then!

Sports Clubs in Trinity

Every year, thousands of new students use sports clubs to forge friendships that often last a lifetime. Student sport clubs are managed by the Dublin University Central Athletic Club. With nearly 50 clubs ranging from team sports such as volleyball to soccer, Gaelic games to basketball, and individual sports like squash, athletics and triathlon there is something for everyone. Sports clubs are student led, run by and for students whether as a player, administrator or coach. For more information on sports clubs in Trinity see the Trinity Sports website https://www.tcd.ie/Sport/student-sport/clubs/

Further info:

- Website: www.tcd.ie/sport
- Facebook: Trinity College Dublin Sport
- Twitter: @tcdsports
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info@studyandprotect.com | studyandprotect.com
Chubb’s claims philosophy is the backbone to their success and is universally known throughout the insurance industry as the best there is. They strive to treat each claimant with integrity, empathy, promptness, expertise and fairness.

Please review the policy wording for full information on the coverage of the policy.