



Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University



PROGRAM INFORMATION

GREEN FORT ARCHAEOLOGY PROJECT, IRELAND

PROGRAM SPECIFIC FIELD CONDITIONS

Irish weather is unpredictable and is often described as ‘four seasons in every day’. Summer temperatures can range between 10 – 25 deg C or 40 - 75 degrees F. Rain showers are frequent and, unless very heavy, it is usual for excavation in Ireland to continue during these. However, May and June are often the driest months and so we can be hopeful!

The field school is based in Sligo town, in the county of the same name. This is a university town of c.20,000 people and is a safe and friendly place. Sligo is a cultural and population center for this exciting region of Ireland, famed for dramatic landscapes, surfing, music, literature, and arts. Although English is the usual language spoken in Ireland, expect significant cultural and culinary differences from your home country. More details about Sligo can be found at <https://www.sligo.ie/>.

ACTIVITY LEVEL

Note that both the study tour and the excavation require a reasonable level of physical fitness. Students will need to be able to walk over rough ground for 500m or more at a time without difficulty, while excavation is a physical activity that requires a similar level of fitness to gardening, including lifting, bending, kneeling, crouching, and carrying. You should be aware that you may be outside in all weathers for extended periods.

If you have concerns or anticipate difficulty with these or other physical activities, please consult with the program director(s) prior to starting the program.

ACCOMMODATIONS & MEALS

Students will be housed in holiday homes or purpose-built student accommodation in single rooms close to the University and the excavation site, and the safe capacity of each house will not be exceeded. Changes of bed linen will be supplied. Students should provide their own towels. There will be access to laundry facilities. Students will be responsible for routine cleaning of the accommodation.

Food is not provided; however, all the accommodation will have fully equipped self-catering kitchens and be convenient to local stores. Lunchtimes will offer an opportunity for informal discussion and social interaction. Students will need to prepare and bring a packed lunch to the study tour and to the excavation site daily. For the post-excavation week students may bring a packed lunch to be eaten in the University canteen facilities or may purchase food there. Students will need to prepare breakfast and evening meals within their households. Facilities will be provided on site to store bags and for shelter at

mealtimes, if necessary. Toilets and handwashing/sanitizing facilities will be available onsite and in the laboratory. Students will be advised on correct handwashing and sanitizing at the start of the project, as well as procedures for on-site hygiene. Students will be required to bring their own re-usable water bottle.

Other meals and refreshments may be provided at social events. Vegetarian, vegan, lactose-free and gluten-free meals are widely available and will be offered as necessary at communal meals. Religion-based diets such as kosher and halal meals may be difficult to accommodate in this relatively small town. Students should indicate dietary restrictions and/or food allergies on their application forms and we will do our best to advise you accordingly.

TRAVEL (TO AND DURING THE PROGRAM)

Natural disasters, political changes, weather conditions and various other factors may force the cancellation or alteration of a field school. IFR recommends students only purchase airline tickets that are fully refundable and consider travel insurance in case a program or travel plans must change for any reason. General information for this program is below, but keep in mind we will discuss any updated travel information and regulations during the required program orientation, which could affect travel plans.

As people will arrive at different times, we will all meet at the entrance into the main building (by the 'Fish' sculpture) of Atlantic Technological University Sligo (ATU Sligo) at 7pm on Sunday May 18 (Online-plus-5-week program) or Sunday June 1 (Online-plus-3-week program). After the welcome meeting we will transfer to the accommodation.

It is strongly recommended that you fly into Dublin rather than Shannon airport as transport links are direct. From Dublin Airport or Dublin Busáras (Main Bus Station) to Sligo take Bus Eireann Service 23 which runs seven times per day. See <https://www.expressway.ie/> for details and to book tickets. There is also a train from Dublin Connolly Station which runs every two hours. See <https://www.irishrail.ie/> for details and to book tickets. The bus and train station in Sligo are right next to each other.

If you miss your connection or your flight is delayed, please call, text or email the project director immediately. A local emergency cell phone number will be provided to all enrolled students.

Accommodation will be within walking distance of ATU Sligo and of the excavation site. The study tour will consist of daily fieldtrips by minibus, departing from ATU Sligo, while the post-excavation analysis week will take place in the archaeology laboratory at ATU Sligo.

VISA REQUIREMENTS

Citizens of the US and Canada do not require visas to enter Ireland. Your passport should be valid for at least 90 days after the end of your trip. Citizens of other countries are asked to check the embassy website of their home country for specific visa requirements.

EQUIPMENT LIST

Irish weather is unpredictable and is often described as ‘four seasons in every day’. Summer temperatures can range between 10 – 25 degrees C or 40 - 75 degrees F. Rain showers are frequent, and it is usual for excavation in Ireland to continue during these, however June is often the driest month and so we can be hopeful! For the excavation you should wear clothes that you don't mind getting wet/dirty. Several thin layers are better than one thick layer as they can be added/removed as needed.

You will need:

- Steel toe-capped boots. Steel-toe capped wellingtons/gumboots are also acceptable but can be very hot to work in if the weather is good. For safety reasons you will not be permitted on site in cotton deck shoes, sandals etc.
- Waterproof rain jacket and over-pants. These can be bought in camping/outdoors stores and larger sports stores. Rain jackets should have ventilation, such as “pit zips”, to help regulate your body temperature.
- Two pairs of work trousers/pants - avoid jeans or cotton tracksuit bottoms as both hold moisture when wet and get very uncomfortable.
- Several tops, including 2 or 3 base layers, thermal, fleece, shell jacket. Remember that if you get wet or very dirty you will need to have spare clothes for the following morning.
- Both a sun hat with a brim and also a warm hat so that you are covered for all of those inevitable four seasons.
- Thick socks for under your work boots. Bring several pairs so that you have spares if you get wet. Merino wool is highly recommended.
- A reusable water bottle
- If you enjoy warm drinks, a ‘thermos’ type flask and small reusable, sealable containers for milk, tea/coffee, sugar, etc.
- Reusable containers/‘Tupperware’-type lunchbox
- A four-inch archaeology/pointing trowel. Recommended brands are Marshalltown and WHS. You can purchase this from <https://marshalltown.com/> or from building supply shops and websites.
- Gardening gloves with a textile glove and a rubberized palm as these can be used when wet.
- Sunglasses!
- Sunscreen!
- Insect repellent
- Liquid hand sanitizer or wipes
- Small first aid kit and blister care
- Prescription medications you take. Bring enough for your entire time in Ireland. Allergy medicine if needed for grass pollen
- Personal towel and toiletries
- Casual clothes for the evenings and weekends, including a clean jacket and clean shoes.
- Nightclothes
- Electrical adapters. Ireland uses 240 Volt 3-pin plugs that are the same as those used in the UK.
- Mobile/cell phone and charger. For those coming from overseas, check your plan for costs when used overseas. It may be cheaper to buy an Irish pay-as-you-go SIM card (and unlock your cell phone) or to buy a cheap phone with a SIM card.
- Laptop/tablet (and charger) suitable for typing assignments and working with e.g. spreadsheets.