



Galway Mayo Institute of Technology

**POLICY ON INTERNATIONAL TRAVEL FOR STUDENTS AND
STAFF DURING THE COVID-19 PANDEMIC**

Version 3.0

Document Location: [Coronavirus | GMIT](https://galwaymayoinstitute.sharepoint.com/sites/GMITStudentHUB/SitePages/COVID-19.aspx) and <https://galwaymayoinstitute.sharepoint.com/sites/GMITStudentHUB/SitePages/COVID-19.aspx>

Revision History

Date of this revision: 26 TH April 2021
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Revision Number	Revision Date	Summary of Changes	Changes marked
1	01/5/2021	Initial policy issued	24/11/2020
2	19/10/2021	Updated in line with changes to Government policy	03/02/2021
3	26/04/2021	Updated in line with changes to Government policy	26/04/2021

Approval

This document requires the following approvals:

Name	Title	Date
Seamus Lennon	Executive Board	24/11/2020
Seamus Lennon	Executive Board	03/02/2021
Seamus Lennon	Executive Board	27/04/2021

1 PURPOSE

The purpose of this document is to outline the GMIT policy on international travel for students and staff during the COVID-19 pandemic. This policy will reflect the Irish Government regulations regarding international travel.

2 ROLES AND RESPONSIBILITIES

All students and staff must comply with this policy and must also comply with Irish Government policy on international travel. Note that Irish Government advice may change at short notice, therefore, before travelling into or out of Ireland, the current international travel regulations should be consulted ([Irish Government advice on travelling to Ireland during the COVID-19 pandemic](#)). For the purpose of this policy, international travel is defined as travel outside the island of Ireland.

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 that you may be required to isolate or restrict your movements for 14 days in the country to which you are travelling. 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](#)

3 VACCINATION STATUS

Having had a COVID-19 vaccination does not preclude you from restricting your movements or self-isolating as even though you have had the vaccine, you may still be able to transmit the virus to others. Thus, if you have been vaccinated, you must still follow all the advice listed below.

4 GENERAL RULES FOR ALL PASSENGERS ARRIVING INTO IRELAND:

- 4.1 All passengers arriving into Ireland from overseas are required to complete a [COVID-19 Passenger Locator Form](#).
- 4.2 All passengers arriving into Ireland are required to have a negative or 'not detected' result from a pre-departure COVID-19 RT-PCR test that was carried out no more than 72 hours prior to arrival in Ireland.
- 4.3 Is the country to are travelling from, or travelling through (even if remaining airside in that country, or if you have visited that country in the 14 days before entering Ireland) on the [list of countries subject to mandatory hotel quarantine](#)?
If yes, then follow the procedure in section 5. If not, then follow the procedure in section 6.

5 Passengers whose journey originated in countries listed as designated states for mandatory hotel quarantine or who have been in a designated state in the 14 days prior to entering Ireland.

Travel to Ireland from specific designated states is now subject to mandatory hotel quarantine. This must be pre-booked in advance of travel. **These arrangements apply to any passenger who have been in any of these countries in the previous 14 days prior to entering Ireland, even if only transiting through one of these countries and even if remaining airside.**

Follow all procedures mandated by the Irish Government, details can be found [here](#).

It is important to note that this list of designated states will be subject to change at short notice and passengers are required to check the list before travelling to Ireland, to be sure of their obligations. Consult this website before you travel to review the list of countries which are designated states for the purpose of

mandatory hotel quarantine: <https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>

6 Passengers whose journey originated in countries other than those designated for hotel quarantine and who have not been in a designated country in the previous 14 days prior to entering Ireland.

All such passengers are required to restrict their movements for 14 days and you will not be able to attend campus until this period of restricted movements is complete. You can find information on how to restrict your movements here: [Information about restricting your movements](#) and this information is summarized below. Passengers who travel from another country to Ireland, and arrive via Northern Ireland, must also observe this restriction of movements regime, and must have had a negative COVID-19 RT-PCR test that was carried out no more than 72 hours prior to arrival in Ireland.

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

Passengers arriving from non-designated states and who are not subject to hotel quarantine 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. A copy of this result must be emailed into covidofficer@gmit.ie and permission may then be granted to attend College. This test can be arranged via your student health provider.

Student Health providers:

Dublin Road Campus & CCAM Campus 091 742228 / studenthealthunit@gmit.ie

Mayo Campus (Dr Stephen Patten) 094 9021999.

Letterfrack Campus (Dr Alexander Michel) 095 43465.

If you do not have a GP, search by county/ town [here](#) or call the GP [out of hours](#) service. Covid officer is at: covidofficer@gmit.ie or phone 091 742708 / 0852092713.

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 short of breath and your GP is not available, call the emergency services on 112 or 999.**

Note that non-EU/EAA students must comply with the Protocol for the Safe Arrival of International Students. Once these protocols have been agreed they will be published on our website: (<https://www.gmit.ie/international/pre-arrival-information>).

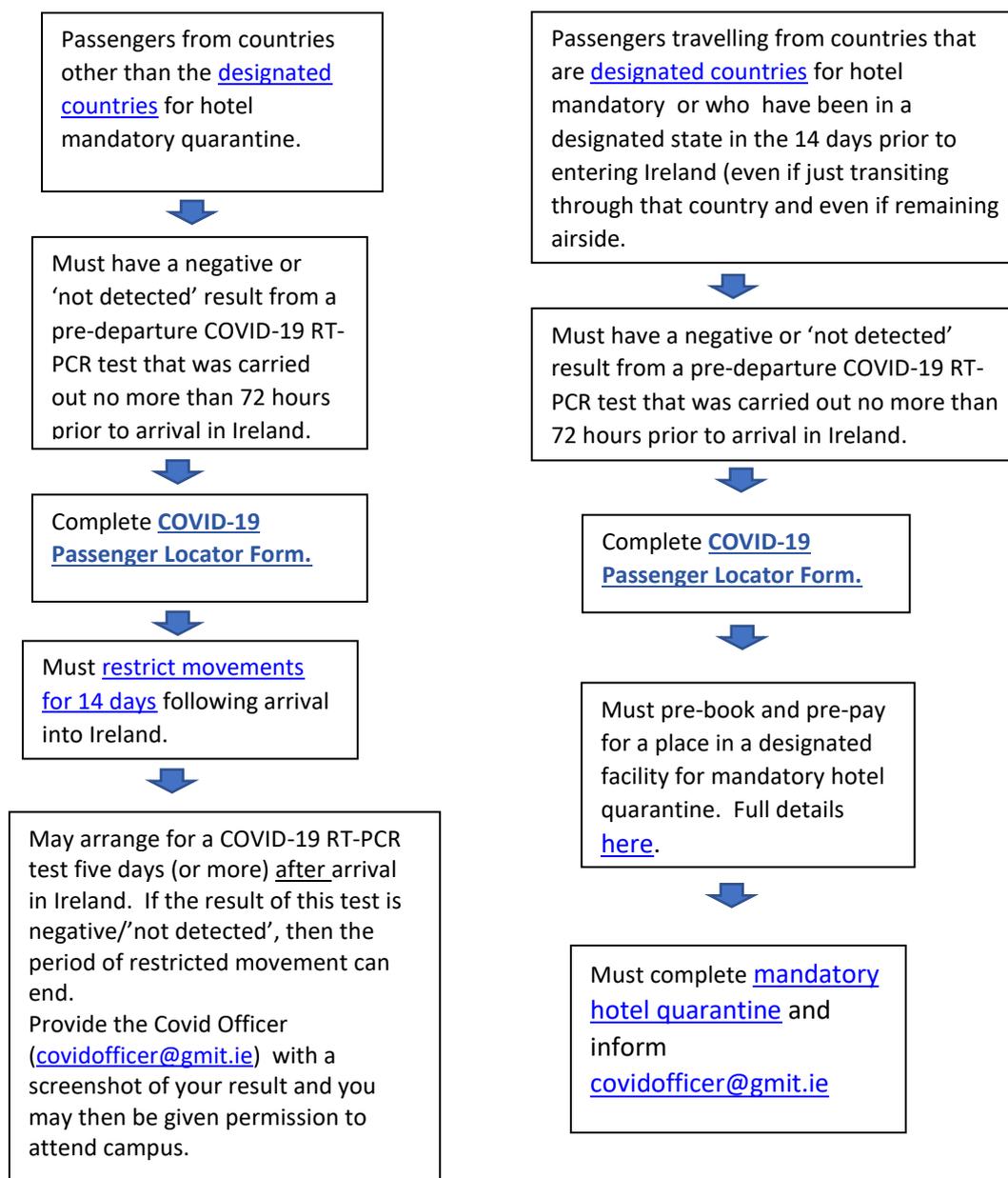
Travel within the island of Ireland is subject to [prevailing domestic public health restrictions](#). Incoming passengers should ensure that they are aware of, and comply with, all relevant public health restrictions that apply to the population in general.

7 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. Both you and the driver must wear masks and have the vehicle air circulation to 'outside air' (not recirculated). 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.

Summary of rules for those travelling into Ireland:



EVERYONE SHOULD:

- Download and use the [HSE COVID Tracker App](#)
- Be aware of the COVID-19 symptoms: If you have ANY of these symptoms you need to [self-isolate](#) and contact your GP to determine if you require a COVID test: **Fever** (Temperature greater than 38° Celsius); **Cough** - this can be 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 or feel unwell, self-isolate and contact your GP or the student health unit (091 742228) or the Covid Officer (covidofficer@gmit.ie).

Note you should avoid College if you feel any way unwell, particularly if you have any of these symptoms – headache of unknown cause, congestion, sinus headache, constant throat clearing, skin sensitivity, a general feeling of tiredness.

How to restrict your movements:

Avoid social situations and contact with other people as much as you can. Stay at home or in your accommodation as much as possible.

You can still go outside to exercise by yourself as long as you keep 2 metres away from other people.

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 - where possible, order your groceries online or have some family or friends drop them off.

Do not drop off or collect your children from school unless it's absolutely necessary. Ask family or friends to do this for you. If you have to go, avoid other people and remain in your car.

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.