

# explicit

MTU STUDENTS' UNION MAG



MTU CORK  
STUDENTS' UNION

BECOME A  
STUDENT LEADER

ACTIVE CHATS  
COFFEE CLUB

WOULD YOU RUN FOR THE  
MTU CORK SU ELECTIONS?

**THE ONE WITH  
ALL THE JOBS!**

## COULD YOU REPRESENT 10K+ STUDENTS IN CORK?



**HUSTINGS  
12 MARCH**

**ELECTION DATE  
13 MARCH**

## MTU SU STUDENT GENERAL ELECTIONS 2025-26

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# GOOD VIBES, GREAT CAUSE: RAG WEEK 2025 - THE RESULTS!



We are delighted to announce that **€9,348** was raised during Raise And Give 2025 for Iris House (Cork Cancer Support). The success of RAG Week is a result of the shared efforts of MTU Cork Students' Union, Buildings and Estates, MTU Events and Hospitality, the Societies Office, the Chaplaincy, the Sports Office, MTU Arena, The Marketing Unit and the Arts Office.

It was lovely to see students and staff enjoying live events across campus and soaking up the festival atmosphere. Well done to Mick O'Mahony, Richard Noonan, Ellen Bamber and Patrycja Zbikowska who delivered a fantastic programme of events.

Huge thanks to our main sponsors MTU Events and Hospitality - their very generous support is very much appreciated. We also sincerely thank our other sponsors including those who provided the fantastic Rag Week Raffle prizes. We hope the lucky winners enjoy them.

The Media Design, Giving Back, Anime & Manga, Photography, Guild Gaming and Islamic Societies organised some very imaginative activities, which enriched the programme and greatly contributed towards the funds raised. We sincerely thank all those involved for their generous and voluntary support. Eric Marah and his colleagues added a sporting element with a the ever-popular RAG Soccer Tournament. Special thanks to Keith Brown, Mella Leonard and Joshua Volfango for all their hard work behind the scenes.

## Looking forward to RAG 2026!







# 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

## 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



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

### COLLEGE SUPPLIES AT STUDENT FRIENDLY PRICES

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## 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

SCAN HERE TO VISIT OUR LINKTREE

VISIT US [mtucorksui.ie](http://mtucorksui.ie)

CALL US 021 433 5270

FOLLOW US

## MTU STUDENTS' UNION OFFICERS & STAFF

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MTU CORK STUDENTS' UNION, 1ST FLOOR STUDENT CENTRE, BISHOPSTOWN, CORK. // TEL: 021 433 5274 // [MTUCORKSU.IE](http://MTUCORKSU.IE)

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Judah Arun

**Communications Officer**  
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**Entertainments Officer**  
Connor Cody

**Entertainments Manager**  
Mick O'Mahony // [corksuevents@mtu.ie](mailto:corksuevents@mtu.ie)

### Follow Us

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Visit [mtucorksui.ie](http://mtucorksui.ie)

# YOUR UNION YOUR VOICE



THINKING OF RUNNING  
IN THE MTU CORK SU  
ELECTIONS?

As a Students' Union Officer, you will have the chance to represent your peers and bring about the changes you'd like to see. Training and self-development opportunities are provided so you can develop your leadership skills and gain the type of experience that organisations look for when recruiting employees.

You, as a Union Officer will take on the responsibility of representing students, ensuring they get the best deal from their college life. Whether you represent their academic or welfare needs, it is your opportunity to make a difference. The Union defends the rights of students on all fronts, as well as representing student views to University management and political figures. The Officers support a number of Union led projects and events including Welfare Campaigns, Freshers Week, RAG Week, First Year Registrations and National Campaigns.

#### **COULD YOU BE THE NEXT MTU CORK SU PRESIDENT?**

The President is a member of many of the University's boards including the Governing Body and its subcommittees. The main areas of concern for the President are representation, organisation, finance, supervision and guidance of policy. The President is the main spokesperson of the students of MTU Cork. This person communicates with local media, political figures and businesses where appropriate. The President is also the Union of Students In Ireland National Council Representative.

#### **COULD YOU BE THE NEXT MTU CORK SU VICE PRESIDENT OF EDUCATION?**

The role of the Vice President Education is very broad and includes everything relating to academia;

- ▶ Building positive relationships and partnerships between University staff and students.
- ▶ Enhancing student engagement to develop and improve quality in education.
- ▶ Managing issues around course delivery, timetabling and exams.
- ▶ Managing Union Council and General Meetings.

The Vice President Education meets with students on a daily basis to assist them with their educational issues. Some projects include national education campaigns and Class Rep recruitment, training and organisation. The Vice President Education is a member of many University boards including Academic Council, the Appeals Committee and the Student Disciplinary Committee.

#### **COULD YOU BE THE NEXT MTU CORK SU VICE PRESIDENT WELFARE?**

The Vice President Welfare delivers an educational and awareness programme throughout the year to help students to manage personal issues including sexual health, mental health, accommodation, finance, safety, bullying and addictions.

The programme features campaigns such as S.H.A.G. (Sexual Health Awareness & Guidance) Week, Positive Mind and Body Week, Exam DeStress Campaigns, Equality Campaigns and Safety Week.

These campaigns address different issues which may affect students

in an attention-grabbing, fun and effective way. Along with this, the Vice President Welfare sits on many University committees which include the Student Assistance Fund, Athena Swan and the Safety Committee.

#### **COULD YOU BE THE NEXT MTU CORK SU COMMUNICATIONS OFFICER?**

The Communication Officer aids in the development of the Union's information and communication policy.

This Officer must be familiar with all the communication policies and all the communication media available to the union and ensure they are used to their full potential.

The Communications Officer keeps the membership of the Union informed through the provision of a regular Union publication in conjunction with the Sabbatical Officers and Union Staff.

#### **COULD YOU BE THE NEXT MTU CORK SU ENTERTAINMENTS OFFICER?**

The Entertainments Officer is responsible for the provision of entertainments and other forms of social and cultural activity for the members of the Union in conjunction with the Sabbatical Officers and Union Staff.

#### **COULD YOU BE THE NEXT MTU CORK SU PROJECTS OFFICER?**

The Projects Officer's role is to support the Sabbatical Officers in the areas of campaigning, Union development and projects.

# What qualities are needed to be an MTU Cork SU Officer?

## **FOCUSED/DEDICATED:**

The Officers' roles are extremely broad and they need to set out a strategy for the year with realistic and achievable goals. Project management skills are vital. The summer is a great time to learn what they need to know as well as prepare for the year ahead.

## **COMMITMENT:**

It is essential that Officers are committed and understand what is involved with the role. Sabbatical roles are full time and paid while non-sabbatical roles are undertaken in tandem with studies and are voluntary in nature. Consideration must be given to how much time can be allocated to the role and potential candidates should assess other commitments such as course requirements and part time jobs before opting to run for election.

## **RESPONSIBLE:**

The Officers of the Union must oversee many activities so having a responsible attitude is vital. They must keep themselves informed of issues, while being responsible for the students' views is imperative. They will also need to sit on boards that deal with sensitive issues.

## **INNOVATIVE/CREATIVE:**

New ideas for events, campaigns and promotion which will truly benefit the Union as a whole.

## **DIPLOMATIC:**

Good interpersonal skills are necessary to accomplish tasks and Officers need to be able to manage relationships with staff, students, management

and others in a tactful way. Often developing good relationships and gaining mutual respect is the key to affecting change and improvement.

## **ASSERTIVE/INFLUENTIAL:**

The Officers must often stand their ground when it comes to all sorts of initiatives, be it stand firm against University management, press or political figures. They will also need to become comfortable speaking in public and be able to influence the opinion of others.

## **SELF-AWARE:**

Officers should understand their strengths and weaknesses and by doing so create an opportunity to grow as individuals and as effective Union leaders. It is important to put the needs of the students and the Union as a whole ahead of the needs of the individual Officer.

## **REALISTIC:**

The Officers must be able to assess the feasibility of projects, ideas or campaigns in terms of legal, financial and resource limitations. When dealing with students' needs, an unbiased approach has to be brought to every specific case. Officers must check all the facts and hear everyone out before passing judgment. This will avoid leaping to conclusions based on incomplete evidence. Bringing every case to a fight will weaken credibility when a genuine case emerges.

## **CARING/APPROACHABLE:**

The Officers should practice empathy and patience, while listening to a student's needs.

## What's in it for you?

- ▶▶ Develop your management, communication, organisational, negotiation and leadership skills.
- ▶▶ Differentiate yourself from others on the jobs market
- ▶▶ Expand your work experience profile
- ▶▶ Join an energised team

Nominations  
will close at **5pm**,  
on **Friday 7 March**

# STUDENTS' UNION NOMINATIONS

Do you want to make  
a difference & advance  
your career?

The elections for the following MTU Cork Students' Union positions will take place on **Thurs 13 March 2025**:

**FULL-TIME  
SABBATICAL  
OFFICERS (PAID)**

President  
Vice President Education  
Vice President Welfare

**PART-TIME  
NON - SABBATICAL  
OFFICERS (VOLUNTARY)**

Projects Officer  
Entertainments Officer  
Communications Officer

## What are the terms of employment?

For Sabbatical Officers including the President, Vice President Welfare and Vice President Education, it is a full time paid position, commencing on the 1st June and ending 31st May. Sabbatical Officers work 39 hours per week, usually Monday to Friday but flexibility is necessary as many activities take place in the evening and occasionally at weekends. Familiarity with the Union's Constitution is essential and Schedule C refers to the rights and obligations of full time Officers as employees.

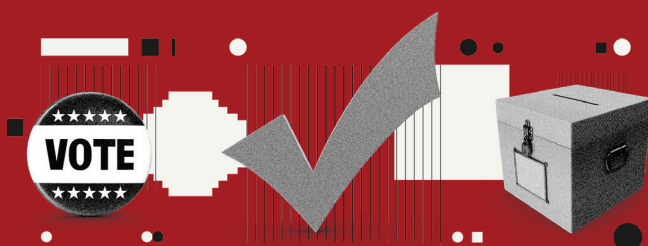
For Non-Sabbatical Officers, including the Projects Officer, Entertainments Officer and Communications Officer, the

jobs are voluntary and hours of work will be based around the class time/free time of the non-sabbatical Officers. It is advisable to speak to the current Officers to find out more and they can be contacted through the Students' Union.

The election process takes place entirely online and details will be made available to all Union members via email (mycit.ie accounts). Should you require information relating to the election process and rules, please contact **Vicky O'Sullivan** by emailing [vicky.osullivan@mtu.ie](mailto:vicky.osullivan@mtu.ie)

**For full details of the election process [CLICK HERE](#) or check your student emails.**

You can contact the current SU Officers to ask them about their experiences in the positions.



**For nomination rules & forms...**

**CLICK HERE**

Printed forms are available from the SU Office, 1st Floor The Student Centre.

# WHO ARE STUDENT LEADERS?

**Student Leaders work with Student Services, to promote a positive transition and welcome for first-year students starting at MTU. The aim is to help new students to make friends, develop strong support groups and assist first-year students in accessing all the support services available in the university. As students themselves, Student Leaders are aware of the challenges of transitioning into third level education.**



I love being a student leader because it allows me to help others feel more comfortable with college, organise impactful events, connect with different departments, and grow my social skills to the point where I now carry myself with confidence.

– Maryam Ewis, Year 4, Interior Architecture



Being a Student Leader has been an awesome experience. I've built up my confidence, learned how to support others, and picked up some cool leadership skills. It's great to be part of a group that lifts everyone up.

– Uriel Banduki, 3rd Year, Nutrition and Health Science

**Student Leaders work for MTU's Student Services on campus helping with many events and activities throughout the year which include, Open day, Orientation, Conferrings, Careers Fair and other departmental events. Each student leader can work up to 12 hours a week during the academic calendar.**



Being a Student Leader has opened so many opportunities for me. It's allowed me to make lifelong friends and improved my ability to clearly and effectively communicate with colleagues, visitors and other students.

– Jack O'Callaghan, 3rd Year, Bachelor of Business



I love being a student leader, because I made great, long-lasting friendships and get to enhance other students' college experience. One of the skills that I have improved on is teamwork.

– Mascha Blenn, 3rd year, Visual Communication



I encourage everyone to be a Student Leader as I expanded my connections inside and outside college. Skills gained and enhanced: Leadership, Public Communication, Confidence, Patience, teamwork, Active Listening, Adaptability, Collaboration, Problem Solving, Negotiation.

– April Araque, Final Year – Nutrition and Health Science.



Being a student leader has really helped me feel more confident in myself. I have really developed my leadership and problem-solving skills during my time as a student leader.

– Emma Muldoon Ryan, Year 4, Creative Digital Media



Working as a student leader I have learnt about event management and gained important interpersonal skills, and I love working with my amazing fellow student leaders.

– Luka Foley, 2nd year, Ba (Hons) Fine Art.



I love being a student leader. It's really helped me with my confidence, and I've made so many amazing friends through it.

– Siobhan Green, Year 4, Creative digital media



# WE ARE HIRING

**APPLICATIONS FOR THE POSITION OF  
STUDENT LEADER FOR THE ACADEMIC  
YEAR 2025/2026 ARE NOW OPEN**

Are You:

- Outgoing and Professional
- A Team Player
- An excellent Communicator

**APPLY NOW**

Through the link sent to you  
on your student email.

Then we want you to apply!



## MTU

Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University



**APPLICATIONS OPEN**

**14TH FEBRUARY - 7TH MARCH 2025**

Supported by the **MTU Innovation & Enterprise Office**

Would you like to be the next

# STUDENT ENTERPRISE INTERN?

Work alongside the Rubicon Team supporting student innovation & entrepreneurship activities at MTU

- Fully paid part-time masters of your choice (over 2 years)
- Weekly part-time wage
- Invaluable experiences & connections



Apply before 6pm  
7 April

**To Apply:**  
**Click on this advert**



# MTU PRIZE FOR INNOVATION 2025



**€14,500 in Cash Prizes  
To be won for your  
Inventions & Business Ideas**

**Closing Date  
13 March 2025**

- MTU Entrepreneur of the Year €4,000
- Best Business / Market Opportunity €1,500
- Best Concept €1,500
- President's Award €1,000
- Best Pitch on Innovation Day €1,000
- Best Cross Campus Application €1,000
- Best Exhibition Stand €1,000
- Best Social Enterprise €1,000
- Most Positive Environmental Impact €1,000
- Best Design Award €500
- Best Prototype Award €500
- Best Video shown on Innovation Day €500

**To Apply:  
Click on this advert**



- **Use your course work or final year projects for your application**
- **Apply on your own or as part of a team**

**Pitch day 26 March / Showcase 27 March**



SHAPING FUTURES TOGETHER

**JOBS!  
JOBS!  
JOBS!**

Head to **CAREERSconnect** to search hundreds of jobs.

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Health  
Check**

**MyCareer** is a suite of online and AI tools to get you going on your career.

**EMPLOYER CHATS** SEMESTER 2  
JAN - APR 2025

- 28th Jan
- 30th Jan
- 27th Feb
- 4th Mar
- 6th Mar
- 11th Mar
- 13th Mar
- 18th Mar
- 20th Mar
- 25th Mar
- 27th Mar
- 1st Apr
- 3rd Apr
- 8th Apr
- 10th Apr

**JOB OF THE MONTH**



**Jameson International Brand  
Ambassador Programme**  
Reference ID: K48M  
Closing Date: 31st March 2025

**Find this job and loads more  
on CAREERSConnect**

Click on the advert for details

**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

The 2000s—sometimes fondly (or not-so-fondly) called the Noughties—was a decade where digitalism took over, world politics shifted into chaos, and the idea of celebrity became a bloated, self-sustaining industry. Let's rewind to an era where optimism faded fast, globalisation accelerated, and society teetered between progress and peril.



## **THE NOUGHTIES:** *A DECADE OF DIGITAL REVOLUTION, WAR, AND WASTED CELEBRITY*

### **GLOBAL POWER SHIFTS**

As the world partied into the millennium on NYE 1999, a new political landscape was taking shape. Vladimir Putin took power in Russia, setting himself on the path to global arch-villainy. Across the Atlantic, George W. Bush's contested 2000 election win paved the way for decades of Republican-fuelled political turbulence. Meanwhile, Tony Blair in the UK and Angela Merkel in Germany carried the neoliberal torch, while China tightened its economic grip. And in Ireland? Bertie Ahern surfed the Celtic Tiger wave, blissfully ignoring the coming crash.

### **9/11 & THE WAR ON TERROR**

The world changed forever on September 11, 2001. Al-Qaeda's attacks on the Twin Towers, the

Pentagon, and Pennsylvania shook global security to its core. The aftermath? The War on Terror. NATO invaded Afghanistan, briefly ousting the Taliban, and a few years later, Bush and Blair launched the disastrous 2003 Iraq War—destabilising the Middle East in ways we're still feeling today.

### **SPORTING HEARTBREAKS**

Irish football fans celebrated their team's 2002 World Cup qualification—until the infamous Saipan debacle between Roy Keane and Mick McCarthy overshadowed everything. The rot set in under Brian Kerr and Steve Staunton, with Ireland's 2010 World Cup hopes crushed by Thierry Henry's blatant handball. Elsewhere, Man United dominated under Alex Ferguson, Jose Mourinho made football

management fun again, and Munster ruled European rugby.

### **CELEBRITY CULTURE BLOWS UP**

Reality TV turned everyday people into overnight sensations, starting with Big Brother in 2000. I'm a Celebrity... gave fading stars a second chance, while The X Factor and Popstars produced pop acts like Girls Aloud—some with lasting success, others disappearing into oblivion. But the detritus? Katie Price (Jordan), Jodie Marsh, Peter Andre, and Fran Cosgrave became tabloid staples. Britney Spears' public meltdown in 2007 summed up the darker side of 2000s fame.

## MUSIC: A GOLDEN AGE OR A MIXED BAG?

Pop was dominated by Kylie Minogue, Justin Timberlake, Gwen Stefani, and Lady Gaga, while Calvin Harris and David Guetta kickstarted the EDM era. Indie rock thrived—Oasis bowed out in 2009, paving the way for Arctic Monkeys, Franz Ferdinand, and Coldplay's world domination. Hip-hop saw Eminem, Jay-Z, and Kanye West reign supreme, while Beyoncé and Rihanna became R&B royalty. Meanwhile, Green Day, The Killers, and Kings of Leon ruled rock, and Avril Lavigne gave us the Sk8r Girl aesthetic.

## FILM, TV & TECH EVOLUTION

The 2000s delivered cinematic magic with Harry Potter, Lord of the Rings, and Shrek, while HBO changed TV forever with

The Sopranos. Shows like Sex and the City, Futurama, Prison Break, and Lost kept audiences hooked. Meanwhile, technology was advancing fast—mobile phones flip-flopped in size, illegal downloads threatened the music industry, and YouTube and Netflix emerged mid-decade. The biggest game-changer? Facebook's launch in 2004, laying the groundwork for the smartphone-dominated social media world we know today.

## THE CELTIC TIGER & THE 2008 CRASH

The 2000s saw Ireland's economy soar—house prices skyrocketed, New York shopping sprees became a middle-class pastime, and second homes in Bulgaria were all the rage. Then, in 2008, the financial crisis hit. Lehman Brothers collapsed, and the

global economy imploded. Bertie Ahern, having lived large, jumped ship, leaving Ireland hurtling toward the infamous 2010 bailout.

## THE NOUGHTIES' GREATEST MISTAKES

Chunky trainers, overpriced nightclubs, Hearsay, mini-discs, Crazy Frog, the Friends spinoff Joey, and—wait—did we seriously pay for phone screenshots? Some things are better left in the past.

The 2000s were chaotic, fascinating, and deeply flawed—but undeniably unforgettable.



# STUDENT RACE DAY TICKETS ON SALE

MONDAY 3RD MARCH @ 9AM



EVENT DATE **20TH MARCH**

BUY EARLY TO AVOID DISAPPOINTMENT

Don't forget to check your MTU Student Emails for Exclusive Access Link to the Student RACE DAY ticket sales.

Max 2 Per Person

PLEASE NOTE - The buyer of the ticket(s) must produce an MTU Student Card on the day of RACE DAY.

TICKETS:

**€40**



First 1000 tickets include bus to and from the Race course.

PER TICKET

@mtu\_corksus  
#MTUStudentsUnion



**FASH**

## Fashion Repair Kit



Available To Borrow from  
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Repair - Reuse

Demo Videos to guide you through the repair



Click on the advert for details

## LANGUAGE EXCHANGE EVENT!

Would you like to practice your languages?

Learn to practice a new language

French/German/  
Spanish at beginner and intermediate level.  
Other languages will be added in future events if there is interest.

Practice a language you have already learnt



Everyone is welcome!

Complementary coffee/tea

Chance to win One4All vouchers (T&Cs apply)

5th March  
1 - 4 PM

Seminar room  
Melbourn Building



Proudly facilitated and supported by The Teaching and Learning Unit & AnSEO - The Student Engagement Office

# 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](mailto:corksublications@mtu.ie)

Last issue's winner: Roshyn Chameni





**MTU**

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# EQUALITY, DIVERSITY & INCLUSION (EDI)



## EDI Roadshows coming to a campus near you!

To showcase some of the many inclusive initiatives we have across MTU, our 3rd annual **EDI Roadshow** will soon be visiting most of our campuses. This year we are aligning with **LGBT+ Society FLAG Week** and **International Women's Day** - come join us to learn about EDI, pick up some goodies on the day, and enter a giveaway!

- Week commencing 24th February:
  - Tuesday 25th February, 11am - 2pm, EDI Roadshow, Bishopstown Main Building Corridor
  - Wednesday 26th February, 11am - 12pm, Cork FLAG Week Coffee Morning, Bishopstown, Tourism & Hospitality
  - Thursday 27th February, 10.30am - 2pm, Kerry FLAG Week Coffee Morning & EDI Roadshow, North Campus Atrium
- Week commencing 3rd March:
  - Tuesday 4th March, 11am - 2pm, CCAD foyer
  - Wednesday 5th March, 11am - 2pm, CSM foyer
  - Thursday 6th March, 11am - 1pm, NMCI foyer
  - Friday 7th March International Women's Day - NMCI



International Women's Day



At a time when Equality, Diversity & Inclusion is being increasingly challenged, it is more important than ever that we show up publicly for all marginalised people. Staff and students welcome - come show support on your campus!

**EQUALITY, DIVERSITY & INCLUSION**  
**EDI@MTU.IE @EDIMTU**





# A HEALTHY MTU: ROADSHOW WEEK

In today's fast-paced world, prioritising health and wellbeing can feel overwhelming. That's why A Healthy MTU is making it easier—bringing wellness directly into campus life. During Roadshow Week (February 4th–7th), students and staff got a firsthand look at the workshops, activities, and initiatives that will help shape a healthier MTU community.

The week kicked off with interactive Information Stands, where students and staff discovered the many health and wellbeing resources available—both on and off campus. Of course, the free merch and prizes were a bonus, but the real takeaway was the awareness of support services that many may not have known existed.

Midweek, a Staff Wellbeing Workshop provided a space for faculty to voice their thoughts on campus wellness initiatives. A quick movement break reinforced a key message—everyone benefits from taking time to move. Meanwhile, the Healthy Cooking Demo, hosted by the Department of Tourism and Hospitality, was a crowd favourite. Packed with eager participants, it showcased simple, nutritious meals—along with plenty of delicious samples.



*A Healthy MTU Team  
(from left, Siobhan Griffin, Lisa Harold, Luke Hanna,  
Cian O'Neill, Andrea Bickerdike & Lauren Muttucomaroe)*

By Thursday, the focus shifted to active engagement. Active Chats at the MTU Arena blended movement with socialising, from yoga and basketball to board games and free snacks. Later, the Couch Chat Event delivered a powerful discussion featuring Oisín McConville, Dr. Melissa Kelly, and Timmy Long. With MC Dr. Cian O'Neill leading the conversation, the packed audience listened to deeply personal stories of addiction, adversity, and resilience—proof that open dialogue can break barriers and inspire hope.

To wrap up the week, a simple but impactful lunchtime movement break at the Athletics Track reminded students that even a short walk can boost energy and mood.



**With such a strong response to Roadshow Week, A Healthy MTU is just getting started.**

**Follow @ahealthymtu on Instagram for upcoming events, movement breaks, and more ways to get involved!**

Contact A Healthy MTU at this email address: [AHealthyMTU@mtu.ie](mailto: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



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STUDENTS' UNION**



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