

WHAT TO WEAR?

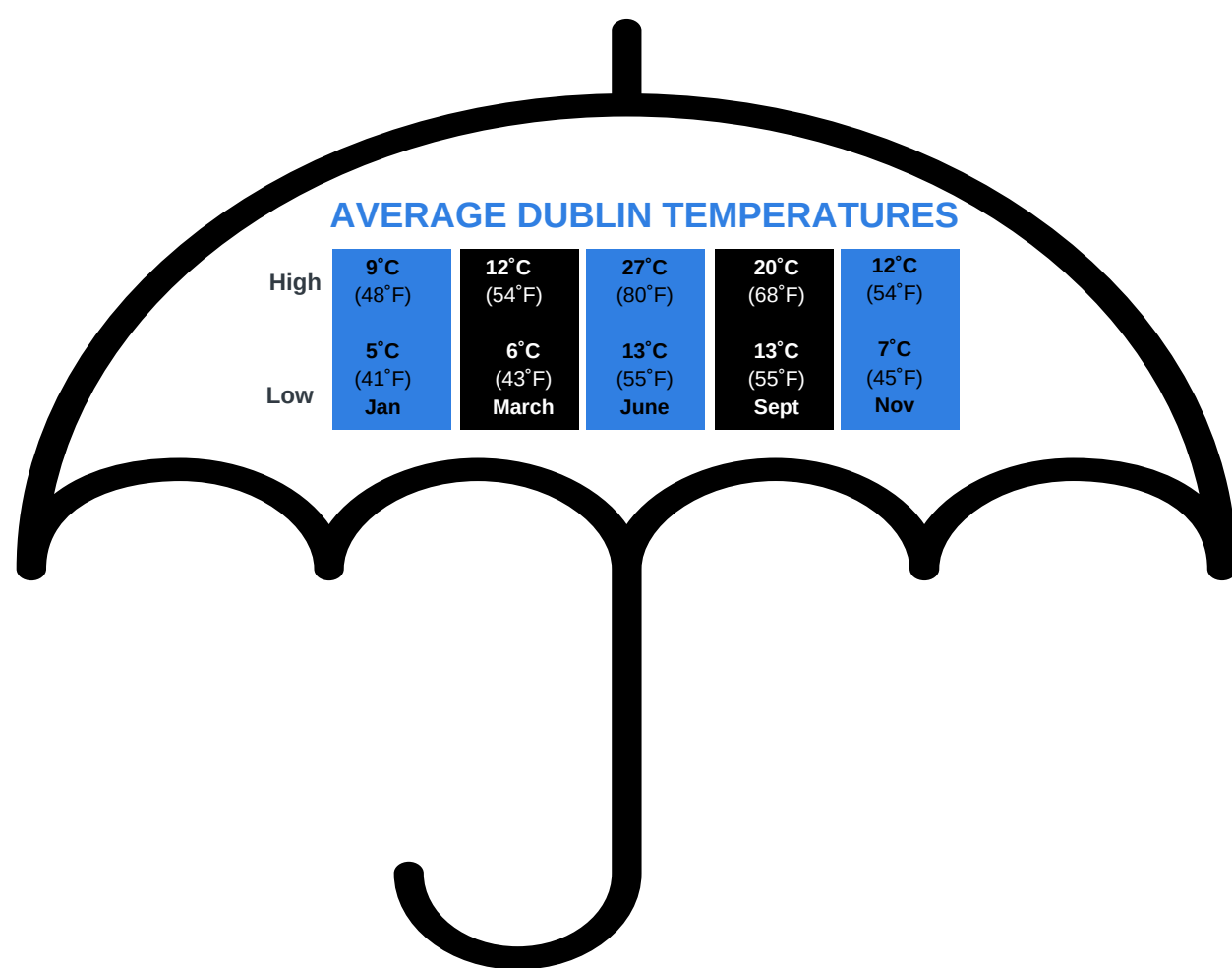
YOUR COMPLETE FIE GUIDE ON:

WHAT TO PACK

for your

INTERNSHIP

Don't stress — while what to pack may be a major concern now, by the end of their programme most students say their instincts were correct. Just read our tips and include everything on our list and you'll be all set for dress success!



WEATHER | INDUSTRY | COMFORT

3 FACTORS TO CONSIDER

WEATHER



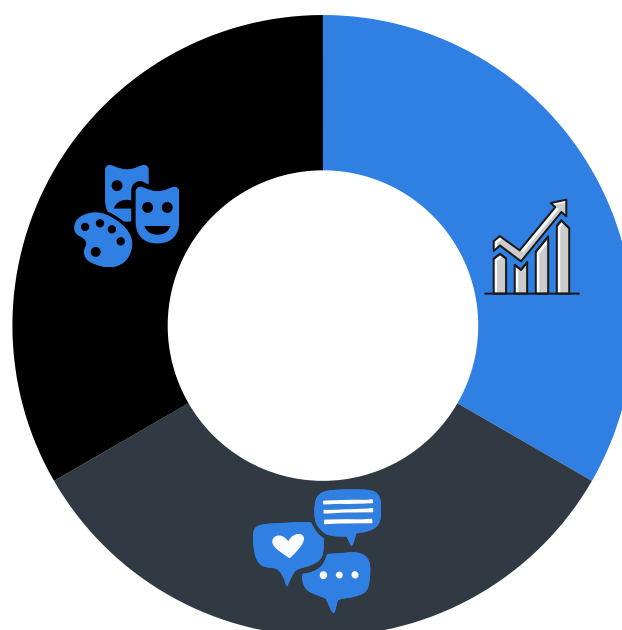
Irish weather is highly unpredictable and rain is always just over the horizon, so bring clothes you can layer and adjust to conditions which may change several times between breakfast, lunch and dinner. Your umbrella is an everyday essential.

INDUSTRY

Whilst most Dubliners wear business casual, the industry and work culture of your particular placement will determine many aspects of your internship, including working hours, management style, and formality in addition to dress. Here are some guidelines:

Finance, business, or law:

Attire may be more formal some days or every day. You may need at least one full suit (and tie for gents), but nice slacks/skirt with a collared shirt are also sufficient.

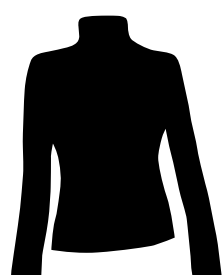


Arts, marketing, communications, charities:

Expect business casual. For example, a nice shirt and khaki/black trousers or a jumper (sweater) and a skirt. On occasion, on Fridays, or in more casual environments neat and tidy jeans may be acceptable.

COMFORT & CONFIDENCE

When you feel comfortable and have confidence in what you are wearing, it is reflected in your attitude and performance. When packing, consider what looks flattering on you and what is appropriate for the work you will be doing. Obviously, working at a desk versus working in a theatre versus working with children would all require different selections.



HARD TO PREDICT

SHOES



We suggest you pack at least one pair of dressy shoes.



Dublin is a walking city, so only bring shoes you would be happy to walk in for miles or across cobblestoned streets.



Open-toed shoes are not suitable for the workplace.

Interns are sometimes surprised by how casual attire is in the Dublin workplace versus their home country. The working style will be different in many aspects and dress code is only one example. What exactly you'll need to wear each day will vary greatly depending on your exact placement. Plan to dress well for your first week, and then scope out what your co-workers are wearing so you can match.

WHAT TO WEAR

WORKWEAR GUIDELINES



Clothing should be work-appropriate (conservative cut, opaque materials)

All clothing should be neat and tidy without any rips or tears

For gents, belt should match your shoes

Some work environments require closed-toes shoes

Hair should be neat and groomed

Suits and shirts should be clean and pressed

business formal

Shoes should be polished

business casual

Gents should be either be clean shaven or facial hair should be well-groomed

A jumper or cardigan can be added/removed as temperatures change



No matter what you wear, it should fit you well

Comfortable yet professional shoes

DRESS FOR SUCCESS

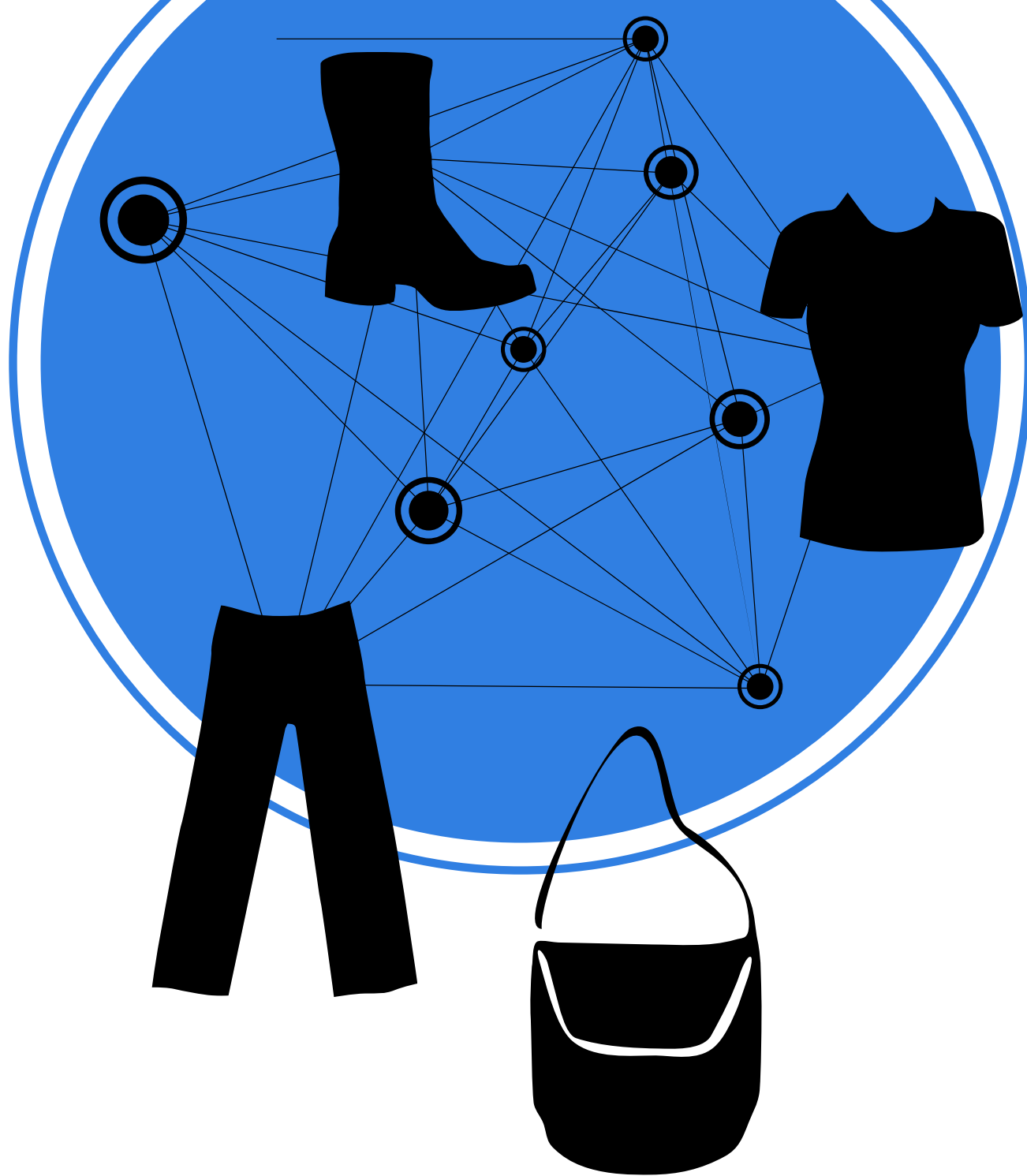


You must bring at least one or two **business formal** outfit for your first week regardless of work sector.

This can also be used for business meetings, conferences, or special events. First impressions count, so you will want to dress your best for your first week. It's better to be overdressed than underdressed for your first week.

FILE

what should I bring?



DON'T OVER PACK!

Don't worry if you don't own a lot of 'work attire'. Select a few key items that you can mix and match. Gentlemen can change a tie and shirt but wear the same slacks. Ladies could bring plain trousers and skirts to interchange with different tops.

For many students your work attire may not be all that different than your everyday dress. You should also expect that you might need to purchase items once you arrive in Dublin, but there are plenty of nearby stores that aren't too expensive.



CHECKLIST

- ☐ One formal outfit for my first day
- ☐ 1 - 3 pairs of nice work shoes
- ☐ A couple pairs of nice trousers and/or skirts
- ☐ Several work-appropriate shirts and tops to mix and match
- ☐ Sweaters plus a light rain jacket and a coat
- ☐ All my internship clothes are work appropriate!!

If you can't carry everything you've packed up and down several flights of stairs by yourself you've packed too much.



**If in doubt,
DON'T
BRING IT!**

File