



LIFE AT  
COOK MEDICAL  
IN LIMERICK



[cookmedical.eu](http://cookmedical.eu)



# Welcome

Limerick is a great place to live and work, and is at the heart of one of the fastest growing regions in Ireland.

The move to a new country or region can certainly be daunting, but also extremely exciting! We hope that this guide can help you prepare for the move, and settle in as quickly and comfortably as possible.

We are available to you throughout the settling-in period for any questions or concerns you may have. Whether it's choosing a place for you and your family to live, or wondering where to get the best coffee in Limerick, we have you covered!

If you need some information which is not in this guide, your first stop should be to ask your colleagues here at Cook. We are a friendly bunch and are more than happy to assist you in any way we can to help you get settled into life in Limerick.

Feel free to contact our HR department on +353 61 334440 or at [HR.Ireland@cookmedical.com](mailto:HR.Ireland@cookmedical.com) and we will do our best to help you or point you in the direction of someone who can.

We would also love to hear your ideas on what we can add to this guide to life in Limerick that will help those who join us in future.

We hope you find this information useful in your new adventure, and welcome to Limerick from all at Cook Medical!

- WHY LIMERICK?
- HOW TO GET HERE
- GETTING SET UP
- ACCOMMODATION
- TRANSPORTATION
- HEALTHCARE
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- CULTURAL DIVERSITY
- DISCOVER LIMERICK
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# Why choose Limerick?



Are you thinking of coming to Limerick to further your career? Maybe you're not sure? Did you know Limerick is the third largest city in Ireland? Take a look at some key [facts and figures](#) that make Limerick a great option as a place to live and work.

# 150

## NATIONALITIES



UP TO

# 100

## FESTIVALS A YEAR



## HOUSING

€22,848

Highest disposable income outside Dublin

€170,000

Average house price

**\*44% lower residential rental costs**  
compared with Dublin

\* Residential Tenancies Board (RTB), Rent Index Q3 2017



## LOCAL AREAS OF INTEREST



### THOMOND PARK

Home of Munster Rugby  
(European Champions 2006 & 2008)



### HUNT MUSEUM

Former custom house holding a large  
collection of ethnographic treasures



### MILK MARKET

An outdoor food market located  
on Mungret Street



### KING JOHN'S CASTLE

A 13th century castle located on King's  
Island on the banks of the River Shannon



### COLLEGES

Limerick has three renowned third level  
institutions (University of Limerick, Limerick  
Institute of Technology, Mary Immaculate  
College), with 6,000 students graduating  
each year and 24,000 students overall.



## TRANSPORT LINKS



**2 HOURS**

Dublin to Limerick drive time



**25.6 km**

Shannon Airport distance from the city centre



**1.75 MILLION**

Annual Shannon Airport passenger traffic



# How to get to Limerick



## TRAVELLING FROM THE AIRPORT

**From Dublin Airport**, you have a couple of options. The most direct option is [Eireagle](#), which will cost €25, and the cheapest option would be to take the Dublin Coach which leaves from the airport once per hour and goes to the Red Cow, where you will change to the M7 Express Service which will go to Limerick. The cost of this will be €15 if you book [online](#), or €20 to get a ticket at the bus. You can ask at the airport for the 'Dublin Coach' or the 'Green Bus' and you should be able to find it. There are other options such as [J.J. Kavanagh & Sons](#), but these tend to be more expensive. A taxi for this journey could cost anywhere from €250 to €300.

Dublin airport is also the headquarters of Ryanair and Aer Lingus, which means affordable flights to destinations in Europe and around the world. Ryanair makes it especially easy to reach most places in Europe for a weekend getaway at an affordable cost.

**From Shannon Airport**, you can get the Bus Eireann [Bus 343](#) from the airport to the city. A taxi for this route would cost approximately €45. Shannon Airport is the nearest airport to Cook at just 20-30 minutes away. The airport handles over 1.7 million passengers per year and flies to a vast number of global destinations.

You can also [rent cars](#) at either Shannon or Dublin airports if you prefer to drive yourself.

## WHERE IS THE COOK MEDICAL OFFICE?

Cook Medical employs approximately just under 900 workers at our two offices in Limerick.

### Cook Medical Ireland

O'Halloran Road  
National Technology Park  
V94 N8X2, Limerick

### EMEA Support Centre

Cook Medical, Block 1  
Hamilton House  
National Technology Park  
V94 TRW8, Limerick





# Getting set up



## OPENING A BANK ACCOUNT

An essential first step when you get to Ireland is opening your bank account. You will need to fill in an application and provide proof of identity and proof of address. The ID can be in the form of a passport, driving license, or EU national identity card. Proof of address should be a recent utility bill (under 6 months old) or correspondence from a government authority. Cook will provide you a letter in place of your proof of address.

In most cases, you will have to carry out the opening of the account in person, but you may begin the application process online. Sometimes it is possible to do it by post with certified copies of your documentation. It is simpler if you already have an Irish address, but if you don't it is possible to open an account as a non-resident and use proof of your foreign address. Some popular banks in Ireland (including their helplines) are:

- Bank of Ireland (0818 365 365)
- Allied Irish Bank (AIB) (0818) 724 724
- Ulster Bank (1850 424 365)
- Permanent TSB (1890 24 12 24)

There are many international banks, so your bank at home may have a branch in Ireland. Make sure to check all of the details when researching and choosing an account, as many charge fees unless you keep your balance at a certain level, and some even charge you per transaction.

## PERSONAL PUBLIC SERVICE (PPS) NUMBER

Your Personal Public Service (PPS) number is a unique reference number that helps you access social welfare benefits, public services, and information in Ireland. Allocation is done by face-to-face interview. However, if you are moving to Ireland you can book an appointment for a PPS number allocation interview before you arrive. You should

visit the [PPS Number Allocation Centre](#) in the county that you intend to live. Before you can be allocated a PPS number, you must show that [one is required for a transaction with a specified body](#).

You will be asked to produce proof of identity and address in Ireland. Different documentation will be required, depending on your nationality. A complete list of documents required as proof of your identity is [available here](#).

## TAX CREDITS

### What are tax credits?

Tax credits reduce the amount of tax you pay on your earnings. Everyone is entitled to Personal Tax Credits. The specific amount of tax credit each individual receives is determined through set criteria used by the Inland Revenue and will depend on personal circumstances. Only when you have received your PPS number will you be able to register online with the Inland Revenue through these steps:

**Step 1:** Login to [www.revenue.ie](http://www.revenue.ie).

**Step 2:** Register my account - you will need your PPS number for this. Your password will then be sent to the address provided within 3 to 4 days. Note: The address used when applying for a PPS number has to be the same one used when registering your details on [www.revenue.ie](http://www.revenue.ie).

**Step 3:** Once you have your password you can log back into [Revenue](#). Go to the Jobs and Pension Service section and enter your employer information - Company Registration number (**Cook Ireland Ltd. 82031760**), commencement work date and employee number. A Tax Cert confirming tax credit information will then be sent to Cook and the employee within 48 hours. The new tax credit information will subsequently be uploaded into Cook's payroll system.





# Accommodation



## WHERE TO FIND ACCOMMODATION

Castletroy is a great place to live and is very close to Cook's offices. Along with regular rental properties, it is known for its student accommodation. This is good if you don't mind lots of student activity because these houses tend to be less expensive to rent. Some of the large student accommodation areas in Castletroy include Milford Grange, Elm Park, and College Court.

Some more residential areas include Annacotty and Monaleen. These are a little further from Cook, but are no more than a five-minute drive away and are accessible by bus. These tend to be less popular with students due to their distance from the university, and so they are a good option for peaceful living.

Some of our employees prefer to live in Limerick city and there is a bus service from the city to Castletroy or you might be able to arrange a lift with one of your new colleagues.

If you happen to be staying at a hotel or B&B and need to find us on your first day, here are the addresses for our offices in Limerick:

### Cook Medical Ireland

O'Halloran Road  
National Technology Park  
V94 N8X2, Limerick

### EMEA Support Centre

Cook Medical, Block 1  
Hamilton House  
National Technology Park  
V94 TRW8, Limerick

For a full list of available accommodation and rental information, check out some of these websites:

- [Rent.ie](https://www.rent.ie)
- [Daft.ie](https://www.daft.ie)
- [Property.ie](https://www.property.ie)
- [AirBnB.ie](https://www.airbnb.ie)

## ACCOMMODATION COST

Did you know the average cost of renting a three-bed house in Ireland is €1,198 per month? Here in Limerick and the greater Mid-West region, the average monthly rent is €956 in the city, and as low as €750 when you move outside the city.

Some typical costs you might incur as a tenant may include these:

- Electricity €40-€60 monthly
- Gas €15-€30 monthly
- WiFi €35-€60 monthly (Unlimited Broadband)
- Bins €282-€564 per year (usually €306 per year)

For some more important tips regarding renting, check out this useful [PDF guide](#).

Less expensive rent is a major contributor to the fact that Limerick and the Mid-West region has the second highest disposable income in the country at \*\*€22,848 per year. This means less stress, knowing you can comfortably cover your essential costs, and more money to save for your future and to do the things you love to do.

\*\* This is Limerick. (14 Sept, 2018). Retrieved from <https://www.limerick.ie/sites/default/files/media/documents/2018-07/Invest%20in%20Limerick%20-%20This%20is%20Limerick.pdf>





# Transportation



Limerick is proud to be Ireland's demonstration city in terms of introducing and trialling new smart travel initiatives. This means that for walking, cycling, and shared travel, Limerick is always looking for ways to become more efficient and environmentally friendly. For more information on this, have a look [here](#).

Limerick is one of the unique cities in Ireland where you can easily get by without needing to own a car. As a relatively small city, most places are reachable by foot or bike, and almost everywhere is reachable by bus. As mentioned below, there are plenty of ways to get around Limerick without a car.

If you do need to buy a car, then you can find a second-hand car on the internet. You can also purchase a second-hand car from the many car dealerships around the country. However, make sure you get some advice from someone who knows about cars before you purchase.

## TRAINS

Trains are a great option for travelling to other cities in comfort. Limerick's Colbert station can connect you to any of the other major cities in Ireland. Check the website [here](#) for more information.

## TAXIS

Taxis are readily available in Limerick. MyTaxi is a great app that is worth downloading for taxis, similar to Uber. Below are some useful numbers.

- Castletroy Cabs  
+353 61 332266
- Top Cabs  
+353 85 112235
- Treaty Cabs  
+353 61 415566
- Plassey Cabs  
+353 61 336336

## BUSES

You can travel almost anywhere you need to go in Limerick and surrounding areas by bus. Bus Eireann provides a comprehensive service around the city and surrounding areas, and also to nearby cities. Bus Eireann also operate a bus stop just beside our location in Castletroy, meaning you can get from Cook to the city in no time!

There are other bus companies, such as Dublin Coach and JJ Kavanagh, that also provide services around the city and further afield to Dublin, Cork, Galway, Tralee, and more.

If you plan to be using the bus a lot, then it is worth your while to get a [Leap Card](#). This is a card that you can top up, and it will allow you to pay for your bus fare without needing cash. Users of a Leap Card will also receive a discount of up to 30%.

For more details on bus services, check out these websites:

- [www.buseireann.ie](http://www.buseireann.ie)
- [www.dublincoach.ie](http://www.dublincoach.ie)
- [www.jjkavanagh.ie](http://www.jjkavanagh.ie)
- [www.eireagle.com](http://www.eireagle.com)

There are also tour buses that run from Limerick to the Cliffs of Moher and other interesting places, find out more here: [www.paddywagontours.com](http://www.paddywagontours.com)

## BIKE HIRE

Thanks to Coca-Cola Zero, Limerick has over two hundred bikes available for rent in 23 locations around the city. Check out the [website](#) for more details.





# Healthcare in Ireland



## PUBLIC HEALTHCARE

Public hospitals in Ireland are owned and funded by the [Health Service Executive](#) (HSE) or are voluntary public hospitals, which may be privately operated but funded by the government.

Anybody who is classified as 'ordinarily resident' in Ireland (intending to live in Ireland for a year or more) has access to publicly funded healthcare. However, employees should note that public healthcare in Ireland is not completely free of charge. Some treatments require a subsidised fee for patients who don't have a medical card, which is allocated according to an individual's income, age, illness, and/or disability.

Nationals of European Union countries with a [European Health Insurance Card](#) have access to free or discounted emergency care in public facilities in Ireland.

## PRIVATE HEALTHCARE

Private hospitals in Ireland operate independently of the state. Private healthcare can also be provided in public hospitals through the designation of private beds. Patients who opt for private healthcare in public facilities are required to pay for all hospital services as well as doctors' fees.

## HEALTH INSURANCE

If you don't qualify for a medical card, the Irish government provides other options for obtaining free or subsidised care, such as GP visit cards and the long-term illness scheme.

New employees should know that at Cook, we have a partnership with [Laya Healthcare](#). Cook covers the cost of Laya membership for each employee who has over 6 months, service. This means that our employees can avail themselves of a multitude of benefits. Some of these benefits include:

- Access to the Laya Employee Assistance Program, which includes: counselling service, financial information, legal information, career information, consumer information, career guidance, life coaching, mediation, relocation support services, health information, day-to-day practical advice, and an online portal with on-demand access to the above services and information.
- Up to 35% off an annual multi-trip policy
- Regular well-being bulletins for members
- Fitness seminars as part of the 'thrive health and fitness' initiative

When you arrive, it is definitely worth asking about the Laya Healthcare coverage at Cook.

## MEDICINES AND PHARMACIES

Pharmacies are widely available. Some areas do not have 24-hour pharmacies, but they may have pharmacies that stay open late. Prescription medications are provided free of charge to those with a medical card.

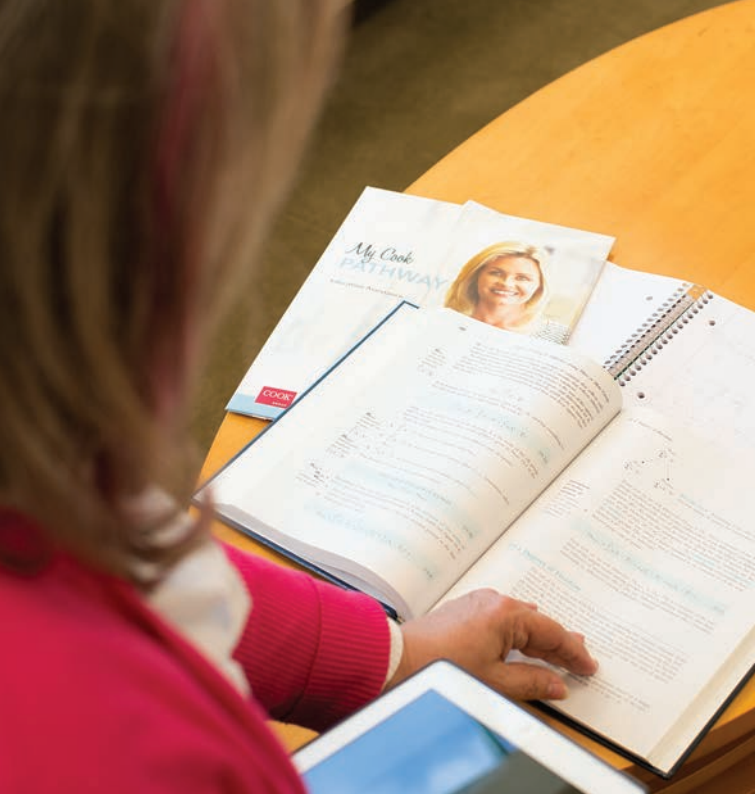
## EMERGENCY SERVICES

Public and private hospitals have Accident and Emergency (A&E) departments for serious emergencies. Dial 999 or 112 for an ambulance in an emergency. Patients without a medical card or a referral by a GP will be charged for A&E services.

## GENERAL PRACTITIONERS (GPs)

See [this list](#) for the contact details of GPs in Limerick. GPs treat all common medical conditions, and they refer patients to hospitals and other services for urgent and specialist treatment. Employees also get the benefit getting 50% back on the cost of GP visits with our Laya Healthcare plan.





# Education



## EDUCATIONAL ASSISTANCE PROGRAM

If you are coming to Limerick to further your career, you are in the right place. Along with enhancing your career through the excellent training provided by Cook, there are excellent opportunities for post-graduate education on a part-time basis.

Cook provides great educational assistance for employees who wish to take part in programs that are relevant to their role. These are run by institutions across Ireland.

Cook also provides a multitude of re-skilling and up-skilling opportunities to our employees through our 'My Cook Pathway' initiative. This gives our employees the opportunity to gain additional educational qualifications to help further their career with Cook. Be sure to ask a member of HR about opportunities within 'My Cook Pathway' when you arrive here!

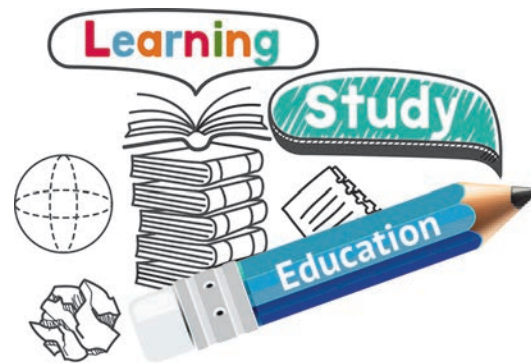
## LIMERICK'S EDUCATIONAL INSTITUTIONS

Limerick is home to two of Ireland's top universities, [Mary Immaculate College](#), and the [University of Limerick](#). Not to mention one of Ireland's finest institutes of technology, [Limerick Institute of Technology](#).

Limerick is recognised by UNESCO for excellence as a Learning City.

## HELP WITH ENGLISH

If you feel you need help bringing your English level up, don't worry as Limerick has numerous classes and courses to help you on a part-time basis. A great start is the [Limerick Language Centre](#), or check out [Limerick City College](#).



'NEVER STOP  
LEARNING  
BECAUSE LIFE  
NEVER STOPS  
TEACHING.'



# Family friendly



We realise that you may be bringing a family with you to Limerick, so we want to make every effort possible to help accommodate you all and make the move as smooth as possible.

## WHERE CAN THEY GO TO SCHOOL?

There are numerous options for schools around Limerick. If your child is between the ages of 4 and 13, they will likely be in primary school. The primary school you choose for them may likely depend on your location. If they are between the ages of 12 and 19, they will be in secondary school, and therefore there are many options to consider. Limerick has the number one secondary school in the country.

Our HR department will be happy to give you an insight into how our educational system works as well as options for your children to attend school.

## WHERE TO ENTERTAIN THEM?

Limerick is a great place to raise children, and there is no end to the amount of options you have when it comes to entertaining your children. There are great parks around Limerick, and the University of Limerick is home to a national 50 m swimming pool, many sports pitches, and recreational walks.

There is also Odeon Castletroy, the local cinema for rainy days, along with two other cinemas in Limerick. Limerick also has plenty of playgrounds, play centres, and bowling alleys, as well as businesses for everything from go karting to indoor trampolining.

There are also a vast number of classes throughout Limerick such as CoderDojo, art classes, dance classes, and acting classes. There is plenty of choice in Limerick! For some activity ideas outside the city, try a [day out with the kids](#).

## COOK FAMILY

It is important that our working lives are about more than just work, and thankfully this spirit has been fully embraced in Cook Medical. Cook is a family-owned company and family and a work life balance is an integral part of the Cook culture.

Family events are organised throughout the year, and the kids Halloween and Christmas parties are firm favourites among our employees. Over 400 kids are entertained at our Christmas party, and it is one of the biggest events organised by our Sports and Social committee.





# Cultural diversity



‘The culture of a city does not have a beginning or an end. It is a continuous elaboration, retrenchment, expansion and consolidation’. Limerick 2020

## MULTICULTURAL

Limerick, and indeed Ireland, has historically been a very multicultural region, and this can still be seen today, with individuals from 180 countries arriving in Ireland in 2016 alone! According to [census data](#) from 2016, there were 535,475 non-Irish nationals from over 200 different nationalities living in Ireland. That makes us a multilingual country, with 612,018 Irish residents speaking a foreign language at home (up 19% from 514,068 in 2011). Polish is by far the most common language spoken by foreign nationals, followed by French, Romanian, and Lithuanian.

## RELIGION IN LIMERICK

We realise our employees come from all over the world, and we want to be sure you can always find a place to practice your religion no matter your background. Below, we have highlighted some centres where you can attend services and pray in the local area, as well as some other resources that may be of use to you. This is not an exhaustive list but will give you an idea of some of the services available to you.

### Roman Catholic

Roman Catholicism is the most practiced religion in Ireland, and you will have no trouble finding a church to attend. Have a look at this great [website](#) for finding the location of Roman Catholic churches in Ireland.

### Church of Ireland

Church of Ireland is the next largest religious denomination in Ireland, making up around \*\*\*2.65% of the population. To find the locations of churches and other details, check out this [website](#).

### Islam

Islam is one of the fastest growing religions in Ireland. There are three Islamic centres in Limerick. For a full list of centres around the country, and any other information you may need, visit the [Islamic Foundation Ireland](#).

### Hinduism

Another rapidly growing religion in Ireland is Hinduism. There is a sizeable Hindu community in Ireland, and you can find out any information you may need at the [Vedic Hindu Cultural Centre Ireland](#).

\*\*\* Faith Survey. (14 Sept, 2018). Retrieved from <https://faithsurvey.co.uk/irish-census.html>





# Discover Limerick



## LIMERICK, CITY OF CULTURE

Limerick people are a welcoming and friendly bunch, and they take a lot of pride in their city. Limerick narrowly lost out on our bid for the **European Capital of Culture 2020** to some stiff competition from our neighbours to the north in Galway (just an hour's drive away!). But don't let that distract you from what Limerick has to offer. If art is your thing, you can visit the Gallery of Art, or see two paintings by Picasso at our very own Hunt Museum!

Limerick is also host to amazing festivals and events throughout the year, such as [Riverfest](#), [EVA International](#), [Limerick Fringe](#), [Limerick Literary Festival](#), [Limerick International Band Festival](#), [Limerick Pride](#), the [Great Limerick Run](#), and, of course, the [Cook Medical Women's Mini Marathon](#).

Limerick is also great for history enthusiasts, with our own King John's Castle being an icon for the city, first opening its doors in the 13th century. If you like music, both King John's Castle and The Big Top are popular concert venues, so be sure to check them out!

Check out [Limerick.ie](#) for your essential guide to what's happening in Limerick. Also, [LoveLimerick](#) is a great website to keep up to date with what's happening in Limerick and what you need to know.

## WHERE TO EAT

The food scene in Limerick is as exciting as any you'll find in Ireland! From Asian to Italian to BBQ, Limerick caters for all tastes. We promise you won't be disappointed.

Some of our favourite places closer to Cook include the Factory Café, Tuscany, Delish, Hook and Ladder, La Cucina, and Bella Italia. These places are less than a five-minute drive from Cook, and they serve great coffee, lunch, and dinner!

Also, check out the [Milk Market](#) for a unique culinary and shopping experience which attracts over 12,000 visitors every Saturday to 50 stalls and 21 shop units. This one can't be missed!

If you are a vegetarian or vegan, the Milk Market is a great place to find all sorts of fresh ingredients, and most good restaurants in Limerick will have vegetarian and vegan options on the menu. Similarly, all large supermarkets (Lidl, Aldi, Dunnes Stores, Tesco, and SuperValu) will have options for all tastes.

Check out these great food guides:

[24 Hours to Eat in Limerick](#)

[Top Ten Restaurants \(TripAdvisor\)](#)

[Vegan and Vegetarian Food](#)

## WHERE TO DRINK

When you've had your fill in one of Limerick's great food spots, you might be wondering where to go to experience the famous Irish bar scene, or maybe you're just looking for a quiet place to meet with friends after work. If you thought the food scene in Limerick sounded good, prepare to be spoilt with some of the best bars and gastro pubs in Ireland.

If you're looking for a truly Irish experience, try Nancy's, The Locke Bar (highly recommended), Bobby Byrne's, Dolans, or Jerry Flannery's. For a more modern vibe, look no further than House, or 101.

As with the food scene, it's impossible to describe it all here, so check out the [Best Pubs](#) in Limerick to find out more about Limerick's great pubs and bars! It is also good to know that Fridays are 'International Night' in the Stables bar at the University of Limerick, and Wednesdays are 'Language Exchange' in Cobblestone Joe's in the city centre.





### WHERE TO DANCE

If you like to go until the early hours, Limerick has you covered. The nightlife scene rivals any other in Ireland. Limerick is a university city, so expect a young crowd with trendy late bars and clubs. Amber and 101 are two of the best clubs/late bars in Limerick, and there is the Icon for the younger crowd.

### WHERE TO SHOP

Limerick boasts some of the best shopping in Ireland. Limerick city centre is compact, easy to navigate, and boasts a range of shops from high street retailers to unique boutiques. Limerick really has it all.

One of our favourites is the [Crescent Shopping Centre](#), but for more, check out this [Limerick Shopping Guide](#).

### CINEMA, LIVE SHOWS, AND THEATRE

It's not just shopping and dancing here in Limerick, there are plenty of other options to think about. Limerick has plenty of cinemas, specifically the [Odeon Cinema](#) Castletroy close to Cook.

For theatre and live shows, look no further than the [Belltable Lime Tree Theatre](#) and [University Concert Hall](#) at the University of Limerick for live music, comedy, and pantomimes.

### WILD ATLANTIC WAY

Have you ever heard of the Wild Atlantic Way? Living in the Mid-West, you are at one of the main gateways to arguably one of Europe's most scenic and breathtaking driving routes. This is definitely worth exploring during your time in Limerick.

Ireland's Wild Atlantic Way is essentially a 2,500 kilometre drive along Ireland's west coast, offering

some of the most amazing views in the country and arguably, Europe! In just one day, you can drive north to Donegal or south to Cork and still make it home before bedtime, but we strongly recommend you don't plan to see it all in one day.

You could easily spend days or even weeks exploring Ireland's beautiful west coast. From the breathtaking Cliffs of Moher just an hour from Limerick, to the tallest mountain in Ireland, Carrauntoohil in Kerry, or up to the highest cliffs in Europe at Slieve League in Donegal (almost three times higher than the cliffs of Moher at 1,972 feet!). Some of the most beautiful beaches in the world can also be found along the way. The Wild Atlantic Way deserves weeks to explore it fully!

### DAY TRIPS AND HALF-DAY TRIPS

Dublin is easily reached and explored in a day trip (although you might want to stay for more), as are Galway, Kerry, and Cork.

If by some small chance Limerick doesn't satisfy your shopping needs, the famous [Kildare Village](#) designer outlet is just an hour and a half from Limerick by car or by bus, boasting over 90 designer brands at discount prices.

If the city scene is more your style, it is good to know that Ireland's other top cities are easily accessible.

- Dublin city            2 hours, 20 minutes
- Cork city                1 hour, 40 minutes
- Galway city            1 hour, 20 minutes
- Kilkenny city          1 hour, 40 minutes
- Waterford city        2 hours, 10 minutes





## Sports & Social



### SPORTS SCENE

If there is one thing Limerick is famous for, it's sports. The people in Limerick are sports-obsessed and Limerick was the European City of Sport in 2011.

In case you didn't know, Thomond Park is home to Munster Rugby, one of the most successful rugby teams in Europe. When you come to Limerick, you should watch them play in Thomond Park and enjoy the unique and thrilling atmosphere.

If rugby isn't your thing, the Limerick hurling team is one of the best in the country, and you can see them play in the Gaelic Grounds alongside almost 50,000 supporters. In 2018, Limerick won the All-Ireland Hurling Championships after waiting 45 years, and the city celebrated in style.

Being on the border of Tipperary and Clare, you can also take the opportunity to travel and see those two great counties play our national game. Hurling rivalry leads to great fun and banter at work! If you don't know about hurling, [check out this video](#).

You can also see Limerick play soccer at Markets Field, and although not as popular as rugby or hurling, it still guarantees a great day out! The University of Limerick has one of the best basketball courts in the country, and you can regularly see the Limerick Eagles play, as well as the university team during the season.

Limerick also has some of the finest public parks and running tracks in the country, you can be sure you will always be able to keep fit. Perhaps the highlight is the footpath that has been newly refurbished along the River Shannon. It is a great place to walk or run with friends and pets, and you can see some of the best views of the river here.

[The Great Southern Greenway](#) is a beautiful 39 km walking/cycling path through the heart of Limerick that is definitely worth visiting if you have the chance, and if the weather is good, of course! It runs along an old railway line and goes through some of the most beautiful parts of Limerick.

If it is raining and you don't feel like getting wet, then you'll be happy to know that Limerick boasts some of the best gyms and indoor sports facilities in Ireland. At the University of Limerick (UL), just next door to Cook, you can run on the indoor 225-meter track, or the sprint track if you're up for it. UL also boasts one of Ireland's only Olympic-sized 50 m swimming pools, making it a great place to visit to before or after work.

If you happen to be interested in surfing, you'll be happy to know that Ireland is among the top five best surf destinations in Europe, and Limerick is an ideal base for a surfing adventure along the west coast.

Also, not to be forgotten is our very own gym in Cook. Employees can get a membership to this gym so don't forget to ask HR.

### LOCAL CLUBS

If you want to take part in local sports and activities, look [here](#) to find out about over 250 sports and activity clubs around Limerick that you can get involved in. These clubs include: running, the Gaelic Athletic Association (GAA), soccer, swimming, rowing, outdoor pursuits, CrossFit, basketball, rugby, and tag rugby!





## COOK MEDICAL SPORTS & SOCIAL CLUB

The first thing to do if you want to get involved in some sporting and social activities outside of work is join the Cook Medical Sports and Social club!

The Sports and Social club was established with the aim to provide a fun and social outlet for all of our employees.

- Provide opportunities for new and current employees to interact with each other on a social level outside of the work environment
- Generate a greater sense of community and foster teamwork in Cook
- Devise and implement a programme of social and sports activities for employees throughout the year
- Contribute to the overall health and well-being of employees
- Provide opportunities for employees to take part in activities they might not otherwise have considered or have found the time to take up
- Support other employee clubs and societies

The club is run by employee volunteers and is funded by employees contribution, as well as company sponsorship.

Membership to the club is at the nominal fee which is taken from your payroll on either a fortnightly or monthly basis.

The events organised have been wide and varied and include sweet treats at Christmas, charity bake sales, cooking classes, table quizzes, exercise classes after work, a summer party, go karting, Halloween party and kiddies Christmas party, and our famous mystery tour!

For the sport enthusiast, we have our own tag rugby team, five-a-side soccer team, and golf club. We also have quarterly draws, and spot prizes, and we provide discounts at local businesses as well as discounts on cinema tickets, sport event tickets, and Christmas pantomime tickets.

We encourage employees to join and participate in the activities organised. It is a great way to get to know colleagues, as well as wind down after work!

If you have any questions or looking for more information, you can contact the Sports and Social committee at [Sports.Social@CookMedical.com](mailto:Sports.Social@CookMedical.com).



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