

Intern Guide – Dublin

This guide contains important information about your internship placement, and key contacts during your stay in Dublin.

Important Contact Information

Internships Worldwide

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First Day of Internship

You are responsible for travelling independently to your internship using public transport.

Please ensure you:

- Plan your journey in advance and allow extra time to arrive punctually
- Familiarise yourself with the route before your first day
- Identify transport options and locate your host company ahead of time

Getting Around Dublin

We recommend using the following tools to plan your journey:

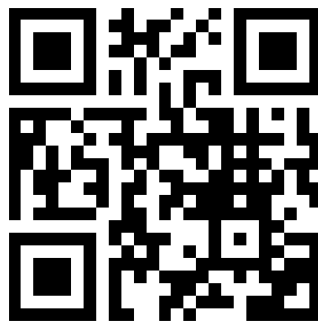
- Transport for Ireland – see below QR code
- Luas Tram System - see below QR code
- Leap Card (public transport card) - see below QR code

Intern Transport Guide – Dublin

Useful Apps & Links for Getting around Dublin



Plan Your Route



Luas Tram System



Leap Card

Leap Card

<https://about.leapcard.ie/>

You can buy a Leap Card immediately at:

- Newsagents (e.g. Spar, Centra)
- Dublin Airport (WHSmith, Spar)
- Luas ticket machines
- Irish Rail / DART stations

Buy online

Go to the official website of **Transport for Ireland**

- Order your card online
- Delivered to your address (takes a few days)
- Not ideal if you need it urgently.

Quick recommendation

- Staying a few weeks → get a **Visitor Leap Card (7-day, repeat if needed)**
- Staying longer → get a **standard Leap Card + top up**

Where you can use a Leap Card:

- Dublin Bus
- Luas (tram)
- DART (coastal train)
- Commuter Rail (short-distance Irish Rail services)

Important:

- Not valid for long-distance intercity trains (e.g. Dublin to Cork)
- Suitable for daily travel within Dublin and surrounding areas

Communication with Your Supervisor

- Request your supervisor's contact details on your first day
- Add them on WhatsApp for easy communication
- Inform your supervisor immediately if you are running late
- Allow extra travel time while learning routes

Internship Schedule

Please confirm your working hours with your supervisor on your first day.

Important notes:

- Some companies may not operate on public holidays
- Some businesses may close during holiday periods
- Leave days must be approved in advance
- Always request permission before taking time off

If You Are Sick

- Inform your supervisor as soon as possible
- A medical certificate may be required

For General Illness (GP / Doctor)

You may visit a GP that accepts EHIC patients.

- Treatment may be free or at a reduced cost under the public system

Recommended GP Clinics in Dublin:

- Liffey Medical GP Surgery
- GPDOD Medical Centre
- Temple Bar Medical Centre
- 24DOC Medical Clinic

Tip: Always mention that you have an EHIC when booking.

Emergency Care

For serious illness or injury, go to the nearest Accident & Emergency (A&E) department:

- St James's Hospital Emergency Department
- Tallaght University Hospital A&E

Emergency treatment is covered or subsidised with an EHIC (always confirm this with the provider).

Important Information

- Not all private clinics accept EHIC (charges may apply)
- EHIC covers medically necessary treatment only
- Always carry your EHIC card and ID

Emergency Numbers

- **999** – Main emergency number
- **112** – Works the same as 999

You can call these for:

- Ambulance
- Police
- Fire Brigade

Questions

If you have any questions, please contact Internships Worldwide via WhatsApp
+356 99333883

We hope you enjoy your internship experience and your time in Dublin.