

explicit MAGAZINE

Munster Technological University Cork
Students' Union



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



1-4 FEBRUARY
SAFETY
WEEK 2021

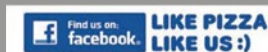


Online Talks Timetable - page 2

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ONLINE TALKS

Timetable

1-4 FEBRUARY
SAFETY
WEEK 2021



Monday 1st February **Wrecked**

with Louise McGeever, RSA

Using real life stories to tell the true consequences of the many life changing events that happen on today's roads, to provoke a discussion about road safety.

Tuesday 2nd February **General Road Safety and Learning to Drive**

with Louise McGeever, RSA

The learning to drive process. Killer Behaviours - Impaired Driving (Drugs, Alcohol...); Speed; Distractions (Phones...); Safety Belts and Vulnerable Road Users.



Wednesday 3rd February **MY ONLINE SECURITY**

with Sean O'Callaghan, Senior Technical Officer at MTU IT Services, Cyber Security

A presentation on personal cyber security including new risks presented by Covid 19. Followed by a Q&A.



Thursday 4th Feb February **Fire Safety at Home and Road Safety**

with 3rd Officer Ger Ryan of Cork City Fire Brigade



1-2pm each day

Register for all events at: event@cit.ie
stating which talk you would like to attend

Online talks organised by: **MTU Cork SU**

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Enter online...WIN One-4-All vouchers...simple! |

Congratulations to last issues winners of One-4-All vouchers:

Maths puzzle: Daniel McCarthy **Quiz:** Laura O'Connor **Christmas Tangle:** Holly O'Connell



Munster Technological University Cork Students' Union

Your Union Your Voice

MTU Cork Students' Union, 1st Floor Student Centre, Bishopstown, Cork. Tel: 021 433 5274

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explicit Production, Design & Advertising
Keith Brown, supublications@cit.ie

CIT SU President
Aisling O'Mahony, supresident@cit.ie

VP Education
Zack Nuchanat, sueducation@cit.ie

VP Welfare
Cian O'Driscoll, suwelfare@cit.ie

Projects Officer
Stephen Foley, Citsu@cit.ie

Communications Officer
Niamh Cronin, Supublications@cit.ie

Entertainments Officer
Laura Callaghan, Event@cit.ie

Entertainments Manager
Mick O'Mahony, Event@cit.ie

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WHAT'S THE CRAIC?

MTU Cork SU updates

Hello all, and welcome to another Issue! As you know we are back in a Level 5 Lockdown and we urge and encourage all students to please abide by the Guidelines. It's not all doom and gloom however as hopefully now with the vaccine rollout we can plan ahead to the 'good' and 'normal' times.

MTU

Welcome to the new chapter that we are now MTU (Munster Technological University). We hope you are as excited as us for all the opportunities that will arise from this. The most noticeable change are the logo and name however we are the same people with the same goal. Up the Students!

STUDY BREAKS

Study Breaks which was formerly known as Exam De-Stress was set up to try give you an hour to take your minds off study, pressure and the stress of the Continuous Assessment, Exams and Project completion! This was a great success with lots of happy Winners from the Catchphrase Event, Who Wants to be a Zoomonaire Quiz, Jingle Bells Music Bingo and The 12 Days of CITSU.

SAFETY WEEK

Again, like the rest of the Campaigns will be run online. There will be no campus activity like crashed cars and no Car Crash Re-Enactment. The online webinars however are very interesting and I recommend attending at least one if not all. They are as follows:

Monday 1st February 1-2pm: Wrecked Programme with Louise McGeever RSA.

Using real life stories to tell the true consequences of the many life changing events that happen on today's roads, to provoke a discussion about road safety.



Tuesday 2nd February 1-2pm: General Road Safety and Learning to Drive with Louise Mc Geever RSA.

The learning to drive process. Killer Behaviours – Impaired Driving (Drugs, Alcohol...); Speed; Distractions (Phones...); Safety Belts and Vulnerable Road Users.

Wednesday 3rd February 1-2pm: My Online Security with Sean O'Callaghan (an overview on personal cyber security including new risks presented by Covid 19).

Sean O'Callaghan is a Senior Technical Officer at MTU IT Services Department.

Thursday 4th February: Fire Safety at Home and Road Safety with 3rd Officer Ger Ryan of Cork City Fire Brigade.

IF INTERESTED IN ATTENDING ANY OF THESE SAFETY WEEK EVENTS, PLEASE EMAIL: EVENT@CIT.IE

COLLEGE CONSTITUENT REPRESENTATIVE ELECTION

This election will take place on the first week of the second semester with the purpose of ensuring each college constituency has one main representative who acts as the main channel of communication on behalf of their campus, holds meetings and works to enhance students experiences within their respective constituency.

This election will be run via zoom and will be conducted among various campus such as NMCI, the School of Music and the Crawford School of Arts. Once the results have been confirmed with all campuses, the results will be presented to the Union Council.

Yours sincerely,
AIKLING, CIAN & ZACK,
YOUR SU EXECUTIVE

MTU CORK SU GENERAL MEETING

Date: TUES, 2ND FEBRUARY

Time: 1pm

ONLINE

(Keep an eye on social media for details)

All Students Welcome



This year Valentine's may be the last thing on a lot of people's minds with the way things are going, however, to us that seems like all the more reason to get out and celebrate a bit of love! You can't wow that special someone with an expensive meal or thoughtful day out, so instead we are offering ideas on the best ways to make your loved ones feel special and appreciated (from a safe distance!)



By Laura Callaghan,
4th year Tourism Management Student,
MTU Cork SU Entertainments Officer
and from Wexford.

1. **Painting and prosecco** - Alcohol and creativity, what more could you ask for? This could be a great way to get more creative and get to know the other person's interests and imagination, while feeling special and romantic over some bubbles.
2. **A home cooked meal** - If you are both living together or in the same bubble, then get out of that tracksuit and Netflix induced coma and get your glad rags on. Cook a special meal (it doesn't have to be expensive), crack open some wine or prosecco, put on that make up and special outfit and light some candles. It may not be a five star restaurant, but it will be just as special and probably more romantic!
3. **Extra special movie night** - Yes, we are all tired of looking at a television screen and we have sampled every single show and movie on Netflix. However, if you are apart or together, creating a special set up and getting a subscription to a new platform or splashing out and renting the newest release will make the occasion a little bit more special. All the while maintaining the relaxed, easy to entertain mindset we have all tried to master over the last several months.
4. **Picnics** - Outdoor picnics in February may seem laughable, but when a pandemic is ruining your social life, you might be glad to suffer a bit of cold for a special occasion. It may be easier than you think to make a Valentine's picnic happen! Prepare some hot water bottles, bring a flask of hot chocolate, and bring an extra thick blanket to sit on and you will be cosy and warm. Food options are your choice, warm food is probably best though and of course, check the weather that day!
5. **Themed night/Facetime call** - We have all watched so much Netflix and Disney this year it is time to put it to good use, whether it is face-to-face or on a Zoom call, try a themed dress up evening. Make it Bridgeton, the Queen's Gambit or Selling Sunset- whatever inspires you to make the craziest and most fun outfits possible. Sidenote - this could also be a great Valentine's Day idea to share with your friends!
6. **Beach walk/Nature walk** - We can only travel within 5 kilometres, but the good news is Ireland is pretty beautiful and there is bound to be a forest or beach close by that you can utilise this Valentine's Day. If you are feeling extra brave make it a winter swim or a hike. The exercise and beauty will make a perfect romantic setting.
7. **Pet dates** - Everybody loves a puppy, so use it to your advantage and have a puppy date as an icebreaker, especially for first time dates this Valentine's Day. Whether it's on FaceTime or in the local park at a safe distance, if it's good enough for Ben Affleck and Chrissy Teigen, then it's good enough for us!
8. **Vision Boarding** - This year everyone can agree has been more than a bit of a disaster, so why not look forward to the future and vision board all the things you both want to achieve over the next year? Whether it is travel or adventure, put it all together and make it happen. Who knows...time together planning and getting to know one another might bring you closer together than ever before?

So now you have all the inspiration and ideas you could possibly need, make Valentine's Day 2021 one to remember, despite the quarantine and restrictions. Now there is no excuse!



MTU

Cork Students' Union

ELECTIONS

Thinking of running in the **MTU Cork SU ELECTION?**

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 college 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.

The elections take place on Thursday 11th March 2021 and nominations will close on Friday 5th March 2021 at 5pm. The Union Executive is elected by the members of the Union and is made of up of three Sabbatical Officers (President, Vice President Welfare and Vice President Education) and three Non-Sabbatical Officers (Projects Officer, Communications Officer and Entertainments Officer). The Executive is responsible for the initiation of policy of the Union subject to Union Council, General Meeting and Referendum.

Could YOU be the next MTU Cork SU President?

The President of the Students' Union oversees all workings of the Union. 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 will be representation, organisation, finance, supervision and guidance of policy. The President is the main spokesperson of the students of CIT. 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 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 & 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 includes 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 Communication 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 is charged with a number of one-off projects each year. These projects can be big or small, with the intention of freeing up time and resources for the other SU Officers. Also, the Projects Officer is often the Officer "on call" should the other officers need help. A vital resource to the working of the Union, and can be described as "The oil in the SU engine".

What qualities are needed to be 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 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 will truly benefit the Union as a whole.

What qualities are needed to be MTU Cork SU Officer? *continued...*

- ✓ **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.
- ✓ **Confident/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 un-biased 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:** Officers should be approachable, friendly, non-judgemental and welcoming to students. They also need to be able to keep their work with students confidential within reason. They must possess the ability to listen sensitively to people's problems and be able to deal with them in a sympathetic, mature and non-judgmental way.

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**

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 non-paid 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.

This year the election process will take 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, Assistant Returning Officer by email at vicky.osullivan@cit.ie

Nominations open 9th Feb 2021

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Our doors are closed
BUT our laptops are open!

MTU Cork
Students' Union

We continue to remotely support and advise
MTU students during the covid crisis
Email: citsu@cit.ie

In conversation with...

GoodStart Ambassadors

By Clara O'Regan & Julianne Quirke

To get a more in-depth and well-rounded insight into the student experience at MTU, we decided to interview some of our fellow GoodStart ambassadors who generously provided us with their time and advice from various disciplines and campuses. We are delighted to share what they had to say:

Interviewees:



Justine- Biomedical Engineering



Caoimhe- Music Performance



Bridie- Agricultural Bio-Science

Q. What's the one thing that you would like people to know about your course?

Justine: Biomedical engineering is a diverse course. You're not studying one specific area. I study mechanical, electrical, mathematics and design. It's also interesting how these integrate with health-related fields as well as medical. So, it's a great course and I really enjoy it.

Caoimhe: I'd love for people to know how collaborative music performance can be. You must do orchestra if you play an orchestral instrument or otherwise you must be in a large ensemble. On top of that, there's three other performance degrees, such as popular music and drama. So, it's really enriching, and you can learn so fast from your peers.

Bridie: My course is also very versatile and diverse. We don't just focus on agriculture. We also study biology, physics, chemistry, microbiology, immunology, and bacteriology. There is also a wide range of things you can do with my course after graduating. You can do a master's, or you could work in big science companies. So, it's really quite an interesting course and I love it!

“...get your notebook, your pen, a glass of water before your lectures time and make sure your laptop is charged!”

Q. What would your key essentials be for online learning?

Justine: For my course, get your notebook, your pen, a glass of water before your lectures and make sure your laptop is charged! I'm always surprised how quickly the charge runs down when you're doing zoom calls all day!

Caoimhe: My essentials for online learning would definitely be that my camera's working. I work way better if I know that I can be seen during the classes, it helps me stay focused. So, I would recommend that you keep your camera on, it's easier to maintain your concentration and you're much more likely to engage with the class as well. So, it's just a better experience for you too.

Bridie: My key essential is to get dressed and properly prepared for lectures. When I'm all ready to go for my morning lectures, it sets me up for a good day and routine. It's just good manners because the lecturer knows that you're making an effort.

Q. What is your most memorable college moment?

Justine: For me when I reflect, especially during this lockdown time, I always think about my nights in college. A highlight for me is when I've been studying late in the college library and the experience of going home when the bus is nearly empty and just looking forward to just relaxing when I get home. And I love when I bump into a friend on the way home, and that we might travel home together or go to get food. I really miss those times.

Caoimhe: I remember when I would be up late studying and I would go into town afterwards, where I'd reward myself with a McDonald's. That was memorable. And then also what I thought of originally was my end of year recital.

Bridie: I think my most memorable moment was my birthday last year. My classmates surprised me with a birthday cake in the canteen. I wasn't expecting it at all! And it was just so nice and they're such a lovely group. I love that I get on so well with my classmates, we're all close.

“My classmates surprised me with a birthday cake in the canteen. I wasn't expecting it at all!”

In conversation with...

Q. What's the one thing that you would like people to know about your course?

Justine: For me I've always loved solving mathematical problems and biomedical engineering and, I have always had a passion for trying to make people's lives better. Biomedical engineering gives me the opportunity to do that.

Caomhe: On the one hand I loved studying and I loved books and then I also loved violin. and I don't think I'd ever go back!

Bridie: I've always loved animals and when I was younger, I wanted to be a vet and I loved studying biology and geography for the Leaving Cert. Agri-bio sciences felt like the ideal course. It has a mix of micro- biology, geography, and animal biology. So, it was perfect.

“GoodStart is running a campaign where there's going to be meditation and yoga...”

Q. What has helped you stay sane throughout lockdown?

Justine: For me, having my faith has really helped. Secondly, it's spending time with my family, including my dog family! They've just been such a comfort for me. And as well as that, keeping in touch with my friends,

Caomhe: The YouTube channel “Yoga with Adrienne”. She's doing a 30-day yoga journey and I love it. Next week GoodStart is running a campaign where there's going to be meditation and yoga and gentle movement at 9:00 AM on our Instagram, every day for 15 minutes. I'm really looking forward to that!

Bridie: I think for me, watching “Ireland AM” and “This Morning” every morning. That kept me sane! Also, the farm, because I would go down there every day and help or just go for a walk around the fields.

Q. What's the first thing you'll do when COVID is a distant memory?

Justine: Firstly, I would be thankful that COVID is over, knowing how blessed we are to stay alive. Then I would love to travel outside of my county and go on a road trip with my family and do what we love; shopping, going to a restaurant and watching a movie in the cinema, all in the same day!

Caomhe: When we can travel safely again, the first thing I'm going to do is book a flight to England. My friend is studying violin making in Northern England. I haven't seen where she lives or her workspace yet. I can't wait to see her.

Bridie: The first thing I'm going to do is hug my grandparents because I haven't hugged them in nearly a year. I would also love to go to Cork city to my favourite shops.

Q. How was your first year experience?

Justine: It was positive, and it gave me more independence because I got to form a good circle of friends and I was able to live away from home on weekdays which was totally new for me.

Caomhe: Rocky overall but it was steppingstone into my degree, and I learnt a lot!

Bridie: My experience was pretty good. There were days when I could be quite anxious, especially around the exams, but at the same time, it allowed me to really engage with my lectures. I also formed great friendships with my classmates and had good roommates. So yes, it has been a good experience so far.

“...the deadline for looking at your exam scripts, appealing and compensating is the 5th of February. We're going to be putting up GoodStart posts about that.”

Q. Any tips for semester two?

Justine: Prioritise your time, time flies in college! From my own experience with online learning try to get away from distractions, because when you're at home there are so many distractions! Lastly, ask for help when you need it. Lecturers are there to help you and they should be able to understand the situation that you're in.

Caomhe: My top tips are to implement and commit to the two-minute rule; it's a rule to do anything that takes two minutes done and it's helped me become a much tidier person because of it. Next, dust off your smoothie maker and put all kinds of fruit and things in it. They're so good for you!

Bridie: This semester, be sure to treat yourself and do loads of self-care. Have your notes printed before your lecture? Plan your day, keep hydrated and go for a walk. Also, just decide a time in the evening that you stop working. Watch a movie, play a video game, and get enough sleep.

Q. What would you say to first years who found the exams hard and are unhappy with their results?

Justine: I found this question quite insightful as it made me reflect on how I felt in first year. It's important to take time to process your feelings and talk to someone that you trust. Don't put yourself down, learn from the mistakes you might have made and see what you could do differently. It's all a learning process.

Caomhe: Know that the deadline for looking at your exam scripts, appealing and compensating is the 5th of February. We're going to be putting up GoodStart posts about that. Looking back at my own experience, there's been exams that I wasn't happy with, but in hindsight, it doesn't matter too much in first year.

Bridie: It's a whole new system to adjust to and you should try engaging with Academic Success Coaching or the Academic Learning Centre They can help you change your study structure and mindset.

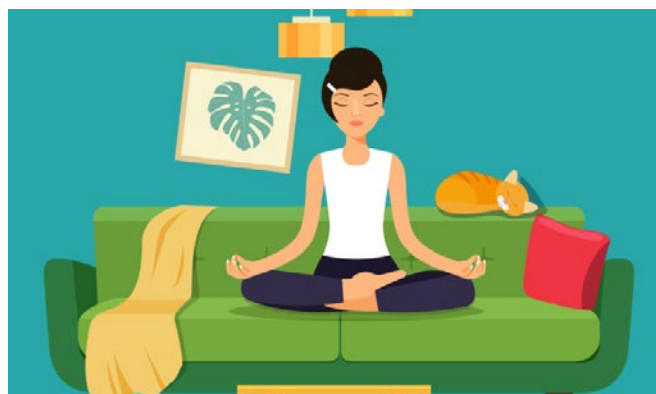
MEDITATION AND MINDFULNESS

FOR STUDENTS

Meditation is not something many of us may have practiced in a pre-Covid world, and personally it is something I am only beginning to explore, but during times that can be so uncertain and sometimes scary, the opportunity to disconnect and see things from a different perspective is an inviting distraction. For a lot of people meditation is a difficult and daunting undertaking, as the ability to switch off and fully disconnect from the world around us can be incredibly difficult. For one, there are many different types of meditation and second, there are so many experts online these days that make it hard to know who is right and who to listen to.

In Wexford, there is a retreat and wellness centre called Creacon Lodge. It is a worldwide leader in all things meditation and relaxation and I was lucky enough to have contact with one of their top meditation teachers, Marcela, for feedback and information on this topic. So, what you are about to read is as authentic and true as possible.

To start, it is important to find a distinction between meditation and mindfulness. According to the book 'Be Mindful' by Anna Black, Mindfulness is when we deliberately pay attention to things we normally would not even notice and become more aware of the present moment experience with compassion and kindness. It allows you to become more in tune with your surroundings and notice small, calming beauties you normally might be too busy to pay attention to and can lead to reduced stress. Meditation is described by Creacon Lodge as the time taken to recharge your battery. Our phones display qualities and applications that we use every day and can easily find, and in meditation our bodies can be viewed as similar to our phones. We need to give ourselves time to recharge and access the qualities within ourselves that allow us to develop new traits and access new parts of ourselves we may normally be too busy to notice. Mindfulness and meditation go hand in hand. Having a good understanding and appreciation for mindfulness will make the meditation journey much easier.



The best meditation options recommended by Marcela from Creacon Lodge were:

MINDFULNESS

Mindfulness is an act that allows us to connect to your most powerful senses, which are generally very distracted and outside of ourselves. With mindfulness we are practicing being present in the moment. Mindfulness can be practiced anywhere at any time and can lead to us feeling more empowered and at peace as we are less distracted and more aware of your emotions and surroundings. Marcela admitted herself that she could not sit alone with her thoughts when she first started practicing mindfulness for more than two minutes, but it was through regular practice and inclusion of mindfulness in her everyday life that led to her feel the full effects of a meditative lifestyle. Taking a few minutes in the morning or night will be effective but taking a moment while you walk or if you feel stressed in class is also the perfect example of mindfulness being used effectively.

GUIDED MEDITATION

For a lot of people it can be difficult to get started on the meditation journey. Guided meditation can allow you to exercise how to use your mind to heal yourself and awaken inner wisdom through meditation, but it is in a safe and controlled environment, which can be beneficial and much safer for beginners. I personally find that a guided meditation will also set you up with all the skills and surroundings you need to get into the meditative zone the first few times, as the concept and relaxing environment can be alien to us all especially when we are used to a high pressure and busy lifestyle.

DEEP RELAXATION

Helps us to relax and allows us to master the mind. Marcela says that every person enters meditation for different reasons, whether it be stress or anxiety, but either way everyone is pulled to meditation for a release and greater understanding of their feelings. Deep relaxation allows us to fully immerse in the process, with some people at first falling asleep or even running from the experience because of how unnatural it feels to relax in our hectic everyday life, but the good news this is a natural and positive reaction as it shows the body is relaxing and entering a more meditative state and with practice can lead to a strong meditation mind. A lot of people use deep relaxation to master the mind and help us to tap into our subconscious thoughts, which is why it has been recommended to students. It will help us to take the focus away from the stress we feel as a result of college and other life factors and settle our minds into relaxation. Again, it is recommended this type of meditation is completed with a guide who helps you through it, especially the first few times.



“ A lot of people use deep relaxation to master the mind and help us to tap into our subconscious thoughts, which is why it has been recommended to students ”

Due to restrictions, Creacon Lodge is now offering all of its meditation and mindfulness classes over Zoom, so this is the perfect opportunity to get in touch with some experts and have a professional there to help guide you through the process! It's important to remember there are so many free options to practice mindfulness and meditation right on our screens, so meditation does not have to be out of reach for anybody. **HEADSPACE** is a free app that will guide you step-by-step through the process, not to mention the countless videos and tutorials on YouTube, but be careful which ones you trust. Always read the reviews. Take the time to find the one that suits you best and makes you feel most comfortable, then stick to it for a period of time. They say it takes 28 days to build a habit, so practice the meditation that most suits you for even two minutes every day and you will soon notice the differences and find your stress levels will be easier to control. The important thing to remember as well, is that you don't need to be sitting in one position to practice mindfulness or enter a meditative state. Simply walking and noticing all the beauty and nature around you can reduce stress levels considerably and help you enter a more relaxed mindset.

Marcela talks about two myths surrounding meditation that students should be aware of before practicing. First, it is often said that while you meditate your mind should be empty, this is not true! Marcela has been practicing and teaching meditation for years now and says it is simply impossible to "fully empty your mind", as is often described. Instead, the time for meditation should be used

to recharge our batteries as you would your phone and acknowledge the calmer feelings or relaxed way of life we may start to feel as a result of this time being devoted to ourselves. Another myth ... 'it is always fully possible to meditate alone'. Some meditation simply helps to relax the body and helps us to process or acknowledge our stress and other negative feelings, but others go deeper and involve us confronting difficult negative feelings we may have been unconsciously harbouring and entering our subconscious to see what lies within. This type of meditation can be heavy and difficult, and it is recommended that you have someone who knows what they are doing there to guide you through the process.

Meditation is a fascinating and multi-faceted practice that is available to all students, regardless of how well practiced you may be and regardless of income, as there are always free or affordable options. At the moment, in response to the pandemic, many wellness retreats, such as Creacon, are offering guided online meditations and live Zoom classes, so if this is something you feel you could benefit from, with extra guidance, this may be the perfect outlet for you. However, mindfulness and meditation can be practiced anywhere, at any time once you dedicate the time to developing the skill and give yourself the attention and ability to recharge the batteries exactly as you deserve. Considering how uncertain and stressful these times have been, perhaps a little bit of mindfulness is just what we need.



By Laura Callaghan,
4th year Tourism Management Student,
MTU Cork SU Entertainments Officer
and from Wexford.

Flynnner's Flying Column

By James Flynn

Hi ya! Are ye all still missing the Concert Scenes? The Marquee, Electric Picnic, Independence? Well, to get everyone looking forward to these heady days again, it is time we did a bit of time travel and headed to the 2000s and the one-time King of the Irish Festival Scene – WITNESS/OXEGEN, staged in Fairyhouse, Co. Meath 2000-2003 and Punchestown, Co. Kildare 2004-2013. And did I have some memories...

2000. Witness (sponsored by Guinness, hence the name) was launched for August Bank Holiday, and myself and a mate purchased weekend tickets (they were only €75 for the two days!) and booked into a B+B in Dublin (this was the pilot year!), taking the many shuttles to Fairyhouse Racecourse. There was Witness Main Stage, Witness More and various tents and stands, along with a funfair and a Ferris Wheel that afford stunning views of Leinster. The bands that played included Badly Drawn Boy, Beck, BellX1, Hothouse Flowers and All Saints, along with a stunning Sunday night finale from Travis. Happy, relaxed days.

2001. Myself and the mate decided to go again. There was bigger demand, and we decided to camp it out. Using an old tent from 1989, it was decrepit and miniscule, but it would do the job! There were revelers from all over Ireland and abroad seeking a good time, and though the weather was showery, the banter was unreal, and it was nice to enjoy the Guinness, Carlsberg and Cashels (an early craft cider) from the bar; there was more variety then! The Waterboys, The Charlatans, The White Stripes, Snow Patrol and The Stereophonics were the righteous sounds -classic festival rock sounds – but the highlight was the Sunday finale when Ash put in a storming performance in the rain that night and there was humorous clamour as we trudged out to the campsite; our tent collapsed in the cloudburst that night and we were like something out of a war at dawn when the rain cleared, but it was worth it; my childhood tent got a fine send-off!

2002. Having bought a new and bigger tent (there was 5 or us) and weekend camping tickets (now €100), the line-up names got bigger and more numerous. Saturday was headed by Green Day, Foo Fighters and The Prodigy and they did not disappoint. Sunday saw Sonic Youth and No Doubt perform but the one all was waiting for was Oasis as they put in a mighty act as part of their Heathen Chemistry Tour. And the enthusiasm from the fans certainly showed.

2003 saw me take a hiatus as the festival moved to Punchestown and the date to July 12-13th (would remain on that time in July) and Coldplay headlined that festival. It would be the final festival as Witness; MCD Promotions would replace the sponsor with Heineken and hence...

2004. My first Oxegen. Not a massive Heineken fan, so I made sure to bring plenty of my own favourite wares! Driving up with a convoy of 20 mates, the festival had expanded into a Rock And Pop Festival (tickets were now €120) as pop acts like Black Eyed Peas, Pink and Scissor Sisters started to take their share of the main stage and the ever-expanded reveller base. But there was plenty for Da Flynnner to enjoy; Franz Ferdinand made their Irish debut with their suave-yet-energetic retro-rock, Paddy Casey gave us a lesson on Saints and

Sinners and Ash put their Irish Rock signature down on the masses once more! A slight disappointment that David Bowie pulled out due to illness at the last minute though. Saturday night was spent enjoying one of my mates getting out the guitar at our parking site and having a sing-song that lasted into the small hours. The Irish Festival Niche was being set.

2005. In what was a warm summer, the players got bigger and more numerous as did the ticket prices. Green Day headlined Saturday Night as part of their American Idiot World Tour and stole the festival, and The Killers, The Prodigy, Mundy and James Brown were not bad either! The food stalls had been expanding steady since 2000 and getting tastier and more varied at that And there was still the obligatory Ferris Wheel!

2006. The convoy was on the road again as Oxegen 06 became the first sell-out. One mate got the rear of his van open with his home-made speaker system and “The Hogstage” was born! All was needed was an MP3 hook-up and we began a headline act in our own right! But my other mate with his guitar still got his acoustic slot and we all enjoyed, the performances only interrupted by kickarounds with a soccer ball and cans of Amstel! Of course that Sunday was World Cup Final in Berlin and the Main Stage Screen between acts allowed us to see Italy win the Final (and Zidane see Red). The acts included Richard Ashcroft, Franz Ferdinand, Red Hot Chilli Peppers and The Who, and the finale of James Brown (died Xmas Day that year).

2007. The festival expanded to 3 days and the prices accordingly (€280). The convoy travelled and met some new pals (due to some having acquired some Baes there!) but the weather put a dampener, and lax security at the campsite saw crime and violence increase. Kings Of Leon and Snow Patrol proved awesome though.

2008. Again a three-day sellout, and the last festival with us as a sizable convoy. The Hogstage pumped out Rage Against The Machine, as that was the main act that Sunday Night. REM, Saw Doctors and Amy Winehouse were good as well.

2009. Our last Oxegen, as we decided. Still, we made the most of it! The Ferris Wheel was still stunning and the bands I enjoyed included Blur, Katy Perry, Lady Gaga, Pet Shop Boys, Kings Of Leon, The Killers and The Manic Street Preachers.

The factors deciding why this would be our final Oxegen was the increasingly dangerous level of campsite violence and crime, The Great Recession and increasing nos. of our group moving on with marriage along with Pop Acts eclipsing the Rock appeal of the festival. From 2010 onwards, the rot had truly set in accordingly and 2012 saw the festival take a hiatus, with 2013 seeing no pop acts. MCD wound up Oxegen that year as Electric Picnic, since 2004, had eclipsed the event long before.

But I will forever have fond memories, mementos and photos to cherish. When festivals and concerts return, since our folks had Mountain Dew and Feile, you will have your own to be proud of! Just remember to clean up afterwards; we need to watch our environments better in future mind!

WOTS DA CIT-UATION DERE?

I was driving home a while back and it is lovely, with MTU in existence, to see CITSU President Aisling and VP Zack making their first visits to the Town That Never Reared A Fool! At least as Macroom Billboard Charts #1! Now where in the County Charts is VP Cian hiding out I wonder?!



TAKE CARE OF YOUR MENTAL AND PHYSICAL WELLBEING

By Aoife Kelliher

Taking a little time to reflect on your study life balance has never been more important as we start the semester in remote learning. Being proactive in managing your week may help avoid being overwhelmed and will help you stay in charge of your time and energy.



“ If you feel a little lost in any of these, there are lots of supports that you can lean on for advice ”

HEALTH & WELLBEING INITIATIVE

The Health & Wellbeing initiative was started in response to students having less visibility of supports and services that are available to them. The vibrant student life culture, that we had all taken for granted, has almost been brought to a standstill. While we may have viewed these countless events, student ball nights, trips, meetings, training sessions, matches, fun runs, welfare campaigns and entertainment acts as extra padding on the student experience, the truth of it is we underestimated their value in providing lighter social opportunities for connections, for keeping active and healthy, and as a space that we discussed, listened and understood better our own emotions. Student support and services have adapted and are offering support to all students remotely. Here are some activities you can access remotely to support you being proactive about your health and wellbeing. If you feel a little lost in any of these, there are lots of supports that you can lean on for advice.

The Gym is offering free classes on zoom. With 5 different types of classes to choose from there is something for complete beginners in Yoga, Pilate and Zumba to someone looking for more of a challenge with Bootcamp or Yoga & Strength. Email: gym@cit.ie with you name and student number to receive the zoom link.

The Yoga society are also running free yoga classes in the evening time. On Tuesdays, 7-8pm, you can try out Yoga from the comfort of your own home. No requirement to turn your camera on. The Mindful Relaxation on Wednesdays, 7-8pm, might be the midweek break that you need to revive your energy levels.

BE ACTIVE

MTU GYM VIRTUAL FITNESS CLASSES

	MON	TUES	WED	THURS	FRIDAY
LUNCH 1-2PM	BOOTCAMP WITH NATHALIE	PILATES WITH YVONNE	YOGA WITH SARAH	YOGA & STRENGTH WITH SARAH	ZUMBA WITH LINDA

All Fitness Classes are **FREE** of charge so we would love for you to join us.

How do I sign up for a class?

Email gym@cit.ie with the following

Name, Staff/Student number & what class(es) you wish to join. You then will be send a link to join the class :)

QUERIES

EMAIL – gym@cit.ie

Find us on Facebook & Instagram

TAKE CARE OF YOUR MENTAL AND PHYSICAL WELLBEING

CONTINUED...

CREATE CONNECTIONS

Many students are missing the craic and chat from being in a classroom together. For many it is the support from fellow classmates that gets them through a project or helps them understand a topic better. These interactions don't happen as naturally at the moment, so you will need to make a bit of an effort to reach out to others to make a connection. Don't just scroll through your phone reading newsfeeds and stories, use your phone or laptop to connect with others! If someone in your class goes to the effort of trying to organise a class social like a quiz or a games evening, support them by attending.



There are 26 active Societies currently running online, Almost half of them are on *Discord* which is a website that hosts online community where you can connect with other MTU students 24/7. The most successful of these in semester 1 have been the Pool & Board game society who had weekly gaming nights on Mondays. The Sci-Fi society who had screenings at weekends and games night on Fridays. Or the Mature Student society who had coffee breaks on discord for just regular conversation and catch up.

New members are welcome and you can join Societies online <http://societies.cit.ie/join> for free.

EMOTIONAL WELLBEING

The term 'mental wellbeing' describes our mental state - how we are feeling and how well we can cope with day-to-day life. Good mental wellbeing is about having feelings of contentment and enjoyment but it also includes things like:

- feeling relatively confident in yourself and having positive self-esteem
- building and maintaining good relationships with others

- feeling engaged with the world around you
- living and contributing productively
- being able to cope with the stresses of daily life
- adapting and managing in times of change and uncertainty



We all have times when we have low mental wellbeing, and it can be useful to think about whether there is anything in particular that is having a negative effect on us. You could also try tracking your moods to help you to work out what positively and negatively affects your mental wellbeing; then you can take steps to avoid, change or prepare for situations than have a negative effect.

FURTHER SUPPORTS

You might not be able to shake off your mental health difficulties, despite trying your usual self-help strategies. Taking that first step towards getting support can be difficult. You may feel afraid or embarrassed. But it can also be the most positive move you can make.

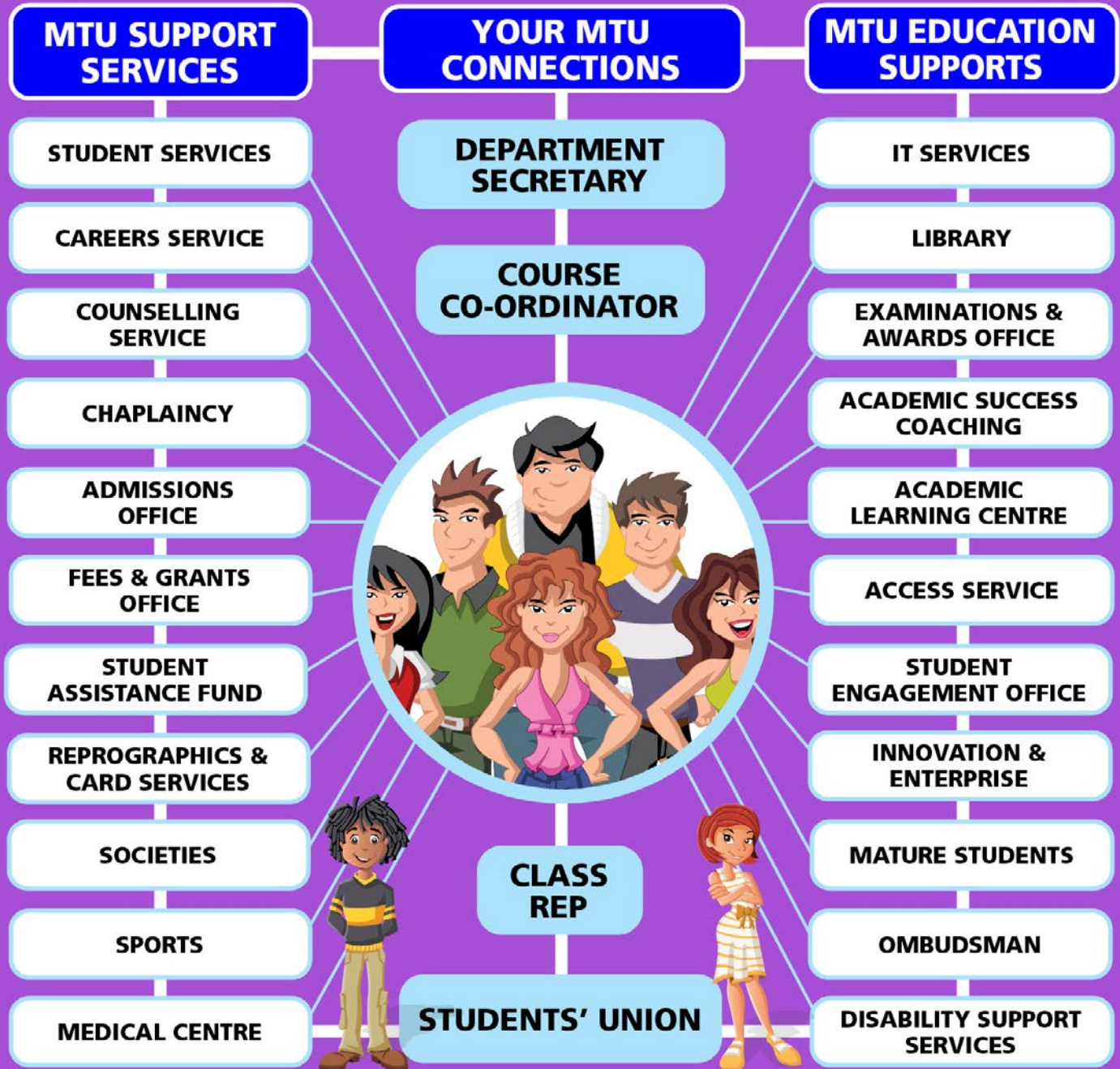
MTU Cork Counselling Services
Email: counselling.admin@cit.ie
www.mycit.ie/counselling
021 – 4335772



There are a number of telephone/text helplines that can also offer you support:

- MTU Crisis Text Line, 24/7 free text "CIT" to 50808
- Samaritans is open 24/7 on 116123
- Pieta House is also open 24/7 on 1800 247247 or Text HELP to 51444
- Aware is open 10am to 10pm on 1800 80 48 48
- Suicide or Survive 1890 577577
- LGBT Ireland 1890929539

WHO IS HERE TO SUPPORT YOU?



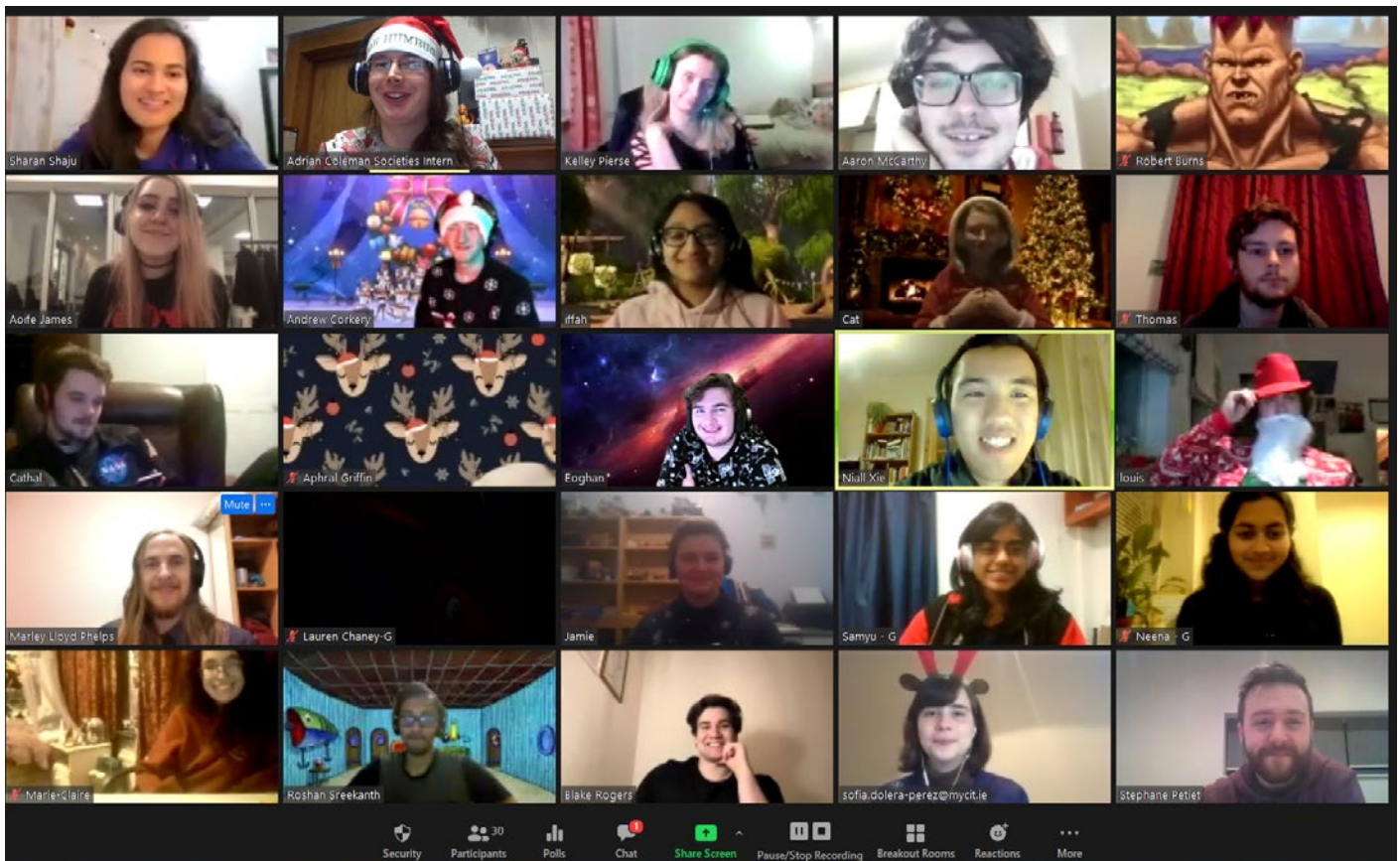
#KEEPWELLMTU



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University





By Adrian Coleman

SOCIETIES ARE ONLINE!



Societies are an important part of student life in every College and University. They can provide a safe space to take a break from stresses of college work, a place to develop new hobbies, interests or skills and a place to meet new people outside of your course and create some amazing friendships. Societies have now gone online!

What does that mean exactly? Well, instead of all of the Meetings Rooms booked to their brims most evenings, the Rory Gallagher theatre providing a unique cinema experience and the common room filled with laughter and tears from losing friends and making enemies over a game of **MONOPOLY** - instead we had Zoom meetings happening every weeknight, screenings over Discord and enemies being made over **AMONG US** instead. The **3D Design Society** was the first new Society to setup itself fully online.

Games nights are the most popular event types for societies. The games include **AMONG US**, **SCRIBBLIO**, the **BROKEN PHONE GAME** and **JACKBOX GAMES**. These games were key ice breakers to a lot of our Societies to help get new members out of their shells and making friends. The **Pool & Boardgames Society** and the **Sci-Fi Society** held these games nights weekly and found them very successful in engaging with their members. Along with games nights, we saw plenty of guest speaker talks hosted by **WiSTEM**, **Enactus**, **Cyber Security** and **Marketing Societies**. We also had weekly screenings from the **Anime & Manga Society** and the **Korean Society** and an endless number of Workshops with the Alexander Technique, the **Dance** and the **Musical Societies**.

Societies have adapted to this new digital age and are still as creative as ever to reach out and get some new mem-

bers. In the last semester alone, we have seen plenty of Comedy livestreams on Facebook with special guests hosted by the **Comedy Society**, a digital version of **Indian Society's** popular Diwali event, alumni concerts run by the **Trad Society**. **Mature Student** and **Christian Unions** also offered a wide range of events. **Programming Society** with their project workshops gave a hand to any of their members on tough projects. We also saw **Photography Society's** photo competition and the **International Student Society's** "Country Week" social media campaign.

Next Semester will continue to be digital and there's plenty of events to keep an eye out for. The **LGBT* Society** will be premiering their "Dragging up the past" documentary next month. **Glór Choir Society** have an inter-iversity planned for this upcoming semester. The **Esports Society** is hoping to continue to compete on a national level with its various Esports teams. It's been a unique college year but it's not over yet and I personally look forward to seeing what other new and creative ideas these Societies still have up their sleeves.

The 2 main platforms used by societies are Zoom and Discord. Everyone is well used to Zoom at this point in time, but Discord might be something you haven't heard about. Discord is a free application and digital distribution platform designed for creating communities ranging from gamers to education and businesses. Discord specialises in text, image, video and audio communication between users in a chat channel. Currently we have 11 Societies using discord for their weekly meetings and each of those Societies run their own servers for their members to hangout and socialise with each other.

Chase the Pandemic Blues Away With **The Comedy Society**

By Jack Kirby



The Committee at the society Christmas Party 2019 (L – R: Kevin, Georgia, Jack, Andrew)

members of the society once or twice in a semester to de-stress and get to know each other a little better.

WHAT WE HAVE PLANNED FOR SEMESTER 2

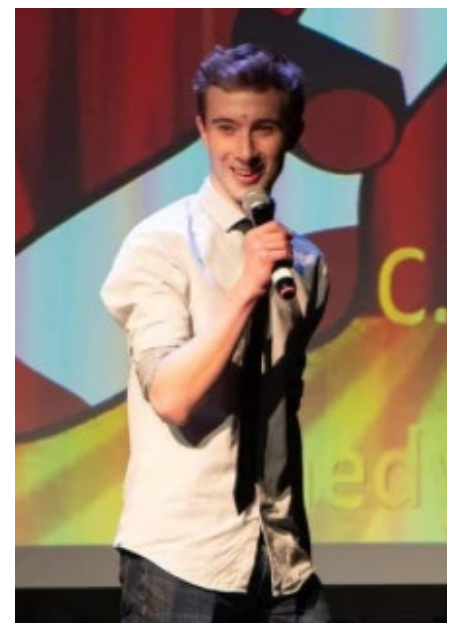
With that, let me tell you about all the fun things we have planned for semester 2.

In week 1 we have a games night on Friday the 28th of January. We'll be playing Jackbox games on our society Discord server (message us for the link).

Our monthly gig list is below with our first comedian Sinead Quinlan, whose RTE show "Seriously Sinead?" is a smash hit, performing on the 5th of February.

We also have more collaborations with other societies in the works so keep an eye on our Facebook and Instagram for more details!

- | | |
|--------------------------|----------------|
| 5 th February | Sinead Quinlan |
| 5 th March | Thomas Howarth |
| 2 nd April | Lesly Martínez |
| 7 th May | Ian Burke |



Thought 2021 couldn't get any better? Well I've got some good news for you! With the vaccine on the way, normality is just around the corner. So, while we wait, MTU Cork Comedy Society is here to interrupt your regular unscheduled chaos and historical moments with more scheduled, monthly chaos in the form of comedy livestreams and collaborations with other societies.

WE HAVE A COMEDY SOCIETY?

Yes! It was founded in 2019 by Jack Kirby, a 3rd Year Chemical Engineering Student, to provide an outlet for new comedians to try out their material in a safe and friendly environment. We always give people a chance to try out new material or refine old stuff and give constructive feedback. Everyone is given a fair chance on stage whether they want to do 1 minute or 5.

This college year the society has a new chairperson, Georgia O'Gorman, a 2nd year Creative Digital Media student. She is an experienced comedian and has performed all around Cork. She's there to lend a hand and help you and any other hopeful comedians to work on your material and get you up and performing whether its on stage or on one of our livestreams. Along with Georgia we have Kevin M. Smith, our treasurer, who started doing comedy around the same time as Georgia. They're like rivals in an anime but without the tragic backstory. Our secretary is Andrew Corkery, who first started performing last year at one of

the society's open mics. Since then he has become a very talented comedian, mostly performing in the CoCo Club in Cork.

WHAT WE'VE DONE (SO FAR...)

Now you know a little about us, it'll be good to know what we've done as a society so far since we started.

For the first year we were running weekly Open-Mic nights. During these, each act had a max of 5 minutes to do any material they had. This could be new material or old stuff that needed to be fixed or refined. After everyone went up, people could come up to the committee or any other experienced comedians at the show and ask for advice or help with their own performance. This was our main activity and really helped us to grow the first few months.

Once a month we invited a comedian from the Cork circuit to come out to the college and perform at a larger, more professional show.

We performed at Diwali with the Indian Society. It was a fantastic experience for us as a new society and it was the biggest audience most of our members ever performed in front of.

This year we have kept up with our monthly gigs by livestreaming on our Facebook page; MTU Cork Comedy Society.

It's not all performing though. We hold improv classes and game nights with

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MULTIPLE
CHOICE Q'S!**

QUIZ

Simple Quiz!

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**For your chance
to WIN a €30 One-4-All**

Sponsored by <http://societies.cit.ie>

SOCIETIES

**For your chance to WIN
a €50 One-4-All**

**What is the area
of the heart?**



Sponsored by:

*AnSEO - CIT Student Engagement Office
and CIT Department of Mathematics
as part of Maths Positive.*

Email your answer with your name, student number,
class and postal address to: supublications@cit.ie

THE CITIZENS' JURY

An initiative of the Irish Platform for Patient Organisations, Science and Industry

WHAT WILL THE JURY DELIBERATE?

How do people feel about their health information being viewed, shared and used by others?

WHY IS THIS IMPORTANT?

Health information can be valuable for making decisions about individual care, but also for managing the future of health services more broadly. Health leaders, researchers and companies are all keen to have access to this information. But this is information about people, and those people should have a say in how it is viewed, shared and used. This jury aims to let you have your say!

WHO CAN GET INVOLVED?

Anyone over 18 years of age, living in Ireland is welcome to apply to join our Citizens' Jury. You just need to complete seven short questions to express your interest. We will contact you in February to let you know if you are one of the 25 jurors offered a seat on our first IPPOSI Citizens' Jury. You can then decide whether to accept our invitation.

WHEN AND HOW WILL THE JURY TAKE PLACE?

The Jury will take place in April 2021, online. Jurors will deliberate across 5-7 sessions, lasting around 2 hours.

In March 2021, to prepare, you will have a technical check and a short briefing with the jury facilitator.

OTHER INFORMATION

Jurors will receive €400 for their participation in the jury: €25 on day one and €375 on the final day.

The jury sessions will be recorded, but they will not be published.

www.ipposi.ie

For more information visit www.ipposi.ie
or contact jmoran@ipposi.ie
jmoran@ipposi.ie

JURY

FOCUS Ireland

Community Service Graduate Programme

Our annual Community Service Programme is a paid 12 month graduate scheme that offers up to 20 graduates a unique opportunity to work in one of our projects in Dublin, Limerick, Cork and Waterford. Here you will build skills and experience that will enable you to carve out a long term career path with Focus Ireland. Not only does the programme offer an opportunity to work with teams and leaders with years of experience, it also offers best in class training as well as one to one mentoring and support to help in your development.

About You

- Dedicated to making a difference
- Team player who embraces diversity and equality
- Resilient and adaptable embodying the values championed by Focus Ireland
- Life-long learner seeking opportunities for progression and your talent to be nurtured

We Offer

- ⇒ Paid internship
- ⇒ 25 days annual leave +3 concession days
- ⇒ Schemes—Taxsaver, Cycle to Work, Employee Assistance Programme
- ⇒ Comprehensive training, career planning, development & support
- ⇒ Mentoring and professional supervision

APPLICATIONS NOW OPEN FOR 2021/22 GRADUATE PROGRAMME

Eligibility

Final year degree students of

- Childcare
- Sociology
- Youth Work
- Psychology
- Social Care
- Social Work
- Social Policy
- Social Science

TO APPLY

Upload your CV & Cover Letter [here](#).

Please include any experience that demonstrates your commitment to social change (this can be paid/unpaid, at home or abroad, and can include caring responsibilities).

Closing date for applications
Wednesday 4th March 2021

For further details visit

www.focusireland.ie

Informal queries to

Caoimhe Kelly, L&D Administrator

email: Caoimhe.kelly@focusireland.ie

caomhe.kelly@focusireland.ie

www.focusireland.ie

First year C.I.T Module Business Model Canvas Programme

Overall winners:
Lauren Heffernan & Liadh Hennessy,
1st year Chemistry students.

Best pitch:
Nia Duggan
1st year Creative Digital Media.

Almost 800 1st year students took part in Business Model Canvas and came up with business ideas as part of their C.I.T Module



Rubicon

Pitch Perfect



100 seconds for 100 euro

Submit your 100 second video pitch on enterprise.cit.ie to be in with the chance of winning 1 of 5 €100 prizes

In the pitch you need to identify a new business idea or concept answering the following:

1. What problem are you solving?
2. What is your solution?
3. Who will buy this?

Supported and judged by **teamwork.**

Who can apply?
Any registered MTU student

CORK CITY SINGLE FARES

CITY SINGLE FARES	Adult Single	Student Single	Child Single	School Single
Standard Fares Cash	€2.40	N/A	€1.40	€1.10*
Standard Fares Leap	€1.68	€1.68	€0.98	€0.77*
Higher Fares Cash	€2.80	N/A	€1.70	€1.10*
Higher Fares Leap	€1.96	€1.96	€1.19	€0.77*

*School Child Single available for set time periods during school term only

RED ZONE COVERS CORK CITY:

Routes 201 – 225 Plus Route 226/226A (Cork Airport); Route 243/248 (Whitechurch);
Route 240/241/260/261 (Carrigtwohill)

RED ZONE FARES	Adult	Student	Child
24 Hour	€5.60	€4.50	€3.20
7 Day	€23.30	€18.20	€12.10
Month*	€84.50	€67.50	€42.00

*Month refers to Calendar Month eg. January

GREEN ZONE COVERS CORK SUBURBAN AND CORK CITY RED ZONE:

PLUS Route 236, 237, 239 & 252 (Bandon); - Route 245 (Fermoy); - Route 226 (Kinsale); -
Route 243 (Mallow); - Route 235 (Rylane); - Routes 233 (Macroom)

GREEN ZONE FARES	Adult	Student	Child
24 Hour	€15.00	€12.00	€9.00
7 Day	€62.00	€49.50	€31.50
Month*	€185.00	€146.00	€110.00

*Month refers to Calendar Month eg. January

COMBINED RAIL AND BUS TICKETS

Cork Rail (Cobh/Midleton) + Cork Bus (Red Zone/Midleton*) Services.

*Routes 240; 241; 260 and 261 to Midleton ONLY

	Adult	Student
Month	€145.00	€110.00
Annual	€1,450.00	N/A

Monthly and Annual Tax saver tickets are also available for regular commuters -
check out www.taxsaver.ie and learn more about the Tax saver Scheme

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Customers can receive 30% discount by using a Leap Card on all cash single fares.

For further information contact info@buseireann.ie or 1850 836611 or visit www.buseireann.ie

