

explicit MAGAZINE

MTU Cork Students' Union



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



S.H.A.G.*

* Sexual Health, Awareness & Guidance

WEEK

11 - 14 Oct



ALSO IN THIS ISSUE:

- **All the latest MTU Cork happenings**
- **Special S.H.A.G.* Week Issue**
- **Competitions to WIN One-4-All Vouchers!**

AND LOTS MORE!

current
account
from your credit union

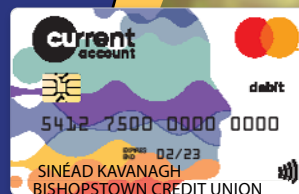


Bishopstown
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For more information log onto www.bishopstowncu.ie/current-account/ or call into one of our two branches.

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S.H.A.G.*

* Sexual Health, Awareness & Guidance

WEEK

11 - 14 Oct

Monday 11th October, 1pm

Consent Tea Party

Talking about all things
Consent with Mary Crilly



Complimentary
tea, coffee,
biscuits & cakes!

Ground floor of
The Student Centre!

This is a ticketed event
Please book by emailing:
Fiona.Leddy@cit.ie

Bookings can be made in groups
of between 4 and 6 people



MTU Cork
Students' Union



sexual violence centre cork
CORK CIT • GARDNER • WILKINSON

Part of:
S.H.A.G.*
* Sexual Health, Awareness & Guidance
WEEK
11 - 14 Oct

Tuesday 12th October

DASH unit on campus, 10am - 2pm,
for all your Sexual Health questions

Konrad Im's
online webinar:

LGBTI+
Sexual Health
and Wellbeing

at 1pm

To Register,
please email:
event@cit.ie



MTU Cork
Students' Union



MTU
Oileolaíocht na Mumhan
Munster Technological University

Part of:
S.H.A.G.*
* Sexual Health, Awareness & Guidance
WEEK
11 - 14 Oct

Wednesday 13th October

SAFE GIGS

with Mary Crilly in
the Student Centre,
at 1pm

SAFE GIGS

A new initiative to make gigs
and nightlife safer by creating
a zero tolerance environment
for sexual violence



Part of:
S.H.A.G.*
* Sexual Health, Awareness & Guidance
WEEK
11 - 14 Oct

MTU Cork
Students' Union



MTU
Oileolaíocht na Mumhan
Munster Technological University

Thursday 14th October

ACTIVE*CONSENT

Online Workshop

1.00pm - 1:30pm

No active participation from students is required
during this workshop

This is a safe place where students
can learn about consent

To Register, please
email: event@cit.ie

MTU Cork
Students' Union



MTU
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Munster Technological University

Part of:
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Congratulations to last issue's One-4-All vouchers winners - Student Profile: Brendan Power, Patricia O'Sullivan Quiz: Anna Farrell

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Your Union Your Voice

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OUR COMMITMENT

Assuring you that your Students' Union is working very hard on your behalf to increase on campus contact hours...

BECOME A CLASS REP

If you would like to raise concerns, issues or give feedback you can contact us, but another great way is by becoming a Class Rep to represent the views of your entire class.

To find out more please visit our webpage [HERE](#)

Elections are now underway, and we have asked academic staff to facilitate the elections during class delivery. We really appreciate their support.

Dependent on the class size, two or more Class Reps may be required – the rule of thumb is one Class Rep

Attention All New & Returning Class Reps...



Please make sure you register as a Class Rep at this Link:
www.citsu.ie/Forms/ClassRepReg

to 20 students. Elected Class Reps must register with us either online Here or by calling to the SU office.

Please contact Cian Email: SUEducationCork@su.mtu.ie if you would like more information or support with the election process.

MTU CORK SU FREE LIDL SHOPPING SHUTTLE

The free MTU Cork SU LiDL Shopping Shuttle is back and will run each Monday - full details available here To book your place email fiona.leddy@cit.ie (also indicate if you would like to join the mailing list.) Service available for MTU Students only. Masks are mandatory on the bus. Book early to secure your place.

LAB COATS AND SAFETY GOGGLES

There is a limited stock of Lab Coats (€14) and Safety Goggles (€2.50) on sale from the Students' Union Office. Payment methods: Student Card or Cash.

MTU CORK SU GENERAL MEETING

Date: TUES, 12TH OCTOBER
Time: 1pm

ONLINE
(Keep an eye on social media for details)
All Students Welcome

YOU SHOULD BECOME A CLASS REP!



Represent your class at SU Council

Develop new skills and Knowledge

Improve your communication and negotiation skills

Organise events for your class such as academic webinars, hoodies, etc.

Looks Fantastic on your CV

For more info please contact the Students' Union...
E: SUEducationCork@SU.MTU.ie or view www.MTUCorkSU.ie



MTU Cork Students' Union

Your Union Your Voice



STUDENT LEAP CARDS

Student Leap Cards for 2021/22 are available to pick up from the Students' Union Office once ordered online. We sincerely apologise to any of you who have already tried to collect your card - there were technical issues being experienced on a national level which were beyond our control.

“

All you need to know in order to apply for your Student Leap cCard ...

<https://about.leapcard.ie/faqs>

”

To apply for a Student Leap Card you will need to go to www.leapcard.ie (choose “Buy”, the “Student” under card type). Follow the instructions (you will pay for your card during this process - €10 which includes €5 travel credit). Once you have this done, you will be asked to proceed to an agent (that's us!) with your order confirmation number and your student ID (we use that to verify your student status). Once verified, we will print your card there and then. If you are having trouble with your application or need more information about your Student Leap Card, you can check the Leap Card website [HERE](#)

To top up your Student Leap Card, please go to the Quik Pick shop, ground floor of the Student Centre.

Yours Sincerely,
Aisling, Cian & Sinead, Your SU Executive

The SU in collaboration with MTU Cork Accommodation Office have collated a short term accommodation options list which may help some of you out. We've got your back!

Student Accommodation

Short term options



Cork City B&B's

Olde House B&B, Glasheen	021 6020886	denisleahy57@gmail.com
Sheila's Hostel, Wellington Road	021 4505562	information@sheilashostel.ie
Killarney House B&B, Western Road	021 4270290	reception@killarneyhouse.com
Redclyffe B&B, Western Road	021 4273220	info@redclyffe.com
Anam Cara B&B, Western Road	085 8645216	anamcara2@ymail.com

Cork City Hotels

Metropole Hotel, McCurtain Street	021 4947541	phurley@trigonhotels.com
Ashley Hotel, Coburg Street	021 4501518	info@ashleyhotel.com
Clayton Hotel, South Mall	021 4224948	res.corkcity@claytonhotels.com
Maldron, Shandon	021 4529200	reservations.shandon@maldronhotels.com
River Lee, Western Road	021 4937713	www.doylecollection.com/cork
Jury's Inn, Andersons Quay	021 4943000	www.jurysinns.com
Kingsley Hotel, Sunday's Well	021 4800500	reservations@thekingsley.ie
REZz Cork, MacCurtain Street	021 4551149	Tara@rezz.ie

Suburbs

Oriel House, Ballincollig	021 4208400	info@orielhousehotel.ie
Cork International Hotel, Cork Airport	021 4947541	phurley@trigonhotels.com

COMMON QUESTIONS ASKED ABOUT STI'S

Sexually Transmitted Infection

Part of:
S.H.A.G.*
*Sexual Health, Awareness & Guidance
WEEK
11 - 14 Oct

JOE MET HIS FRIEND TOM AT TRAINING

Joe: I received a text last night from an ex-girlfriend telling me that she has just tested positive for Chlamydia. I am freaked out! I haven't noticed anything different. What do I do next?

Tom: That happened to me last year. I phoned the medical centre in MTU and got speaking to one of the college nurses. She booked me into their STI clinic. This takes place on Mondays and is free. I had a blood test, throat swab and had to give a urine sample – I was told not to pass urine for one hour before my appointment and the sample was first void. My urine test was positive for chlamydia. I was given antibiotics for 1 week and had to send a text to my previous girlfriends to let them know. No need to be freaked out, just call the medical centre.

LINDA PHONES HER OLDER SISTER MOLLY

Linda: I have been on the pill for the past 6 months and I am now bleeding all the time. What do I need to do? Is this serious?

Molly: Did you miss any pills? Have you had a STI screen? You should contact the MTU medical centre and book an appointment with one of the doctors to chat with them about it. If you have any infection, it can be treated. You might need to change to a different pill.

Medical Centre, The Student Centre
For appointments and queries:

Tel: 021 433 5780

Monday to Thursday 8.30am to 4.30pm
and Friday 8.30am to 2.30pm.

Phonelines are closed daily 1-1.30pm

<http://www.mycit.ie/medical>

SEAN HAS NOTICED LUMPS ON HIS PENIS AND IS WORRIED ABOUT THEM

He asks his boyfriend Mike what he should do next?

Mike: You should phone the MTU medical centre and book an appointment for the Doctor STI clinic. You will get an STI screen, free of charge. If they think you have genital warts then you might be offered Cryotherapy to treat them.

MARY MET HER FRIEND AT THE GYM

Mary: Pat and I are now exclusive. I had a STI screen last year – do I need to do another one now?

Ann: Yes, I think so. Do you not need to have a STI screen every time you change partners? You should call the MTU Medical centre and ask them.

In summary...

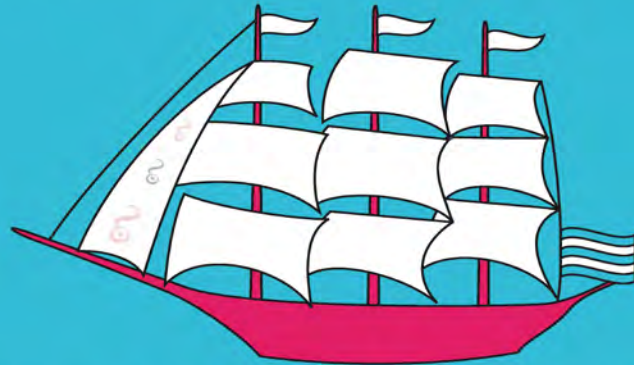
The thought of getting a STI can be scary.

The MTU medical centre has a Nurse - led STI clinic on Mondays and Doctor Led clinic on Thursday. There is no charge for these clinics.

If you have any concerns, you can always phone the medical centre and speak to one of the college nurses and they will book you an appointment for the appropriate clinic.

If you are sexually active, always use a condom and have a STI screen if you change partners or at least annually.

A guide to navigating healthy relationships during the COVID-19 outbreak



CLICK HERE
to read the guide to navigating healthy relationships during the COVID-19 outbreak

This guide, created in collaboration with Mr. Daniel Flynn (Principal Psychology Manager, HSE Cork South Mental Health Services), provides a toolkit to help you to maintain healthy relationships in the context of social distancing measures.

**MTU Cork Students' Union
Freshers Handbook & Diary 2021-22**



www.MTUCorkSU.ie



**Avail of our helpful guide,
available to all students!**

**MTU Cork Students' Union
Freshers Handbook & Diary
2021-22**

**All the information you need
for attending at MTU
Access it digitally [here](#)
or**

**Drop into us at the Students'
Union, 1st Floor Student Centre
and receive your free hardcopy!**

What is CONSENT?

What is consent?

In all circumstances where we are intimate with someone consent needs to be established first. When having sex, consent is an agreement between all participants that they definitely want to have sex, or do any sexual act. Everyone needs to fully and clearly agree to it and their consent must be continuous for the duration of sex. This means that they have the right to change their mind at any time, for any reason, without any consequences.

Consent is needed for vaginal, anal or oral sex, mutual masturbation, sexual touching or kissing. Consent can be expressed both verbally and physically - so it can be with words, as well as actions and body language. It must be enthusiastic, conscious and voluntary. Consent should be given freely without any manipulation, convincing or threats. If consent is not expressed, this is not sex - it is assault.

Below are some scenarios in which consent is needed. Thinking about situations like these before they arise will help us to ensure we understand when our partners are consenting or not.

Understanding consent in different situations...

Consent with a partner

James and Anna have been going out for three months and have begun having sex. Anna has said that she only wants to have sex with James once he is wearing a condom. One night while they are having sex James takes off the condom saying it doesn't feel comfortable and then goes to have sex with Anna again.

Does James have consent from Anna in this situation?

At the beginning of this situation James has Anna's consent, Anna wants to have sex with him but only when he is wearing a condom. Once James has taken off the condom he no longer has Anna's permission to continue having sex with her. In this situation Anna's consent was conditional to James always wearing a condom.

Consent on a one-night stand

Mark and Jack meet on a night out and decide to go home. They are

both drunk and when they get into Mark's apartment, Jack sits on the couch as Mark goes to the bathroom. When Mark comes back into the sitting room, Jack is asleep. Mark tries to wake up Jack by kissing his neck and rubbing his crotch.

Have both Mark and Jack consented to this situation?

No. Although Jack agreed to come home with Mark, once he is asleep Mark has no right to touch Jack in a sexual way. Mark may view this as a romantic or playful way to wake up Jack, but Jack is drunk and asleep and cannot consent to letting Mark touch or kiss him.

Consent in a new relationship

Amy and Michelle have started dating and had sex one night previously. The next week they are in Michelle's house watching a movie and begin kissing. Amy tries to unbutton Michelle's jeans and Michelle lets her, but as Amy puts her hands down Michelle's underwear Michelle goes stiff and stops kissing Amy back.

Do both Amy and Michelle consent to sexual touching and kissing?

No. Although Amy and Michelle have had sex before and at the beginning of the evening Michelle seems to be enjoying kissing and touching, once her body language changes Amy must stop what she is doing. In this situation Amy should ask Michelle if she is okay, enjoying what they are doing and if she wants to continue. If Michelle seems hesitant or unsure about her answer Amy should not continue as consent needs to be enthusiastic and voluntary.

Consent between friends

Sean, Josh and Jess are in Josh's house. Jess is telling Josh and Sean how she has just gotten her nipple pierced and asks them if they want to see it. They say yes and she shows them. Josh then asks Jess if he can touch the piercing and she says yes. After Josh has touched it Sean then goes to touch the piercing too.

Did everyone consent in this situation?

No, Jess has not consented for Sean to touch her in this situation. Jess agreed to show Sean and Josh her piercing and for Josh to touch it. Sean did not ask Jess whether he could also touch the piercing and

therefore does not have her consent.

Sexting consent

Rachel and Scott are in a long-distance relationship. They only get to see each other every two months and often send each other sexual messages and naked photos. Rachel was talking to her friends about their relationship and showed them a naked photo of Scott.

Did Scott consent to Rachel showing other people his photo?

No, Scott did not consent to have his naked photo seen by anyone else but Rachel. Although Scott sent the naked photo of himself freely to Rachel it does not mean that she has the right to show that photo to anyone else.

Oral sex consent

Niamh and Conor are in bed and Conor asks Niamh if she wants to have sex with him. She says that she wants to have oral sex but does not want to have vaginal sex. Conor wants to have vaginal sex so they discuss the topic and then agree to only have oral sex.

Did both Conor and Niamh consent to the sex they had in this situation?

Yes, in this situation Niamh was not comfortable with one type of sex that Conor wanted to have but was comfortable with another. They spoke about the situation and agreed together only to have oral sex.

Consent with an asexual partner

Aoife and Maeve have been dating for three months now. Maeve is asexual and does not often feel sexually attracted to other people or want to have sex. She does experience romantic attraction and enjoys dating and being emotionally intimate with a partner. Maeve has told Aoife that she has had sex in the past and sometimes doesn't mind it, but she does not currently have an interest in having sex. Maeve and Aoife agree that they both enjoy cuddling and kissing together.

Have Maeve and Aoife established consent in this situation?

Yes, in this scenario Maeve and Aoife agree that they both are happy to kiss and cuddle. If they want to engage in other forms of physical

intimacy in the future, more discussion will be needed to establish consent and each others' boundaries.

Why would someone have sex if they don't want to?

Sometimes people comply with having sex. Complying when having sex is when a person puts pressure on themselves to do something they are not comfortable with. Although the pressure comes from within themselves, not from whoever they are with, this can still be a sort of violation. People may comply for a number of reasons such as wanting to please their partner, fear of rejection or lack of confidence to say no. Another example might be where a couple are in a relationship and one person doesn't want to have sex a certain night, the other says OK but then sulks and is short tempered afterwards. Next time the first person agrees because they do not want to deal with the sulks again. In this scenario we would have to question if there was consent, as consent must be enthusiastic, conscious and voluntary.

What does Irish law say about consent?

In Ireland the legal age of consent to sex is 17. Consensual sex with anyone under the age of 17 may be legally referred to as statutory rape. What this means is, even if the person has consented to sex themselves, their consent is not considered legally valid because they are underage.

Sentences

The maximum sentence for having sex with someone over the age of 15, but under the age of 17, is five years. It is ten years if the person is in a position of authority i.e. a relative, teacher, sports trainer. If a person can prove that they believed the victim was over the age of 17, however, the court may view this situation differently. Asserting that the person consented to sex is absolutely not considered a valid defence. Currently, women under the age of 17 cannot be prosecuted for having sex with someone under the age of 17. It is illegal to have sex with anyone under the age of 15 years of

age. It is considered a criminal offence under the Criminal Law (Sexual Offences) Act 2006. The maximum sentence for this is life imprisonment. If a person can prove that they believed the person was over the age of 15 however, the court may view this situation differently. Once you are over the age of 17, you are legally able to have sex with anyone you want, even someone much older than you.

SPUNOUT.ie

Part of:

S.H.A.G.*
*Sexual Health, Awareness & Guidance
WEEK
11 - 14 Oct

What is CONSENT?

Imagine it's like making a cup of tea...

CONSENT

IT'S SIMPLE AS TEA



WANTED STUDENT PROFILES!

Give us your insights into your college course, get published and WIN a €50 One-4-All!

Would you like to write a profile which will give others an insight into your course of study and a taste of what your own student life is like? Look no further... explicit, MTU's digital magazine has devised a set of 6 questions as a guide to get your insights. Students who get their pieces published will WIN €50 One-4-All digital vouchers for their efforts.

So go on, give us your piece on being a student and your MTU college course. The questions below are suggestions for your writings and there's no need to stick rigidly to answering every question) You can write as little or as much as you like (we suggest between 500 and 1,500 words). Write with wit, seriousness, honesty or even controversy. It's up to you! Send us some pictures of yourself or relating to your course which might go well with your piece.

Please send your contributions to: CorkSUPublications@su.mtu.ie

Your Guideline Questions:

Q: What are you studying at MTU and what led you to decide to pursue this career?

Q: The absolute best thing that has happened in college so far is...?

Q: Would you like to describe a little about the course itself, the type of work you do, your influences, your projects etc?

Q: Ultimately, what do you hope to achieve and where do you see yourself when you have completed?

Q: Any positive advice you would like to convey to prospective students, based on your experiences so far?

Q: The absolute best thing about your course is...?

Don't be a Tossler

Keep MTU Clean

BE PROUD OF WHERE YOU'RE EDUCATED

How can I help?



- When finished eating in the canteen be sure to dispose of ALL rubbish before you leave and deposit your cutlery at the allocated areas
- Keep the Common Room, rubbish free and tidy at all times. It is students responsibility to maintain the Common Room
- Treat all members of staff with the respect they deserve, don't increase their workload by leaving YOUR rubbish hanging around
- Don't litter any areas of the campus, inside or outside
- Encourage your fellow class mates to throw their rubbish in the bins provided

COURSE PROFILE

LAUREN O'SULLIVAN

Hi, my name is Lauren O'Sullivan and I am currently in my second year in MTU. I am studying International Business with French. I decided to enrol in this course as I have always had an interest in French culture and language along with being keen on business. In sixth year, French and business were my two favourite subjects so naturally when I found out about this course I had to put in down in my CAO.

I really enjoy this course as every module is different and unique which doesn't make my days in college boring. Having a chance to go on Erasmus in year three heavily influenced my decision to do this course as can't wait to be fully immersed in the French culture and get to have my own French improve. I'm grateful that this course does not have a very heavy workload as it can be daunting coming in to each module worrying you won't be able to manage. I am also lucky that all of my lecturers have been nothing but helpful throughout my time in the course also.

Hopefully once I'm finished this degree I will be able to get the chance to apply to be a UN translator. Translators strive to make the United Nations documents faithful to the original, respect established terminology, and be readily understood by a reader of the language from any part of the world. The documents they translate cover a broad range of technical, political, scientific, social, economic and legal issues. This is something that really motivates my college academics as I aspire to work in the UN. Going on Erasmus will really help my journey to be a UN translator as a translator you must have really thorough knowledge of the language which spending the year abroad will allow me to do.

My main goal before this happens is to graduate with a 1:1 and with a lot of work and study I really believe I can achieve it. The best thing that has happened since I started this degree would be the friends and memories I have made so far. I never truly understood the saying 'The friends you make in college are friends for life' until I got to meet some of my best friends in MTU. Obviously with COVID it was very nervous racking trying to make friends as you couldn't physically meet up until restrictions eased however saying this it was a time spent with many zoom class calls and laughs.

Getting to be in a class with people you would of never met before college really does impact your life positively as we all aspire to do well in college and want to have a good time doing it. It also helps that they are in your course so when you are having a bad day they can pick you up and help you through it.

One piece of advice I would give to any student thinking about joining this course would be to just dive straight into the course and to get involved in everything you can as you only live once.



Lauren in the middle with college mates Kamil and Alana

International Business with French Faculty of Business & Humanities

**Give us your insights into your college course,
get published and WIN €50! See page 2 for details**

LIFE BEGINS AT FLEXIBLE



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TFI TRANSPORT FOR IRELAND

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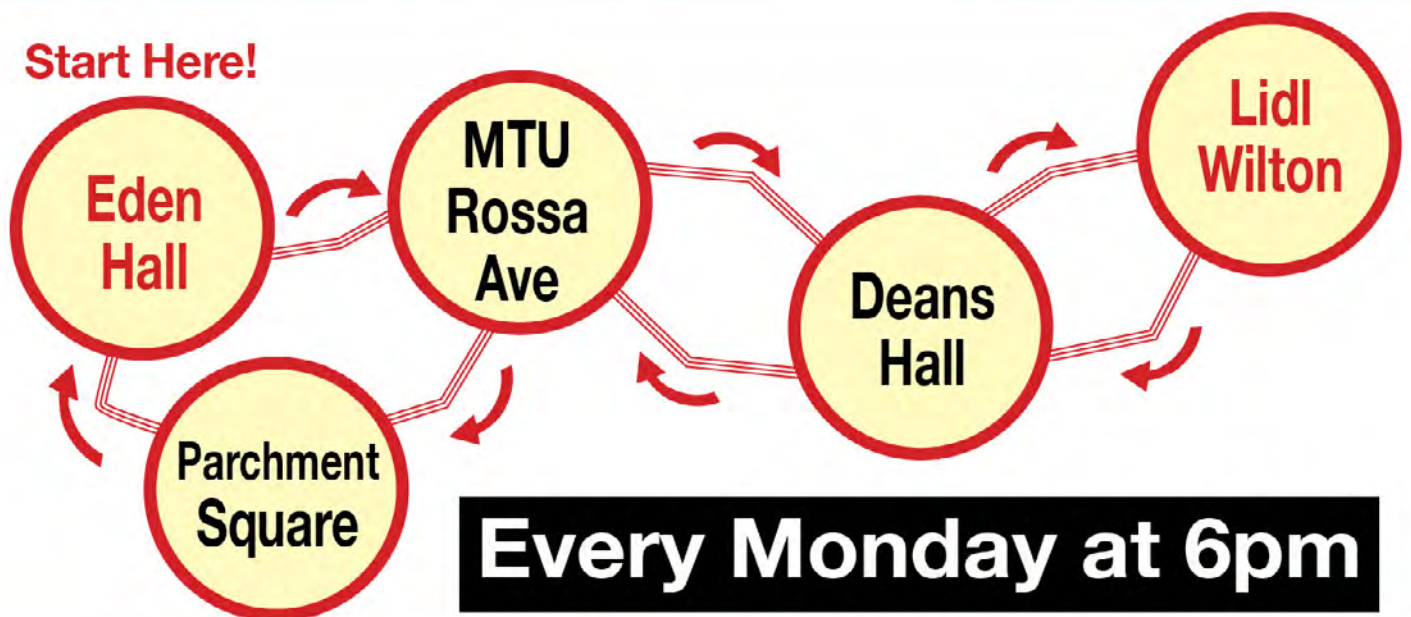


**ONLY
50
SPACES!**

PICKUP: 6pm outside Eden Hall (by bus stop), MTU (Rossa Avenue Bus Stop), Deans Hall (Curraheen Road, by bus stop). **TERMINATE:** Lidl, Wilton

RETURN: Leaving Lidl Wilton at approx 7pm. Returning via Deans Hall, MTU, Parchment Square and Eden Hall

Start Here!



Every Monday at 6pm

You must book your seat in advance before 4pm on Monday
Email: Fiona.leddy@cit.ie

**MTU Cork
Students' Union**



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



WELCOME WEEK 2021

A GREAT WEEK IN PHOTOS

Credit: Photography by Barry O'Sullivan





THANKS TO ALL WHO TOOK PART!



we were in the competition hall at the Prague congress centre, from 9am until 6pm. For those hours we were tasked with solving any, and as many challenges as possible. The competition was locked to only the 10 members of the team. We were allowed to use any free and open resource on the internet, and were not allowed to com-

If CTFs and competitions like this sound interesting to you, then be sure to sign up to the Cyber Security society here at MTU. The Cyber Security society is a place for people of any level with interests in security, cryptography, ethical hacking or anything in between. Cyber Security is one of the fastest growing fields in IT and will

European Cyber Security Challenge 2021

The European Cyber Security Challenge (ECSC) is an annual security focused competition hosted by the EU Agency for cybersecurity, ENISA, that focuses on bringing young talent from all around Europe in order to compete and collaborate in a Capture the flag style event.

Capture the flag, or more commonly known as a CTF is a type of competition where competitors solve coding challenges, break encryptions, and solve other challenges ranging from Web and Network security to reverse engineering malware in order to get a flag, which is a unique string of text, for points. Whichever team solves the most challenges, and gets the most flags, and therefore the most points at the end of the competition wins. Sounds simple enough right?

This year's competition was in Prague in the Czech Republic. There were 17 teams representing countries all over Europe competing, as well as team Canada and Slovakia appearing as non-competing guests. I was selected to be a part of team Ireland, along with 9 other students and graduates from all over Ireland. The team was selected through a homegrown CTF qualifier competition hosted by ZeroDays in late August. This smaller CTF was used to weed out the potential team members. I made it through by the skin of my teeth, and then next thing I know I'm packing to go to Prague for the ECSC!

The competition ran from the 27th of September to the 1st of October, with the actual CTF happening on the 29th and the 30th. During those days

communicate with the outside world.

Throughout the CTF each team member worked on multiple challenges at once, either working alone, or in groups to try to solve them faster. These challenges ranged from breaking into a banking website, reverse engineering a botnet, using forensics to find the location of a space-pirate, to even being tasked with breaking the Lorenz cypher, the older brother of the Enigma machine. That latter was one of the puzzles I was tasked with, it involved translating parts of the code from Baudot code to English, deciphering morse code audio file, both giving resources for the final part of the challenge, where you run a custom-built Lorenz machine with an array of keys to try to crack the code. This particular challenge took over 2 hours to solve.

After the competition days, we were all invited out to an all expenses paid dinner by the hosting country. The first day was to U Fleků, a brewery and restaurant that has been running for 500 years. The history of the site dates back to 1499, and has been a hotspot for tourism ever since. After the second day of competition we went to the Hard Rock Café, which is a rock 'n' roll themed american restaurant with memorabilia from classical rock and pop musicians.

Overall the competition was a great experience, it allowed me to properly delve into the cyber security world. It's something that I would recommend to anyone interested in the cyber security field.

If CTFs and competitions like this sound interesting to you, then be sure to sign up to the Cyber Security Society here at MTU

always give you an edge over your competition in interviews.

Throughout this semester the society plans on running workshops, showcasing CTF challenges, coding puzzles and anything else that people find interesting. There will also be talks from people in the field of Cyber Security, with real world experience in everything from BLUE team defence, and RED team attack scenarios. So make sure to sign up to the society, and join the discord to be kept in the loop with upcoming events and workshops.



Cyber Security Society plans on running workshops, showcasing CTF challenges, coding puzzles and anything else that people find interesting

Mature Students Society

Before Ron Howard and Steve Guttenberg turned being old into a cult classic, there was the Mature Student Society of CIT. Semi well-adjusted folks who took the brave step into already chartered waters of "Going back to education".

On a crisp autumn day in 2019, a (not-so-young) Robyn saw a gap in the Society Market and created what would become an instant classic! Join our intrepid, joint-creaking cast of characters as they mumble their



Cocoon: The College Years!

way through college, have their phone screens brighter than the sun and the font size so big, it emblazons messages on the back of your eyeballs.

Not being able to leave home often due to the early onset of incontinence or that pesky "Beer Virus", our heroes have built a large Virtual Community Care Home. Countless conversations flow through Discord, where the smacking of gums can be heard all the way through the hallowed halls of a semi-empty campus.

Daily riddles perplex some of the blue dye brigade and, inevitably, a spirited discussion on attics breaks-out.

They say there is no sweeter sound than that of a baby laughing. Visit the elderly on one of their fortnightly Zoom Coffee afternoons and revel in the hoots and giggles that are interspersed between the loud sipping

of coffee and crumb infesting donut banquet.

Feast your eyeballs on the amazing artwork produced by the Crawford Countesses and delight in the Digital Depictions from the Main Campus Madams. Contemplate the Code thrown about by the Comp Sci Commanders and stick a fork in the Electrical Emanations of the Elec Engineers. Partake in the Horticultural Hour presented by the Heiress of Herbage or jump over to the Bustling Business Bants of the Belle of the Ball.

Laugh in hysterics as they wrestle with Instagram and Twitter. Cry in awwwwww at the Pet Picture competitions. Fill your ear holes with the dulcet tones radiating from their collective Spotify choices.

Turn to the Old Side...
We have Werther's!

By Vice Chairperson Graham Gibney

Visit the elderly on one of their fortnightly Zoom Coffee afternoons and revel in the hoots and giggles that are interspersed between the loud sipping of coffee and crumb infesting donut banquet



Critics are saying:

☆☆☆☆☆
"Delightful and warm, like a (very) old pair of slippers"

☆☆
"I was told there would be donuts..."

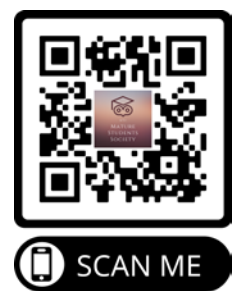
Coming This Winter:

Escape from the E.R.:
No Escape Room Can Hold These Geriatrics

Mastermind Scandal:
Corruption in the Annual Quiz?

The Christmas Special:
Heart-warming Festive Get Together

Sign up at:
<http://myportal.cit.ie/>
or email
maturestudents@citsocieties.ie



Flynnner's Flying Column

Flights of Fancy...

BELFAST AND DERRY

Wednesday morning, 09:30am, September 29th... with my holiday season having landed, myself and a few friends hopped onto the train at Cork Kent Station to head to Belfast. After a change of train at Dublin, we made Belfast Lanyon Station by 15:30 and arrived at **Belfast International Youth Hostel**. We were staying in Sandy Row, a Loyalist area of the city. The **Sandy Row Glasgow Rangers Supporters Club** was across the road, the Local Orange Hall was next door to the hostel and there were plenty of Union Jack bunting all over the place. We freshened up, then strolled to the trendy **Cathedral Quarter** for a delicious dinner at 2Taps Spanish Restaurant, which was followed by a trip to The Dirty Onion, a late bar which is seeing live music and dancing return with a vengeance. A few good drinks put us in the mood alright! Our stroll back through the city streets saw us notice **Belfast City Hall** lit up in pink as part of the #keepalighton campaign for mental health awareness.

The following day, I rose and as the gang were having breakfast, I decided to stroll down **Sandy Row**. It says much about how far the Ulster Peace Process has gone to say that I was able to walk down a Loyalist estate unmolested (if one behaves appropriately), and while paramilitary trappings have not completely gone away, some of the murals that adorn the many walls and gables pay tribute to Belfast's many sporting heroes, including the late, great George Best and Alex Higgins. I also stopped in the corner shops there and treated myself to sweets and minerals. The Tayto Crisps, despite different packaging in the north, still has the same great taste and better value too!

Then, it was a trip to **Titanic Belfast** where we learned about the rich history of Harland and Wolff Shipbuilding and its contribution to the growth of Belfast along with the history of its most famous and most tragic product, RMS Titanic along with its sinking in 1912 and the impacts on us all. The views of Belfast Lough were amazing and H&W's cranes Samson and Goliath remain in business today, mainly in ship repair and maintenance. The afternoon saw us visit **Queens University, the Botanic Gardens and the Ulster Museum**. The rich history of Ulster can be chartered there from the Ice Age through the Ancient and Middle Ages through the Plantations to Partition and there are plenty of exhibits on The Troubles and with them reminding us why the tragic and horrific conflict that spanned 32 years must never return. Unbelievably, there is an exhibit on the Covid-19 Pandemic gone up already! Then it was dinner at The Empire Bar and unwinding late drinks at Woodworkers Pub on Great Victoria Street, proper Belfast relaxation.

Friday October 1st saw us rise a little later than usual but nothing that a cappuccino at the next-door Causeway Café and its friendly staff could not sort. Belfast is not as daunting as it looks despite being Ireland's second city, so we strolled to **St George's Market** where the craft and gift markets were open with all sorts of arts, crafts, gourmet food and souvenirs - ideal for Christmas shopping! Then, after some tea and delicious chocolate, we hit the **Victoria**

Shopping Centre Observation Deck for a stunning panorama of the city and the surrounding countryside. Then, it was all-board the **open-top bus with Belfast Sightseeing** for a tour of the city where we saw all the sights, including the **Albert Clock Tower,**

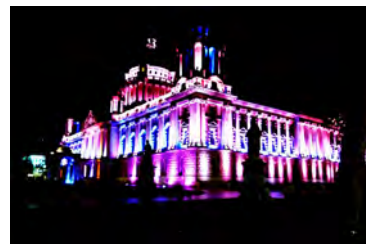
the Salmon Of Knowledge, the Beacon of Hope and the Europa Hotel (the most bombed hotel in Europe). The tour took us through the Republican Falls Road where we saw the **Bobby Sands Mural** outside **Sinn Fein HQ** and various other murals and memorials before travelling along the Peace Wall and reaching the Loyalist Shankill Road where we saw the various Loyalist murals, memorials, and points of note as well as the sharp decline that this part of Belfast has been enduring economically and the sense of insecurity that has been building with the community there. We also saw **Crumlin Road Prison and the magnificent Belfast Cathedral**. After a round of mini-golf at Cityside Retail Park. Then came a delicious dinner at the Crown Liquor Saloon, with its magnificent marble interiors and drinks for the night there.

But not too many because the following day, we had to get up early so as not to miss the 10:30 Ulsterbus Goldline coach from the Belfast Europa Centre to Derry City. After experiencing the wildness of the **Sperrin Mountains** along the way, we then got to Derry Bus Station at 12:15 near the famous

Derry Guildhall where there were also plenty of craft markets outside. We then walked the wall where we encountered various artillery pieces from the **Siege of Derry, the Derry Girls Mural** - a tribute to the contribution Erin and her pals made to Irish comedy and Derry City - **St Columba's Cathedral, Bishop's Gate**, the view of the Bogside and strolled down to Free Derry Corner where its famous Mural along with the **1972 Bloody Sunday Memorial** make for poignant reflection. Indeed, the whole trip makes one realise the importance of maintaining the Good Friday Agreement so the dark days of The Troubles will never be revisited again, especially considering the calamities of Brexit. Before we left, we stopped for another delicious and filling meal at The Thirsty Goat at Shipquay Street before returning to the bus and receiving views of the Hands Across **The Divide Bridge** on the River Foyle, the West Bank (Bogside) being predominantly Catholic and the East Bank (Waterside) Protestant. Arriving back to Belfast by 17:00, we had final drinks at The Botanic Inn before hitting the hay. Sunday October 3rd saw our return to Lanyon slightly disrupted by the Belfast Marathon but nevertheless we made our train on time (11:00) and were back in Cork by dinnertime. I could not wait for my own bed!

Would I recommend Belfast and Derry? They have become such fun and lively cities that you would be crazy not to. I am considering going for a Christmas trip up there, and certainly to see more of this region in times to come! After having to live such itchy feet for a year, it's great to be back on the road again!

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