

GMIT policy on international travel for students and staff during the COVID-19 pandemic.

December 10th, 2020

GMIT policy on international travel for students and staff during the COVID-19 pandemic.

- Note that this policy may be subject to change in line with any changes in relevant Irish Government advice on international travel with regard to the COVID-19 pandemic
- For the purpose of this policy, international travel is defined as travel outside the island of Ireland.
- Please note that the advice from the Irish Government is to avoid all non-essential travel.
- If you do decide to travel outside of Ireland, you must inform the GMIT Covid Officer (covidofficer@gmit.ie). This is required as part of our control of the COVID-19 situation on campus and as part of our obligations as a public sector institution.

If you do decide to travel outside of Ireland, you must exercise a high degree of caution, and please consider the following:

- You may be required to isolate or restrict your movements for 14 days in the country to which you are travelling.
- **Upon return to Ireland, you will be required to restrict your movements for 14 days and you will not be able to attend campus until this period of restricted movements is complete.**
- This rule applies to everyone, including Irish citizens coming home and people with no symptoms.

You can find information on how to restrict your movements here: [Information about restricting your movements](#) and this information is summarized below.

Possible reduction to the period of time required for self-restriction

(1) The European Union has established a 'traffic lights' system for categorizing the severity of the COVID-19 pandemic in each country. As part of this system, all countries in the EU / EAA (+UK) regions will be allocated a colour each week, and this colour reflects the number of COVID-19 cases detected in that country.

Maps showing the level of infection and hence the 'colour' of each country will be published every Thursday by the European Centre for Disease Prevention and Control, and can be found here: [European Centre for Disease Prevention and Control COVID-19 Traffic Light System](#)

Passengers arriving from orange, red and grey regions may arrange for a COVID-19 PCR test five days (or more) after arrival in Ireland. If the result of this test is negative/'not detected', then the period of restricted movement can end.

Note:

- The COVID-19 test must be a PCR test, no other type of test is valid.
- The COVID-19 PCR test must be performed by a medical practitioner. Testing using COVID-19 home-testing kits is not approved for this purpose by GMIT.
- The test will not be provided through the Irish public health system but may be available by private commercial companies / private doctors and is to be paid for by those seeking the test.
- As the availability of testing cannot be guaranteed, those wishing to avail of a post arrival test should seek an appointment for a test in advance of travel.
- There are only a limited number of commercial companies or doctors in Ireland offering this test. Hence, it may not be possible to get a test performed when you want it. Furthermore, it may take a number of days to get the test result.
- You cannot end your period of self-restriction until you receive a negative COVID-19 test result.
- If you plan to get a test after travelling to Ireland, and plan to use the test result as a means of reducing the duration of your period of restricted movements, you must communicate with the GMIT Covid Officer (covidofficer@gmit.ie) in advance of taking the test.

Note: Government response to the COVID-19 pandemic can change, and thus the above arrangements may change at short notice. You need to review Irish Government guidelines frequently if you plan to travel outside Ireland ([Irish Government advice on travelling to Ireland during the COVID-19 pandemic](#)).

GMIT policy on international travel for students and staff during the COVID-19 pandemic.

December 10th, 2020

The traffic light scheme only applies to EU/EAA (+UK) countries. If you arrive into Ireland from outside the EU/EAA(+UK) regions you must restrict your movements for 14 days and you cannot take a COVID-19 test in order to reduce this period of restriction.

Note also that non-EU/EAA/UK students must comply with the Protocol for the Safe Arrival of International Students in January 2020, which will be published on our website (<https://www.gmit.ie/international/pre-arrival-information>) in December 2020.

Locations in Galway city where you may obtain a COVID-19 PCR test: You should search online closer to any expected testing date to check for providers and check that the details below are still correct.

- The GMIT Dublin Road doctor provides this service - Galway East Medical Practice, Unit 5 Doughiska Road, Galway, H91 KNW8. Phone 091 740340. Cost is €180
- Randox Laboratories offer this test at the Clayton Hotel, Monivea Road, Ballybrit, Galway, H91 D526, the test is offered 7AM-3PM, 7 days per week. Cost is €99. See: <https://booking.randox.ie/>
- Boots Pharmacy in Knocknacarra, Galway offer this test. Cost is €139. See: <https://www.boots.ie/health-pharmacy-advice/covid-19-testing-service>
- Complete Lab Solutions offer this test on Mondays, Wednesdays, and Fridays, at their facility at Unit 3A, Small Business Park, Tuam Road, Galway, H91 H520. Cost is €180. See: <https://cls.ie/covid-19-programmes/covid19-testing/>

(2)

You do not have to restrict your movements if you are arriving in Ireland from an “Orange” region and if you have received a negative/ ‘not-detected’ result from a COVID-19 PCR test taken during the three days before departure to Ireland. Evidence of the test result must be provided to the GMIT Covid Officer.

If this situation applies to you, you must communicate with the GMIT Covid Officer (covidofficer@gmit.ie).

Note: At present, the vast majority of EU/EAA countries have high levels of COVID-19 infections and are thus coloured Red in the COVID-19 traffic light system. It is predicted that this situation will not change in the foreseeable future.

(3)

You do not have to restrict your movements if you are travelling from a country which is designated as a ‘Green’ country in the COVID-19 traffic light system. If this situation applies to you, you must communicate with the GMIT Covid Officer (covidofficer@gmit.ie).

Note: There is only 1 country (Greenland) designated green at present. It is predicted that this situation will not change in the foreseeable future.

(4)

Travel advice for passengers who visit Denmark

If you visit Denmark, and subsequently travel to Ireland, you must self-isolate for 14 days after your arrival in Ireland. Self-isolation is stricter than restriction of movements, and details on how to self-isolate are provided here: [Information on self-isolation](#) and this information is summarized below. You cannot take a COVID-19 test in order to reduce the period of self-isolation.

Travelling from the airport or port to your destination: _____ When travelling to your destination:

- You can travel to the location where you plan to restrict your movements.
- Ask a relative or friend to collect you when you arrive in Ireland. Such relatives or friends who do collect you will not need to subsequently restrict their movements.
- Avoid using public transport if possible; if you have to use public transport, you must wear a face mask.
- It is not envisaged that the transport arrangements that were in place in September to collect International students from Dublin airport will be repeated.

GMIT policy on international travel for students and staff during the COVID-19 pandemic.

December 10th, 2020

Other notes:

Passengers arriving to Ireland from overseas are required to complete a [COVID-19 Passenger Locator Form](#).

Travel within the island of Ireland is subject to [prevailing domestic public health restrictions as outlined on gov.ie](#). Incoming passengers should ensure that they are aware of, and comply with, all relevant public health restrictions that apply to the population in general.

Please continue to be aware of the Symptoms of COVID-19

The common symptoms are:

- A fever (high temperature of 38o Celsius or above)
- A cough – any kind of cough, not just dry
- Shortness of breath or breathing difficulties
- Loss or change to your sense of smell or taste

If you develop any one of these symptoms, self-isolate and contact your GP or the student health unit (091 742228) or the Covid Officer (covidofficer@gmit.ie).

The Irish Government advice may change – please consult the current advice when you travel here: [Irish Government advice on travelling to Ireland during the COVID-19 pandemic](#)

The Irish Government publishes advice on travelling to specific countries from Ireland, and this advice can be found here: [Irish Government advice on travelling to specific countries from Ireland](#)

How to restrict your movements:

Restricting your movements means avoiding contact with other people and social situations as much as possible.

Don't

Do not go to work, unless you work on your own and can completely avoid other people. If you are an essential worker and do not have any symptoms, talk to your employer.

Do not go to school or college.

Do not use public transport.

Do not have visitors at your home.

Do not visit others, even if you usually care for them.

Do not go to the shops or pharmacy unless it's absolutely necessary - where possible, order your groceries online or have some family or friends drop them off.

Do not go to gatherings such as weddings or funerals - [read more about bereavement and grief during COVID-19](#)

Do not meet face-to-face with older people, anyone with a long-term medical condition or pregnant women.

GMIT policy on international travel for students and staff during the COVID-19 pandemic.

December 10th, 2020

How to self-isolate:

Do

Stay at home, in a room with a window you can open.

Keep away from other people - especially older people or anyone with a long-term medical condition.

Phone your GP to see if you need a test for COVID-19 (coronavirus).

Use a different bathroom to others in your household, if possible.

Cover your coughs and sneezes using a tissue - clean your hands properly after.

Ask friends, family or delivery drivers to drop off food or supplies - if they stand back from the door, you can speak with them.

Wash your hands properly and often.

Use your own towel - do not share a towel with others.

Clean your room every day with a household cleaner or disinfectant.

Don't

Do not go outside unless you have your own outdoor space where you can get some fresh air away from other people.

Do not go to work, school, religious services or public areas.

Do not share your things. For example, food, dishes, drinking glasses or other household items.

Do not use public transport or taxis.

Do not have any visitors to your home.

If you start to feel unwell

If you start to feel very unwell, phone your GP. Particularly if your breathing changes or becomes difficult, or your cough gets worse. **If you are very short of breath and your GP is not available, call the emergency services on 112 or 999.**