

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

FRESHERS 2023 WEEK LINEUP:
LET THE CRAIC BEGIN!

SIGN UP TO
SPORTS AND SOCIETIES

DISCOVER A FRIENDLY SPACE -
ACTIVE CHATS COFFEE CLUB

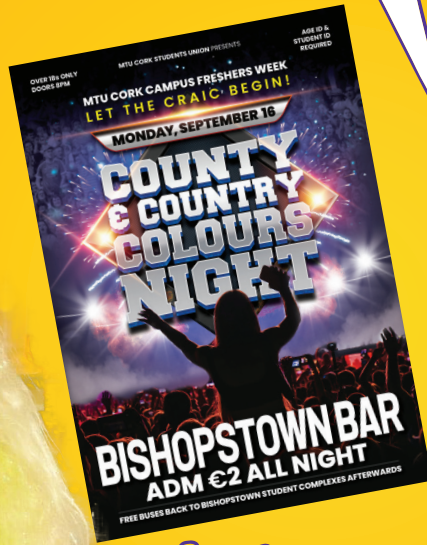
N-TUTORR - IMPROVING THE
STUDENT EXPERIENCE

FRESHERS 2024 WEEK

16 - 19 SEPTEMBER



Demi Oviawe



CARRIE
CHAOS



LET THE CRAIC BEGIN

0818 01 01 01



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SuperValu
Insurance

OVER 18s ONLY
DOORS 8PM

MTU CORK STUDENTS UNION PRESENTS

AGE ID &
STUDENT ID
REQUIRED

MTU CORK CAMPUS FRESHERS WEEK
LET THE CRAIC BEGIN!

MONDAY, SEPTEMBER 16

COUNTRY
& COUNTRY
COLOURS
NIGHT

BISHOPSTOWN BAR
ADM €2 ALL NIGHT

FREE BUSES BACK TO BISHOPSTOWN STUDENT COMPLEXES AFTERWARDS



MTU CORK
STUDENTS' UNION

SHOP & SERVICES

A4 Pads	1.00
Calculators	17.00
Goggles - Protective	2.50
Hardback Copies	1.50
Lab Coats	14.00
Padlocks	2.50
Project Book - Divider	4.50
Spiral Pads 160 pg	1.30
Spiral Pads 320 pg	2.30



- ▶▶ Leap Card Activation Terminal
- ▶▶ Student Leap Card Collection Point
- ▶▶ Lab Coats & Safety Goggles

COLLEGE SUPPLIES AT STUDENT FRIENDLY PRICES

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VOLUNTEER ABROAD IN 2024

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BE SAFE DAY 2024

16

Active Chats Coffee Club

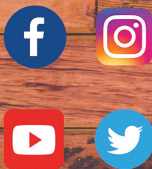
20

N-Tutorr - improving the student experience



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mtucorks.ie

YOUR UNION YOUR VOICE

FRESHERS WEEK 2024

16 - 19 SEPTEMBER

CARRIE CHAOS



MON 16

10am

Market Stalls outside The Student Centre
HOT PRESS giveaways on campus

11am-1pm

MC FLEMING OUTDOOR DJ

1pm

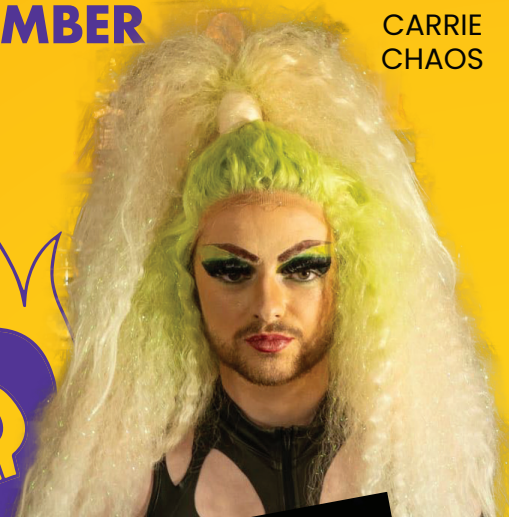
SEX TOY BINGO with **CARRIE CHAOS**

in The Student Common Room, 1st Floor,
The Student Centre

8pm til late

Keep It Local County /Country Jersey Night in Bishopstown Bar

€2 all night - over 18s only - **FREE BUSES** back to Bishopstown student residences - College ID and AGE ID required



SPONSORED BY // // // // // // // //



TUES 17

10am

Market Stalls outside Student Centre

11am-2pm

LIQUID LOUNGE Outdoor DJ

11am

Societies sign ups in The Student Centre

11-2pm

Freshers Week Soccer Tournament at the Astro Turf Pitches

10pm

LIQUID LOUNGE/SKY BAR

Adm €7 - over 18s only - College ID and AGE ID required

SPONSORED BY // // // // // // // //



INTERESTED IN JOINING A SPORTS CLUB OR SOCIETY?

SOCIETIES SIGN UPS

The Nexus -Student Centre
11am - 2pm

SPORTS CLUBS SIGN UPS

REGISTER FOR MEMBERSHIP OF ALL CLUBS & SOCIETIES HERE

DON'T MISS OUT!



LET THE CRAIC BEGIN



Liquid Lounge
Sky Bar

WEDS 18



10am

Market Stalls outside The Student Centre

11am

Sports Sign ups in The Student centre

11am-1pm

Lynx Promotion

1pm-2pm

Tik Tok Games in the Common Room,
The Student Centre

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Expressway
www.expressway.ie



THURS 19

10am

Market Stalls outside The Student Centre

11am-1pm

MC FLEMING OUTDOOR DJ

1pm

BLIND DATE with **Demi Isaac Oviawe**
of **The Young Offenders** fame
in The Student Centre

10pm

LIQUID LOUNGE/SKY BAR

Adm €7 - over 18s only - College ID and AGE ID required

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AnSEO
STUDENT ENGAGEMENT OFFICE



Demi Oviawe

FRESHERS WEEK 2024





MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

INTERESTED IN JOINING A SPORTS CLUB OR SOCIETY?



SOCIETIES SIGN UPS



The Nexus - Student Centre
11am - 2pm



SPORTS CLUBS SIGN UPS



**REGISTER FOR MEMBERSHIP
OF ALL CLUBS & SOCIETIES HERE**



SOCIETIES

Make New Friends..Have Fun
New Experiences
Develop Your Skills
(Communication, Leadership,
Event Management etc.)
Enhance your CV

#LiveLifeLoveSocieties

- By signing up Students become an official Society Member
- Students will be notified directly of when activities and meetings are taking place
- Members can run for committee roles (Chairperson, Secretary, Treasurer, Public Relations Officer etc.)
- Students can vote at Society General Meetings
- New Societies are being set up all the time
- You can see the most up to date list of Societies on the MTU Societies Website: **societies.mtu.ie**



When I started in MTU, I was really excited to join societies and see what society life was like! I had researched some before I had actually started in college. When societies day rolled around in MTU, I went STRAIGHT to the Anime and Manga stand where I encountered people who were soon to become friends and fellow committee members'

Heather McCarthy, Best Fresher 2024

WIN €30!

FROM SOCIETIES

Submit your article to the Explicit Mag, and if it is chosen, you win €30! Simple!

Send your entry to: **corksublications@mtu.ie**



INGENIUM

European University

INGENIUM in Numbers



172.000
students



12.380
staff



10
EU countries



100
faculties



551
projects

What is INGENIUM?

INGENIUM is an alliance of 10 universities across Europe, working together to provide high quality study and qualification programmes with digital components within the INGENIUM Alliance.

Focusing on quality educational experiences and cultural diversity, INGENIUM provides several opportunities for students and staff from member universities to gain new perspectives, learn new skills, and make lasting connections.

INGENIUM aims to:

- > Award fully accredited and recognised higher education degrees
- > Drive innovation in learning, teaching, and pedagogy
- > Include a specific focus on entrepreneurship, inclusiveness and sustainability

INGENIUM as an MTU student

As an MTU student, INGENIUM opens up new opportunities for you to go abroad, meet students from other countries, and engage in an invaluable learning experience at no cost.

Enrich your study experience not only with mobility options but also with offering a variety of international study opportunities through our double, multiple, and joint degree programmes.



Opportunities for staff

INGENIUM is not just for academics but all staff across the University. INGENIUM acknowledges the importance of collaboration and professional development of the staff in its member universities.



The Staff Mobility Programme gives university staff the opportunity to expand their network and gain insights into various academic cultures and practices. Staff will have the chance to collaborate on research projects, share best practices in teaching and administration, and contribute to the vibrant academic community

10 Days of INGENIUM

The 10 Days of INGENIUM happens twice a year during the winter and summer. Each season's session is split into two categories: the Junior School for undergraduates, and the Senior School for postgraduates.

With their own topic of focus and unique itineraries, each school session lasts five days and is hosted by an INGENIUM partner university. Upon joining an INGENIUM programme, you will meet other students representing MTU and travel together to the host university in one of 9 other European countries. At these 5-day long programmes, you get the chance to be part of a multi-national team, working together through various activities such as hackathons, workshops, and friendly competitions.

For more information on INGENIUM, visit <https://ingenium-university.eu>



John Michael O'Brien: *I got to experience great memories and gain new friendships that I will carry with me throughout my life. I recommend others to take part in the upcoming events INGENIUM will host soon, as it is a worthwhile experience that you won't regret.*

Chloe O'Callaghan: *During the week long summer school, I made invaluable connections with both students and staff from across Europe, sharing new experiences and ideas that I will bring forward with me through my own research journey.*



SCHOLARSHIP

VIETNAM TRIP 2024

By Lucy Lehane

This summer I got the amazing opportunity to travel to Hanoi in Vietnam to volunteer teaching English for two months. I was able to do so as part of the MTU Societies Volunteer Abroad Scholarship. It was my biggest privilege to not only be awarded this scholarship but to teach and learn from my amazing students and newfound friends over the 8 weeks. I chose to volunteer with EIL Ireland and participate in their English Teaching project as I believed that is where my skills and experience could be of most value. I was joined by 7 other amazing Irish volunteers whose volunteering efforts ranged from teaching English to local sustainability projects. From the very beginning, I was so well minded by EIL's amazing team in Cork and the CSDS family in Hanoi. My classes consisted of students aged 6 to 12 who we taught from Monday to Thursday, allowing us time to explore and immerse ourselves in Vietnamese culture during our time off.



Over my 8 weeks I got to travel to different regions from north to south including Sapa, Hoi An, Thai Hai Eco Village, De Nang and much more. It didn't take long before Hanoi was simply called 'Home' by all. The foundations of this scholarship are based on the benefits and value of volunteering not only for our local communities but also for one's own personal development. Volunteering can be deemed a way of 'giving back.' However, in my experience of volunteering, both locally and now internationally, I have always felt I gained much more from volunteering than I have ever managed to give. It is an experience that puts you out of your comfort zone, into new scenarios, places, and environments. It forces you to reflect and understand how your own skills, time, and kindness can be of so much value to those around you. Sometimes even your presence alone can make a world of difference. It helps you understand other individuals' experiences, both similar and different from your own, and build empathy along the way. These experiences change you in more ways than one. By challenging yourself and giving back by being in the privileged position to do so, you learn more about the world, other individuals and most importantly yourself.



I cannot encourage anyone enough to seek out local volunteering projects and hopefully one day experience an international volunteering role and all the fun that comes with it



On the cusp of embarking on my professional career and leaving my MTU days behind, I believe this experience has made each and every lesson during my time in college that bit more valuable. I now not only have this experience behind me and the privilege to say, 'I did it!' but also the enriching learning experiences I get to take with me in my professional and personal endeavors. Such as the patience I was taught by my fellow Vietnamese volunteers with the students in every class, the kindness the students were able to show me even though at first I was just a stranger, the dedication and care members of staff put into organizing volunteering projects so meticulously, the passion I saw our nanny put into each and every one of our meals in the morning and finally, my favourite, the love and compassion from the Vietnamese people for whoever they crossed paths with. I cannot encourage anyone enough to seek out local volunteering projects and hopefully one day experience an international volunteering role and all the fun that comes with it. Thank you MTU, Shane and the team, and everyone at EIL. I will forever be grateful for this opportunity. **Cảm ơn rất nhiều** everyone whose path I crossed on my travels, hopefully they will cross again someday!



APPLICATION DEADLINE: FRIDAY 8 NOVEMBER
CONTACT: VOLUNTEER.ABROAD@MTU.IE

Student Health Matters



APP



All third level students may access a 'Student Health Matters' App that provides students with **access to reliable and relevant health information in one place, at the touch of a button.** The content, based on Irish healthcare information and services, was created by a team of health professionals at Irish Student Health Association and Expert Self Care Ltd, a specialist mobile health information app developer.

The App was developed as many students struggle with looking after their health. Rather than googling their health questions, which can be unreliable and confusing, students can now access trusted health information and links to many useful websites in seconds.

The App provides: links to the HSE database of over 600 medical conditions and treatments and covers topics including; Healthy diet, physical activity, smoking, alcohol, drugs, your mental health, sexual health common illnesses, health topics A-Z, head injury and concussion, vaccinations, the importance of sleep, first aid box and information and links on where to get medical help and advice; and contact details for health and medical services available at College Health Centres.

The ISHA 'Student Health Matters' App is available for iPhone and android and is free to download from the App Store and Google Play.

Search 'Student Health Matters'



**Contact Admin
for appointments
at the Medical
Centre, and any
other queries...**

OPENING HOURS:

Mon to Thurs:
8.30am - 4.30pm and
Fri: 8.30am - 2.30pm.
Closed for lunch:
12.30pm - 1.30pm

TEL:

021 433 5780
Mon to Thurs:
8.30am - 4.30pm
Fri: 8.30am - 2.30pm
Closed for lunch:
12.30pm - 1.30pm

FEES:

- Consult with Doctor: €10
- Consult with Nurse:
No charges
- STI testing is available to all students free of charge.
- Contraception is available to 17-35-year-olds inclusive free of charge

LOCATION:

Student Centre,
Bishopstown Campus





MTU CORK
STUDENTS' UNION

STUDENTS' UNION OFFICERS

2024-2025

**ELLEN
BAMBER**

VICE PRESIDENT EDUCATION

- Academic Issues
- Grants Information
- Education Campaigns
- Grinds List Management
- Class Rep Organisation

**RICHARD
NOONAN**

PRESIDENT

- Representation
- Organisation
- Press & Media
- Campaigns
- National Issues
- Facilities & Services
- Chief Spokesperson

**PATRYCJA
ZBIKOWSKA**

VICE PRESIDENT WELFARE

- Well Being Campaigns
- Financial Issues
- General Student Support
- Accommodation
- Safety
- Equality



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mtucorksu.ie



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16th September 2024

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MTU BISHOPSTOWN CAMPUS

ALL YOUR QUESTIONS ANSWERED...

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CONSENT

ALCOHOL INFORMATION

GARDA INFORMATION STAND

CONTRACEPTION

SEXUALLY TRANSMITTED INFECTIONS

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CALL INTO THE STUDENTS' UNION WITH ANY QUESTIONS...
1ST FLOOR STUDENT CENTRE**



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STUDENTS' UNION**

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MTUCorkSU@mtu.ie

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MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

MTU SPORTS SCHOLARSHIPS 2024-2025

MTU is delighted to recognise our talented sports athletes.
Applications open to all sports.

MTU looks forward to helping each athlete reach their full potential.

It is expected that those awarded will have high levels of achievement in their chosen sport, a full involvement and participation in this sport at the University.



Application Forms



DID YOU KNOW?

In 2023/24 82 Sports Scholarships were awarded across 20 different sports



Closing Date for Applications
Thurs 26th Sept 2024



sportcork@mtu.ie

ACTIVE CHATS

Coffee Club!

Meet in The Foyer, MTU Arena
Thursday mornings, 8 - 9am

Begins
10th October.
All students
and staff are
welcome

A friendly space to try
out an activity, mix and
meet for one hour.

Activities may include:

Walk & Talk Run
2k & Talk
Basketball Table
Tennis
Yoga for the Mind
Badminton
Board Games
Cards

A Snack & Drink voucher
for all who attend.

A Counselling Service initiative endorsed by MTU Arena, Student Affairs and the Students Union



MTU Counselling
Service for Students



MTU CORK
STUDENTS' UNION



MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

FITNESS CLASSES.. WHY TRY ONE?

Fitness classes are a great training option for beginners to elite athletes. Training can be a daunting task to take on for many of us. Fitness classes are great because you're working in a group setting, getting challenged by the instructor and pushing yourself past your own comfort zone.

Classes vary in style and can challenge beginners and elite athletes alike, it's all about how best YOU can train.

Flexibility and mobility combined with strength can be worked on in Yoga and Pilates classes.

Cardiovascular capability/capacity, as well as strength, can be focused on in indoor cycling classes like Spinning.

Strength and Conditioning can be built upon in classes like Bootcamp and Circuits.

Classes are also a great way to meet new people, get to know our staff and use as an accountability tool. If you have a booking you're more inclined to show up!

HOW DO I BOOK CLASSES?

MTU Arena app! Go to the google play or app store on your mobile device, make a profile and start booking!

WHEN CAN I GO TO THE GYM?

MTU Arena is open 7 days a week! Monday to Friday 7:00am-9:30pm Saturday and Sunday 9:00am-4:30pm. CLOSED BANK HOLIDAYS

CAN I GET HELP WHEN I'M IN THE GYM?

MTU Arena has gym supervisors available to answer any questions you may have. We are fully qualified in everything gym related! Ask us about technique, equipment use, gym etiquette or just a chat if you'd like!

WHAT DO I NEED TO DO BEFORE STARTING IN THE GYM?

Bring your ID Card! The gates at reception require Student/Staff ID or membership cards. Also, before your first session, we require a Health Screening Form from all gym users. We have a QR code for you to scan and complete on your mobile device. From then on, just sign in each time you come to use the gym, and enjoy!



MTU ARENA

DOWNLOAD THE NEW MTU ARENA APP



Scan QR Code or visit the links below to download!

<https://go.mtu.ie/arenaandroid>
<https://go.mtu.ie/arenaios>



MTU ARENA

CLASS TIMETABLE

MONDAY CLASSES

	Time	Location	Cost
Circuits	7:15am - 8:00am	Main Hall	Free

TUESDAY CLASSES

Spinning	7:15am - 8:00am	Studio 2	€5
Pilates	1:05pm - 1:55pm	Studio 1	€7

WEDNESDAY CLASSES

Boxercise	7:15am - 8:00am	Studio 1	€5
Yoga	1:05pm - 1:55pm	Studio 1	€7
Circuits	5:00pm - 6:00pm	Main Hall	Free

THURSDAY CLASSES

Spinning	7:15am - 8:00am	Studio 2	€5
Pilates	1:05pm - 1:55pm	Studio 1	€7

MONTHLY CLASS PASS ONLY €50

Download the MTU ARENA App from the Apple/Google Play App Stores

WWW.MTUARENA.IE

Flights of Fancy

MANCHESTER



Welcome (or welcome back!) to MTU! It's great to kick off this year's Columns with a "Flight of Fancy" that coincides with the start of the FA Premiership season—perfect for setting the mood. When you think of Manchester, it's easy to picture Man United, Man City, Oasis, and Corrie, not to mention MTU legend Shane Falvey. But there's so much more to this city than its famous icons.

I found this out firsthand on June 25th, when my friend Mike and I decided to escape the pricey Irish accommodation scene (remember Explicit Flying Column, March 2024?) and head to Manchester for a Pearl Jam concert. The flight from Cork Airport was a quick hour to Manchester Airport. From there, the Manchester Metrolink—a light rail system—whisked us 8 miles (or 11 km) into the city center in about 30 minutes. We checked in at the Trafford Hall Hotel, a charming spot with comfortable rooms and a cool basement bar. Not a bad place to kick back with a few drinks before heading out! (Check it out at www.traffordhallhotel.com.)

With the afternoon ahead of us, we freshened up and decided to explore the city by hitting up some bars before the concert. The Trafford Hall Hotel is conveniently close to a rail

By James Flynn

Flynnner's Flying Column

station, so we grabbed day tickets and set off. As we rode into the city center, I couldn't help but notice the old railway bridges—remnants of Manchester's Industrial Revolution days—and the canals that connect to the River Mersey, built in 1894 to compete with Liverpool. This rivalry extends to football, of course, and is still going strong in the FA Premier League.

Manchester's mix of historic architecture and modern skyscrapers is striking, especially around the Deansgate area. Despite the turbulence of Brexit, the city continues to grow and attract investment, including from Irish companies. Our first stop was The Deansgate, a cozy bar all decked out for England's Euro 2024 match against Slovenia. After a drink or two, we hopped on the Metrolink to Co-Op Live, Manchester's largest music venue (right next to Man City's Etihad Stadium). It's got everything: escalators, 32 bars, food stands, and souvenir shops—perfect for a night out. Pearl Jam didn't disappoint, delivering both new hits and classic tunes with Eddie Vedder's signature energy. We capped the night with a taxi ride back to the city center and found a bar for last orders, joining the post-match buzz with England fans.

The next morning was warm and sunny. While Mike, a Liverpool FC fan, took a rest, I walked to Old Trafford, home of Manchester United. The Trafford area is also packed with museums, like the Imperial War Museum North. Later, with Mike refreshed, we jumped on the Metrolink for a city crawl. We hit up the National Football Museum, a must-see for any football fan, showcasing the rich history of English soccer. Next, we checked out the Science and Industry Museum, which dives into Manchester's role in the Industrial Revolution, featuring loads of unexpected displays and exhibits. With time running out, we couldn't explore them all, but other great spots include the Manchester Art Gallery, Manchester Jewish Museum, and the People's History Museum.

In the afternoon, we swung by the Microdot Boutique, owned by Michael Spencer Jones, the guy behind album art for Oasis and other 90s Britpop legends. It was a nostalgic nod to Manchester's lasting impact on music. While exploring the city, we spotted the iconic Worker Bees on buses and ads for the ITV Coronation Street Experience, where fans can tour the set of the long-running soap (check it out at www.coronationstreetexperience.com).

We wrapped up the day with dinner at The Sawyers Arms—pie and mash, classic. A few more bars were on the agenda, like The Ape And Apple and The Gas Lamp, each oozing Mancunian tradition. But nothing beat our final stop: Mulligans of Deansgate. Here, surrounded by GAA jerseys, we were treated to live Irish classics by a young performer with an incredible voice, making us feel right at home.

All good things must come to an end, and after a fantastic trip, Mike and I headed back to the airport for another concert—this time Green Day in Dublin, who also put on a great show. Manchester truly has something for everyone, and I'm already looking forward to my next visit!

For more info:

- **Book accommodation at www.booking.com**
- **Flights at www.ryanair.com**
- **Cork Airport details on their [website and media](http://www.corkairport.com)**
- **Manchester Metrolink at www.tgfm.com**
- **Plan your visit at www.visitmanchester.com**





The N-TUTORR project has been supporting initiatives to improve the student experience and equal access to education. Two important initiatives that have helped to digitalise the learning experience are the **Digital Backpack** and **LinkedIN Learning**. We asked MTU students Michael and Kieran to share their experience of testing out the two online learning tools. **All students and staff have free access to both platforms.**



The Digital Backpack is a new online learning resource provided by N-TUTORR. The digital backpack offers a range of different courses which on completion, students receive a digital badge. All staff and students can access the backpack for free using your Institution Login.

<https://mydigitalbackpack.ie>

The courses in the Student Digital Backpack are diverse, covering subjects such as Academic Writing, Civic Engagement and even the Sustainable Development Goals. In its essence, the Student Digital Backpack has been created to provide a roadmap for a more inclusive, collaborative and dynamic University. The courses are concise, engaging and cover the most essential points in each subject area.

All students across MTU campuses are focused on academic success but this does not have to be our only achievement. The knowledge and skills to work with others and the environment in a conscious way is vital for our future. The digital backpack is a huge step towards positive actions that benefit our planet and all the people that live here.

I strongly encourage students to get involved and share their ideas on what a sustainable University might look like in the future

Michael Wycherley, 3rd year MTU student



TU
ORR

U
RR

LinkedIn Learning



I have found that LinkedIn Learning is an incredibly useful tool. There is an array of technical and soft skills that you can improve upon. With its extensive library of courses, you can gain skills in areas such as data analysis, public speaking, various programming languages, and Microsoft Office 365. I have been using the platform to tailor my learning to my career goals. As an engineering student, I have found many useful courses, both practical and industry specific.

LinkedIn Learning has something for everyone, with topics ranging from digital marketing to software development.

The learning style is very convenient and accessible, with courses broken up into a series of short videos, arranged by specific topics, and quizzes. It makes learning around a busy schedule very easy.

A digital certificate is earned for every course completed, which can be displayed on your LinkedIn profile. These skills enhance your CV and make your LinkedIn profile more visible to potential employers and recruiters.

With free access to LinkedIn Learning through MTU, which otherwise requires a paid subscription, the most valuable skill I have taken away from this is learning outside of college.

Continuous learning and upskilling are important life skills that you will take with you long after graduating.

To activate your LinkedIn Learning licence email: lil@mtu.ie and we will send you back information on how to activate it for free through Canvas.

Kieran Clancy, 4th year MTU student



WELCOME (BACK)

It's never too early in the year, or your college career to start thinking about what comes afterwards.

MTU Careers has the knowledge, tools and resources to get you on the right track towards finding your dream job.

Want to meet with one of our Careers Advisors?

Or do you want to search dedicated jobs for students and recent graduates?

Head to CareersCONNECT to get started!



Or check out MyCareer, a state of the art online suite of AI Career Tools now available for free on your Phone or Laptop.

First time users will need to Reset Password before logging in.

This password will not affect other MTU passwords.



MTU CAREERS FAIR
3RD OCTOBER 2024 | MTU ARENA

150+ companies in attendance from a wide variety of sectors.
4000 students from all disciplines

CAREERS FAIR MTU

Download the Careers Fair Plus App here to see which companies will be attending on the day!





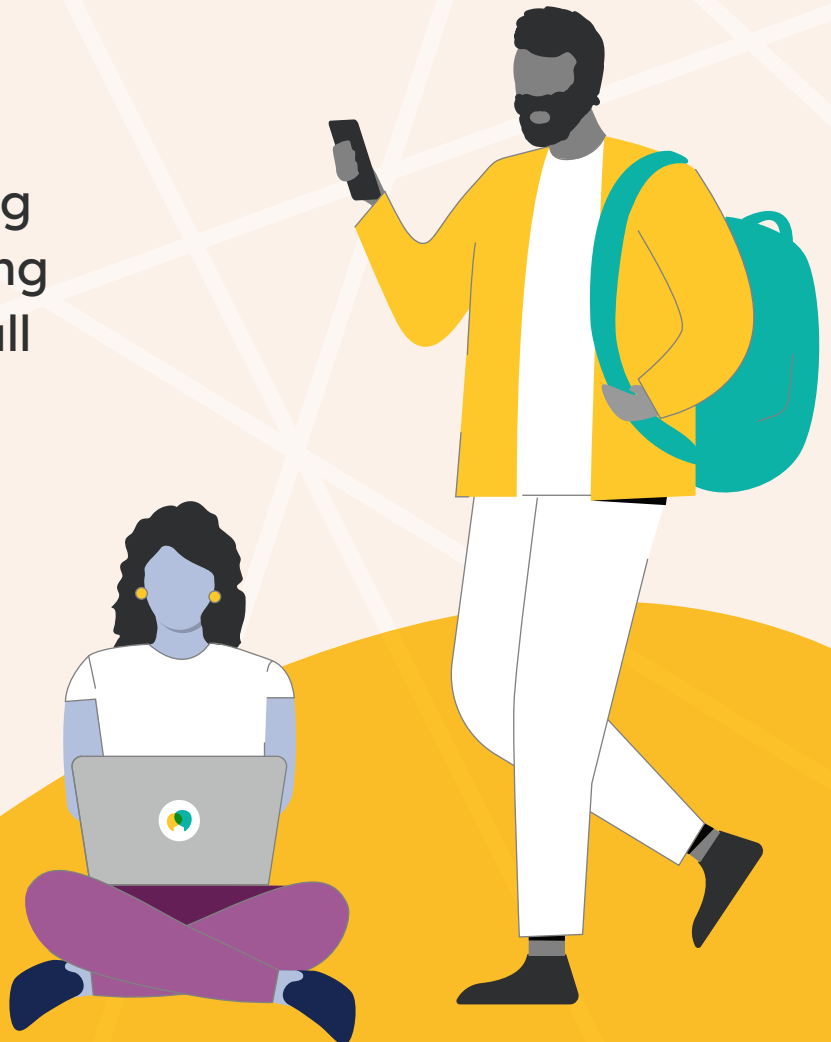
SCAN TO JOIN FOR
FREE TODAY

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Maybe you are feeling overwhelmed, struggling socially or just not feeling like yourself? Togetherall is a safe, anonymous, online community for mental health support.

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16+



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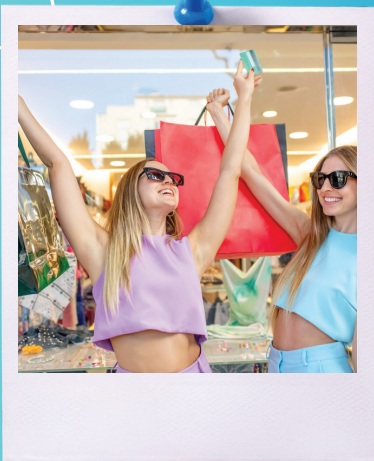
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