

WOMEN'S
UNIVERSITY
BIRMINGHAM
SCHOOL OF
COMMUNICATIONS
EDUCATION
RESEARCH
CENTRE
FOR
HEALTH
COMMUNICATIONS

DOS AND DON'TS

Dos

Be prepared

- Ensure that you have the correct documentation: passport, the long form of your birth certificate.
- Do as much preparation as possible before you go, as it is vital to be as prepared as you can.
- Buy an open or return ticket so you can come home if things don't work out.
- Check out Irish organisations in your chosen destination - they will have information for newly arrived, which include details of letting agents, jobcentre plus offices, employment agencies.

Bring relevant qualifications

- Bring evidence of your qualifications - degrees/trade qualifications/drivers licence.

Bring sufficient funds

- Make sure you can use your Irish bankcards in the UK. Ask your bank branch in Ireland before you go
- Ensure that you have enough money with you to keep you going for the first few weeks until you can get your National Insurance Number, apply for benefits or get a job. You will need to have enough money for rent/deposits, living expenses and for unplanned developments
- Have enough money for a return ticket just in case it doesn't work out.

Have contacts

- Ensure you bring the contact details for family and friends in the UK
- Ensure you have the contact details of your nearest Irish Organisation in order to link in with them if necessary
- Bring any contacts you have on accommodation and prospective employers.

Be aware

- If you have an addiction problem or if you plan to get on a drug treatment programme or detox programme in the UK please be advised that you need to plan carefully
- Please contact Crosscare Migrant Project for assistance. Some people go to the UK with this intention but they do not plan and prepare properly and some people end up homeless.

Don'ts

Don't carry loads of cash

- Try to avoid carrying large amounts of cash
- Try to use credit cards, ATM cards and travellers cheques, which are much safer.

Don't travel without

- Medical prescription - if you need regular medication
- Medical records - if you have an existing medical condition you will need to bring your medical records to give to your new GP.

Don't forget to

- Bring enough money
- Bring as much ID with you as possible
- Bring a letter from the Department of Social Welfare stating what payments you are/were receiving in Ireland
- **Contact Crosscare Migrant Project before you leave:**

Crosscare Migrant Project

1 Cathedral Street

Dublin 1

Website: www.migrantproject.ie

Email: migrantproject@crosscare.ie

Telephone: 00 353 1 873 2844

Telephone: 00 353 1 872 6171

Facsimile: 00 353 1 872 7003

