

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

MTU CORK SU RAG WEEK
27 - 31 JAN 2025

MTU SAFETY WEEK
11 - 13 FEB 2025

CONSENT:
A SHORT STORY

STRIVING FOR
A HEALTHY MTU



MTU CORK SU RAG WEEK 2025 RAISE & GIVE



Good Vibes, Great Cause:
RAG Week 2025 is for Iris House



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M.T.U. STUDENT OFFER

14" CHEESE PIZZA
+ 3 TOPPINGS

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€13

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• WASHINGTON STREET • MC CURTAIN STREET

SHINING A LIGHT ON
STALKING AND BULLYING

Scan to register

Wed, 5th February
09:30 - 16:30
Main Auditorium, NMCI

YOGA
part of
Active Chats

A mixed level 30 minute yoga class to help relax the mind and set a positive tone for your day, followed by a free tea/coffee and pastry.

Open to
Students and Staff
Every Thursday @ Active Chats
08:10 - 08:40am MTU Arena

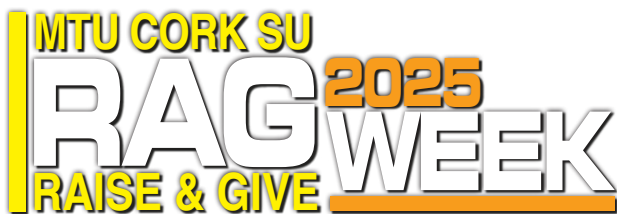
Good Vibes, Great Cause: RAG Week 2025 is for Iris House



The main beneficiary this year is Iris House (formerly known as Cork Cancer Care Centre). Iris House has been a steadfast pillar of support for our community, providing essential assistance to cancer clients and their families throughout their cancer journey. Cancer is a disease that touches so many of us. It is a diagnosis that can be overwhelming and frightening, and it affects not just the patient, but their loved ones as well.

Iris House has been a beacon of hope and comfort for those impacted by cancer, providing a wide range of services and support to help people navigate the physical, emotional, and mental challenges that come with a cancer diagnosis. Iris House is truly a remarkable organisation. Their services include counselling, complementary therapies, support groups, Blankets of Hope, a wig bank and practical support.

The dedicated team of professionals and volunteers work tirelessly to ensure that everyone who comes through their doors is provided with the care and support they need to face cancer head-on.



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2024-2025

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

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PRESIDENT

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

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- Accommodation
- Safety
- Equality

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YOUR UNION YOUR VOICE

MTU CORK SU
RAG 2025
RAISE & GIVE **WEEK**

TIMETABLE

Monday 27th January

Sponsored by **Bank Of Ireland**

11am - 1pm **OUTDOOR DJ**
Dave Daly *by The Carmine Building*

1pm - **TIKTOK GAMES**
in the Common Room

Tuesday 28th January

Sponsored by **The Pav**

12pm - **OUTDOOR DJ**
Dave Daly *by The Carmine Building*

1pm - **RAG WEEK KARAOKE**
in the Common Room with MC Fleming

6pm - **KARAOKE** with Anime Soc in The Common Room

6pm - **DRINK & PAINT** hosted by Giving Back X Design & Media - at the Franciscan Well Brewery

11pm - Tuesday night at The Pav
Over 18's, ADM - FREE!



Good Vibes, Great Cause: RAG Week 2025 is for Iris House



Wednesday 29th January

Sponsored by

Student Services Company

11am - 1pm **OUTDOOR DJ**
Dave Daly *by The Carmine Building*

1pm - **MIA GOLD'S D'RAG
TABLE QUIZ**
in The Student Centre

5-7pm - **SISTERS GAMES NIGHT** with *The Islamic Soc,*
The Student Centre



Thursday 30th January

Sponsored by **Clancy's Sky Bar**

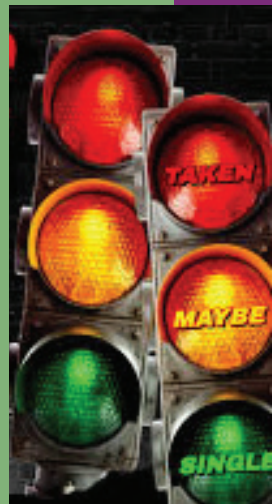
11am - 3pm **RAG WEEK SOCCER
TOURNAMENT**
at Astro Turf Pitches

11am - 1pm **OUTDOOR DJ MC FLEMING**
by The Circle Area

1pm - **SU (FAKE) CASINO**
in The Common Room

1pm - **WiSTEM Soc** host **NOURISH AND NETWORK** event with
GSK, Meeting Room 3, The Student Centre

10pm **TRAFFIC LIGHT NIGHT**
Clancy's Sky Bar Over 18s event - Adm €10



**Market Stalls outside The Student
Centre every day from 10am**



MTU CORK SU

RAG ²⁰²⁵ WEEK

RAISE & GIVE



SOCCER TOURNAMENT



1 ST PRIZE	2 ND PRIZE
€160	€80

DATE

Thurs 30th Jan
11am – 3pm

ENTRY DEADLINE

Weds 29TH Jan
2pm

SEND APPLICATION FORM TO

Craig on What's App
(087) 281 8889

6-A-SIDE (MAX 8 PLAYERS)

€2 ENTRY PER PLAYER

PLAY 3 GAMES GUARANTEED

GAMES ON MTU ASTRO-TURF PITCHES

WEAR APPROPRIATE GEAR

NO FOOTBALL BOOTS

FORMS ARE AVAILABLE IN THE SPORTS
OFFICE OR TEXT CRAIG



MTU CORK SU
RAG WEEK 2025
RAISE & GIVE

Good Vibes, Great Cause:
 RAG Week 2025 is for Iris House



RAG RAFFLE

RAG WEEK
 27 - 31 JAN, 2025

ROCHESTOWN PARK HOTEL
 Bed & Breakfast & Evening Meal for 2
 (Value €300 approx)

STUDENT RACE DAY
 Student Race Day Tickets x 2

MARDYKE BOWLING
 Bowl & Dine for 4
 (Value approx €100)

MTU ARENA
 6 Weeks Personal Training Programme
 (Value €200)

**O'BRIENS SERVICE STATION,
 INVER COSTCUTTER**
 €50 Voucher - Shop, Fuel, Deli
 or Supermacs

INEC
 Tickets-Dan McCabe x 2 - 28th March

EDI OFFICE
 €100 One4All Voucher

**O'BRIENS SERVICE STATION,
 INVER COSTCUTTER**
 €50 Voucher - Shop, Fuel, Deli
 or Supermacs

INEC
 Tickets-Emma Doran x 2 - 15th March

CAMPUS CATERING
 €100 Swirl Gift Card - Mastercard

EM FITNESS
 Class pass (Value €60)

INEC
 Tickets-Garron Noone x 2 - 5th July

STUDENT SERVICES
 €100 One4All Voucher

CORK OPERA HOUSE
 Tickets - Cork Podcast Festival -
 Rob Heffernan/Laura Mahony x 2

FOTA ISLAND RESORT
 Afternoon Tea for 2

THE BISHOPSTOWN BAR
 Dinner for 4

CORK OPERA HOUSE
 Tickets - Cork Podcast Festival -
 Rob Heffernan/Laura Mahony x 2

MTU MARKETING UNIT
 Swag Bag

SUPERVALU
 €70 Voucher

**TOURISM & HOSPITALITY
 DEPARTMENT**
 Lunch for 2

VIBES & SCRIBES
 €25 Voucher

WILTON SHOPPING CENTRE
 €50 Voucher

**TOURISM & HOSPITALITY
 DEPARTMENT**
 Lunch for 2

BEANTOWN CAFÉ
 €25 Voucher

WILTON SHOPPING CENTRE
 €50 Voucher

WOK & ROLL
 €50 Voucher

BUNKER VINYL
 €50 Voucher

STITCHED BY VAN
 Plushie

CARMEL JORDAN
 Tiffany & Co Sheer Perfume (Value €100)

CORK CITY FC
 Tickets -
 Cork City FC VS Galway United x 2

HERLIHYS CENTRA, CURRAHEEN RD
 Hamper (Value €50)

**REEL CINEMA,
 BALLINCOLLIG CINEMA**
 Tickets x 2



**MTU CORK
 STUDENTS' UNION**

**TO ENTER
 JUST SCAN
 THE CODE**



Simply click on this page to enter!

UNDERSTANDING

I woke up my head was pounding, and my stomach churned. I tried to gather my thoughts, but there was a fog that wouldn't lift. The events from the night before seemed distant, blurry, and disconnected.

As I tried to pull myself out of bed, everything felt off. There was something unsettling in the pit of my stomach. I kept asking myself what happened. What had I done? Who had I been with? And then, the memories started to surface...some faces, some places. But there was one thing that became painfully clear: I had not given my consent.

I couldn't remember saying "yes." I couldn't remember feeling comfortable or in control. What I did remember was the overwhelming feeling of being too drunk to speak up or push back. I remember a voice telling me it would be fine. But I wasn't fine. My body had been used without my agreement, and the aftermath left me feeling lost, confused, and violated.

I had been assaulted. I wanted to curl up and hide, but that wouldn't solve anything. I knew I had to face it head-on, even though I didn't know how.

The shame and guilt were overwhelming. But deep down, I knew it wasn't my fault. No one had the right to do that to me, regardless of how much I had drunk or what I had worn or how friendly I might have seemed. Consent is clear, active, and ongoing. It's not given under pressure, coercion, or confusion. And it certainly isn't given when someone is intoxicated.

As the day wore on, I started reaching out for help, trying to make sense of what had happened. I spoke to a close friend about my experience, and for the first time, I didn't feel entirely alone. She listened, reassured me that what had happened was not my fault, and encouraged me to seek professional support. That conversation opened the door to understanding that there were people, services, and organisations out there dedicated to helping people like me—people who have experienced sexual assault.

It wasn't easy, but I eventually contacted a local support organisation that specialised in sexual assault. I called the Sexual Assault Treatment Unit (SATU) and spoke with a nurse who listened with compassion and without judgment. She didn't ask me to explain every detail but instead asked me how I was feeling and what I needed to begin healing. She shared information about my rights, recommended health checks and medications, and made sure I understood that support was available no matter what decision I made with regards reporting the assault.

I also learned about Rape Crisis Centre National Helpline (24/7) and The Sexual Violence Centre, where trained professionals provide confidential support. These services exist for a reason: to offer a safe space for individuals who feel overwhelmed and unsure, just like I had. Whether you're in immediate need of support or just want someone to talk to, these services are a lifeline.

A fictional piece for the purposes of highlighting Consent



CONSENT

Trigger Warning: Sexual Violence

I took the time to educate myself about consent as well. Consent is not just about saying “no” or “yes.” It’s about clear, enthusiastic, and informed agreement. It’s about being fully aware of your surroundings, being sober enough to make decisions, and being able to set boundaries. It’s about mutual respect and understanding, not just compliance. Consent must be communicated freely, without fear of pressure, guilt, or intimidation. It can be revoked at any time, and it’s the responsibility of everyone involved to make sure it’s always respected www.consenthub.ie was an invaluable resource for information.

The journey of healing is not straightforward. There are good days and bad days. But through it all, I’ve learned that my voice matters. The trauma of assault doesn’t define me, but my ability to speak out, seek support, and set boundaries does.

If you or someone you know has experienced sexual assault or harassment, remember that you are not alone. It’s okay to ask for help, whether it’s from a trusted friend, a professional, or a local support service. Don’t let shame or fear keep you silent. There are resources available, including medical, counselling, legal support, and advocacy, to guide you through this difficult journey.

Some of the local support services available to you include:

- Sexual Assault Treatment Unit (SATU) – Offering support and advice also a health check, medication and if you decide to have a forensic examination <https://www2.hse.ie/services/satu/>
- The Sexual Violence Centre – <https://www.sexualviolence.ie/>
- Rape Crisis Centre National Helpline (24/7) – Confidential support from trained professionals. 1800 77 88 88 <https://www.drcc.ie/services/helpline/>
- Garda Síochána– If you choose to report the crime to the Gardai SATU can assist or you can do this yourself. Please call 999 or 112 if you need urgent help or if it is an emergency <https://www.garda.ie/en/>
- MTU Campus Resources

On-campus support services include:

- MTU Medical Centre <https://www.mycit.ie/medical>
- MTU Counselling Department <https://www.mtu.ie/student-services/counselling/>
- Sexual Violence and Harassment Prevention Officer.
- We also have an anonymous reporting tool called Speakout. Please use the platform to report any incidents of bullying, cyberbullying, harassment, assault, stalking etc. so that we can support all in our MTU community to feel safe and heard <https://mtu.speakout.ie/>

MY ERASMUS EXPERIENCE:

By RJ Chameni



THE FIRST HALF

Four months into my nine-month Erasmus journey, I've already discovered so much about myself and the world around me.

As a student of International Business with French, I had several cities in France to choose from, but Lyon was always my top pick. Known as the gastronomic capital of France and a vibrant student city, it felt like the perfect place to call home.

Do Your Homework Before You Go

To anyone planning an Erasmus adventure: research is key. Don't just focus on the campus; think about the lifestyle you'll lead. Do you thrive in a bustling metropolis, or are you drawn to the charm of a quieter town? Choosing the right city is as crucial as choosing the right university—it shapes your entire experience.

For me, the idea of living away from home was exhilarating. It was a big reason I chose this course in the first place. But nothing could fully prepare me for the whirlwind of moving to a new country with just three suitcases and a carry-on. At home in Cork, I lived with my family, so adjusting to life abroad was a challenge. For those already in student accommodation, the shift might feel less drastic, but trust me—cultural differences will catch up to you.

Settling In

The first month was all about finding my footing. I was thrilled to explore Lyon, with its adventures only a short tram ride away. But before I could dive in, I needed to sort out essentials: plates, utensils, towels, a duvet, and groceries. The excitement of a new city can make you forget about the mundane tasks, but you'll adapt with time.

One unexpected joy of this experience? Cooking. At some point, I realised that eating out every day wasn't sustainable. Experimenting in the kitchen became both a necessity and a creative outlet.



The challenge of varying my meals sparked a newfound passion for cooking, which I now love.

My advice? Find ways to stay connected to your interests. For example, I love reading, so I found a bookstore café that sells English novels. Whether it's books, dance, or sports, engaging in your hobbies is a great way to immerse yourself in the local culture while staying grounded.

Language Learning: The Real Test

Now for the big question: am I fluent yet? Not quite—but I've made progress. I arrived in Lyon with a solid foundation in French, but nothing compares to using the language in its natural setting.

French speakers talk fast. They blend words, drop syllables, and sprinkle in slang that's nearly impossible to catch without context. Thankfully, making local friends has been invaluable. Even just listening to native speakers helps train your ear to process and translate the language at their speed.

One tip? Go to the cinema. I started with American films dubbed in French, where I understood about 60%. Then I leveled up to a French production, *L'Amour Ouf* (Beating Hearts), and grasped around 40%. It's a humbling but effective way to improve. Next semester, I plan to tackle a French-translated novel and work on speaking with greater speed and accuracy.

You're Never Alone

One of the best things about Erasmus is the shared experience. You'll find yourself alongside other students—maybe 15 or more—navigating the same challenges. From day one, you'll meet people from around the world who are just as eager (and nervous) as you. Bonding with them makes even the scariest moments fun.

Nine months may sound like a long time, but it flies by. As I head home for Christmas, I'm already counting down the days until February, when I can return to Lyon and continue this incredible journey.

If you're considering Erasmus, take the leap. It's not just an academic exchange — it's an experience that shapes who you are.



Full details of Erasmus at: <https://www.mtu.ie/international/>

Coughs, colds, sinus infection, sore throats & flu

In order to try and prevent infection remember:

- ▶ Wash your hands
- ▶ Cover your mouth when coughing or sneezing
- ▶ Stay at home until you are 48hrs free from fever or for 5 days if you test positive for covid.
- ▶ Eat a good balanced diet – drink plenty of water, eat protein and carbohydrates and 5-7 pieces of fruit and veg/day.
- ▶ Avoid excessive caffeine, alcohol and high sugar foods.
- ▶ Exercise regularly.
- ▶ Maintain a good sleep routine.

CLICK/TAP BELOW TO FIND OUT MORE

[Remember to get the Flu vaccine and Covid Booster if you are in the High risk groups.](#)

[Check out “Under the Weather” HSE for information on how to manage symptoms of illness and when to seek further medical attention.](#)



MTU Arena Foyer Every Thursday, 8 - 9am

Open to all students & staff **Snack & drink voucher for all**



ACTIVE CHATS

Coffee Club!

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

Activities may include:

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



MTU Counselling
Service for Students



MTU CORK
STUDENTS' UNION



MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

Flynn's Flying Column

By James Flynn

I

FLIGHTS OF FANCY TREVISO AND THE VENETO REGION

Day One: Treviso and the Veneto Region

Once again, I found myself taking to the skies. This time, the destination was Italy—but not the usual suspects like Rome, Milan, or the overly touristy Venice. No, I set my sights on a hidden gem that deserves more attention: Treviso. Nestled in the Veneto region of northeast Italy, this charming city offered surprises at every turn.

After a smooth flight across France and the Alps, I landed at Treviso Airport at 6 PM GMT. A quick 10-minute bus ride later, I arrived at the city centre and made my way to B&B Hotel Treviso. The room offered a stunning street view from its upper floors, and after freshening up, I was ready to experience Italian cuisine in its home country.

My first stop was a cosy wine bar, where the local architecture caught my attention. Narrow cobbled streets, winding alleys, and streams running through the city gave Treviso its unique character. Feeling the Alpine chill in the air, I half-expected to stumble into a Bond movie set.

Treviso stands apart in another way: no fast-food chains here—just authentic Italian dining. I savoured a pizza at Ristorante San Agostino, topped with native ham and flavours I'd never imagined. Afterward, I found myself at Baraco San Michele, a trendy late-night wine bar that quickly became my go-to spot for the trip. Here, I indulged in some Veneto specialties, including its famed sparkling wine, Prosecco. Little did I know, my journey into Prosecco Country was just beginning.

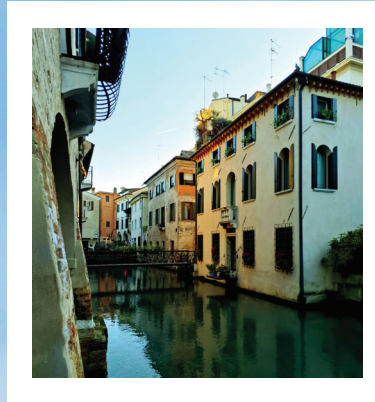
Day Two: The Prosecco Hills and Vittorio Veneto

After breakfast and a view of the bustling Treviso streets, I wrapped up in scarf and gloves and headed to the train station for the short trip north to Conegliano. This Prosecco hub was just a brief stopover before a scenic bus ride through vineyards to the historic town of Vittorio Veneto.

Nestled at the foothills of the Italian Alps, Vittorio Veneto boasts a rich history dating back to medieval times. But it's most famous for the pivotal Battle of Vittorio Veneto in World War I, a symbol of Italian triumph and resilience.

My first stop was the Museo Della Battaglia, located in the picturesque Piazza Giovanni





Paolo I. The museum's three floors offered a haunting yet captivating journey through the mountain trench warfare of WWI. From the devastation of the 1917 Battle of Caporetto to Italy's ultimate victory in 1918, the exhibits were deeply moving.

Stepping outside, I took in the beauty of the Prosecco Hills. The surrounding landscape, with the Alps towering in the background, felt like the edge of the world. After a quick visit to the town's magnificent cathedral, I enjoyed a hearty lunch of focaccia, meatballs, and beer at Bar Duomo.

By early evening, I was back in Treviso, capping the day with a casual burger and another visit to Baraco San Michele.

Day Three: Exploring Treviso

This was Treviso's day to shine. My morning began with a walk past Piazza Vittoria, home to a poignant monument honoring the fallen of both World Wars. Strolling along the River Sile, I couldn't help but notice how the bridges and architecture reminded me of Cork's Morrison's Island.

Treviso is steeped in history. From its Roman-era city walls and the impressive Porta San Tomaso, to its old milling district, the city is a living museum. I

stopped for a quick wine break here before enjoying a Caesar salad at a Neapolitan-themed restaurant—complete with Napoli FC memorabilia.

The city's love for sports is evident. Treviso is famous for rugby, and its most celebrated son is football legend Alessandro Del Piero. The local flair extends to fashion, with Treviso being the birthplace of brands like Benetton and Diadora.

My cultural exploration continued at the Museo Nazionale, which featured a vibrant Cuban art exhibition. After wandering through more picturesque streets, I found myself at the Musei Civici, which chronicles Treviso's history from ancient Rome to the Renaissance.

The evening concluded at the iconic Palazzo dei Trecento, a 13th-century structure that narrowly survived WWII

bombings. Beneath its arches, I enjoyed a rich spaghetti in duck Bolognese at Prosecceria Ai Soffonni, followed by Treviso's signature dessert: tiramisu. Of course, no night would be complete without a final stop at Baraco San Michele for red wine and Prosecco.

Day Four: Departure and Reflections

As I packed my bags, my only regret was not leaving room for shopping. Treviso's high-fashion boutiques are a must-see, with stylish finds around every corner. After a quick stop at Duty-Free, it was back over the Alps to Cork.

Treviso is a city I wholeheartedly recommend. It offers history, charm, and an authentic taste of Italian life without the crowds of its more famous neighbors. Next time, I'll come with checked luggage—and a bigger appetite for discovery.

Travel Tips

- Ryanair offers flights from Cork to Treviso from October to March (Wednesdays and Sundays). Summer flights operate to Venice Marco Polo.
- For public transport, visit M.O.M. – Mobilità di Marca.
- Explore Treviso at www.visittreviso.it.

Exciting News!

We are delighted to announce that with the support of MTU Events and Hospitality, students will now have access to the staff room on the Bishopstown Campus

AFTER 6PM ON WEEKDAYS

Please Note

The staff room gives students access to hot water for quick meals/ teas/coffees

Students only have access to the Staff room AFTER 6pm on weekdays

Where to find

The staff room can be found upstairs in the C Block of the main building, above the canteen

Please look after the space so everyone can benefit from it!

Thanks

Thanks to your Class Reps for helping us bring this initiative in!

Enjoy everyone!

Watch a short instagram reel for directions to the staff room. [Click here](#)



WIN €30!
FROM **SOCIETIES**

Submit an article to Explicit Mag, and if it's chosen, you WIN €30! Simple!

Send your entry to: corksublications@mtu.ie

10-14 FEB,
2025

SAFETY WEEK

MONDAY, 10TH FEB

- RSA Shuttle bus outside library
- Stands in the main corridor including RSA and Medical Centre

TUESDAY, 11TH FEB

- Self defence class at 6pm in MTU Arena Sportshall
- Stands in the main corridor including Medical Centre, Cork City Council and Garda Traffic Corp

***CRASHED DE-POLLUTED
CARS IN VARIOUS
LOCATIONS AROUND
CAMPUS ALL WEEK***



**MTU CORK
STUDENTS' UNION**



STRIVING FOR A HEALTHY MTU

Join the Movement: MTU's Healthy Campus Initiative Expands



What if your time at MTU could be about more than academic success? What if it also became a chance to boost your health and wellbeing? That's the vision behind A Healthy MTU – a growing initiative designed to create a university where students and staff can thrive.

What is 'A Healthy MTU'?

Think of A Healthy MTU as a campus-wide effort to prioritize health and wellbeing. From health and wellbeing events to groundbreaking research, this initiative is all about helping the MTU community achieve its full potential. The programme is Co-Directed by Dr Andrea Bickerdike & Dr Cian O'Neill. Its recent expansion is backed by the HEA's Technological Sector Advancement Fund and aligns with the HEA Healthy Campus Charter, which promotes, care, inclusion and connection across universities.

But what does that mean for you, as an MTU student? It's about making health and wellbeing part of your everyday experience, whether that's through joining a fun event, meeting new people, or discovering tools to help you feel your best.

What's Happening Right Now?

The buzz around A Healthy MTU is real, and Semester 1 has already brought some exciting programmes:

Lunchtime Track Walks for Staff:

A perfect way to unwind during the day.

MTU Movers:

Students from the Dept. of Sport, Leisure and Childhood Studies worked with older adults in the community to lead activity sessions. How cool is that?

Coming very soon in Semester 2, the first-ever **A Healthy MTU Roadshow (February 4th-7th, 2025)** is set to visit all MTU campuses with events like free workshops, demos, panel talks, walking groups, and more. Make sure to check Students' Union social media and campus social and emails for updates – you don't want to miss it!

The Big 5k:

Another highlight this year? The inaugural MTU BHAA 5k Event on March 2nd, 2025. Staff can even prep with a free Couch to 5k programme starting in January, guided by athletics pros. Whether you're running, volunteering, or cheering from the sidelines, this is your chance to be part of a big community moment.

Why It Matters

You might not think about how much your well-being impacts your academic and personal life, but research says it's a game-changer. A Healthy MTU is here to support you – with programs, events, and even research projects – to make sure you're set up for success in every way.

How Can You Get Involved?

Want to play a part in shaping the future of A Healthy MTU? Here's how:

- Share your ideas for new events.
- Volunteer to help organise and promote activities.
- Keep an eye out for opportunities to join cutting-edge research projects.
- Partner up through your society or group to create something amazing.

The initiative will soon have dedicated social media and email channels where you can get updates and connect with the team. If you're passionate about wellbeing, this is your chance to make a difference on campus.



At its heart, A Healthy MTU is about building a campus where everyone feels supported and empowered to thrive. From fitness programs to research opportunities, it's more than just an initiative – it's a movement. Let's make it happen together.

Contact A Healthy MTU at this email address: AHealthyMTU@mtu.ie

FREE PARK & RIDE

Drive to the Curraheen Park Greyhound Stadium (T12 HNP4).

Park your vehicle in one of the MTU Park & Ride spaces.

Get on the MTU Park & Ride Bus (you may be asked to show your MTU Staff/Student ID).

Get off the bus at the MTU Bishopstown campus stop (at Rossa Avenue Bus Exit).



Park and Ride is in operation during term time only

Times as follows:

Greyhound stadium opening hours

Mon-Fri 7:30am – 6:30pm

8am – 10am (every 15 mins)

Leaving the greyhound stadium every 15 minutes.*

10am – 4pm (every 30 mins)

Leaving the stadium every 30 mins **on** the hour and 30 minutes **past** the hour. Leaving MTU campus every 15 minutes **past** and 15 minutes **to** the hour from MTU campus bus stop.*

4pm – 6.15pm (every 15 mins)

Leaving the greyhound stadium and MTU campus every 15 minutes.*

* Subject to traffic conditions



**MTU CORK
STUDENTS' UNION**



MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University