



**UNIVERSITY OF
LIMERICK**
OLLSCOIL LUIMNIGH

International Buddy Programme
UL Global



**What to expect as a Buddy
Programme Volunteer**

Your Role as a Buddy

Be a friendly welcoming face to approximately three Buddies.

Commit 12 – 20 hours a semester to your Buddies and the programme.

Have a genuine interest in getting to know and interacting with your Buddies.

Offer support and insider tips about UL. Help your Buddies to settle into life at UL.

Connect with your Buddies by email or text. Maintain contact with your Buddies throughout the semester.

Be a good representative of the University of Limerick and Ireland.

Why become a Volunteer?

A chance to practise your language skills and learn about new cultures.

Make friends with people from a different background.

Earn volunteer hours towards the President's Volunteer Award which is displayed on your transcript.

A great addition to your CV!

Buddy Programme Events

The UL Global Buddy Programme hosts exclusive events for the buddy programme. They are a great opportunity for you to get to know your buddies. These events are held in accordance with public health guidance.

Hear from some of our Volunteers:

Michelle, PhD in Tesol:

Being a volunteer on the International Buddy Programme was one of the most rewarding opportunities at the University of Limerick. I experienced the excitement of moving to a new country/university through the lens of my buddies and made lifelong friends. I enjoyed being able to help my buddies to make the most of their university experience. I appreciated being able to offer guidance and support to ensure the international students settled into their new experience at the University of Limerick.

Karin, Applied Languages:

I have met some great people throughout the buddy programme that I hope to keep in contact with. I really enjoyed getting the opportunity to meet international students.. It's been really rewarding being able to help my buddies get to know Limerick and Ireland. I would 100% recommend joining the programme.

Andrea, Bachelor of Arts:

I've 100% made new friends that I hope I'll have for life, as well as gaining a huge sense of fulfilment from being able to help new students

Alex, Bachelor of Arts:

There is little that I didn't gain from the Buddy Programme. Not only did I get the opportunity to meet an abundance of new people from all around the world, but I also got to reconnect with Limerick and learn more about it and enjoy its heritage. I would advise absolutely anyone who has the opportunity to, to join the Buddy Programme. It benefitted me so much in my final year of college.

Niamh, Applied Physics:

I've enjoyed getting to know my buddies. I'm still in contact with my buddies from previous semesters.. It's a fantastic opportunity to make new friends and that it also counts towards your PVA, so that's a great bonus.

Want to find out more?

Contact us:

**To find out more email us at
buddyprogramme@ul.ie or visit
our website
www.ul.ie/international**

E: buddyprogramme@ul.ie

W: www.ul.ie/international



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