

DUBLIN CITY COMMUNITY COOPERATIVE



ASYLUM-SEEKER,
REFUGEE,
AND
MIGRANT
SUPPORT
RESOURCE BOOK

*For those living in Dublin
1, 2, 3, 4, 7 and 8.*



(01) 855 7015
info@dublincitycommunitycoop.ie
<http://dublincitycommunitycoop.ie>

Dublin City Community Cooperative, Register Number 5628 R, Registered Charity Number (RCN)
20107079, Unit 1 Killarney Court, Buckingham Street, Dublin 1

Introduction

Dublin City Community Cooperative has created this handbook to support asylum seekers, refugees, and migrants who have come to Ireland seeking safety, opportunity, and a brighter future.

We warmly welcome you and celebrate the rich cultural diversity you bring, which helps make Ireland a more vibrant and inclusive place. We hope this guide serves as a helpful resource as you navigate life in Ireland.

Arabic

أنشأت تعاونية دبلن المجتمعية هذا الدليل لدعم طالبي اللجوء واللاجئين والمهاجرين الذين جاؤوا إلى إيرلندا بحثًا عن الأمان والفرص ومستقبل أكثر إشراقًا. نرحب بكم أجمل ترحيب، ونحتفي بالتنوع الثقافي الغني الذي تجلبونه معكم، والذي يساهم في جعل إيرلندا بلدًا أكثر حيوية وانفتاحًا وشمولية. نأمل أن يكون هذا الدليل عونًا لكم ومرجعًا مفيدًا في رحلتكم نحو بناء حياة جديدة في إيرلندا.

Ukrainian

Кооператив "Дублінська міська громада" (Dublin City Community Cooperative) створив цей посібник, щоб підтримати шукачів притулку, біженців та мігрантів, які прибули до Ірландії в пошуках безпеки, можливостей та кращого майбутнього. Ми щиро вітаємо вас і відзначаємо те багате культурне розмаїття, яке ви приносите, допомагаючи зробити Ірландію більш яскравим та інклюзивним місцем. Сподіваємося, що цей посібник стане корисним ресурсом для вас під час адаптації до життя в Ірландії.

Somali

Ururka Iskaashatada Bulshada ee Magaalada Dublin ayaa sameeyay buug-gacmeedkan si uu u taageero dadka magangelyo doonka ah, qaxootiga iyo muhaajiriinta u yimid Ireland iyagoo raadinaya nabadgelyo, fursad iyo mustaqbal ifaya. Waxaan si diirran idiinku soo dhaweyneynaa, waxaana u dabaaldegaynaa kala-duwanaanshaha dhaqameed ee qaaliga ah ee aad la timaaddeen, taas oo ka dhigaysa Ireland meel ka sii firfircoon oo ka midaysan. Waxaan rajaynaynaa in hagahan uu noqdo agab waxtar leh marka aad la qabsanaysaan nolosha Ireland.

Mandarin

都柏林市社区合作社编制了这本手册，旨在为那些来到爱尔兰寻求安全保障、发展机遇和美好未来的寻求庇护者、难民和移民提供支持。

我们诚挚欢迎您的到来，并衷心赞赏您所带来的丰富文化多元性，这些多元文化有助于让爱尔兰变得更加生机勃勃、更具包容性。我们希望这本指南能够在您融入爱尔兰生活的过程中发挥有益的指导作用。

Bengali

ডাবলিন সিটি কমিউনিটি কো-অপারেটিভ এই হ্যান্ডবুকটি তৈরি করেছে তাদের সহায়তার জন্য যারা নিরাপত্তা, সুযোগ এবং একটি উজ্জ্বল ভবিষ্যতের আশায় আয়ারল্যান্ডে এসেছেন- যেমন আশ্রয়প্রার্থী, শরণার্থী এবং অভিবাসী।

আমরা আপনাদের আন্তরিকভাবে স্বাগত জানাই এবং আপনাদের যে সমৃদ্ধ সাংস্কৃতিক বৈচিত্র্য আনার মাধ্যমে আয়ারল্যান্ডকে আরও প্রাণবন্ত এবং অন্তর্ভুক্তিমূলক করে তুলছেন, তা উদযাপন করি।

আমরা আশা করি এই গাইডটি আয়ারল্যান্ডে নতুন জীবন শুরু করার যাত্রায় আপনার জন্য একটি সহায়ক রিসোর্স হিসেবে কাজ করবে।

Portuguese

A Cooperativa Comunitária da Cidade de Dublin preparou este guia para apoiar solicitantes de asilo, refugiados e migrantes que chegam à Irlanda em busca de segurança, oportunidades e um futuro melhor.

Recebemos você de braços abertos e valorizamos a diversidade cultural que você traz, tornando a Irlanda um lugar mais vibrante e inclusivo. Esperamos que este guia seja um recurso útil para ajudar você a se adaptar e construir sua vida aqui.

Spanish

La Cooperativa Comunitaria de la Ciudad de Dublín ha creado este manual para apoyar a solicitantes de asilo, refugiados y migrantes que han llegado a Irlanda en busca de seguridad, oportunidades y un futuro más prometedor. Les damos una cordial bienvenida y celebramos la rica diversidad cultural que ustedes aportan, la cual contribuye a hacer de Irlanda un lugar más vibrante e inclusivo. Esperamos que esta guía sea un recurso útil mientras se adaptan a la vida en Irlanda.

Urdu

ڈبلن سٹی کمیونٹی کوآپریٹو نے یہ ہینڈ بُک اُن پناہ گزینوں، مہاجرین اور تارکینِ وطن کی مدد کے لیے تیار کیا ہے جو حفاظت، مواقع اور روشن مستقبل کی تلاش میں آئرلینڈ آئے ہیں۔

ہم آپ کو خوش آمدید کہتے ہیں اور اُس شاندار ثقافتی تنوع کا جشن مناتے ہیں جو آپ اپنے ساتھ لاتے ہیں، جو آئرلینڈ کو ایک زیادہ متحرک اور شمولیتی جگہ بنانے میں مدد دیتا ہے۔ ہمیں امید ہے کہ یہ گائیڈ آپ کے لیے ایک مددگار ذریعہ ثابت ہوگا جب آپ آئرلینڈ میں زندگی کے سفر کو سمجھنے اور آگے بڑھنے کی کوشش کریں گے۔

Pushto

"د ډوبلین ښار شورا دا لارښود د هغو پناه غوښتونکو، کډوالو او مهاجرینو د ملاتړ لپاره چمتو کړی دی چې آیرلینډ ته د خوندیتوب، فرصت او روښانه راتلونکي په لټه کې راغلي دي. موږ تاسو ته تود هرکلی وایو او هغه بډایه کلتوري تنوع چې تاسو یې راوړئ لمانځو، یو تنوع چې د آیرلینډ د یو ډیر متحرک او جامع ځای په جوړولو کې مرسته کوي. موږ هیله لرو چې دا لارښود به ستاسو د ژوند په اوږدو کې په آیرلینډ کې د تگ راتگ لپاره ګټور سرچینه وي

French

La Dublin City Community Cooperative a créé ce guide afin de soutenir les demandeurs d'asile, les réfugiés et les migrants venus en Irlande en quête de sécurité, d'opportunités et d'un avenir meilleur.

Nous vous souhaitons la bienvenue et célébrons la riche diversité culturelle que vous apportez, laquelle contribue à faire de l'Irlande un pays plus dynamique. Nous espérons que ce guide sera une ressource précieuse pour vous accompagner dans votre vie en Irlande.

Warm Regards,

The Team at Dublin City Community Cooperative



Dublin City Community Cooperative, Register Number 5628 R, Registered Charity Number (RCN) 20107079, Unit 1 Killarney Court, Buckingham Street, Dublin 1

TABLE OF CONTENTS

Asylum-Seeking and Refugee Programme	Page 1
Strength-in-Diversity Programme	Page 2-3
Co-op WhatsApp Community	Page 4
Emergency Telephone Numbers	Page 5
Asylum seeker rights and Information	Page 6
Local Development Company Guide	Page 7
Refugee Support Services	Page 8
English Classes	Page 9
Education Resources	Page 10
Job Seeker Advice	Page 11
CV Supports	Page 12
CV Template	Page 13
Volunteering Guidance	Page 14
Legal Services	Page 15
Housing Information	Page 16
Homelessness Advice	Page 17
Medical Services	Page 18
Gender Based Violence Resources	Page 19
Sexual Health	Page 20
Mental Health Resources	Page 21
LGBTQI+ Resources	Page 22
Reporting Racism	Page 23
Reporting Hate Crimes	Page 24
Recreational Guide	Page 25
Family Supports	Page 26
Free Cultural Activities	Page 27
Dublin City Libraries	Page 28
Transportation Services	Page 29
Faith-Based/Religious Resources	Page 30
Next Steps After Stamp 4 Status	Page 31
Public Holidays	Page 32

REFUGEE AND ASYLUM SEEKER PROGRAMME

Are you a refugee or asylum seeker living in Dublin's Inner City (Dublin 1, 2, 3, 4, 7 and 8)?
Looking for advice and support?

We're here to help!

Visit our office at:

Dublin City Community
Cooperative
Unit 1, Killarney Court
Buckingham Street
Dublin 1
D01 F6Y7

Monday -Friday
9am-5pm



Among our services are:

- English Classes
- Job Training Courses, including SafePass and Manual Handling and Barista
- Referrals to community services.
- Education and career advice and guidance.

Contact Megan or Alaa by email at:
megan.jones@dublincitycommunitycoop.ie
AMasri@dublincitycommunitycoop.ie

☎ (01) 855 7015



megan.jones@dublincitycommunitycoop.ie
AMasri@dublincitycommunitycoop.ie

SICAP

Social Inclusion &
Community Activation
Programme



Strength-in-Diversity Project

Are you a migrant living in Dublin's
inner city areas (Dublin 1, 8 and parts
of 2, 3, 4 & 7)?

**Do you need advice, guidance and
support with any of the following:**



- ♦ Education and English Language
- ♦ Access to Citizenship/Long Term Residency
- ♦ Access to Health Services
- ♦ Access to Public Services
- ♦ Access to Employment and Pathways to Work
- ♦ Inclusion in the Community

**If Yes to any of the above,
check out the back of this flyer for
further information and contact
details and then give us a call!**

What is on offer?



Access to Education:

- ♦ English language classes
- ♦ Provision of literacy classes for those illiterate in their native language

Access to Citizenship/Long Term Residency:

- ♦ Advice and guidance provided to migrants on habitual residence, citizenship and long-term residency

Access to Health Services:

- ♦ Support service users with Medical Card applications and relevant processes
- ♦ Sign post service users to relevant primary health care services and support organisations

Access to Public Services & Social Inclusion:

- ♦ Tailored supports, e.g. PPS numbers, opening bank accounts, Public Service Cards and Revenue registrations, and housing challenges

Employment and Pathways to Work:

- ♦ Support with CV preparation, interview skills, online job applications
- ♦ In-employment support to both the employee and the employer.

Inclusion in the Community:

- ♦ Engage with and support local intercultural initiatives and events.

Unit1, Killarney Court, Buckingham Street, Dublin 1

Elvira Bustillo

EBustillo@dublincitycommunitycoop.ie

085 2688003



An Roinn Dlí agus Cirt,
Gnóthaí Baile agus Imirce
Department of Justice,
Home Affairs and Migration



DUBLIN CITY COMMUNITY CO-OP



REFUGEE AND ASYLUM-SEEKER WHATSAPP COMMUNITY



**JOIN OUR WHATSAPP COMMUNITY FOR REFUGEES AND
ASYLUM-SEEKERS LIVING IN DUBLIN 1, 2, 3, 4, 7 AND 8.**



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EMERGENCY NUMBERS

EMERGENCY SERVICES (Gardai/Police, Ambulance, Fire Station)

112 or 999

SAFETY NEEDS:

Sonas - Domestic Violence

1 800 222 223

Childline

1 800 666 666

Rape Crisis Centre

1 800 77 8888

Garda Confidential Line

1 800 666 111

Women's Aid Helpline

1 800 341 900

MEDICAL NEEDS

SafetyNet Inclusion Hub

01 233 6990

D-Doc for Urgent Medical Needs

1 850 224 476

HOMELESS SERVICES

Homeless Services Placement

1 800 707 707

Jane's Place Day Services (for women only)

086 197 5117 or 086 107 8384

Lighthouse (for meals)

28 Pearse Street, Dublin 2 D02 NA48

Capuchin Day Centre

29 Bow Street, Dublin 7 D07 FC78

Merchant's Quay Ireland

24 Merchants Quay, Dublin 8 D08 X7YK



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ASYLUM SEEKER RIGHTS AND INFORMATION

IRISH REFUGEE COUNCIL - INFORMATION HUB

[HTTPS://WWW.IRISHREFUGEECOUNCIL.IE/PAGES/CATEGORY/INFORMATION-HUB](https://www.irishrefugeecouncil.ie/pages/category/information-hub)



CITIZENS INFORMATION - RIGHTS AND DUTIES OF ASYLUM SEEKERS

[HTTPS://WWW.CITIZENSINFORMATION.IE/EN/MOVING-COUNTRY/ASYLUM-SEEKERS-AND-REFUGEES/THE-ASYLUM-PROCESS-IN-IRELAND/RIGHTS-AND-OBLIGATIONS-OF-ASYLUM-SEEKERS-IN-IRELAND/](https://www.citizensinformation.ie/en/moving-country/ASYLUM-SEEKERS-AND-REFUGEES/THE-ASYLUM-PROCESS-IN-IRELAND/RIGHTS-AND-OBLIGATIONS-OF-ASYLUM-SEEKERS-IN-IRELAND/)



IRISH COUNCIL FOR CIVIL LIBERTIES - KNOW YOUR RIGHTS

[HTTPS://WWW.ICCL.IE/WP-CONTENT/UPLOADS/2025/02/PRIVACY-DATA-PROTECTION.PDF](https://www.iccl.ie/wp-content/uploads/2025/02/PRIVACY-DATA-PROTECTION.PDF)



NASC - KNOW YOUR RIGHTS

[HTTPS://NASCIRELAND.ORG/KNOW-YOUR-RIGHTS/ASYLUM-IRELAND](https://nascireland.org/KNOW-YOUR-RIGHTS/ASYLUM-IRELAND)



DORAS - YOUR RIGHTS AS AN INTERNATIONAL PROTECTION APPLICANT

[HTTPS://DORAS.ORG/KNOW-YOUR-RIGHTS/INTERNATIONAL-PROTECTION](https://doras.org/KNOW-YOUR-RIGHTS/INTERNATIONAL-PROTECTION)



CHILDREN'S RIGHTS ALLIANCE - KNOW YOUR RIGHTS GUIDE

[HTTPS://CHILDRENSRIGHTS.IE/KNOW-YOUR-RIGHTS-GUIDE-TRANSLATIONS-FOR-CHILDREN-IN-THE-INTERNATIONAL-PROTECTION-SYSTEM/](https://childrensrights.ie/KNOW-YOUR-RIGHTS-GUIDE-TRANSLATIONS-FOR-CHILDREN-IN-THE-INTERNATIONAL-PROTECTION-SYSTEM/)



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LOCAL DEVELOPMENT COMPANY - REFUGEE SUPPORT DUBLIN DIRECTORY

DUBLIN CITY COMMUNITY COOPERATIVE

<https://dublincitycommunitycoop.ie/>

(01)855 7015
megan.jones@dublincitycommunitycoop.ie
AMasri@dublincitycommunitycoop.ie

Areas served are Dublin 1, 2, 3, 4, 7 and 8. Walk-ins may visit the office at Unit 1 Killarney Court, Buckingham Street, Dublin 1, D01 F6Y7 Hours are Monday – Friday, 9 – 4:30



DUBLIN NORTHWEST PARTNERSHIP

<https://dublinnorthwest.ie/>

(01)836 1666
abdissalam.hassan@dublinnorthwest.ie

Dublin 7, 9, 11, and parts of 15, and Airways Centre Dublin 17.

Walk-ins:

- AXIS Centre, Ballymun, Dublin 9, D09 Y9W0
- Rosehill House, Dublin 11, D11 T6Y7
- 97 New Cabra Road, Dublin 7, D07 AK06



EMPOWER

empower.ie
Siphiwe – 087 607 1343 smoyo@empower.ie
Svitlana 087 271 14461 sbronetska@empower.ie
Tetiana 087 355 2615 tprykhodko@empower.ie
Lina 087 098 4209 ashvets@empower.ie
Thembela 087 495 1211 tlubimbi@empower.ie
Irene itinyikoigiebor@empower.ie



Covers the county of Fingal, including Swords, Blanchardstown, Balbriggan, etc.

Location:
Dillon House, 106 Coolmine Industrial Estate,
Blanchardstown, D15.
Meetings by appointment only.

NORTHSIDE PARTNERSHIP

<https://www.northsidepartnership.ie/>

Alison McCormack
alison.mccormack@nspartnership.ie 0870542183
Fortune Parsons fortune.parsons@nspartnership.ie
0873972727



Northside Partnership works in the following area
Dublin 3, 5, 13 and 17.

DUBLIN SOUTH CITY PARTNERSHIP

<https://dublinsouthcitypartnership.ie/>
(01)473 2196
reception@dscsp.ie



Areas served are Dublin 4, 6, 8, and 12. Includes:
Kilmainham, Bluebell, Rialto, Goldenbridge,
Drimnagh, Walkinstown, Crumlin, Kimmage,
Harolds Cross, Terenure, Rathmines, Dartry,
Ballsbridge, Ranelagh, Donnybrook and Merrion.

SOUTH DUBLIN COUNTY PARTNERSHIP

<https://sdcpartnership.ie/>
(01)464 9300
migrantintegration@sdcpartnership.ie

Areas served are Saggart-Citywest-Tallaght-
Clondalkin-Lucan

To access services:

South Dublin County hosts clinics at the
following times/locations: Tuesdays, 2-4:30, at
Mountain Park Centre for Creative Learning,
D24TDK2 Wednesdays, 2-4:30 at Clondalkin
Intercultural Centre D22FX54



SOUTHSIDE PARTNERSHIP

<https://southsidepartnership.ie/>
(01)706 0100

info@sspshp.ie

Areas served: DLR LOCATION:

Southside Partnership DLR The Old Post
Office, 7 Rock Hill, Main Street Blackrock, Co.
Dublin



LIFFEY PARTNERSHIP

<https://liffeypartnership.ie/>

(01)623 5612
info@liffeypartnership.ie

Areas Served: Ballyfermot, Chapelizod.



For those looking for a local development company outside of Dublin County, please
consult the map on the Local Development Companies Network's website here:

<https://ildn.ie/directory/local-development-companies-map/>

Or use the contact form here:

<https://ildn.ie/contact/>

REFUGEE SUPPORT SERVICES



Irish Refugee Council

<https://www.irishrefugeecouncil.ie/>

Helpline: (0)1 764 5854

General: info@irishrefugeecouncil.ie

Housing: housing@irishrefugeecouncil.ie

Employment: employment@irishrefugeecouncil.ie

Young People: youth@irishrefugeecouncil.ie

Further Education: education@irishrefugeecouncil.ie



AkiDwA (Swahili for “sisterhood”) is a national network for migrant women in Ireland. AkiDwA’s mission is to promote equality, justice, and access to resources for migrant women across all aspects of society: social, cultural, economic, civic, and political. Services include women’s health support, a men’s health project, peer support services, gender-based violence supports, female genital mutilation (FGM) eradication, development education, integration, and more.

Website: www.akidwa.ie

Phone: +353 (0)1 834 9851

Email: info@akidwa.ie

Walk-ins are also welcome, but recommended to phone ahead.



Jesuit Refugee Services

<https://jrs.net/>

JRS Ireland provides outreach, supports and other services to International Protection Applicants living in IPAS accommodation centres nationwide. To find out more:

- Call the National Resident Helpline, coordinated by JRS Ireland, at 1800 929 008. This is a free, confidential service.
- Visit JRS Ireland’s one-stop-shop information portal at www.welcomejrs.ie, available in 10 languages.
- For Baleskin NRC residents: visit the on-site Seomra Fáilte to speak with a member of the JRS Ireland team.



Crosscare Information & Advocacy Service works to provide increased stability and quality of life for vulnerable and marginalised people, including those who are homeless or at risk of homelessness. It works to support people with low or no income, Irish emigrants and migrants, refugees and asylum seekers living in Ireland.

Website: www.migrantproject.ie <https://crosscare.ie/services/migrants-refugees-emigrants>

Phone: +353 (0)1 836 0011

Email: migrantproject@crosscare.ie

Address: 2 Saint Mary’s Place North, Dublin 7, D07 Y768

ENGLISH CLASSES

Dublin City Community Cooperative

Dublin City Community Cooperative offers a free SEDA College English course. To learn more and for registration, please visit the office in-person, Monday – Friday, 9am – 4:30. See page 1 for office hours and location.

Additionally you may follow the “English Classes” folder in the Dublin City Community Cooperative WhatsApp Community to receive updates for additional local English class opportunities. The QR code to join the WhatsApp Community is below.



CDETБ

The CDETБ (City of Dublin Education Training Board) maintains a list of English classes available across Dublin City. This list is subject to change. For the most up-to-date list, please contact dicaegs@aes.cdetb.ie



Fáilte Isteach

Fáilte Isteach is a community project involving predominantly older volunteers welcoming migrants through conversational English classes.

For more information, visit <https://www.thirdageireland.ie/failte-isteach>



Transparent Language Learning

This is a free online learning platform that you may access with your library card. To learn more about library cards, please visit any Dublin City Library (see page 28).



Fetch Courses

Further Education and Training or FET, offers a wide variety of life-long education options to anyone over 16. You may use the search bar on FET’s website to discover currently available English classes on offer. <https://www.fetchcourses.ie/>





Pathways to Further Education

For those waiting for work permits but interested in seeking education immediately, level 3 and 4 qualifications can be searched at:

E-College <https://www.ecollege.ie/>

Fetch Courses <https://www.fetchcourses.ie/>

TU Access <https://www.tudublin.ie/study/undergraduate/cao/entry-routes/tu-dublin-access-route/>

For those interested in exploring traineeships:

Fetch Courses <https://www.fetchcourses.ie/>

CDETb <https://www.cityofdublincetb.ie/>

For those interested in apprenticeships:

Plunket College <https://plunketcollege.ie/pre-apprenticeship-courses/>

Apprenticeships IE <https://apprenticeship.ie/>

Upskilling Opportunities:

Pathways <http://www.pathwaysireland.ie/>

Skills to Advance <https://www.solas.ie/programmes/skills-to-advance/>

Skills Transfer Queries (for those arriving with diplomas)

NARIC

<https://qsearch.qqi.ie/WebPart/Search?searchtype=recognitions>

Links for those with fluent English, work permits, and seeking level 7 qualification and above:

TUD IPAS Scholarships: <https://www.tudublin.ie/for-students/student-services-and-support/financial-support/ipas/>

IRC University of Sanctuary Info: <https://www.irishrefugeecouncil.ie/sanctuary-scholarships>



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Jobseeker GUIDANCE



Indeed

Job listing portal - Search by job type and location.

<https://ie.indeed.com/>



Jobs.ie

Job listing portal - Search by job type and location.

<https://www.jobs.ie/>



Open Doors Initiative

Programmes aimed at creating pathways to employment, education, and entrepreneurship for marginalised groups.

<https://opendoorsie.my.site.com/ParticipantSignUp/s/>



Activelink

Job listing and volunteering portal in non-profit and community roles..

<https://www.activelink.ie/>



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Social Inclusion &
Community Activation
Programme

CV SUPPORTS



Open Doors Initiative

- Tailored programmes and resources to access meaningful employment.
- Skills training, job mentorship and job search support.
- CV guide and template: [ODI CV Guide](#)
- When applying mention that you are applying via Open Doors listing <https://www.opendoorsinitiative.ie/participants#availablepositions>

Jobcare.ie

- CV assistance: review your CV – or help build one from scratch <https://jobcare.ie/drop-in>
- Mock interviews.
- Laptops, printer, photocopier, phone and stationery are available.
- Phone number 01 6773897 or email info@jobcare.ie

ETB

- For CV support, please email dicaegs@aes.cdetb.ie
- [Adult Education Guidance Service - Adult Education City of Dublin ETB](#)
- Apprenticeship Programme - Paid Training: <https://apprenticeship.ie/career-seekers/get-started/discover>

EPIC

- EPIC is a free online 6-week programme focused on career development and integration.
- Explain gaps in your CV, improve interview skills and develop a career plan.
- <https://bitc.ie/programmes/jobseekers/epic-programme/>

Intreo

- Advice and support in developing a curriculum vitae (CV) and cover letter.
- Work experience programmes.
- 197/199 Parnell Street, Dublin 1, D01 P382



CV Template

Please note a completed CV should be no more than 3-4 pages.

First Name:

Surname:

Phone Number:

Email address:

Home Address:

Personal Profile

(Write a brief description highlighting your most important skills or characteristics in one short paragraph.)

Languages

(Write a list of the languages of fluency.)

Skills

(Write a brief list of your general skills)

Education

Name and location of institution:

Dates attended:

Diploma/certificate completed:

Specific qualification (unless general):

(Repeat the above for each education qualification.)

Work Experience

Name of employer/company:

Role:

Years in role:

Brief description of tasks performed/skills used:

(Repeat above for each role you have held, use a separate piece of paper if needed.)



Volunteering Guidance

VOLUNTEER IRELAND

Your local volunteer centre is there to provide support for volunteers. Use the link to find a centre close to you.

<https://www.volunteer.ie/your-local-volunteer-centre/>

DUBLIN CITY VOLUNTEER CENTRE

Find a volunteering opportunity for you.

<https://volunteerdublincity.ie/>

DUBLIN COMMUNITY GROWERS

Family friendly volunteer opportunities in community gardens.

<https://dublincommunitygrowers.ie>

SOCIETY OF ST. VINCENT DE PAUL

Home visits, Vincent's shops, Children & Family Services.

<https://www.svp.ie/ways-to-help/volunteer>

THE LIGHT HOUSE

Cooking and serving meals.

<https://www.dcmlive.ie/the-light-house>



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Legal Support Links

Law Centre, Smithfield
48/49 North Brunswick Street
Smithfield D07 PE0C
<https://www.legalaidboard.ie/en/>

Crosscare
2 Saint Mary's Place North
Dublin 7
D07 Y768
Tel: 01 836 0011
Email: info@crosscare.ie

Citizens Information
<https://www.citizensinformation.ie/en/justice/legal-aid-and-advice/>

Women's Aid Court Support
<https://www.womensaid.ie/get-help/support-services/court-support/>

FLAC LGBTQI Legal Clinic
<https://lgbt.ie/flac-lgbtqi-legal-clinic/>

Irish Refugee Council Law Centre
<https://www.irishrefugeecouncil.ie/pages/category/law-centre>

Amal Court Accompaniment Support for Muslim Women
<https://www.amalwomenirl.com/advocacy/>



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Housing Advice



Recent Status Recipient and IPAS Options

For those who receive IPAS letters offering re-accommodation, even if elsewhere in the country, we would strongly encourage you to consider accepting. There is a housing crisis in Dublin and finding a property can be a long and difficult process.



Housing Crisis Awareness

Rents in Dublin are as much as 105% higher than other parts of Ireland with average rental prices at €2,128 per month. The availability of rental homes is only 15 rentals per 10,000 people. Competition in Dublin is a very big challenge to be aware of.



Contact DePaul Charities

If you wish to still apply for Housing Assistance Payment (HAP) or social housing, please make contact with DePaul Charities and they can assist with assessment and application processes. (<https://ie.depaulcharity.org/projects/migrant-homeless-action-team/>).
Email: cosannua@depaulcharity.net



Housing Terminology/Resources

To understand Housing Assistance Payment (HAP):

<https://www.citizensinformation.ie/en/housing/renting-a-home/help-with-renting/housing-assistance-payment/>

To understand social housing:

<https://www.citizensinformation.ie/en/housing/local-authority-and-social-housing/social-housing-waiting-lists/>

And for home searches: www.daft.ie



Understand the Risks

Should you refuse re-accommodation offers, please understand homelessness is a real risk. Homelessness involves seeking emergency accommodation, which is unstable and not guaranteed. A list of day services is available on request.





Homelessness: Guidance and Resources

Presenting as Homeless

If you find yourself without accommodation it is important to be properly documented as homeless. It is best to present at Lighthouse Tiglin to be properly registered as unaccommodated.

When: Monday - Friday 7pm - 10pm (CLOSED Saturday and Sunday)

Location: 28 Pearse Street, Dublin 2, D02 NA48



Medical Vulnerabilities

If you have a medical vulnerability you may present at:

Elizabeth O'Farrell House, 19-28 Cumberland Street North, Dublin 1

OR

Merchant's Quay, 24 Merchants Quay, Dublin 8, D08 X7YK



Irish Refugee Council Support

Irish Refugee Council are holding workshops supporting homeless clients.

When: Thursdays, time varies. Please phone 01 764 5062

Where: Killarney Court Hall, Killarney St, Mountjoy, Dublin 1



Day Services

A list of homeless day services is available on request at the Co-op.

Visit us at: Dublin City Community Co-op, Unit 1 Killarney Court,
Buckingham St. Dublin 1, D01 F6Y7

Or email megan.jones@dublincitycommunitycoop.ie

Tel: (01) 855 7015



Women's Services

For women who are homeless, please seek additional day services and support at Jane's Place. They are located at 28 Denzille Lane, Dublin 2, D02 KD36.

Website found here: <https://mqi.ie/get-help/womens-services/>



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Health and Wellness Services

HSE: About the Irish Health System: A Guide for Refugee and Other Migrants

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/about-the-irish-health-service.html>

Irish Refugee Council has compiled a fantastic guide on accessing health services. It can be found at this link: <https://www.irishrefugeecouncil.ie/medical-card>

Where can I access walk-in health services?

Safetynet provides several walk-in clinic times and locations. information can be found at <https://www.primarycaresafetynet.ie/standaloneclinics>

Where can I receive health related guidance and advocacy support?

Cairde supports minority ethnic communities across Ireland to enhance their health via a community development approach. Find their guides here: <https://cairde.ie/guides/>

Where can I find medical services if I am homeless?

Merchant's Quay Merchants Quay Ireland provides a number of essential primary healthcare services, including mental health support, GP, nursing and addiction services. <https://mqi.ie/get-help/healthcare-services/>

Where can I find support if I have a cancer diagnosis?

<https://www.cancer.ie/>

Where can I find support for addiction concerns?

For those living in the North East Inner City, please visit the Dublin North East Drug and Alcohol Task Force website for more information. <https://dnetaskforce.ie/>

For those living in South Dublin, please visit the South Inner City Dublin Drugs and Alcohol task force for more information: <https://sicdatf.com/>

Where can elderly find support?

<https://www.ageaction.ie/>

<https://friendsoftheelderly.ie/>

Mental Health Resources



HSE Mental Health Guidance

HSE information and advice on your mental health and wellbeing.
<https://www2.hse.ie/mental-health/>



Black Therapists Ireland

Mental health support that acknowledges diversity and upholds cultural values.
<https://www.blacktherapistsireland.ie/>



The Oasis Centre
an oasis of calm in the busy city...
Oasis Counselling • Debra Counselling • Oasis Mindfulness Clinic

Oasis Centre

One-to-one counselling and therapy.
<https://oasiscentre.ie/>



Spirasi

Ireland's national centre for survivors of torture.
<https://spirasi.ie/>



My Mind

Low-cost appointments at €30 for full-time students, retirees, the unemployed. <https://www.mymind.org/>



Turn2Me

Turn2me is a professional, safe, anonymous and confidential space for you to gain support. <https://turn2me.ie/>



Pieta

Help for those in suicidal distress or engaged in self-harm. <https://www.pieta.ie/>



URGENT HELP

Phone 112 or 999 or go to your nearest emergency department (ED) if:

you or someone you know is about to harm themselves or someone else



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Sexual Health Services

Family Planning Clinic

IFPA Dublin City Centre Clinic: 5-7 Cathal Brugha Street Clinic, Dublin 1. Call: 018727088



Sexual Health & Wellbeing

Sexualwellbeing.ie



Free and Confidential Home Sexually transmitted infection Test Kit

sh24.ie



Free contraception

<https://www.sexualwellbeing.ie/sexual-health/contraception/free-contraception/>



HIV Ireland

<https://www.hivireland.ie/>



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Domestic, Sexual and Gender Based Violence Supports



SONAS can be contacted at info@sonasdomesticabuse.ie or via their 24hr Confidential Helpline on **1800 222 223**



Dublin Rape Crisis Centre is a national organisation offering a wide range of services to any person affected by rape, sexual assault, sexual harassment or childhood sexual abuse. Call the helpline at **1800 77 8888**.



The Women's Aid 24 hour National Freephone Helpline is a free, non-judgmental and confidential service that offers support to women subjected to domestic abuse including coercive control and stalking. This includes emotional, physical, sexual or economic abuse by a current or former partner. Call **1800 341 900**



Ruhama offers a confidential, FREE service to women who are or have been involved in prostitution. You do not need a visa to access their services. Call **1800 020202** OR Text **REACH** to 50100



In an emergency, please phone emergency services or your nearest garda station.



112 or 999



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LGBTQI+ Resources



LGBT IRELAND

1800 929539

National LGBT Helpline: 1800 929539 (Monday - Thursday 6:30PM-10PM; FRI. 4PM-40PM; Saturday -Sunday. 4PM-6PM)

'Is Rainbow Muid - We Are Rainbow' - Support group is an in-person peer and social group for LGBTI+ people seeking international protection and living in Ireland. The group meetings regularly in-person on Saturdays.



OUTHOUSE

info@outhouse.ie

Rainbow families cafe meets in the Outhouse Cafe the third Saturday of every month, 12PM-2PM. This social group is a space for LGBTQ+ parents, families, and parents-to-be (Rainbow Families) to come together, socialise, and build meaningful connections in a supporting and affirming environment. Children welcome!



BELONG TO YOUTH SERVICES

info@belongto.org

National LGBTQ+ youth organisation for people aged 14-23. Check out their website for the map of LGBTQ+ inclusive youth clubs/services across the country.



TENI

Transgender Equality Network of Ireland

office@teni.ie

TENI supports transgender and non-binary people with a range of support services.



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Reporting Racism

How to report racist experiences

<https://immigrantcouncil.ie/reportracism>

Register the incident in confidence at the iReport

<https://www.ireport.ie>



Report it directly at your local Garda station or online

<https://garda.ie/en/reportahatecrime>

Hotline: Racist online content can be reported online

<https://www.hotline.ie>

Victim support

Doras has a Migrant Victim Support service. Call their 24-hour helpline – 0830086391 or email mvs@doras.org

Crime Victims Helpline (Monday to Saturday). Call 116006 or email info@crimevictimshelpline.ie

Garda Victim Service Offices keep victims of a crime informed of their case and available supports

<https://www.garda.ie/en/victim-services/garda-victim-service/>

If you are threatened or in danger, call the emergency services on 999 or 112



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REPORTING HATE CRIMES

Hate crime is a criminal incident that is committed against a person or property that is motivated by the victim's ethnicity, sexual orientation, gender identity, religion, political opinion or disability.

If you feel threatened in any way or are in danger, call the **emergencies services, 999/112.**

HATE CRIME ONLINE REPORTING

Always report any incident you perceive as motivated by hate to An Garda Síochána.



You will be attended to by a Garda who will take your report, commence an investigation involving gathering evidence, be offered a choice to be referred to victim support and be kept informed of developments throughout the investigation.

GARDA NATIONAL DIVERSITY UNIT

Phone: +353-1-6663150
Email: diversity@garda.ie



Should you not wish to attend your local Garda station, you can seek the services of the Garda National Diversity Unit, who will act as liaison with your local Garda station or Garda Diversity Officer.

HOTLINE.IE

Hotline.ie combats illegal content online: child sexual abuse material and exploitation, intimate image abuse, racism and xenophobia and financial scams.

You can securely, confidentially and anonymously report suspected illegal content encountered online to Hotline.ie. Report Line: +353 86 8116273



CRIME VICTIMS HELPLINE

The Crime Victims Helpline is a national support service for victims of crime in Ireland. We can answer your questions about the criminal justice system, provide information about your rights and guide you to local or specialist victim support services.

If you would like to discuss your experiences as a victim of hate crime, you can contact the Crime Victims Helpline for free at 116 006 or text at 085 133 7711.



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SPORTS AND RECREATION



Sanctuary Runners
<https://sanctuaryrunners.ie/>



NEIC Sports and Wellbeing
<https://www.neic.ie/sports-and-wellbeing>



Swim Ireland - Aquatics for All
<https://swimireland.ie/get-swimming/aquatics-for-all/>



Sports Against Racism Ireland
<https://www.sari.ie/>



Sporting Pride (LGBTQ+ Community)
<https://www.sportingpride.ie/>



Frontrunners (LGBTQ+ Community)
<https://dublinfrontrunners.ie/>



DCC Sports Partnership
<https://www.dcswhub.ie/>



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FAMILY SUPPORT SERVICES



CYPSC DUBLIN DIRECTORY

Children and young people's services committee.

<https://www.cypsc.ie/contact-us/dublin-cypsc-directory.3402.html>



YPAR - YOUNG PEOPLE AT RISK

YPAR's purpose is to improve the supports to children and young people and their families in Dublin's north inner city through an interagency approach.

<https://www.ypar.ie/>



HILL STREET FAMILY RESOURCE CENTRE

Hill Street FRC serves families living in North East Inner City of Dublin. Support groups, training programmes, parent & child groups, counselling service.

<https://hillstreetfrc.ie/>



OZANAM HOUSE

Ozanam House is a Community Resource Centre operated by the Society of Saint Vincent de Paul, which offers programmes and courses that develop skills and provide support in a wide variety of areas.

<https://ozanamhouse.ie/>



YMCA DUBLIN

YMCA offers a wide range of programmes daily, designed to engage, inspire, and support young people in a safe and welcoming environment.

<https://www.ymca.ie/>



ST ANDREW'S RESOURCE CENTRE

The Centre is Family Resource Centre that offers support services and development opportunities to individuals and families at all stages of the life cycle.

<https://www.standrews.ie/>



ELI - EARLY LEARNING INITIATIVE

ELI's goal to support parents and education in any way that they can. Most of their resources are now available online for you to easily access them at home.

<https://www.ncirl.ie/ELI>



STEP BY STEP CHILD AND FAMILY PROJECT

Step By Step is a Child and Family Project based in Dublin 7, working with children between the ages of 5-12 years old and their families.

<https://www.facebook.com/p/Step-By-Step-Child-and-Family-Project-100057518706696/>

Dublin City Community Cooperative is a member organisation. Each member provides a range of family services. To learn more about these services, please visit our website for more information.

<https://dublincitycommunitycoop.ie/members/>



FREE Family-Friendly Cultural Activities

National Gallery of Ireland <https://www.nationalgallery.ie/>

Irish Museum of Modern Art (IMMA) <https://www.imma.ie>

Hugh Lane Gallery
<https://hughlane.ie/>

Chester Beatty Library
<https://chesterbeatty.ie>

National Botanic Gardens of Ireland
<https://www.botanicgardens.ie/>

Trinity College grounds
<https://www.tcd.ie/>

National Museum of Ireland (Archaeology)
<https://www.museum.ie/en-ie/museums/archaeology>

Dublin Castle
<https://dublincastle.ie/>

National Library of Ireland
<https://www.nli.ie/>



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Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Leabharlanna
Libraries



A library is a public place where people can find books, information, and other resources for FREE. It is also a safe space for learning, activities, and connecting with the community.

Find a Library

<https://www.dublincity.ie/residential/libraries/find-library>



Transparent Language Online

Learn real conversations in 110+ languages.



Events and Activities

<https://www.dublincity.ie/events>



Road to IELTS

British Council's official English exam prep site.
Email: centrallibrary@dublincity.ie to register.



Universal Class

400+ video courses with real instructors.
Register with your library card barcode.



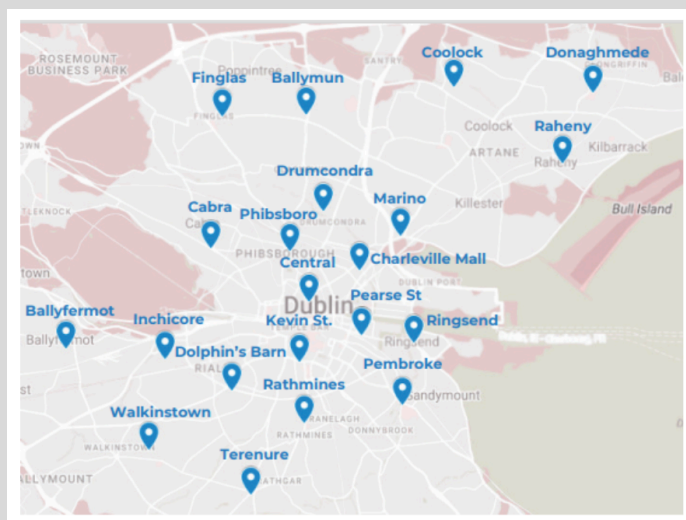
The Great Courses (via Libby)

Stream lectures across diverse subjects.
Sign in with your library card & PIN.



LOTE4Kids

Storytime in 65+ world languages with English translation.



Sign Up for a FREE Library Card Online!





TRANSPORTATION



What is a TFI LEAP Card?

A TFI LEAP card is a prepaid travel card that can be used on bus, train and tram services in Dublin. By using a LEAP card, you can pay the cheapest public transport fares.

Where can I buy a TFI Leap Card?

You can buy a LEAP card online, at an Irish Rail station or at any of the many convenience shops across the city.

How do I register my LEAP Card?

Register your card through the link below to protect your travel credit if it gets lost or stolen. Register A TFI Leap Card at this link: <https://about.leapcard.ie/>

How do I top-up the credit on a LEAP Card?

- LEAP Top-UP App on a smart-phone
- At TFI LEAP Card website
- At LUAS, DART & Commuter Rail ticket machines

LUAS

There are two Luas tram lines, the Red Line and the Green Line. The Red Line runs from Tallaght to The Point and from Saggart to Connolly. The Green Line runs from Brides Glen to Broombridge.

<https://www.luas.ie/>



Bus Átha Cliath
Dublin Bus

Dublin Bus provides bus routes that serves Central and the Greater Dublin Area.

<https://www.dublinbus.ie/>

Planning your journey

Download the City Mappers App to plan your journey using public transport in Dublin. <https://citymapper.com/>



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FAITH-BASED SERVICES

DUBLIN CITY INTERFAITH FORUM

Contact for any faiths not listed below as there are many faith-based places of worship. Information can be accessed via the Interfaith Forum.

<https://www.dcif.ie/>

ARCHDIOCESE CATHOLIC CHURCH

<https://dublindiocese.ie/>

ISLAMIC FOUNDATION OF IRELAND

<https://islamicfoundation.ie/>

DUBLIN BUDDHIST CENTRE

<https://dublinbuddhistcentre.org/>

VEDIC HINDU CULTURAL CENTRE IRELAND (VHCCI)

<https://www.hindu.ie/>

GURDWARA GURU NANAK DARBAR, DUBLIN

<https://www.gurunanakdarbar.ie/>

UKRAINE CHURCH

<https://www.uocdublin.org/>

DUBLIN CENTRAL MISSION-ABBAY ST METHODIST (DCM)

<https://dublincentralmission.ie/>



STAMP 4

If you are granted STAMP 4 STATUS, you have similar rights to an Irish citizen in terms of housing, social welfare, employment and education.

SOCIAL WELFARE

No longer entitled to the daily expenses allowance (DEA). If you need financial assistance from the State, you should apply for a social welfare payment.



CITIZENS INFORMATION offers a comprehensive information on public services and on the entitlements of citizens in Ireland.

HOUSING

If you are receiving a social welfare payment or earning under a certain amount of money per year, you can apply for social housing and be eligible for Housing Assistance Programme (HAP).



DEPAUL CHARITIES can assist with assessment and application processes. IRISH REFUGEE COUNCIL offer housing workshops for housing application, family reunification and HAP. Email housing@irishrefugeecouncil.ie

EMPLOYMENT

You are permitted to work without needing your labour market access permit to work.



INTREO (the Public Employment Service) is a single point of contact for all employment and income supports and services. INNER CITY ENTERPRISE (ICE) support unemployed people, young people and social enterprises to start and develop successful businesses. Contact info@innercityenterprise.com

CITIZENSHIP

Access to travel documents, family reunification and citizenship will vary depending on what status you are granted.

NEW COMMUNITIES PARTNERSHIP Citizenship Application Support Service (CASS) provides information and one to one advice service for individuals and families applying for Irish naturalisation in different languages. CROSSCARE MIGRANT PROJECT offer information and advice services and a monthly citizenship clinic. Email migrantproject@crosscare.ie



HEALTHCARE

SAFETYNET PRIMARY CARE is a medical charity that delivers quality care to those marginalised in society without access to healthcare, including homeless people, drug users and migrants. Offering of GP and nurses services. Contact info@primarycaresafetynet.ie



BANKING

MABS is a free money advice service helping with debt and budgeting. <https://www.mabs.ie/>



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Public Holidays

Please be aware many businesses and agencies are closed on these days. Plan accordingly.

2025

Wednesday, January 1 - New Year's Day

Monday, February 3 - St Brigid's Day

Monday, March 17 - Saint Patrick's Day

Monday, April 21 - Easter Monday

Monday, May 5 Day – May Day

Monday, June 2 - Bank Holiday

Monday, August 4 - Bank Holiday

Monday, October 27 - Bank Holiday

Thursday, December 25 - Christmas Day

Friday, December 26 - St Stephens's Day

2026

Thursday, January 1 - New Year's Day

Monday, February 2 - St Brigid's Day

Tuesday, March 17 - Saint Patrick's Day

Monday, April 6 - Easter Monday

Monday, May 4 - May Day

Monday, June 1 - June Bank Holiday

Monday, August 3 - August Bank Holiday

Monday, October 26 - October Bank Holiday

Friday, December 25 - Christmas Day

Saturday, December 26 - St Stephen's Day

