



Carlow College
**STUDENTS'
UNION**



**A CRASH
course to
CARLOW**

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Foreword - S.U. President

The summer of 2015 was the year that I moved to Carlow town. I have family in the area, so it seemed as good as any place to wind up. It took me some time to catch my bearings, learn where everything was. Even to this day, eight years later, I am still discovering new things about this town. As students, though, you do not have eight years to learn everything about Carlow. With that in mind, we decided to create this Crash Course to Carlow – A guide that gives you all the tips and tricks you need while living in Carlow.

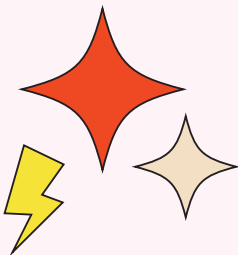
Moving anywhere new can be daunting, nerve wracking, anxiety inducing. Trust me, I know. For those moving out of the family home for the first time, suddenly, you are thrust into a world of responsibility that seems overbearing. But that is ok. If you were not nervous, I would be concerned. Settling into a new area, even just a new home, takes time and energy. It can be exhausting. But it can also be

exhilarating, those fears bringing with them a sense of freedom, opening a whole new world for you to explore.

This guide is designed to help you all settle into Carlow, whether you have moved here or just hanging about until your next train. Now, it will not have everything, but it will have some Carlow life hacks for you, stuff that will help you get by. As someone who has lived here for quite some time, should you have any questions, please, do not be afraid to come up to me and ask. Some of the friends I have made here have helped me over the years, and so, it is only right to pay it forward to those who need it.

Anyways, I hope you're all excited for the upcoming year. I know times are tough, people are still recovering from the COVID-19 era, but don't let that discourage you. Together, we're going to have a good year, and, hopefully, this guide will help ease some of the stresses we face. I am excited and I can't wait to see and meet you all.

Much loves, y'all,
Craig McLoughlin-Burke.





Introduction

Hi there. Welcome to the *Crash Course to Carlow*. This is a short guide to Carlow town, one with tips, tricks, and life hacks to get you through the year.

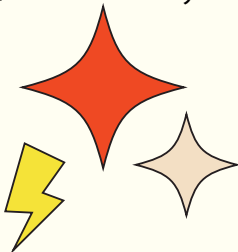
This guide will cover a variety of areas, from accommodation to entertainment, shopping for the best deals on clothes, foods, and practical items you may need. It will also include the contact details of groups and organisations that may be of some use to you. Overall, this guide is designed to give you as much assistance as possible in finding what you need in Carlow, be it cheap groceries or support and advice. We have got you covered.

This easy-to-read guide will be broken down into different sections to make it easier for you to find what you need. Each section will contain a breakdown of the topic, followed by suggestions and tips relating to it. There will names and locations of different shops, bars, restaurants etc. with each section, and we will try to provide

Eircode's for each too to make it easier for you to locate them. We aim to be as comprehensive as possible, however, we will miss some bits. The aim is to provide students with some guidance when navigating the murky waters of an unfamiliar town. As Carlow is an ever-evolving town, by the time you are reading this, some of the items may be out of date or there may be some new shops or organisations popping up. We will try our best to keep this as up to date as possible, however, we do apologise for any inaccuracies.

We hope that this guide gives you much needed information about Carlow town and that it helps make your time here a little easier. If you have any queries or require assistance, please, contact the Students Union and we will help you to the best of our abilities. We wish you all the best this upcoming year.

See you soon,
Carlow College
Student Union Team



The SU Team & U.S.I



Every student enrolled within Carlow College automatically becomes a member of the Carlow College Student Union (C.C.S.U.; S.U.; the Union). With that, you have the Student Union Executive Board, or S.U. team. Each officer role serves a different purpose within the structure of the S.U. The team comprises of:

S.U. President

V.P. Education & Communication

V.P. Entertainment & Events

Oifigeach Gaeilge

Postgraduate Officer

V.P. Welfare & Campaigns

Clubs & Societies Officer

**Equality, Diversity, and Inclusion
Officer**

Mature Student Officer



S.U. President

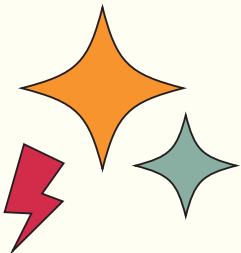
The role of the S.U. President is to essentially manage the day-to-day operations of the Student's Union, while also being the main representative of the student body. The President leads the team in their work, providing a plethora of possibilities for students to engage. They also represent students across many committees in the college, while also representing them at a national level with the Union of Students of Ireland (U.S.I.) and beyond. They are the face and the mouthpiece of the student body, bringing the issues and concerns forward to the correct bodies, fighting on behalf of students, and ensuring that the student voices are heard. While being the leader of the Student's Union, and the only full-time officer, the President works for and serves the needs of the students. Their role is to provide a well-rounded college experience for the student body.

V.P. for Education & Communications

The V.P. for Education & Communication (Education Officer) focuses on grants, the Class Reps, and the communication end of the Students Union. Their role is to assist the student body academically. They provide information and assistance to students should they be having any issues with grants and fees etc., any academic issues that arise with exams, assignments, lectures, and modules, so that no student is missing their education. The Education Officer also sits on a few committees – Academic Council and the Teaching, Learning, & Assessment Committee.

V.P. For Welfare & Campaigns

Responsible for the well-being of the students, the V.P. for Welfare & Communications (Welfare Officer) works on projects and campaigns to help attend to the physical and mental needs of the student body. They work on bringing awareness to a variety of campaigns throughout the year, from sexual health to self-care, all with the aim to care for the student body. They provide information on organisations, services, both in and out of the college, and supports that students can avail of, referring them to these when necessary. They are an advocate for individuals, representing the students' needs across the college.



V.P. For Entertainments & Events

A core part of student life is the socialising with your fellow students. This is where the V.P. for Entertainment & Events (Ents. Officer) comes in. They work throughout the year to provide students with a variety of different events for your entertainment. From Freshers to R.A.G. Week to Christmas and Halloween, the Ents. Officer provides students with a range of activities to engage in, to compete against or work with your fellow students. They are also the core organiser of the End of Year Ball. While they mainly focus on entertainment for everyone, they also help organise any of the events being held by other officers, providing them with support where needed.

Clubs & Societies Officer

College isn't all about academia, and, although we have plenty of entertainment throughout the year, there's not going to be an event every week. So, what else is there to do? Well, you could always speak to our Clubs and Societies Officer (Clubs and Socs. Officer). Responsible for assisting individuals in the formation and running of different clubs and societies within the college, their goal is to ensure that these are regular and engaging, providing spaces for students to explore their hobbies and interests in a safe and friendly environment. Connecting with external groups too, they would work with the Ents. Officer to run events specific to clubs and socs. within the college.

Equality, Diversity, and Inclusion Officer

College should be an environment where everyone feels safe to learn while not be discriminated against. The role of the Equality, Diversity, and Inclusion Officer (E.D.I. Officer) is help make sure that is a reality. Working from the nine grounds of equity, the E.D.I. Officer runs awareness campaigns and events to provide students, and staff, with information surrounding these nine grounds. Their main objective is to help make college a safe and welcoming place for all people, regardless of their gender, sexuality, race etc. They work with different committees in the college to ensure that this is the case.

Mature Student Officer

The Mature Student Officer role is almost self-explanatory – they focus on and care for the needs of the mature student population within the college. This could involve running events, with the help of the Ents. Officer, that specifically cater to the interests of the mature students. A lot of young people that come to college have just finished secondary school and are continuing their education uninterrupted for the most part. However, some mature students might have been out of education for a few years. This is where the Mature Student Officer can help – signposting them to mature student specific grants and any educational resources they might need, connecting them to the rest of the student body through events, clubs and societies. They are there to help and provide some guidance throughout the year.

Oifigeach Gaeilge

The Irish language has seen a slight rise in interest online, however, within the college, the interest stems from an tOifigeach Gaeilge (The Irish Language Officer). This role, at its core, is all about the Irish language and culture, bringing it back to the forefront of Irish society. Working with local Irish language groups, such as Glór Cheatharlach, their aim is to promote and encourage the growth of the Irish language, while also promoting Irish culture, ensuring that our ancestral identity is not lost to the annals of history. Organising events, campaigns, running an Irish society, the Irish Language Officer works with other members of the team to provide students with an opportunity to speak Irish with their peers or to learn the language itself. They are an advocate for the language and its speakers.

Postgraduate Officer

The Postgraduate Officer is the representative for Postgrads, operating in a similar fashion to the Mature Student Officer. The main difference being that Postgrads have a unique set of needs compared to the undergraduate population of most third-level institutions. For example, a master's degree could be either a taught masters or a research master's, both leading into more specialised work educationally. The Postgraduate Officer provides information for Postgrads on their rights, grants and employment, resources etc., while also integrating them as best as possible into the wider student community within their institute. A challenging role at times, it gives Postgrads, who may only be on campus once a week, a voice in the college and an opportunity to voice any concerns or suggestions on how to improve their college experience.

The Union of Students of Ireland (U.S.I.)

The Carlow College Students' Union does not operate on its own. It is part of a network of student unions that work together on a local, national, and sometimes international level. C.C.S.U. is a part of the Union of Students of Ireland – a democratic body that represents 374,000 students from third-level institutions nationwide. Led by the Coiste Gnó (Executive Team), U.S.I. works with student unions throughout the country, providing them with campaign assistance, academic information, while also fighting for students' rights and best interests by lobbying the government, organising protests. They are the Students' Union for students' unions, leading by example and seeking to improve the college experience for all students.

A democratic organisation, U.S.I. regularly holds Comhairle Náisiúnta (National Council) throughout the academic year. This is the executive body consisting of the U.S.I. Coiste Gnó and its member organisations (M.O.'s), which are the students' unions affiliated with U.S.I. The Coiste present reports on their work between Comhairlí, allowing M.O.'s to ask any questions or concerns. It is also where interim policies are formed and put into place until the Coiste and the

M.O.'s convene for Comdháil (Congress).

Held once a year, Comdháil is the supreme governing body of U.S.I. Each union can present five policies to be voted on, while working groups, such as the Academic Affairs Working Group, can present three policies. These are then debated by representatives of the different unions, until finally they are voted upon. Successful policies mandate the Coiste Gnó to work on certain issues or in certain areas on behalf of the national student body. Working co-operatively, and with external bodies, the different unions and U.S.I. focus on the needs of students first and foremost.



Accommodation

In recent years, Carlow town has seen an increase in rent prices when it comes to accommodation. According to Switcher.ie, Carlow town is the fifth most expensive student town in Ireland. This has created some difficulty for students looking to attend Carlow College, especially those who may live far from the town itself. With that in mind, there are a few things that you can do and should be wary of:

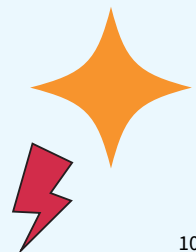
Go, Team, Go! - Work with friends or fellow classmates to try obtain an apartment or a house together. This gives you a chance to secure accommodation as a unit, sometimes increasing your chances of getting a place. If you secure a place and have a room free, contact fellow students, see if any of them are stuck and need a place. Help each other out.

Be wary – Don't agree to anything unless you have a tenancy agreement. **Read that agreement thoroughly!!!** Landlords should be registered with the Residential Tenancy Board. Make sure to ask potential landlords if they are. You can also check the register to see if the property is under the R.T.B. If the landlord won't give you anything in writing or if the tenancy agreement seems off, don't take the accommodation. I know times are tough and housing is a disaster, but never put yourself at risk. The R.T.B. is there to protect you, which brings me to...

Know your Rights – Get familiar with tenancy rights. These play a vital role in anyone renting accommodation. The R.T.B. helps with regards to protecting and defending your rights. As a tenant, you have rights surrounding:

- The condition of the accommodation, repairs, and replacing appliances etc.
- Landlord visits and treatment.
- Termination of the contract.

Read up on tenancy rights before you sign anything.



The Dangers of Digs – Digs is when you rent a room from a family etc., live in their home, mostly from Mon-Fri. They can be good for people leaving home for the first time, giving them the freedom of living away from home while also providing the familiarity of being at home. Moving out can be stressful and anxiety inducing, you have more responsibilities and can't rely on your parents as much to do shopping, cooking, laundry etc. However, I would recommend avoiding Digs as much as possible. They are unregulated, legally the arrangement with them is not considered a tenancy; rather, you enter a contract with your landlord. If your choices are limited and Digs is your only option, make sure you have a contract, go through it thoroughly, and bring up any issues with it to the landlord. If you can't reach an agreement where both parties are happy, walk away.

Most people want to live near the institute they wish to attend, they want to have independence, be able to spend time with friends outside of college. However, the reality is, it will be difficult to achieve this at this current time. Closer to the beginning of the academic year, sites such as Daft.ie, Let.ie, & MyHome.ie will have student accommodation posted. These will go fast, so be prepared before that happens. Local realtors, such as Maher Property Advisors and Carlow Property Management, also have student accommodation listings in their portfolio's, so it'd be wise to give them a look over too.

Obtaining accommodation can be tricky but **remember, never enter into any agreement that you are not comfortable with or that seems off.** As much as one may want to live away from home or with friends, don't put yourself at risk or under strain. Check your situation before making decisions on living. It might be the case that it would be cheaper for you to commute, rather than move. It may not be ideal, but the last thing you need is to put yourself under financial strain while trying to complete your academic journey.

Transport

Carlow Town Bus Service has two routes, running 7 days a week, 18 hours a day. Buses run every ½ hour in both directions.

Bus Route CW1 goes from Merck, Sharp and Dohme (MSD) on the Dublin Road to Tyndall College on the Kilkenny Rd, serving SETU and surrounding estates.

Bus Route CW2 goes from Wexford Road Business Park (Ken Black's) to Barrow Valley Retail Park, home of Dunnes Stores and The Dome, if you don't fancy walking all that way.

The two routes interchange at multiple locations, such as the Coach Park, the Fire Station and Sandhills estate, beside SuperValu (CW1) and St Laurence O'Toole's (CW2).

A standard single journey on either route is €1.60 for adults and 90c for children, students and young adults under 24 regardless of distance travelled. Leap cards offer a greater discount on cash fare so it is advised to sign up for one. Cash, Leap cards and Free Travel passes are only accepted, debit/credit cards can't be used.

There is also public transport access for travelling to and from Carlow. The Carlow train station is near the college, on Railway Road (R93 C2C4) and is often frequented by commuting students. There is also the Carlow Bus Park at 3 Little Barrack Street (R93 X0H1), with services from Bus Eireann, J.J. Kavanagh's and a local link. These services run to and from Dublin and Waterford, as well as local towns and surrounding counties. Remember, though, that Student Leap Cards are now the only valid student I.D. for reduced fares with Transport for Ireland, Iarnrod Eireann, and other services too, so, unfortunately, you'd have to grab one of them if you plan on commuting or availing of student prices.



Shopping & Activities

Food and Household Items

Part of living independently is shopping for groceries yourself. It can be a little over-whelming, even though you wouldn't think it. How much food should I get? What kind of meals am I capable of making? What kind of household products would I need? Why do I keep running out of teabags and toilet paper? There is a lot more to it than you may realise. This is further compounded by the student budget.

Some students work part-time, others may have other commitments or would prefer to focus on college, some get S.U.S.I., some don't, but all must work on budget. Once you pay your rent and your bills, the next thing you should focus on is your shopping. Be smart. Remember:

- Don't buy excessive amounts of food, with much of it expiring and having to be tossed. Similarly, don't buy too little either just to save money. You can't operate at maximum efficiency on an empty stomach.
- Purchase foods you can cook. If you wish to improve your cooking skills, there will be free cookbooks available in the Student Union office.
- Cheap is good, but it is not always the best option. Many shops have their own brand food, toiletries, household products etc., and they tend to be cheaper than other brands. Get the best deals and buy cheap, but if you need a more expensive alternative, budget wisely so that you can purchase it.
- If you are living in shared accommodation, come to an agreement with your housemates on buying household products everyone uses and shares. You could buy a large pack of toilet paper for the house, split the cost, and save money, rather than everyone buying their own individual packs. This could also allow you to buy some name brand items if the cost is shared.

In Carlow town, there are several shops within walking distance of the college. It would be wise to work out what you need and where would be the best place to get them when planning your shopping trip.

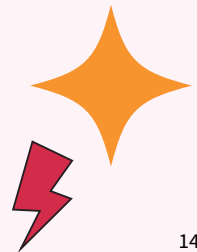
Clothes

Whether it is to catch the eye of everyone in the hallways or simple practicality, there are assorted options in town for clothing, even on a budget.

The main clothing store for affordable clothing in Carlow would be Penney's (Address below). With everything from men's to women's to children's clothing, there is a little bit for everyone. The only downside would be the nature of the clothing; Many would prefer not to indulge in fast fashion. However, don't be perturbed – we're all just trying to do our best. Other options akin to Penney's would be Dealz and Tesco, both selling their own brand clothing in store. There's also Dunnes Stores, although they are a little bit of a walk out of town.

If you're looking for affordable clothing without partaking in fast fashion, there are options. There are many charity shops in town that would sell donated clothing; often you'd find some big-name designers in their stock. Shops such Sue Ryder and St. Vincent de Paul (Addresses below) would receive many donations, leaving them with a surplus of items, so, don't be afraid to drop in and grab yourself some bargains. You can also donate some of your clothes you may have grown tired of, too. It's a win-win. They also accept volunteers, for those of you who may be looking for some retail experience.

While Penney's or a charity shop would do the job perfectly, sometimes you may want to treat yourself to something a little 'nicer,' as they say. If that's the case, we've got you covered. The Fairgreen Shopping Centre is home to many clothing outlets, both inside the main building and the secondary building. For those preferring masculine clothing, there is Camden Square and Sports Direct. Those leaning towards feminine clothing, there is Vera Moda, New Look, River Island, and Vila. There are more within the shopping centre and throughout the town, including some female boutiques.



Other

Food and clothing are great and that, but what about cleaning supplies, cooking implements, random miscellaneous items that I didn't realise that I needed? I'm glad you asked because Carlow town can provide. Shops, such as Eurogiant, Dealz, Homesavers, and Mr. Price have a plethora of affordable miscellaneous items to suit your needs. Household cleaning products, washing powder and detergent, dishes, pots and pans, you name it, they may have it.

Homesavers has a selection of electronic items as well as furniture, should you need some. Shops, such as Tesco, Aldi, and Lidl would also have these items, so, shop around, get the best deal for yourself. More expensive stores, such as Allen's, are also an option. They provide high quality items at a more expensive price, however, much like with the clothing, there's no harm in treating yourself every so often.

Restaurants, Cafes & Delis

Sometimes, after a long day at college, you're tired, you've very little energy left in your system, but you need to eat. Whatever will you do? You could go back to the house, boil the kettle for a pot noodle, or cook up a batch of toast. Alternatively, you could indulge in some of the fine eating establishments within Carlow town. Maybe it's a special occasion, a birthday, passing exams, the S.U.S.I. grant just came in, whatever it is, there's a little bit of something for everyone.

Restaurants & Cafes

Whether it's a full meal or a midday snack, Carlow offers up a selection of places. Cost wise, most are reasonable. Brooks cafe is part of the Dinn Rí family and provides quality food from 8:00 am to 5:00pm. They are in the medium price range, probably not ideal for a student on the regular, but on occasion maybe. Another spot is that of Quigleys, a cafe, bakery, and deli. Good food, although might not be ideal on the regular too, but is still a wonderful place that serves tasty food. Our neighbours, Lennon's offer delicious lunch and dinner options, but much like the others, not cost efficient for daily trips. Proximity, however, gives Lennon's a slight advantage over the others. Another popular spot is that of Lemongrass, open until late, and offering a selection of delightful options for both lunch and dinner, but again, pricewise, not ideal for regular trips. On Barrack Street, there is the Indian restaurant, Bombay Diner. Delicious food, a little more affordable, they also run specials from time to time and offer delivery too.



Neko Asian Street Food is serves up fantastic food, enjoyed by many. A newly opened Mexican burrito bar Namo has made a splash in town. Offering a variety of Mexican food and bubble tea, it has been quite popular and successful in Kilkenny, before opening a branch here.

Along Tullow Street, there is Bake Cafe, a popular establishment in the town, known for their baked goods, and their new neighbours, Waterlilies, which offer bread freshly baked on the premises, among other delectable treats. Both can be a little pricey sometimes, but they are great spots for a coffee with friends, or small lunch with yourself. Fairgreen Shopping centre is home to Teddy's Cafe, another popular eatery in Carlow. The food is good, price range can vary, but they offer everything from tasty baked treats to full, satisfying meals, with takeaway as an option. Lambert's is a quiet little spot for those who wish to get away from the noise of the town, while Neighbourhood is a popular spot for many, so can be a little busy sometimes, but overall, reasonably priced. Tea & Coffee world offer a selection of teas and coffees that you can purchase, if you're fan or connoisseur of either. They, unfortunately, don't do food, but it's still a nice little spot.

Takeaways & Delis

There will be days, and undoubtedly nights, where quick and easy is the name of the game when it comes to food. That's where takeaways and delis become a godsend. We of course have some of the big names, such as McDonalds, KFC, Supermac's, Abrakebabra, Dominoes, Eddie Rockets, and Apache's each providing their signature food at reasonable prices. Other popular takeaways include Metro Grill, Cafe Milano, Kung Fu Chinese Takeaway, Crystal's Chinese Takeaway, and New York Pizza. Each of these eateries offer reasonably priced food in no time at all, and depending on what you're in the mood for, provide a wide range of different food.

If you're on the go at lunchtime, and just need to grab and go, there is, of course, Subway, which also offers the Subway card, a means of building up points for a free sub – Handy on those days when you're still waiting on S.U.S.I. to come through. Near to the college is Fresh Bites, where you can get a roll sorted out for yourself. Centra's deli counter is often surrounded by hungry lunch goers, providing tasty food at a reasonable price. Tesco also have deli food, along with a fridge stocked with sandwiches, wraps, and salads, which can be purchased as part of cheap meal deal, ideal for students.

Pub Grub

The local watering holes in Carlow offer not only refreshing beverages, but some tasty food too. Tully's, a town favourite, offer lunches during the day, tea and coffee throughout, and at the weekends, partner with Crumb Pizza to provide incredible pizzas at a fair price. Teach Dolmain offer amazing food and group bookings, along with vegan options (for those looking for alternative foods). Dinn Rí, while having Brooks under its wing, also provides delectable food, with their daily carvery lunch, as well as homemade pizzas. Wetherspoons offer cheap food and refills on tea and coffee, while Reddy's and Carpenters provide traditional pub food along with some extra bits here and there.

Pubs and Bars

I know what you're thinking – where is the best place to enjoy a nice refreshing pint after a long morning lecture? Well, I have the answer for you. Tullow Street is home to many establishments that suit your drinking needs, be it alcoholic or not. An extremely popular spot amongst students and the wider community is that of Tully's. A student bar frequented by everyone, they have a range of drinks, including many craft beers, and several student deals during the week. They usually have entertainment throughout the week too, from DJ's to bands to solo performers. Student nights will see Tully's quite full, which can be daunting, but the atmosphere is incredible. Sunday evenings see trad music sessions take place and the bar usually gets involved in many community events, from the Carlow Arts Festival to the Pan-Celtic Festival. Everyone goes to Tully's. Now, they are not a late bar – that's usually reserved for The Barracks, a spectacular venue that can host a band inside and DJ. out back, providing for everyone on a night out. Sometimes it is pay in after 11, sometimes they might not be open late, but it has become the spot for people to finish their night after Tully's.

For some slightly calmer nights, you have a few options. Teach Dolmain provides a more relaxed environment, with Trad sessions taking place each week, and regular showing of different sports throughout the bar. The Dinn Rí and Terrace is a fantastic venue, less inclined to have student deals and sometimes is 23's and over, but during the week can provide a little calmer venue for a night out. Above them both is The Foundry, one of the biggest nightclubs in Ireland. It has hosted artists such as Basshunter, Steve Aoki, Jax Jones, and plenty of drink deals to get you through the night. Now, it can get quite full on a student night, but that helps with the atmosphere quite a bit. You wouldn't want to be in an empty nightclub, now, would you? Nevertheless, be wary, especially if you're not the best with large crowds.

Activities

When you're not working away on assignments, and you'd like to do a little something that isn't going to the pub, Carlow town presents a few options for you. Within the town, there are two cinemas – the IMC and the Omniplex. Both sizable venues, with several screens within each. They also do student deals, meal deals etc., so definitely worth the trip for something a little different.

If sitting down watching things isn't your go to or if you want the adrenaline moving slightly, then perhaps the Dome Family Entertainment Centre is more to your liking. They have a large area set aside for children under 12, for all you parents out there. But for everyone else, they have bowling, laser tag, and a variety of arcade games. There are student prices available from September to May, and is affordable when split amongst friends, the more the merrier. And cheaper!

Next door to the college is the Visual Centre of Contemporary Art & The George Bernard Shaw Theatre. The Visual hosts a selection of exhibitions throughout the year, rotating out exhibits, usually quarterly, so there's always something new and exciting on display. The theatre itself has regular performances ranging from musical acts to comedy gigs to plays, dramas, you name it, it's been there. While the art exhibits are generally free, the theatre performances will vary, meaning the cost will fluctuate. Nevertheless, you might see something you like and decide why not go for a night out in the theatre.

On Tullow Street there is a small art gallery, Made in Carlow, that not only displays art from artists, both local and beyond, but also sells the pieces. So, you might be able to nab yourself a delightful piece that catches your eye. But if history is more your thing, rather than art, then why not take a stroll up towards Carlow Castle, a feature of the town since the thirteenth century. There is also Duckett's Grove, a classic Gothic Mansion and demesne. It is about 11km away, a 20-minute drive, but still worth a gander on a lovely crisp Autumn or Winter's day, with its grounds spanning across five counties. There is also An Gairdín Beo, a community garden close to the college. Formed in 2015, it stretches across 2 acres, with a community centre, growing area, an outdoor pizza oven, plus much more, and is open Monday to Friday.



Health & Fitness

Health

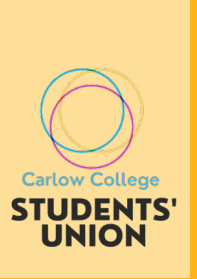
An important thing to do as a student, is to be mindful of your health, both physically and mentally. Within the college, we have counsellors Martina and Aisling, along with Maura, our college nurse. The college is linked to the practice of Dr Gerry Moran on Tullow Street. Next door to this practice is Morrissey's Pharmacy. On Tullow Street there are three other pharmacies: White's, Lloyd's, and Tullow Street Pharmacy, the last opening 7 days a week, from 9:00am to 8:00 pm. Pretty handy if you get stuck at the weekend and need to grab some medical bits and pieces. In Fairgreen, there is Sam McCauley's Pharmacy, while on Dublin Street there is Corless Pharmacy. They can be handy in a pinch should you need any medical advice. There is also Caredoc out on the Athy road within St. Dymphna's Hospital. Make sure to call them first if you ever need their assistance. It's not a drop-in service. There are also dentists in town who can help with all your dental needs. Kiwi Dental, Madden Dental Clinic, and Dental Care Ireland all reside on Tullow Street, with other practices around the town itself.

Fitness

There are a few gyms and fitness centres in town. On Kennedy Avenue, there is énergie Fitness, a popular gym that is open most nights until 9:30pm.

The Talbot Hotel is home to Talbot fitness, an in-hotel gym and pool that is open to the public. They offer classes, personal training, and, although their membership fee could be a little steep for some, there is also the option of purchasing a day pass. The membership includes fitness assessments, nutritional advice, and access to exclusive offers within the hotel. The downside is that it is just outside the town, a little bit of a walk, but not too bad.

If gyms aren't your thing but you still want to be active, you could consider one of the clubs within the town. There's kickboxing, Brazilian Jiu-Jitsu, boxing, and rowing, not to mention the local sports teams including cricket, which utilises the pitch behind the college. There are also yoga classes held in town too if that is more your speed. Last, but not least, there are sports clubs operating within the college – Male and female soccer teams, mixed hurling, and tag rugby. There could be more on the way, so, keep your eyes peeled.



Contact

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MS Teams

The SU office is open from 9am – 5pm, Monday to Friday