

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

PHOTOS FROM MTU'S RECENT
GRADUATION CEREMONIES

FLYNNERS FLYING COLUMN
EXPLORES MALAGA

NAVIGATING YOUR
MENTAL HEALTH

LET'S TALK ABOUT
ASTHMA



POSITIVE BODY & MIND WEEK

11th - 14th November, 2024



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2024-2025

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BAMBER**

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

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NOONAN**

PRESIDENT

- Representation
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- National Issues
- Facilities & Services
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LETS TALK ABOUT ASTHMA



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MTU STUDENTS' UNION OFFICERS & STAFF

Explicit Production, Design & Advertising
keith Brown // corksupublications@mtu.ie

MTU SU Cork President
Richard Noonan // supresidentcork@mtu.ie

VP Education
Ellen Bamber // sueducationcork@mtu.ie

VP Welfare
Patrycja Zbikowska // suwelfarecork@mtu.ie

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

Projects Officer
Judah Arun

Communications Officer
Alma Krause

Entertainments Officer
Connor Cody

Entertainments Manager
Mick O'Mahony // corksuevents@mtu.ie

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MTU CORK
STUDENTS' UNION

TIMETABLE



POSITIVE BODY & MIND WEEK

11th - 14th November, 2024



Mon 11th

Wii Sports

"Doughnut Quit Get Fit" Game
How you doin? (stand)

Bishopstown

Common Room, 11-2pm

NMCI

Canteen, 12-2pm



Tues 12th

Yap & Draw Station

"Doughnut Quit Get Fit" Game
How you doin? (stand)

Crawford

Canteen, 11-3pm



Wed 13th

Rumleys Farm Petting Zoo

Positive Body & Mind
Magic Show

Yap & Draw Station

Bishopstown

The Courtyard, 11-3pm

Bishopstown

Common Room, 1-2pm

Bishopstown

Common Room, 12-2pm



Thurs 14th

Wii Sports

Yap & Draw Station

"Doughnut Quit Get Fit" Game
How you doin? (stand)

CSM

Common Room, 11-3pm



It can feel like you are the only one who is going through a difficult time. It can be difficult to admit that you are suffering, especially when it appears that everyone else is doing fine. I know what this feels like, and I would like to offer you tips that have helped me reach recovery. It may be of help to anyone struggling with their mental health or just life challenges faced by us all to varying degrees.

Your Wellness

Essential Tips for Navigating

Know Your Condition Inside Out

Your doctors may know the science, but you know yourself best. Start by learning more about your diagnosis. Check out Psych Central's "Inside Bipolar" podcast, where Gabe Howard, a bipolar survivor, and Dr. Nicole Washington share insights and advice.

Understanding Anosognosia

Anosognosia, common in bipolar and schizophrenia, is when you can't fully recognize your condition. This often leads to stopping meds and relapsing. Self-awareness and setting clear goals in therapy can help you counter this.

Acceptance is Key

Accepting your diagnosis, however tough, is essential for long-term wellness. Without acceptance, recovery becomes an uphill battle.

Medication Management

Medication is highly individual, and it might take time to find the right combo. If you feel stuck or experience unwanted side effects, talk to your psychiatrist. It's a process, but honesty with your caregivers is crucial.

Build a Tight-Knit Support Network

Select a few people you'd trust with your life, who know your mental health journey well. Create a safe, private group chat to signal when you're struggling—this small circle can help you spot problems early on.

Explore Spirituality

Spirituality can be grounding, even if you're skeptical. Finding meaning in difficult experiences can offer relief and peace of mind.

Therapy for Stability

Counseling can teach valuable self-management tools once you reach a stable point. Rather than focusing on the past, it's about building skills for the future.

Prioritise Healthy Habits

Regular exercise, a nutritious diet, and avoiding substances like alcohol, cannabis, and other drugs are critical. They can trigger mania, psychosis, or worsen depression, so invest in habits that support your wellness.

Develop Your Personal Capital

Work on skills, values, education, and emotional resilience. These assets can make you feel not only "not sick" but genuinely well.

Maintain Routine and Sleep Hygiene

Consistent routines and good sleep are powerful stabilizers. If you're struggling with sleep, consult your doctor.



Grow Your Emotional Intelligence

Knowing your emotions and why others react the way they do can make life smoother. If you struggle to articulate feelings, seek therapy to develop this skill.

Cognitive Hacks

Memory issues can come with mental illness, so use digital reminders, notes, and alarms to stay on track. Don't worry about remembering every detail—focus on the big picture.

s Arsenal: igating Mental Health

Go at Your Own Pace

Recovery isn't linear; it's okay to take things slow. Your journey is personal, so let others know that rushing isn't helpful.

Find Strength in Helping Others

Helping others can also help you. Share your experience if it feels right—your insight can be invaluable to someone else on a similar path.

Try Cold Water Immersion

Cold therapy can help regulate the nervous system and may ease symptoms. If you're curious, start with cold showers and visit wimhofmethod.com for more info.

Practice Mindfulness and Meditation

Regular mindfulness practice can help manage stress, anxiety, and more. Though rare, some people manage their condition this way without meds—just don't go off your medication without a doctor's guidance.

Address Sexual Dysfunction

Medication or mental health issues may affect libido, and it's nothing to be ashamed of. It's a sign of resilience—keep going, and remember this side effect often improves over time.

Mental wellness is like a long, winding mountain trek. One step at a time, you'll get there. You're not alone — keep moving forward.

Further reading and resources:

MTU Counselling Services - full details and links on page 17

<https://mymind.org/>

<https://www.betterhelp.com/>

<https://psychcentral.com/>

<https://www.samaritans.org/>



Fantastic New Study Pods

Have you had a chance to visit our MTU campus libraries at **CSM** and **NMCI** this semester? If so, you've probably noticed our fantastic new Study Pods!

Equipped with a video display unit (VDU), adjustable lighting, and comfortable seating, these pods provide a perfect and accessible space for students who are looking to work together on projects with peers and friends.

At MTU Libraries we recognise the benefits of providing these kinds of spaces to students. Group-work makes learning a lot more enjoyable and the Study Pods are designed to provide a unique space where you and your friends can share ideas and work together creatively on projects. And because the pods are soundproofed, you won't even need to worry about talking too loudly in library!

So, when it comes to your next assignment, or whenever it is you're next preparing for a presentation or exam, why not book one of the Study Pods at CSM and NMCI. It'll be worth it.

For details on how to book a Study Pod or Study Hub please visit the library homepage:

<https://library.cit.ie/book-student-study-hubs>



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Coffee Club!

Meet in The Foyer, MTU Arena
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MTU Counselling
Service for Students



MTU CORK
STUDENTS' UNION





Congratulations to the MTU Class of 2024!

Over eight days, an impressive 3,232 graduates were conferred awards across the Cork and Kerry campuses including our own SU Officers (Top left: Richard Noonan, SU Cork President and Patrycja Zbikowska, VP Welfare; pictured with MTU President, Professor Maggie Cusack. Top right p13: Ellen Bamber VP Education).

Check out some of the amazing photo albums capturing the celebrations at www.facebook.com/myMTU



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Flynnner's Flying Column

By James Flynn

Alright, let's face it—when we think of Spain, we usually picture wild beach parties, endless sangria, and maybe even a bit of flamenco. But trust me, if that's all you're expecting from Málaga, you're about to have your mind blown. This Andalusian gem in Southern Spain is so much more than just a party hotspot. Let me take you through my recent trip, where I discovered that Málaga is a city that effortlessly blends ancient history, stunning views, epic food, and chill vibes.

EXPLORING MÁLAGA: MORE THAN JUST SUN AND PARTY VIBES

Day 1: Getting the Lay of the Land

Landing at Málaga Airport on a sunny Sunday, I hopped in a taxi straight to Hotel Málaga Nostrum Airport (a 5-minute drive, so you can go from runway to rooftop pool in no time). After checking into my cozy room overlooking the Málaga Mountains, I grabbed a drink at their sleek bar to kick off the trip. Feeling refreshed, I decided to head downtown for an evening wander.

The best part? Even though my hotel was about two miles from the city centre, the local buses are super affordable—just €1.40 per ride! And if you're into craft beer, check out O'Haras Bar (but don't expect Guinness—it's all about Irish craft brews here).

Day 2: History, Culture, and Insta-Worthy Views

If you're a fan of ancient ruins and jaw-dropping architecture, Málaga has got you covered. I started the day exploring three iconic sites:

Roman Theatre: Discovered in the 1950s, this well-preserved gem is a quick throwback to ancient Rome.

Alcazaba Fortress: An 11th-century palace with lush gardens, intricate arches, and interiors that give major Aladdin vibes.

Gibralfaro Castle: Get ready for a workout as you hike up to this ancient fortress. The views? Totally worth the sweat. You'll see the entire city skyline, the bay, and the surrounding mountains.

Pro tip: Grab the €10 combo ticket for

all three spots—it's valid for 48 hours, so no pressure to rush through. After four hours of exploring, I cooled off with a much-needed cold drink (hydration is key, people).

For dinner, I hit up Er Pichi De Cai by the beach for some fresh seafood, followed by late-night sangrias at Sala Premier Huelin—the perfect end to a packed day.

Day 3: Chill Vibes Only

After all that sightseeing, I decided to take it slow. The hotel's rooftop pool is where it's at. Imagine lounging under the Spanish sun, sipping a cold drink, with a backdrop of mountains and mellow dance music. I soaked up every minute until the sea breeze started to cool things down.



When the evening rolled around, I explored Playa De La Misericordia, Málaga's popular beach spot. Volleyball games were in full swing, and there's a massive industrial chimney (the Chimenea De La Constancia) that's now a local landmark. The whole area has a laid-back vibe—perfect for sunset walks or just people-watching.

Day 4: Museum Hopping & Artsy Adventures

If you're into cars or fashion, Museo Del Automóvil Y La Moda is a must-see. Vintage cars + chic fashion displays = a surprisingly cool combo. Next up was the Russian Art Museum for a deep dive into 20th-century art. Málaga has a ton of museums, so you can't hit them all in one go, but the Museo Picasso and Museo

De Málaga are definitely worth your time (heads up: expect queues).

Dinner was back at the hotel before I wrapped up the evening cheering for Ireland's Euro 2026 qualifiers with a pint at O'Haras.

Final Day: Cathedral & Tapas Bliss

Before catching my flight back to Cork, I squeezed in a visit to Málaga Cathedral—a stunning Renaissance masterpiece. As I strolled through the winding streets of the old town, it was easy to feel the city's ancient roots, from the Phoenicians to the Greeks.

After some last-minute souvenir shopping, I indulged in one last tapas and wine session. The final stop? A relaxed evening at Sala Premier

Huelin for a sangria (or three) before heading back to the hotel.

Final Thoughts

Málaga isn't just a place to get a tan and party all night. It's a city bursting with history, culture, and hidden gems that'll leave you wanting more. Whether you're into art, food, or just chilling by the beach, this city has a vibe for everyone.

Pro Travel Tip: Málaga is easily accessible from Cork with flights year-round on Aer Lingus and Ryanair. So, what are you waiting for? Grab those tickets, pack your bags, and get ready to experience a side of Spain you never knew existed.

Hasta luego, Málaga!



A FINAL NOTE DERE ... A Moment of Connection and Reflection

As my Málaga trip came to an end, something unexpected happened that put everything into perspective. It was 4 a.m. at the airport, and as I waited to board my flight back home, a stranger called me over. He looked like he could use some company, so I joined him. Without hesitation, he bought me a coffee and croissant and began to share his story.

He was a sales consultant living in Málaga but was heading back to Liverpool. The reason? He had just received heartbreaking news that his partner, who was terminally ill with cancer, had taken a turn for the worse. As he spoke, I could see the tears welling up in his eyes, even as he tried to smile through the pain. Despite his grief, he showed a kind of strength and warmth that really moved me. We exchanged contacts, hugged, and parted ways, but that brief connection stayed with me long after.

What made this encounter even more poignant was that it happened the day after World Mental Health Day. It was a powerful reminder that we never truly know what battles others are fighting beneath the surface. In our daily rush, we often forget how much a small act of kindness or simply listening can mean to someone who's struggling.

Reflecting on Liam Payne's Tragic Loss

Just over a week after that conversation, the tragic news broke of Liam Payne's untimely death. Despite all his fame, money, and success, it's a stark reminder that mental health challenges don't discriminate. The pain of feeling alone, even in a world filled with people, is something that can touch anyone, regardless of status.

Liam's passing is a call for all of us to check in on each other and create spaces where people feel safe to speak up. This applies not just in our personal lives but also on our college campuses, like here at MTU. Let's be real—it can get lonely out there, especially in a world that's constantly trying to convince us that everyone else is living their best life. Supporting one another and being open about mental health is how we make sure that nobody feels like they're struggling alone.

May Liam Payne rest in peace, and may his loved ones find strength in the days ahead. Let's honor his memory by being there for one another.

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Tickets must be pre-booked online to avail of the offer. Simply show your Young Adult or Student Leap Card along with your booking to the driver when you board.



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At MTU, we challenge and do not tolerate harassment, discrimination, or prejudice.

How can you stop racism?

If it is safe to do so, address the behaviour or language used, rather than the person. (i.e. instead of calling someone racist, ask them, 'Why would you say something like that?').

If it is not safe, focus on the person affected, rather than the attacker, and ask them what support they are needing.

Never ignore racism. Lack of action can be interpreted as acceptance or approval.

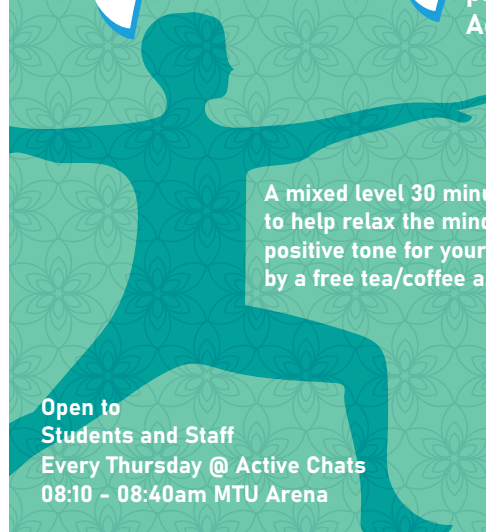
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Services for Students



MTU Counselling
Service for Students

In support of

**POSITIVE
BODY & MIND WEEK**

11th - 14th November, 2024

There is a range of mental health supports available to you from MTU Student Counselling Service ... committed to supporting student mental health & wellbeing.

[Check Your Wellbeing here](#) A wellbeing quiz that indicates your suitability for Silvercloud online programmes which can help you manage the way you think and feel. Online programmes available on Resilience, Sleep, Stress, Alcohol and other topics. [Learn more here](#)

MTU Student Counselling Service

MTU provides a confidential counselling service across all campuses to support you during times of need. Playing a vital role in the University's commitment to creating a caring and friendly environment, the service is free and confidential for full time students. [You can learn more and book an appointment here for Cork.](#)

Mindfulness Course

Learn practical skills to help manage stress and overthinking. The KORU/MIEA Mindfulness Course is the only evidence-based mindfulness course designed for college-aged adults.

[Keep an eye on upcoming courses and learn more here.](#)

Togetherall

This is an online mental health community that offers safe, anonymous and supportive space for students who may be going through similar challenges. You can anonymously connect with peers and access a range of self help resources to manage mental health. [Learn more about Togetherall here](#)

24/7 Crisis Text Line

24/7 free text "MTU" to [50808](#) - This is a free text service that is run independent of MTU. They are there for everything from calming chats to support during a mental health or personal crisis (big or small)

Speak Out

MTU's Speak Out is an anonymous tool for students to report incidents like bullying, harassment or other harmful behaviours. This tool provides a confidential way to raise concerns and access support.

[Find out more here](#)

Mental Health E- Books

MTU encourages bibliotherapy, offering self-help books through the library to support student mental health & wellbeing. [Visit here to learn more](#)

Bishopstown Campus Active Chats Coffee Club

Every Thursday 8-9am. Starting on World Mental Health Day, October 10th, staff and students are invited to the MTU Arena every Thursday morning to participate in a range of activities, socialise, and connect. A snack and drink voucher will be provided to all attendees.

Student Stress Relief

Check out the Curraheen River Walk for a Refreshing break. The walkway near MTU Cork is known as the Curraheen River Walk. It runs along the Curraheen River, offering a nice walk in nature. Take a break and get some headspace.

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[Click here to book!](#)



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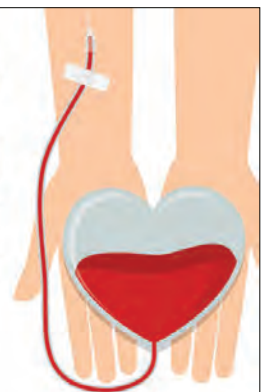
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Last issue winner: Angela Jaison

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19th November
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LET'S TALK ABOUT ASTHMA

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs.

In asthma, the airways become over-sensitive. The muscles in the walls tighten up and then the lining of the airway then become swollen and produces mucus. All of these changes leave little room for air to flow in and out.

Asthma cannot be prevented or cured but the clinical symptoms can be effectively controlled with appropriate treatment.

DID YOU KNOW?

- 1 in 13 people in Ireland currently have asthma.
- Asthma runs in families and if you or family member have hay-fever or eczema then you are more likely to develop asthma.
- Adult-onset Asthma can develop after a respiratory tract infection.
- Asthma is the most prevalent health condition among young Irish adults.
- One person dies every 6 days in Ireland because of Asthma.
- Four minutes: How often someone visits A+E with Asthma.
- Exposure to smoking during pregnancy or in childhood increases a child's risk of developing asthma.

There have been a lot of changes recently in the approach to management of asthma...

It is extremely important that preventer medication (Brown inhaler or combination inhalers) is taken regularly and as prescribed. If there is need to use the reliever inhaler then the preventer inhaler should also be taken at the same time. Using your blue inhaler only may give some immediate relief to symptoms but will not control them. Overuse of the reliever inhaler on its own increases the risk of asthma attack. If you have to use your blue inhaler more than twice a week then your Asthma is not controlled. All asthmatics should have an Asthma Action Plan.

What to do in the case of an Asthma Attack:

Follow the Irish Asthma Society's Five-Step Rule

- Stay calm. Sit up straight – do not lie down
- Take slow, steady breaths.
- Take one puff of your combined inhaler every 1-3 minutes (max 6 puffs) or 1 puff of your reliever (blue) inhaler every minute. (max 10 puffs) .
- Call 999 or 112 if symptoms don't improve after 10 mins.
- Repeat step 3 if an ambulance has not arrive in 10 minutes.

Remember, if someone is having an asthma attack, do NOT leave them on their own.

If you have any concerns or questions about your Asthma please contact the MTU Medical centre.

Useful links: <https://www.asthma.ie> <https://www2.hse.ie/conditions/asthma>

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