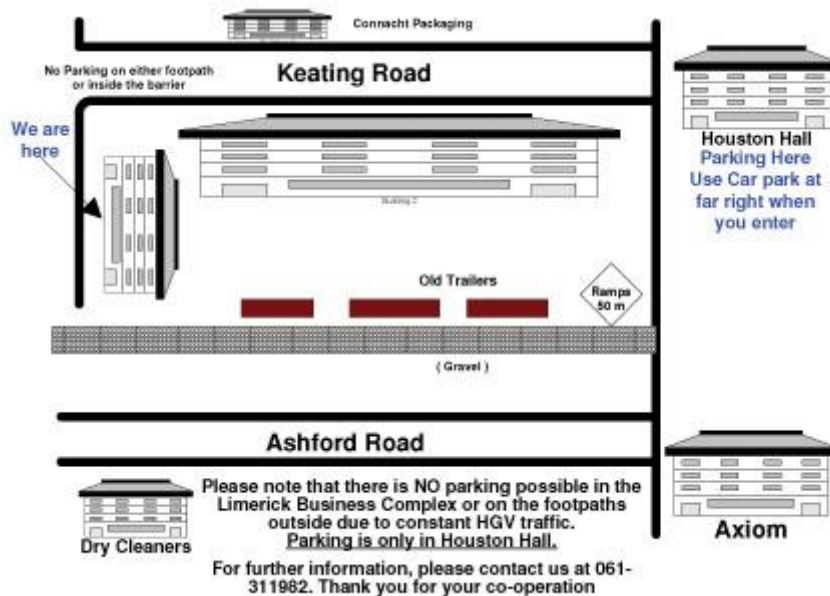


Limerick Training Centre

Joining Instructions

Address: The Limerick Business Complex, Raheen Business Park, Limerick

As you enter the estate from Raheen roundabout, count four speed bumps and you will see Houston Hall on your right. You can park here in the right hand car park as you enter Houston hall – ONLY in spaces not marked “Department of Agriculture” or “DOA” or “DOF” otherwise you risk clamping. This has been agreed with the Noonan Group – owners of Houston Hall. Due to space restrictions, course participants cannot park outside our training room in the Limerick Business Complex during courses. Houston hall is 200 metres from our office.



Telephone: For Student messages, Administration and General Queries please call our Training Centre Administrator direct on

Tel: +00 353 (0)61 311982

Fax: +00 353 (0)61 311965

For Accounts details, contact Gosia in Professional Training on 061 - 311982

Travelling to Professional Training

VIA TOLLED ROUTE:

By Road:

From Shannon Airport, Co. Clare

Take the N18 signposted for Limerick, Bunratty Castle on the left. At Junction 4 continue forward onto the N18 Toll (Sign posted Limerick East – Toll). N18 Toll Plaza. Arrive on Limerick Tunnel. Leave the N18 at the junction 2, then at the roundabout take the 4th exit, then at next roundabout take the first exit onto Ard Aulin – R510 (signposted Raheen Business Park) Entering Limerick. (The South Court Hotel will be on your right.) Take the 2nd Exit (Raheen Business Park).

VIA UNTOLLED ROUTE – BUT WITH MORE TRAFFIC AT PEAK TIMES:

By Road:

From Shannon Airport, Co. Clare

Follow the road signs for Galway, Limerick (N18) N19. You will arrive at a Junction for the Shannon Free Zone West. At this roundabout take the 2nd Exit. You will come to a Junction for Shannon Town Centre. At the roundabout take the 2nd Exit. You will come to a Junction with N18. At the roundabout take the 3rd Exit to join N18 (signposted Limerick). Bunratty Castle and Folk Park will be a visible landmark on your left as you drive on this road. Keep driving on this road for approx 15 mins. You will arrive at the Coonagh Roundabout. A Travelodge is a landmark on your right. Take the 3rd Exit (N20-N21-N69-Cork/Tralee) You will arrive at the Clonmacken Roundabout. Take the 2nd Exit (N20-N21-N69-Cork/Tralee). Follow this road (N18 South) which will take you over the Shannon Bridge/Condell Road into Limerick city and Shannon Bridge Roundabout. (Jurys Inn will be directly in front of you.) Take the 3rd Exit (N20, N69-Cork/Tralee) onto the Dock Road. Keep driving until you reach the next Roundabout. (Cement Factory will be on the right of roundabout.) Take the 1st Exit (Cork N20 / Tralee N21 / Industrial Estate). You will arrive at Quinns Ross Roundabout. Take the 2nd Exit (Cork N20 / Tralee N21) Keep driving until you arrive at the Raheen Roundabout. (The South Court Hotel will be on your right.) Take the 2nd Exit (Raheen Business Park).

Arrival at Professional Training

Course Times:

The start time on your first day is 9.30am. We would ask that you arrive between 9.00 – 9.20 so that you can familiarise yourself with the training centre. Please help yourself to tea and coffee, which are available at the coffee station in the breakout area.

Please be sure to arrive at the training venue promptly for each session. Your instructor will provide you with the necessary course documentation, writing pad, pen etc.

Emergency Procedures

It is your responsibility to ensure that you understand the emergency procedures governing fire and bomb alerts. Please ask for clarification if you are in doubt. Below are the important points to remember.

Leave the building using only the designated escape route
Do NOT stop to collect personal items
Do NOT use the lift
Do NOT smoke, enter underground car parks, or start engines
Do NOT remain in the building
Do NOT attempt to re-enter the building until the Fire Officer has given authority to do so.

Medical Procedures

If you are taken ill or suffer an injury during your course, please inform your instructor or course registrar. We have a trained First Aid officer who will assist you in any way possible.