



# ~~My~~ THE IRISH TIMES

Mo shoghluaisteacht éireannach

*My Irish Mobility*



Temple Bar, DUBLIN



Broadford City



Dun Laoghaire skyview

## WHO I AM

I am Clément Trap. I am in my last year of vocational A-Level in Management and Administration, at Notre-Dame du Grandchamp High School, in Versailles. As I have followed the European curriculum, I had to complete a four-week work experience in Dublin Ireland. I have already carried out different internships in France in different fields (one in a Tax Service, one in a selling company and another in a hotel). This work experience abroad took place from January 9 to February 1, 2018.

## Where I lived

During these four weeks, I lived in the suburb of Dublin, in Dublin 16, in the district of Broadford, in Rathdown county -Dun Laoghaire. I stayed in a host family with a retired woman, Miss Joyce Fagan, with two other students, one from Western Ireland, his name was Fergus, he studied mechanics, and a girl from Italy, Martina, she studied business.



### In this edition

Who I am	1
Where I lived	1
Where I went	2
My first day	2
My professional activity	3
My Irish life	4
The benefits	4

**Eire**  
*Ireland*



# Where I went & My First day in my Company

## DUBLIN Baile Átha Cliath



Dublin & the Liffey River

Dublin is the capital of Ireland. It was founded by the vikings in 988. It has 527 612 inhabitants. It is divided into different areas. The areas 1 & 2 form the city center. Dublin is crossed by the river Liffey. Dublin has a beautiful park, Phoenix Park, in the North of the city center, near the zoo. In the south of the city you have the Mounts Wicklow, an assembly line of Irish mountains. In the west of the city, Dublin is bordered by the Irish Sea. The most important event in Dublin is March 17<sup>th</sup> with St Patrick's Day. On that day, Irish people wear green clothes and a big parade is organised in the city.



**beannacht na hÉireann - An Irish Blessing**  
*May the best day of your past be the worst day of your future.*



### Ireland Eire

Ireland is a country in the north west of Europe which was founded by the Celts in the 6<sup>th</sup> century before Christ. It is bordered by the Irish Sea in the East and by the Atlantic ocean in the West. Ireland is separated into 4 provinces: Leinster, Connaught, Munster and Ulster (Northern Ireland).

Ireland has been an independent state from the UK since 1916 with the Easter Rising. Ireland has two official languages: English and the Irish Gaelic. In Ireland the heritage is very present; a lot of information is written in English & Irish Gaelic. As a matter of fact, both are taught at school. The most important symbol of Ireland is St Patrick. He evangelised the Irish and the legend says St Patrick explained trinity with a shamrock.



The Connemara, a county of Ireland



Regus Hartcourt my Internship place.

### My first day in the company

When I arrived in my company (Regus) Tuesday 9 January, I met my tutor, Miss Claudia Arseni. She welcomed me, and she introduced me to another colleague, Miss Valeria Rizzato. Later in the day, Valeria showed me the firm, and during the visit we distributed the mail to the clients. Then my colleagues asked me to photocopy a document for a client and to bring to a client. Next another colleague introduced me Miss Andrea McNamara.

At 12'o clock I had lunch with my colleagues and I spoke with them and we got to know each other. Later, my boss showed me how to change the capsules of the coffee machine for the clients and how to clean their kitchen. At 4pm my boss said that I could go home. It was the end of my first day.

# My Professional activity



My manager (Miss Claudia ARSENI), Me, & my colleague (Miss Valeria RIZZATO).

go to my company I used the BUS Line 16 Dublin, the ride was nice, I put myself on the first floor of the double decker bus and I enjoyed the view, with a beautiful panorama with the sea in background.

I was a trainee At Regus; it is a company which proposes equipped offices, co-working spaces, corporate domiciliation solutions, meeting rooms as well as business lounges. Regus' s main customers are small businesses, large groups and traveling professionals. The Regus Group has 3,000 business centers in 900 cities in 120 countries. I was in the Harcourt Regus Center located on Harcourt Street in Dublin.

My center is rented to small businesses like recruitment firms, accounting experts, but also to large groups like Randstad, Statoil or Universal Studio.

The reception center where I was, had a staff of 4 people. I was under the orders of my tutor Mrs. CLAUDIA ARSENI, the Community Manager.

I worked from 9am to 4pm. I did various tasks such as sorting the mail when the postman arrived and giving it to people thanks to a small cart with which I was moving in the building. I also scanned mail for customers who were domiciled at Regus. I did the inventory of first aid supplies; my colleagues gave me a list of items to be check and I listed the number of missing items so that they could order them. I did the cleaning and preparation of the meeting rooms: I had to clean the tables once the guests had finished their cup of tea coffee, or to prepare everything before they arrived. Moreover I had to check the equipment at the customers' disposal. There was also a kitchen that I had to regularly clean and set up the dishwashers at the disposal of the customers as well as restock the tea and coffee capsules.

My collaborators also asked me to help them with the organization of the event of January because every month they organize an event for their customer. In January it was a brunch. I had to go with a colleague to do some shopping for the brunch and help them prepare and install everything in the common kitchen.

I loved a lot my team because all of my colleagues were from different countries (My boss was Romanian, two other colleagues were Italian and another one was English). It was very interesting as we could compare the difference between our respective countries & Ireland.

# My Irish Life & The benefits of this experience



The Zoo  
The Library of Trinity College  
The Guinness Store House

## My Irish Life

During my mobility in Dublin I visited a lot of places. Dublin is a very lively city with a lot of diversity. I visited the Wax Museum with some classmates. It is a museum similar to the Musée Grévin in Paris. I also went to Trinity College and its impressive library The oldest university in Dublin & Ireland. Of course I went to the city center. One day we went to Phoenix Park and to Dun Laoghaire hoping to test the « best ice-cream in Dublin » at Scrumdiddly's but the line outside was huge! And to finish, you can't leave Dublin without doing a little bit of shopping! When my parents came, we went to the city center, to Trinity College where I tried to be a good guide but I also discovered some new places such as the Guinness Factory House, St Patrick Cathedral and Dublin Castle. Finally we had a drink in a typically Irish pub in Temple Bar district. With three girls of my class we went back to the Wax museum and enjoyed Dublin Zoo and we tasted an excellent hot chocolate in a café next to the Liffey River.

**Eireannach seanfhocal - An Irish Proverb**

*A little fire that warms is better than a big fire that burns.*



## The benefits

**This experience has been great. It has allowed me to discover a beautiful place with its history, traditions and myths , to meet very nice people and their culture. There are no word to describe this experience. Dublin and the Dubliners are unforgettable.**

**Ireland is a country between traditions and modernity.**

**Moreover these four weeks have allowed me to become more open minded, more curious as well as gain autonomy and maturity. If I could do it again, I would.**



The Business District of Dublin with the River Liffey and Samuel Beckett Bridge

*By for now Clement !*