

# *explicit* MAGAZINE

Munster Technological University Cork  
Students' Union



**BE POSITIVE**  
**BE KIND**  
**STAY HOME**  
**STAY SAFE**

## **IN THIS ISSUE:**

**Dates to get excited about in Lockdown 3.0**

**The latest Societies News**

**WIN One-4-Alls in our Competitions**

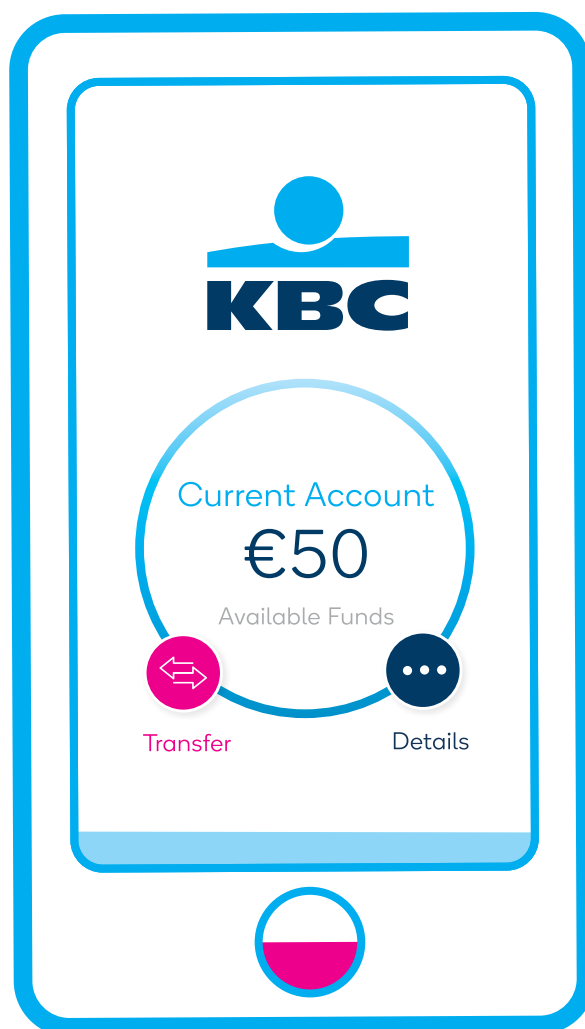
**AND LOTS MORE!**

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**Congratulations to last issues winners of One-4-All vouchers:**  
Maths puzzle: Shauna O'Mahony Quiz: Kaja Sikora



## Munster Technological University Cork Students' Union

### Your Union Your Voice

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Like us: @MTUCorkSU Follow us: @MTU\_CorkSU

Instagram: @MTUCorkSU [www.citsu.ie](http://www.citsu.ie)

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# WHAT'S THE CRAIC?

## MTU Cork SU updates

### Academic Calendar Reform

MTU Cork SU would like to propose that USI is mandated to reform the Academic Calendar for IOT's and/or Universities that are faced with an academic calendar that is not student friendly. For example, on Munster Technological University Cork Campus, if a student fails an exam in May and wishes to appeal the result, the student will have to wait until lecturing staff are back from their holidays in September for the result of the appeal. Meaning the student must still sit the repeat exam in August just in case their appeal is not successful in September. This causes a great deal of unnecessary stress for the student appealing a result. Appeal results are sometimes delayed into October, therefore the student is ultimately not progressing until he/she knows the result of the appeal.

MTU Cork SU are mandating USI to lobby the government to put a policy in place that protects students across Ireland from this unnecessary hardship. We would

also like to mandate USI to launch an investigation into the different colleges that this affects and work together to reform poorly designed academic calendars that might suit staff but cause a great deal of stress for the student population.

### Recording of Lectures and Tutorials

MTU Cork SU would like to propose that the recording of lectures becomes mandatory for all Universities, TU's and IOT's. At the moment there is no official policy across the board that makes the recording of classes mandatory for lecturers. This issue was further highlighted during the covid 19 pandemic. It allows students to access material before exams without having to wait for an email reply from their lecturer. In a time where online learning only permits students to contact their lecturers via email we need an alternative and safety net to ensure students get access to the education that they are paying for.

Lecturers were not obliged to re-

cord as it was never included in their employment contracts. As a result, it was not a level playing field for all students across the country. The students that were denied access to recorded lectures are at an academic disadvantage to those who have access. We cannot let students fall through the cracks. Who is thinking about the students who have or are recovering from Covid 19? Those who have to step in as carers? Those who have learning difficulties and simply cannot keep up? Those students who have poor broadband or lack of equipment?

MTU Cork SU mandate USI to work alongside the Dept of education to ensure education is equal for all students across Ireland. We propose that a national policy needs to be put in place to make the recording of lectures mandatory from now on.

Yours Sincerely,

Aisling, Cian & Zack  
Your SU Executive

<http://www.citsu.ie/contacts>

**Student Survey.ie**  
Click here: <https://studentsurvey.ie>  
**HAVE YOUR SAY!**

One student win a Dell laptop or Apple MacBook at survey's end.  
Weekly prize: Apple AirPods  
Weekly prize: Fitbit

Make your voice heard at **Student Survey.ie**

# March is...

## INNOVATION AND ENTERPRISE MONTH

March is Innovation and Enterprise month across MTU with 37 events including competitions, seminars and podcasts around the broad theme of innovation and enterprise. The month was designed to celebrate current innovation and entrepreneurship activity as well as introducing new thinking and opportunities in this space for all stakeholders: students, staff, industry and community.

The establishment of MTU has enabled Innovation Week that ran on the Cork campus for the last 7 years to be expanded over a month in line with Kerry Month of Enterprise. Events are being led by MTU staff in both campuses and the majority of the events and competitions are open to all MTU staff & students as well as external stakeholders in the region.

To view the full list of events and to book a place at any of the events open to all please visit:

<https://enterprise.cit.ie/calendar>

There is something for everyone during the month!



## Innovation and Enterprise Month

# March 2021

Loading ...



#MTUInnovation

  @CITInnovate

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Innovation & Enterprise

# Student SPECIAL

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CARRIGLINE 021 484 8444  
DELIVERIES TIL 12:30AM  
BALLINCOLLIG 021 428 9800

Our doors are closed  
BUT our laptops are open!

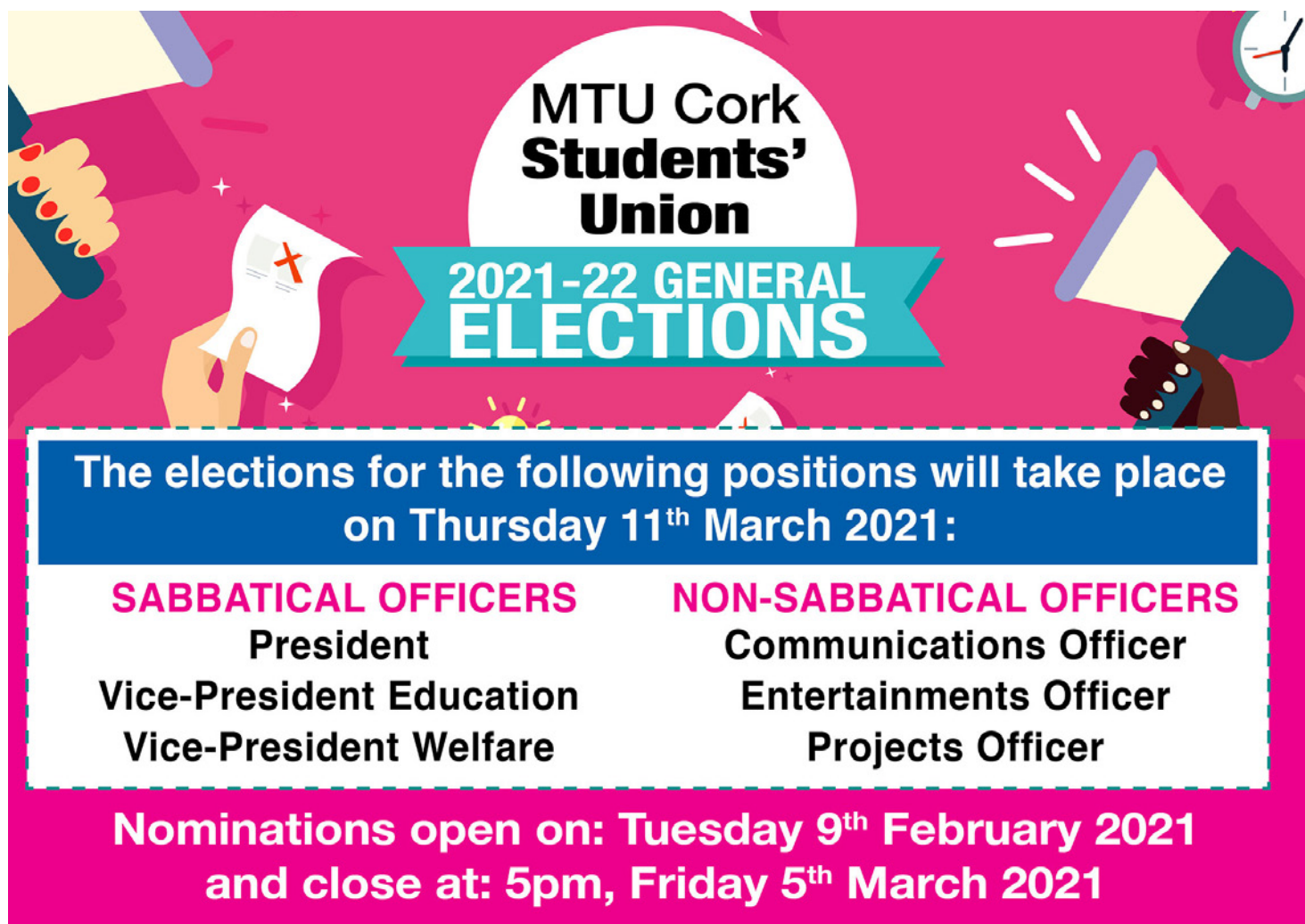
MTU Cork  
Students' Union

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

# WOULD YOU CONTEMPLATE RUNNING FOR SU ELECTION?

## Officers of the Students' Union tell their story

In the following two pages, some former Students' Union Presidents tell their stories about their experience as an Officer and how this experience has supported them in their careers. Students can contact our current SU Officers through the Students' Union (email: [citsu@cit.ie](mailto:citsu@cit.ie)). The close of nominations is on the 5th March 2021 and has pivoted online. If you are thinking of running, you can contact Vicky O'Sullivan at [vicky.osullivan@cit.ie](mailto:vicky.osullivan@cit.ie) for nomination information and advice and to get your form. Remember, everyone has something to offer and be confident in your choices – it will benefit you and MTU in the long run.

A vibrant pink and blue graphic for the MTU Cork Students' Union 2021-22 General Elections. The central text reads 'MTU Cork Students' Union' in a white circle, with '2021-22 GENERAL ELECTIONS' in a blue banner below it. The background features illustrations of hands holding a ballot, a megaphone, and a clock. A blue box at the bottom contains the election date and details for SABBATICAL and NON-SABBATICAL OFFICERS.

**MTU Cork  
Students'  
Union**

**2021-22 GENERAL  
ELECTIONS**

**The elections for the following positions will take place  
on Thursday 11<sup>th</sup> March 2021:**

<b>SABBATICAL OFFICERS</b>	<b>NON-SABBATICAL OFFICERS</b>
<b>President</b>	<b>Communications Officer</b>
<b>Vice-President Education</b>	<b>Entertainments Officer</b>
<b>Vice-President Welfare</b>	<b>Projects Officer</b>

**Nominations open on: Tuesday 9<sup>th</sup> February 2021  
and close at: 5pm, Friday 5<sup>th</sup> March 2021**

If you wish to seek a nomination for a position,

Please email: [vicky.osullivan@cit.ie](mailto:vicky.osullivan@cit.ie) Further information: [www.citsu.ie/union/elections](http://www.citsu.ie/union/elections)

Dr Judith Butler, Returning Officer

**Your Union Your Voice**

[www.citsu.ie/union/elections](http://www.citsu.ie/union/elections)



# AARON BUCKLEY

SU President from 2018-2020

## Q1 Can you tell us what you studied in CIT, (now MTU)?

The first degree I studied in CIT was Recreation & Leisure Management which was a three year level 7. I thoroughly enjoyed this course, most of all because of the excellent lecturing team over in G block led by Dr. Cian O' Neill and featuring legends such as Con Burns. I enjoyed it so much that I even encouraged my sister to study it. I proceeded to do the final year level 8 Bachelor of Business after I studied Rec & Leisure. I feel very lucky to have had a great blended learning by getting an insight in to both sport and business.

## Q2 What were your experiences of being a student which made you decide to run for election as SU President?

I loved being a CIT student, it's a truly iconic place. I was very lucky to make great friends for life, who knew that Kerry/Tipperary people aren't that bad after all? No, on a serious note, I really enjoyed my time, it was very memorable and that's before I even start on the nights out of which there were many! Although, I was very fulfilled and happy throughout my undergrad, I felt I could make positive contributions to the student experience and enhance student life. That is what gave me the desire to run in the Student Union elections. To say that

this was one of the best decisions of my life, would be an understatement, my two years as President were easily the best experience of my life and it was an absolute privilege to perform this role. It was made even more enjoyable as I had the chance to work with the brilliant Students' Union team. What a great group of people.

## Q3 How did the experience of being overall leader and chief spokesperson of the SU help you with your career?

It enhanced my skillset and professional progression massively. I sat on over 40 boards throughout my time in CIT and represented students on all of these boards. My role included negotiating and influencing on behalf of the wider student cohort in key decision making. To say I benefitted from this unique experience would be an understatement, the growth I experienced was absolutely massive. I am currently twenty four but feel like I am forty four due to the exposure I got while performing this role, I already feel it is benefitting me in my career massively.

## Q4 If anyone is considering running for election but a little hesitant, what words of encouragement would you give?

I was hesitant about throwing my hat in the ring in 2018, I wasn't really someone who was



involved in day-to-day college activities and was apprehensive and nervous about whether I should apply. To tell you the truth, the deadline was during the bad snow in March 2018 and only for having too much time to think as we were snowed in, I mightn't have went ahead with it. I only put my application form in with fifteen minutes of the deadline. I am very thankful I took the leap of faith as what unfolded was the single greatest learning experience of my life. Some of what the role entails includes; getting the chance to speak to local and national reporters on a weekly basis, stand up in front of thousands of people to deliver speeches, host ceremonies and events, organise festivals/nights out and representing students in the boardrooms. This is just a flavor of some of the things I got to experience while I was in office. Having the chance to leave real and lasting positive changes to the student experience is something I will always be very proud of. If you are doubting yourself, STOP and just go for it! I really can't do full justice in four questions, to explain just how amazing the experience was, so please get in touch if you have any questions and I would be delighted to answer them.

**LinkedIn** - <https://www.linkedin.com/in/aaronbuckley96/>  
**Instagram** - [Aaronbuckley\\_96](https://www.instagram.com/Aaronbuckley_96)

# SHANE FALVEY

SU President from 2015-2017

## Q1 Can you tell us what you studied in CIT, (now MTU)?

I studied the Business (Honours) Degree from 2010-2014

## Q2 What were your experiences of being a student which made you decide to run for election as SU President?

I was the elected Class Rep throughout the 4 years of my course and subsequently elected as the SU VP Education in March 2014. I also founded and was Chair of the inaugural CIT Cancer Society in my final year of college. All of these roles gave me an in-depth insight into the power of the student voice and a desire to ensure the students voice was heard, acknowledged and acted upon. Instrumental to my decision to run for election for the role of SU President was the belief that I had developed the correct skills and knowledge to be well positioned to act as the chief spokesperson of my fellow students. I also had a great grá for the CIT Community and wished to be a leading part of further enhancing that sense of community and pride in being a part of the institute.

## Q3 How did the experience of being overall leader and chief spokesperson of the SU help you with your career?

Being CITSU President remains one of the greatest honours of my life. The multi-faceted nature of the position has continued to equip me in all of the subsequent roles I've held since, including my current job as Disability Exam Supports Administrator for the MTU Cork Exams Office. Leading the Students' Union afforded me the opportunity to learn and develop many core skills including organisational, communication, interpersonal and teamwork skills which I've found are key to working in any environment I've being lucky enough to work as a part of since. Working as a part of the wider Students' Union team also allowed me to appreciate the ethos that **Together Everyone Achieves More**, a key theme of my work as a student representative was working in partnership with students and colleagues.

## Q4 If anyone is considering running for election but a little hesitant, what words of encouragement would you give?

There a one of two things that can happen in



any election, you win (great, well done, the journey is just beginning), or you're not successful (well done for putting yourself forward, nothing ventured, nothing gained, it's far from the end of the world, better to have ran than to always regret not doing so). If you feel that you are the best person to represent your fellow students on both a local and national platform, go for it. If you care, then all the rest will work itself out. Write out a list of pros and cons of running. What do you want to deliver for students? What makes you the best candidate? What would you like your legacy to the Students' Union and wider MTU Cork Community to look like? Reach out to your fellow students, staff, family and friends for their input and ideas. Multiple heads are always better than one. I guarantee that putting yourself forward for election is a decision that you'll never look back on. Beir Bua! MTU Cork SU Abú!

I'm happy for any student who may be considering putting themselves forward for election to reach out to me.

**Twitter:** @ShaneFalv  
**LinkedIn:** Shane Falvey



# BRIAN O'SULLIVAN

SU President from 2006-2008

## Q1 Can you tell us what you studied in CIT, (now MTU)?

I initially completed a BEng in Marine Engineering at the NMCI but then went on to complete a BBS in Business by night, beginning while I was SU President.

came to the fore to enhance the student experience. While I had been a class rep in year 1, it was not until this time that I really engaged with CIT SU who were a huge help in improving life at the NMCI.

This engagement effectively led me to decide to run for SU President in 2006 – I knew then that CIT SU was not just about organising class parties but had a significant platform to enact change across all CIT campuses.

## Q2 What were your experiences of being a student which made you decide to run for election as SU President?

I look back on my time at CIT fondly. The campus benefitted from a well-resourced Sports and Societies function which gave every student, regardless of background or interests, the opportunity to engage in something new and exciting. This provided me with a platform to meet new people, some of which remain my close friends thirteen years later.

I also spent two years based in Ringaskiddy at what was then, the brand new NMCI facility. While the initial new facility had teething issues and the "remote" location caused some problems at the time, the CIT support networks

## Q3 How did the experience of being overall leader and chief spokesperson of the SU help you with your career?

Looking back now, this was a fruitful experience which honed my soft skills like presenting an idea or point of view confidently, listening and negotiating, problem solving, decision making etc, all invaluable skills I use to this day. Furthermore, I benefitted from the knowledge of how large organisations operate and how one needs to adapt in order to move forward within them. I would argue these skills gave me a competitive advantage once I entered the



world of work and the role itself has come up at practically every job interview since – a great ice breaker question!

## Q4 If anyone is considering running for election but a little hesitant, what words of encouragement would you give?

I'd advise every student to consider running for one of the Executive office positions. I pondered at the time whether it would be a waste of a year when I could be pursuing my career, but I feel this was one of the best investments I made in myself. The skills mentioned here are invaluable and allowed me to successfully pivot my initial focus of being an engineer at sea to now working in an Investment Bank in London!

*LinkedIn: BrianOSullivan1*

# PHILIP O'REILLY

SU President from 2001-2002

## Q1 Can you tell us what you studied in CIT, (now MTU)?

I studied Electronic Engineering at CIT. After my time with the Student's Union I completed several part-time evening courses in Computing and a Masters in Digital Marketing Strategy. I'm currently studying for a Diploma in Project Management.

months later, I was approached by Miriam to see if I would be interested in running for the non-sabbatical position of Communications Officer. I took up that role in 1999 and during my term as Communications Officer I set up the CIT SU monthly publication "expliCIT" with another media communications student and I became the first Publications Editor. It's amazing to see how this publication is still going strong over twenty years later. I also set up the Students' Union's first website (at that time 'citsu.com' and 'citsu.ie'), which was also instrumental in changing my studies from Electronics to Computing. Following my term as Communications Officer, I went on to be elected into the full-time sabbatical position of Vice President Education in 2000-2001 and then President in 2001-2002.

## Q2 What were your experiences of being a student which made you decide to run for election as SU President?

My journey to becoming Student' Union President in 2001-2002 was definitely one of several steps. During my time in secondary school, I would have been considered one of the quietest lads in my class so becoming Students' Union President was a big change in personality and probably unrecognisable to anyone I was in school with. I suppose I saw starting college as being a fresh start for me especially since everyone else was new in my class.

My first step had to be the time I put my name forward as Class Rep which pushed me to be the spokesperson for my class and attend meetings with other Class Reps. I became friends with a guy in my class who asked me to help him hand out flyers and posters for his sister, Miriam Burns, who was running for Vice President Welfare and who later became CIT's first female Students' Union President. A few

## Q3 How did the experience of being overall leader and chief spokesperson of the SU help you with your career?

I really enjoyed my years with the Students' Union and acting as Students' Union President and chief spokesperson for over 12,000 students had a lot of responsibility. During my time as SU President, I spent a lot of time sitting on a wide range of senior management committees within the college and I gained a lot of experience in successfully negotiating for our students. For many young adults, it may be intimidating having to argue your



case against those in senior management positions who hold many years of experience over you. My time with the SU thought me that if you have a valid position on an issue, it is important to articulate it and fight for it. During my time, after many weeks of negotiations had failed, we entered into quite a few protest strikes, boycotts and lock-ins. In the end, I believe that we were able to make a lot of changes in the college and had the respect of both the students we represented and the management of the college. The confidence I gained during my time on the SU has been key to the development of my career path to date.

## Q4 If anyone is considering running for election but a little hesitant, what words of encouragement would you give?

I would strongly recommend anyone considering running for a position on the Students' Union to just go for it! It definitely helped to reshape my life and gave me a new sense of confidence.

*Twitter: philip\_oreilly*  
*LinkedIn: philiporeilly*

# DATES TO GET EXCITED ABOUT LOCKDOWN 3.0



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

It is safe to say that we are all getting more than slightly sick of lockdown life, especially with longer restrictions and further closures looking possible, so this article is here to remind you of the small but wonderful days we still have to look forward to throughout this semester. These will not cost money or require you to go anywhere but may give you the chance to get creative, learn something new or get a bit excited, for a change.



**International Women's Day, 8<sup>th</sup> March**, a worldwide celebration of women's rights and a chance to celebrate the achievements of women throughout the world. This day is a fantastic opportunity to read up on your history, celebrate women's achievements, raise awareness against bias and take action for equality. There are endless seminars, guest speakers and YouTube videos available so make the most of this exciting day, learn something new and celebrate a triumphant and ongoing journey towards equality and visibility for the amazing and intelligent women we surround ourselves with!

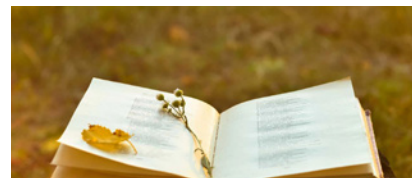
Also, important to remember at the beginning of March is the 'Friend's reunion' and the very simple, but exciting fact that by the 11th of March our evenings will stretch all the way

to 6pm, an hour later than we currently have. A whole extra hour of brightness, walks, fresh air, and headspace away from our screens.



**St. Patrick's Day, 17<sup>th</sup> March**, while it will look very different this year, we still have to make the most of it. The whole world lights up in green and celebrates the Irish for one day every year. That's amazing and doesn't happen for many other countries, so just because we can't have parades and celebrate in pubs doesn't mean we can't enjoy our time at home by having a few drinks, taking a break from college work and enjoying all things Irish, from the music to the poems to, of course, the Guinness.

*Here's hoping this list will help students in some little way as we face into another semester of restrictions and limited social interactions. It is not the big nights out and vibrant social lives we are used to, but there is always something to look forward to and something positive to be found in each day!*



**World Poetry Day, 21<sup>st</sup> March**, is a UNESCO day set up with the aim of promoting reading, writing, publishing, and teaching poetry throughout the world. All of us have gotten more creative during these lockdowns and writing has proven a great outlet for so many people when faced with challenges. So, a whole day to celebrate and easily access many great authors and share your own writing with friends or online will prove exciting to so many people!



**International Pet Day, 11<sup>th</sup> April**, as if we needed an excuse to show our pets all the love in the world, here's an extra large reason. This is a whole day devoted to the care of our pets and is an opportunity to commemorate everything our pets do for us on a daily basis, especially this year, they were our saving grace a lot of the time! It is also an opportunity for extra special care like a long walk or playing in the garden or buying them a special treat, whatever it is, make the most of it, for them and for you.



## Earth Day, 22<sup>nd</sup> April,

is a worldwide event that raises awareness of the environmental issues facing the Earth. There are countless online events, including the Biden Administration approved global climate summit, as well as various local guest speakers (all online) and endless online videos and stories from all around the world. Read inspiring stories from Greta Thunberg and watch some of David Attenborough's greatest documentaries shining a light on this topic. It is an opportunity to learn more about this universal and important topic in a supportive and exciting way, as the whole world comes together in the hope of change.



## World Book Night, 23<sup>rd</sup> of April

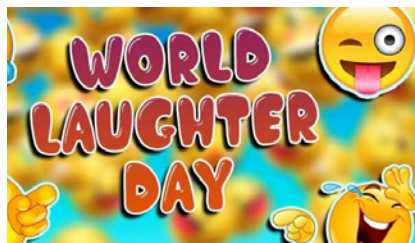
incorporating National Shakespeare Day, is a day with the aim of inspiring people to read. It is also the day of Shakespeare's birth and death, and throughout the UK and in his hometown of Stratford-Upon-Avon, there are celebrations to mark the occasion. Take this opportunity to do a book swap with friends or read something a bit different from your usual genre, to make the most of this break from study. Try the classics like Jane Austen or the Bronte sisters or something more modern like Florence Given or Ruth Jones. Or, for ultimate comfort and joy re-read your favourites such as Harry Potter or Roald Dahl. Whatever

you are reading, take this break from screens and give your brain a chance to relax for a little bit.



## International Jazz Day, 30<sup>th</sup> April,

a musical experience that brings together communities, schools, and music enthusiasts from all over the world. Jazz is a historic, joyous music type that is versatile and lively and will bring a smile to anyone's face. If you're not a jazz fan, take this opportunity to explore new music anyway, look up other playlists and give new artists a try. You will definitely find something you like, and the experience might be an well-earned escape from the Groundhog Day we are living.



## World Laughter Day, 3<sup>rd</sup> May,

is a positive manifestation for World Peace with the aim of bringing people together in friendship, through laughter. With the growth in meditation and yoga this year, this event has grown in popularity thanks to the laughter yoga movement, a joyous event that allows people to feel relaxed and get in touch with their happier side. If you have never tried it, then this is the perfect opportunity to try it. Trust me, you won't regret it. This event is celebrated in over seventy countries worldwide and will be the perfect way to raise your spirits if we are still in lockdown or if exam pressure is getting to us.



## Star Wars Day,

4<sup>th</sup> May, is an exciting and beloved tradition, where fans from all over the world come together to celebrate the pop-culture phenomenon. Even those of us who have never watched the films can appreciate the huge impact this series has had on the world and appreciate all the brilliant jokes and quotes it has gifted us. Use this occasion for movie marathons, costume competitions or character quizzes to test you and your friends. Most of all, enjoy the day that celebrates something that so many people love and brings so much joy to our lives, even if your not the biggest fan.



## National Doughnut Week, 8<sup>th</sup> to 16<sup>th</sup> May,

is a fundraising event in aid of The Children's Trust, organised by the baking industry and exactly what we will need during exams...permission to eat doughnuts! This feel good day will not only have us all feeling happy and full of sugar but will help so many people who need it. The Children's Trust aims to help rebuild the self esteem and skills of children through play, exploration, laughter, and fun. There work is so important, so positive and is bringing joy to so many people. This is most definitely an event that will be bringing light to your days through lockdown.

# 10 WAYS TO BE MORE SUSTAINABLE IN YOUR DAILY LIFE



**W**e have probably all seen the movie, *'How to Lose a Guy in 10 Days'*. While Kate Hudson and Matthew McConaughey are iconic in the early 2000's movie, this article discusses how to lose those habits you may have which are damaging to the environment and 10 alternatives to counteract this in your everyday life instead.

## 1. REDUCE YOUR FOOD WASTE –

We've all been there. You've purchased too much food at the supermarket and didn't get to go through it all before that spinach bag turns into green slime. Save yourself some money and the environment some additional strain and plan your meals around foods that need to be consumed first. Meal prepping and cutting up all your fruits and veggies right away are great ways to use up your produce, and for any soft fruits that turn you away from eating them – don't toss them! Use that old banana to make a delicious smoothie or banana bread.

## 2. RE-THINK TRANSPORTATION

– The transportation industry outputs an enormous amount of greenhouse gases daily that get trapped in the earth's atmosphere. In efforts to help and do your part, drive less! Carpool with friends as much as you can, or even better, walk or cycle to your destination if it's within a reasonable distance. Public transport around Ireland is super handy and a great alternative to choose from.

## 3. SAVE WATER –

The average person uses nearly 400 litres of water daily. Lower your water consumption levels by taking shorter showers, turning off the tap when brushing your teeth or shaving, use the dishwasher only when it is completely full.

## 4. AVOID SINGLE-USE PLASTIC –

An extremely large portion of single-use plastics end up in the ocean and are either wrapped around various sea animals or digested by them. Invest in reusable straws and water bottles, bring your own shopping bag to the supermarket, or opt for plastic-free produce and food items. The sea turtles will thank you!

## 5. SHOP SUSTAINABLE CLOTHING

– As tempting as the low prices and on-trend clothing may be, Penny's is no friend of the environment! Fast-fashion companies such as Penny's, SHEIN, Boohoo, Stradivarius, Topshop, and MANY more, use particular marketing techniques to draw in their customers. An easy way to identify if a clothing shop you're considering buying from is a fast-fashion brand is to ask yourself these 4 questions:

- Are they quick to release clothes after a trend is seen on the catwalk or modelled by a social media influencer?
- Are their clothes produced in large factories where workers are paid unfair wages?
- Do you feel pressured to buy their clothes due to limited availability?
- Are the clothes made from cheap, poor quality materials?

If the answer is yes to any of these questions, chances are the brand is categorised as fast fashion. The best form of sustainable shopping is to purchase second-hand clothing. This eliminates the need to produce new items which require more materials that can take hundreds of years to break down. Shop at your nearby thrift or charity store, on sites such as Depop or thredUP, or purchase clothes from a sustainable, trustworthy brand.

## 6. HAVE YOUR OWN GARDEN –

With spring fast approaching, veggies and fruits such as peas, carrots, strawberries, raspberries, blueberries and more, are all great produce options that you can plant in the spring to have ready to eat when a nice summer's day arrives. This lowers the demand for imported goods and allows you to spend less money at the supermarket. You will also feel the pride of growing your own fresh produce!

## 7. RECYCLE AND REUSE –

By now, I'm sure most citizens recycle, and companies are making it slightly easier with labels indicating whether or not the material is recyclable. Consider items you may be able to reuse for alternative purposes, such as cleaning out an old jam jar and using it for a pen holder, or a plant pot or even your morning coffee!

## 8. GO PAPERLESS –

In the United States alone, 68 million trees are cut down annually to supply the country with enough paper. Try to save paper by taking your college notes on laptop or tablet rather than a notepad or printing out dozens of pages.

## 9. TRY ALTERING YOUR DIET –

Meat is one of the largest contributors to climate change, polluting landscapes and waterways globally. Consider changing your diet to one that cuts out or significantly reduces the amount of meat you consume. By eating less meat, you can help reduce the impact that the animal agriculture industry has on the planet.

## 10. SHOP LOCAL –

Purchasing products that are made or grown in Ireland decreases the demand for imported goods! The next time you shop, read the labels to identify where the product is made. The best way to keep the economy up and imported goods down is by spending your money on local Irish products.

Throughout the course of the pandemic, the general health of the environment has flourished. With transport being severely limited and many factories and businesses closing their doors worldwide, the amount of greenhouse gases being released has practically fallen off of a cliff. Make no mistake, this will not last.

The day will come where businesses will return as normal, but this does not mean that we will fall victim once again to the inevitable threat of global warming. If each person makes a change in their daily habits, no matter how big or small, positive impacts will follow. Even if you pick just one of the 10 methods mentioned, you will be doing your small part and continuing to fight for a better, more promising future.



By Ciara Moore,  
4th year Tourism Management Student



**Did you know that you can now book appointments online to speak to a careers advisor?**

TARGETconnect is the new careers platform, where you can log in with your MTU details and access jobs, internships, graduate programme, view company profiles and upload your latest CV. Check it out on <https://careers.cit.ie/>

*You can Access TARGETconnect directly from the MTU Careers Website here:*



## Features of TARGETconnect for Students

- 1: Use your **myCIT login** details to access <https://careers.cit.ie>
- 2: **Book appointments** with a Careers Advisor
- 3: Search **job vacancies, graduate programmes & internships**
- 4: Access **employer profiles**
- 5: Explore Careers **resources & E-Learning** courses

# Student Competition!

Be in with a chance to win **Just Eat Vouchers** over the next month!

- 1: Log into <https://careers.cit.ie> using your myCIT login details.
- 2: Complete your profile. It only takes 2 minutes!

Each week we will pick a name at random and the winner will receive a €30 Just Eat Voucher\*\* (Ends 12th March 2021).

\*\*Anyone who has already logged in and updated their profile is automatically entered into the competition.



# Women in Technology

By Laura Condon, MTU Cork WISTEM Society First Year Representative, First Year Pharmaceutical Biotechnology Student



**M**TU Cork WISTEM Society hosted a 'Women in Technology' Webinar on Tuesday 16th February. The webinar was aimed at MTU's student population as well as acting as an outreach event to secondary school students.

The need for more women in tech is glaringly obvious. While it is important to support our college-going members, we must begin at the source encouraging secondary students to choose Tech courses, demystifying the course types and supporting their interests in tech. According to The Irish Computer Society, although record numbers of students have chosen STEM subjects on their CAO applications this year, Ireland is still falling behind the European average of 6-7% of tech careers being filled by women. Living in a tech-driven world, the need for a more balanced representation of women is now a critical challenge facing the technology sector.

The first half of the event was aimed at secondary school students focusing on MTU technology course information. It was aimed to encourage Senior Cycle students to gain an insight into the world of technology. Attendees heard from MTU's Dr Sean McSweeney, Head of Department of Computer Science, Young Mei Chen, a

third-year Computer Systems student and WISTEM Technology Rep Alison Adriaansen who is in first year studying Computer Science. They shared their knowledge, experience and advice to leaving cert students when choosing a college course, allowing them a taste of prospective technology-based college courses and the opportunities available at MTU.

The second half of the event was open to everyone, including current MTU students and industry, and secondary school students were encouraged to stay on. We heard from industry speakers and ended with a panel discussion. This part of the event followed the inspiring career journeys of women already established in the tech industry, discovering the key to their successes. We heard from MTU WISTEM alumni Veda Mandavkar, a security analyst at Bank of Ireland, focusing on vulnerability management, who has a Masters Of Science in Cybersecurity from CIT. VMware, McAfee, Dell and McKesson provided speakers to tell their stories in Industry and provide an introduction to each of the companies. The roles of the speakers included; talent acquisition, chief of staff, software engineer, technical support engineer, product owner, principal engineer and data scientist.

While each talk brought a new perspective, the talks emphasised the importance of challenging yourself, continuous education in the industry and the endless opportunities available for the future of technology. Veda noted the interesting statistic that 60% of future tech jobs haven't been invented yet, highlighting the future growth of the industry.

As well as academic achievements and career journeys, the panel of seven chaired by Donna O'Shea, Head of Cybersecurity at MTU, talked about their own personal difficulties and challenges within the tech industry. They mentioned overcoming impostor syndrome, the importance of soft skills, finding mentorship and a work-life balance. The panelists gave their advice for students considering technology courses and those starting out on their career journey. The discussion finished reminding students that technology is an in-demand industry and that there are limitless possibilities for careers in technology.

MTU Cork WISTEM Society would like to thank all the speakers who spoke at the event, as well as everyone who helped to organise and advertise the event. The future looks bright for women in technology!

# DRAGGING UP THE PAST CORK DRAG TIMELINE

The Documentary

SOCIETIES

See Documentary trailer here...



**M**TU Cork LGBT\* Society celebrated the virtual launch of their drag documentary *“Dragging Up The Past”* on 12th February with a sold out event online. The documentary, directed by Konrad Im, a former CIT/MTU student & Robin Guiton a creative digital media graduate from CIT, and funded by MTU Arts Office & Chambers Cork, premiered to an audience of nearly 500. The documentary allows people to see the colourful history of drag culture in Cork using interviews with Cork queens **Fabula Di Beaumarchais, Kitty Cartier, Twiggy Moondust, Candy Warhol, Letycha Le’Synn, Mia Gold, Nettles, Liam Bee, Dakota Mode, Will A.Blige, Alternative Miss Cork Director Eddie Kay**, & Ireland’s youngest drag queen **Karma O’Hara**, as well as archival footage & photography of queens past.

The stars of the documentary were interviewed with many questions like *“What made you start drag?”* to *“What advice would you give to those starting drag?”* as well as asking the queens

about the importance of drag history and those who came before them. It also highlights the legacy of legendary drag performer from Cork, **Danny La Rue**. All in a concise and informative documentary that is all senses of educational, funny and emotional.

The plan to launch the documentary was originally set for last April, however due to COVID-19 restrictions it had to be adjusted to an online launch and screening, following the screening was a virtual Q&A session which included the stars of the documentary, **co-director Robin Guiton, Queen of Ireland Panti Bliss & the legendary Richard Guy Mawbey, West-End & Broadway Makeup and Wig designer** who was also the makeup artist, assistant and close friend to Danny La Rue.

Speaking on the documentary, Project Coordinator and Co-director Konrad Im stated *“We were absolutely gutted having to postpone the launch which was planned for April last year, but the lockdown afforded us a chance to put*

*more work into the footage and to record more interviews. LGBT+ history has been something that was hidden in the shadows or completely erased in the past, so it’s important for projects like this and the fantastic Cork LGBT Archive to be supported. We’re excited to finally release the documentary to the public, and proud to be in a position to record the history of drag in Cork for future generations”.*

While the event was free, it was always planned to raise funds for the Gay Project who inspired this project from the beginning. However, due to the Covid-19 safe format it now had to take fundraising has been carried out online, anyone in a position to, are kindly invited to donate a few euro to the Gay Project by going to **www.gayproject.ie**. Any support is appreciated towards helping the Gay Project in continuing their fantastic work.

**Facebook @LGBTCIT**  
**Instagram @CIT\_LGBT\_SOC**  
**Twitter @CITLGBT**





By Seán Heary,  
Public Relations Officer



[www.societies.cit.ie](http://www.societies.cit.ie)

**SOCIETIES**<sup>MTU</sup>

## Glór Choral Society to host the Inaugural All-Ireland Choral Intervarsities

The impact of the Covid-19 pandemic has been devastating for the arts in Ireland. Among those disciplines most impacted by new restrictions is choral singing. With in-person rehearsals no longer a viable option, choirs have been forced to make the choice between moving online or suspending rehearsals indefinitely.

The MTU Cork Glór Choral Society saw the need for new means of engagement within the industry. Thus began the planning for the inaugural All-Ireland Choral Intervarsities, an online event for third-level student choirs across the country, which will take place from the 19th to the 21st of March 2021. The Glór committee hopes to provide student choirs with a concrete goal to work towards during these uncertain times.

In the coming weeks, seven choirs from five Irish universities will rehearse, record, and edit videos of a piece of their choosing. These videos will be adjudicated by a panel of judges, with prizes available in a number of categories. The Intervarsities weekend will also include a series of masterclasses from prominent names in the Irish choral industry for members of all competing choirs to attend.

The weekend will commence with an opening ceremony on Friday evening, which will be streamed via YouTube. A variety of workshops and masterclasses will be held over Zoom on Saturday and Sunday which will be free for members of participating choirs to attend. The weekend will culminate in a virtual showcase, again streamed via YouTube, on the Sunday evening. Featuring the competition videos, guest

choir performances and the awards ceremony, this showcase is not to be missed.

The MTU Cork Glór Choral Society are looking forward to hosting the inaugural competition, with the committee working hard to make sure the weekend runs smoothly. The committee feels this event has given the society a new lease of life, and is hopeful that it will encourage new members to join. The society hopes that the All-Ireland Choral Intervarsities will become an annual event, and is hopeful that Irish choirs will be able to come together again to sing in the not so distant future.

Follow: [@choralinters](#) on Facebook and Instagram for information and updates regarding this event.

Email: [glor@citsocieties.ie](mailto:glor@citsocieties.ie) for more information on how to get involved.

**“It’s such an exciting thing to learn from our fellow choristers around Ireland, to see what their strategies of keeping their music alive have culminated in. A choral intervarsities has been missing in Ireland, and in a time when people need to feel a sense of unity, it’s a joy for me that it can be created through singing and learning more about something we have loved to do together.”**

**Cecilia Roche, Chairperson of the MTU Cork  
Glór Choral Society.**

**”**







# Marketing Society - Students Den 2021

Every Friday, the Marketing Society will be releasing a new episode of 'Students Den' on their Instagram account. Students Den is our small spin off of the hit TV show 'Dragons Den', where any student entrepreneurs can join in and share their small businesses and advice to anyone up and coming. Talking about all things business from setting up, competition and picking a name to the rush of launch day, there is a lot a young entrepreneur can learn from these 5-10-minute IGTV's.

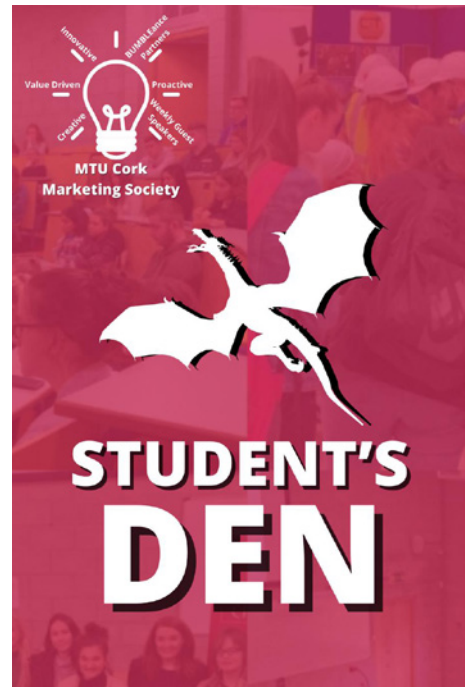
Week one kicked off on the 5th of February with the creators of Gym Fever Apparel, with great feedback from all. Leah and Jack were amazing and showed how a small hobby and interest can grow into a very successful business and their benefits of social media, selling out 3 times thanks to it.

With the high diversity of businesses and entrepreneurs we have lined up for Students Den, we can guarantee there will be something to learn for everyone.

We are so excited for the next few weeks guests, make sure you follow so you never miss one!

If you have your own business or are in partnership and want to share your experience & advice, you can DM **@MTUCorkMarketingSociety** on any social media or Email: **Marketing@cit Societies.ie** telling your business and that you would love to feature in an episode.

[www.societies.cit.ie](http://www.societies.cit.ie)



**Would you like your Society to be featured in a future issue?**  
**Email: [supublications@cit.ie](mailto:supublications@cit.ie)**

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**SOCIETIES**

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

**Solve this logic puzzle:**

The police were convinced that one of the following students ... Aoife Clarke, Jack Walsh, Emilia Sherando, or Ben Ryan ... had stolen the School mascot.

Each of the suspects made a statement, but only one of the statements was true.

Aoife said, "I didn't do it."

Jack said, "Aoife is lying."

Emilia said, "Jack is lying."

Ben said, "Jack did it."

Who committed the crime?



*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](mailto:supublications@cit.ie)

Congratulations to last issues winners of One-4-All vouchers... Maths puzzle: Shauna O'Mahony Quiz: Kaja Sikora

# 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](http://www.taxsaver.ie) and learn more about the Tax saver Scheme

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# INTERNATIONAL WOMEN'S DAY

## Breakfast



HOPE LIFESKILLS VOCATIONAL  
TRAINING CENTRE



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Lord Mayor of Dublin



**VICKI O'TOOLE**  
MD JJ O'Toole Ltd



**AOIFE MOORE**  
Political Correspondent - Irish Examiner



**HOLLY CAIRNS**  
TD for Cork South-West



**PIXIE MCKENNA**  
Doctor & TV Personality



**BRENDAN COURTNEY**  
TV Presenter & Fashion Designer

**MARCH  
05  
FRIDAY  
AT 8AM**

**#CHOOSETOCHALLENGE**

Please join us in celebrating women from all different backgrounds and cultures. Let us come together to fight for gender parity, resilience and our hopes going forward in 2021. Collectively, we can all help create an inclusive world.



**TICKETS  
€20**

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