

explicit MAGAZINE

Munster Technological University Cork
Students' Union



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MTU CORK SU
PHOTO
GRAPHY
Competition

WIN €500 worth of prizes!

EDI



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

13th - 30th APRIL 2021

EQUALITY DIVERSITY INCLUSION

For Schedule And Booking Details Of EDI
Online Awareness Events - See Page 2

ALSO IN THIS ISSUE:

Students' Union Election Results

Tips for your assignments and projects

How to really achieve your goals

Top tips for work placement in a virtual world

Enter our Competitions to WIN One-4-All Vouchers!

AND LOTS MORE!

MTU Students & Staff Presents:

EDI



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Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

13th - 30th APRIL 2021

EQUALITY DIVERSITY INCLUSION

MTU students and staff have come together to organise an Equality, Diversity & Inclusion Awareness (EDI) Programme. The aim of the programme is to increase awareness among staff and students of the issues around equality, diversity and inclusion in higher education and in doing so it is hoped that we can continue to effect positive change within MTU to ensure that the principle of equal access to higher education for all is firmly embedded within our university creating a fairer society in which everyone can participate and has the opportunity to fulfil their potential.

Schedule Of Online Awareness Events

BOOK HERE

DATE	TIME	EVENT TITLE	SPEAKERS
13/04/2021	11:30 - 12:00	LAUNCH OF EDI AWARENESS PROGRAMME 2020/21 BOOK HERE	Professor Maggie Cusack, President MTU Cian O'Driscoll, MTU Cork Students Union Petrina Comerford, MTU Kerry Students Union Intro by: Prof Margaret Linehan
13/04/2021	12.00 - 13.00	OTHER VOICES - Civil Status, Family Status, Disability within the Travelling Community BOOK HERE	Pio Fenton, Emma Larkin, David Punch, Marian Hennessy and Breda Hogan Intro by: Deirdre Creedon
15/04/2021	12.00 - 13.00	THE IMPACT OF MENOPAUSE IN THE WORKPLACE BOOK HERE	Catherine O'Keeffe Intro by: Liz Barrett
16/04/2021	12.00 - 13.00	UNSILENCING BLACK VOICES BOOK HERE	Cathy Osikoya, Sandrine Ndahiro, Zoe Hendrick Intro by: Cian O'Driscoll
19/04/2021	15.00 - 16.00	THE INTERNATIONAL EXPERIENCE BOOK HERE	Zouhair El Hairan, Elise Hennebry, Rohini Roy Intro by: Zack Nutchanat
20/04/2021	14.00 - 15.30	UNDERSTANDING AUTISM AND INCLUSIVE EDUCATION BOOK HERE	James Moroney Intro by: Ruth Murphy
21/04/2021	13.00 - 14.00	MEN'S HEALTH - PROSTATE, TESTICULAR & BOWEL CANCER AWARENESS BOOK HERE	The Marie Keating Foundation Intro by: Liz Barrett
22/04/2021	14.00 - 15.30	CELEBRATING DEAF COMMUNITY CULTURE BOOK HERE	Susan O'Callaghan Intro by: Ruth Murphy
22/04/2021	19.00 - 21.00	REVISITING STRICTLY COME DANCING BOOK HERE	Intro by: Kyra Dunne and Anne O'Halloran
23/04/2021	10.00 - 12.30	TRAVELLER CULTURE AWARENESS BOOK HERE	Denise Baker Intro by: Deirdre Creedon
23/04/2021	13.00 - 14.00	WOMEN'S HEALTH - BREAST, CERVICAL & OVARIAN CANCER AWARENESS BOOK HERE	Juliette O'Connell Intro by: Liz Barrett
26/04/2021	11.00 - 12.00	AGE IS JUST A NUMBER BOOK HERE	Dr Sarah Davies, Dr Donagh Davern, Dr Barry O'Connor Intro by: Monica Moisuc
27/04/2021	13.00 - 14.00	BORN THIS WAY: EXPLORING GENDER IDENTITY & SEXUAL ORIENTATION BOOK HERE	Noah Halpin, Steph Fogarty, Konrad Im, Sebastian Beausang Intro by: Maria Nugent
28/04/2021	10.00 - 11.30	"TEXT ME WHEN YOU GET HOME": A CONSENT/ SEXUAL HARASSMENT SEMINAR BOOK HERE	Celine Griffin, Deirdre Betson Intro by: Ellen O'Shea & Vicky O'Sullivan
29/04/2021	19.00 - 20.00	MUSIC BINGO BOOK HERE	Professional DJ Services Intro by: Cian O'Driscoll
30/04/2021	11.00 - 12.00	IN MY SHOES: THE MIGRANT & REFUGEE PERSPECTIVE BOOK HERE	Fiona Finn and two clients Intro by: Mary Burke
30/04/2021	12.00 - 13.00	A HEALTHY MTU: STRIVING FOR A HEALTHY, DIVERSE AND INCLUSIVE UNIVERSITY BOOK HERE	Dr Cian O'Neill, Andrea Bickerdike, Joan Dinneen Intro by: Liz Barrett
30/04/2021	13.00 - 13.30	CLOSE OF EDI AWARENESS PROGRAMME 2021 BOOK HERE	Launch of Period Dignity Initiative for September 2021, Cian O'Driscoll, Dermot Barry Intro by: Prof Margaret Linehan

- | | | | |
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**Congratulations to last issues winners of One-4-All vouchers:
Maths puzzle: Melanie Hayden Quiz: Simon Kita**



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

Munster Technological University Cork Students' Union

Your Union Your Voice

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

Like us: @MTUCorkSU Follow us: @MTU_CorkSU

Instagram: @MTUCorkSU www.citsu.ie

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

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

VP Education
Zack Nutchana, 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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MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

NOW HIRING STUDENTS

Applications for Student Leaders and Good Start Ambassadors for 2021/22 now open!

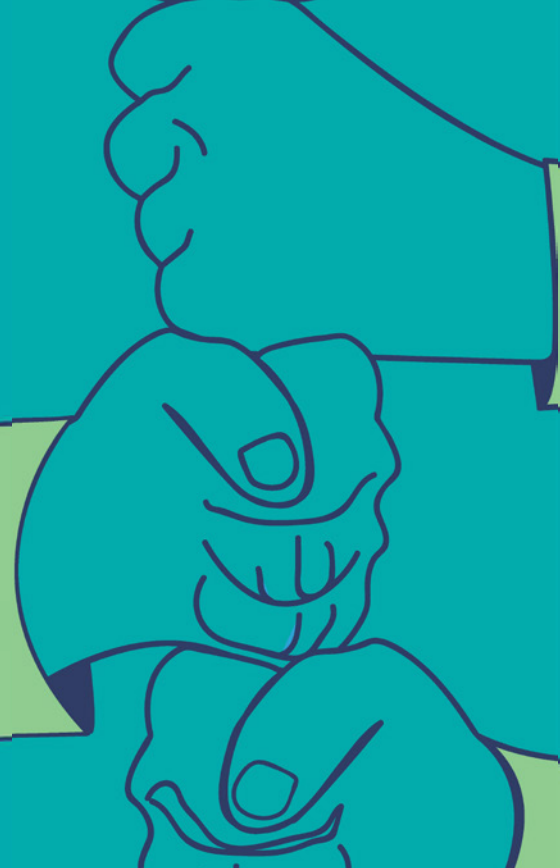
DO YOU HAVE EXCELLENT COMMUNICATION SKILLS? ARE YOU OUTGOING, PROFESSIONAL, HELPFUL AND ABLE TO WORK AS PART OF A TEAM?

THEN WE WANT YOU TO APPLY!

A **Student Leader** will be a member of MTU Student Services Team and will assist in the provision of services designed to meet the needs of students. They assist in the running of the Registration & Orientation Programme, Open Day, the Careers Fair, Conferings, Post Grad Fair and other departmental events throughout the year. They promote positive adjustment and orientation for first-year students.
www.mycit.ie/student-leaders

Good Start Ambassadors are involved in all aspects of the Good Start welcome programme, acting as positive influencers who help new students settle into MTU. It is run by students and aims to help first years find their way and feel like they belong in MTU. The programme has a presence on all MTU campuses.
studentengagement.cit.ie/goodstart

Find out more and apply online today by visiting
www.mycit.ie/hiringstudents
Applications open 30th March - 20th April 2021



MTU Cork Students' Union

2021-22 GENERAL ELECTIONS

Students' Union Exec 2021/22

Vote Cian O' Driscoll #1
MTU Cork SU Vice President Education

COD - CALM, ORGANISED AND DEDICATED.




@CODFORSUVPEDUCATION

Re-Elect
Aisling O'Mahony
for President

#1

A Woman of Mahony Talents

Online Voting Thursday 11th of March



Aisling O'Mahony aisling4pres

Vote **Sinead O'Mahony**
for WELFARE

#1



Sinead O'Mahony sinead_omahony_

#OisínCommunicates



Vote **Oisín Gahan #1**
MTU Cork Communications Officer

Isobel Projects

VOTE Isobel Kavanagh NO.1

For Projects Officer - MTU SU

#Isobel4Projects



MTU

VOTE **NIAMH CRONIN**

NO.1 FOR ENTERTAINMENT OFFICER

★LET NI ENTERTAIN YOU★



#LetNIEntertainYou #We'reAllInThisTogether

And the results are in ...

We Are The Champions Queen

@isobelkavanagh Projects Officer
Ents Officer
@ogahan99 Comms Officer
@ruairi_ben_mcelintock
VP Welfare @sinead_omahony_ @ais_wednesday
SU President
VP Education @cianod3

niamhcronin99

Amazing team who will ensure your voice is heard

thank you

YOUR MTU CORK UNION 21/22:
PRESIDENT @AIS_WEDNESDAY
VP WELFARE @SINEAD_OMAHONY_
VP EDUCATION @CIANOD3
ENTERTAINMENTS @NIAMHCRONIN99
PROJECTS @ISOBELKAVANAGH
COMMUNICATIONS @OGAHAN99

Following the MTU Cork Students' Union Elections, the following are the members of the MTU Cork Students' Union Executive 2021/2022:

PRESIDENT

Aisling O'Mahony

International Business with Language
Current MTU Cork SU President

VICE PRESIDENT EDUCATION

Cian O'Driscoll

Recreation and Leisure
Current VP Welfare

VICE PRESIDENT WELFARE

Sinead O'Mahony

International Business with German

COMMUNICATIONS OFFICER

Oisín Gahan

Recreation and Leisure

ENTERTAINMENTS OFFICER

Niamh Cronin

Marketing

PROJECTS OFFICER

Isobel Kavanagh

International Business with Language

Congratulations to all the successful candidates on their election.

Dr Judith Butler, Returning Officer



IS YOUR CLASS REP AMAZING?

Take a few minutes to nominate them for an Award

Class Reps are nominated for Union Council Awards by their classmates – it takes just a few minutes and it offers the perfect opportunity to thank them. Remember Class Reps work on a completely voluntary basis. [Click here](#) to access the nomination form. Nominations must be submitted by 5pm on 21st April 2021.



Class Reps act in a voluntary capacity to enhance the college life of the students in their classes by engaging with MTU Cork SU, academic staff and other University staff. Their involvement is integral to the success of events, projects and campaigns organised by the Students' Union.

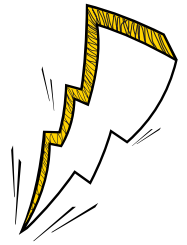
A Class Representative provides many services to their class and these can include:

- * Representing their class at a Union Council level
- * Liaising between the Students' Union and class groups
- * Sitting on course boards
- * Liaising with academic staff
- * Attending NStEP and Sparq at CIT events
- * Information dissemination
- * Organisation of class events and hoodies

The Union Council Awards recognise the 'outstanding voluntary contributions' of a number of Class Reps – it takes just a few minutes to nominate a Class Rep and it offers the perfect opportunity to thank them.

Online nominations have been emailed to mycit accounts and are also available on www.citsu.ie

What Does An Inclusive University Look Like?



Inclusion
=
Respect

Inclusion
=
Equality

Inclusion
=
Removing Barriers

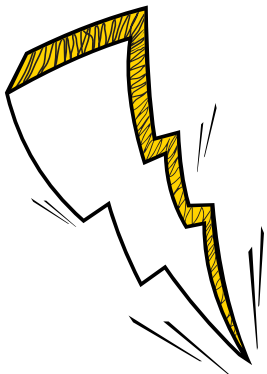
#InclusiveMTU

MTU Values You

Inclusion
=
Valuing Diversity

Inclusion
=
Being Your
Authentic Self

Inclusion
=
Having A Voice



Greetings from the Inclusion in Practice Group! As you may know, one of the core values of MTU is Inclusion. But what does that mean? Inclusion means that everyone belongs, and everyone is valued. You matter, your opinions matter, your skills matter, your experiences matter; what makes you you matters! That's the focus of the Inclusion in Practice Group here in MTU – what can MTU learn from you to help you feel included while you are here with us, and what can you bring to MTU to help others feel included? Thank you to all students who took part in the Student Survey during the year – 1032 of you!

We have many more initiatives planned to help you share your experiences and ideas with us, so we hope to “speak” to you soon! In the meantime, we encourage you to keep sharing your voice and moments of inclusion in MTU making sure to add **#InclusiveMTU**

The Inclusion In Paractice Group:

Deirdre O'Donovan (deirdre.odonovan@cit.ie)
Antoinette Hogan (antoinette.hogan@cit.ie)
Sheila Butler (sheila.butler@cit.ie)



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

Prize for Innovation

Congratulations to all 230 student applicants from the 43 entries to this years Prize for Innovation.

The following winners were announced

Best Promotion of Business Idea €500 - Disinfect Tech

Social Award €500- EDB

Best Pitch €500- Aire Na Farraige

Best Design Award €500- Easy Beef & Securi-feed

Best Prototype Award €500 - Strum

Presidents Award €1,000 - Optimum Solutions


Best Concept €1,500 - Wash Away

Best Business Opportunity €1,500 - RetainerAid

Entrepreneur of the year - Eleskate



Prize money totaling €11,000 was sponsored by the Cork City and County Local Enterprise Offices.



WILL WE DARE TO CLIMB THAT HILL?

KEEP UP WITH THE NEWS ONLINE, EVEN WHEN YOU'RE NOT ON CAMPUS.

Free subscription for third level students at [irishtimes.com/student/signup](https://www.irishtimes.com/student/signup)

THE IRISH TIMES



#MTUInnovation
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@MTUResearch
Innovation & Enterprise

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- Pitch To Potential Investors

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MTU CORK SU PHOTO GRAPHY *Competition*

First prize is a whopping €300 One-For-All voucher!

Your photograph will also be featured on the front cover of the next issue of expliCIT

Second place will receive a €100 One-For-All voucher.

Third and fourth place will receive €50 One-For-All vouchers.

If you're not lucky enough to get a prize, your entry may still be featured in the next digital magazine.

What kind of entries are we looking for?

The SU would love to see how you, as a student have navigated your way through these challenging times? Show us your creativity, inspiration, experiences or humour. Make us think or simply brighten our day.

All MTU students are eligible to enter. Photographs should be accompanied by a title or caption but this is not mandatory. Images of people must have the subjects permission to reprint.

Email your entries to: supublications@cit.ie
(including your student number)

Closing date: 22nd April, Midday

The voting panel: Vicky O'Sullivan, CIT SU General Manager; Kevin Tuohy, CIT Arts Office; Keith Brown, CIT SU Publications Manager; Philip O'Reilly, Websites & Digital Marketing Manager; Aoife Kelliher, CIT Societies Officer.

Sponsored by and with thanks to: AnSEO – The Student Engagement Office, W: <https://studentengagement.cit.ie>



A chat with Zoe Hendrick

Zoe will be a guest speaker at EDI Event:
UNSILENCING BLACK VOICES
16/04/2021 at 12pm
See page 2
[BOOK HERE](#)



By James Flynn

Accompanied by special guest SU VP. Cian O’Driscoll, we chat to Zoe Hendrick, past CIT student, SU Class Representative and now Miss Cork 2020. She speaks openly with lots of tips on the secrets of her success...

Flynn – So, how does it feel to be Queen of the Rebel County Zoe?

Zoe - I would not say “Queen of the Rebel County” now but it was a huge honour to win Miss Cork last October. I entered the competition five years ago but I pulled out at the last minute as I got too nervous. However, last year, I decided that this would be my last chance before my life got too busy. As I entered the competition, Covid-19 hit, so it was all virtual. Still, we had to do the same work – shows, events, representing ourselves very well – but it was so fulfilling to win the Crown and tick something off the bucket list which I’ve always wanted to do. Now I am really excited about representing Cork in Miss Ireland 2021 and I hope to bring that Crown back!

Cian – You were humming and hawing about modelling, so in terms of getting to the point of signing up and entering, how did you rise to the top?

Zoe – I first fell in love with modelling when I learned what it was about – honest, gorgeous girls, when Instagram was not big back then. After watching ‘America’s Top Models’ I then wanted to do something like that but I had no confidence back then. However, last year, I finished my 4-year course of Marketing in CIT and those years taught me the

importance of Being Yourself, that only YOU can believe in yourself and how people can see through the face. Starting off in Lockdown Models gave me that first confidence boost before finishing college. Then, come 2020, I asked myself “should I enter it?” but as I was turning 24 I realised that this would be my last chance before setting into full time living without the chance to enjoy my achievement. Thus, with the confidence now to achieve, I entered the contest.

Cian - College Years do give people greater confidence as I was the same myself in my SU roles, never seeing myself anywhere, but here I am now!

Zoe – I was a bit of a nerd in school at first. I played PS2 and barely talked to anyone. I was the quiet, shy kid, but CIT took me out of that bubble when I was nominated and elected Class Rep. I actually thought at first this was a prank, that this was never meant for me. But time passed and I got re-elected 4 years in a row. I then felt that I was definitely doing something right and gained that greater confidence which enabled me to eventually apply for Miss Cork.

Cian – I know the feeling exactly! Flynn – One thing that must be examined is the manner in which you achieved everything against

the face of Racism, Discrimination and Political Correctness. Tell us how you managed to overcome all this.

Zoe – This was the main reason why I pulled out of the contest back when I was 18. I had to face the negative perceptions from people training their looks at me like: “...she is too dark, why is she not more white?...” and that massively underlined my confidence. Then, there were instances when I had to deal with various modelling agencies who stated “...you are a good model, but we have ONE coloured model already, a SECOND girl? We don’t need two...”. I remember, as a young girl, my mother telling me that, whether at school, out shopping or with friends, some people are going to give me a certain stare because I am coloured. I adopted a motto telling myself to “stay quiet, don’t draw their atten-

“
...CIT and those years taught me the importance of Being Yourself, that only YOU can believe in yourself...
”

tion” but as I got older and gained my confidence, I then decided to give them something to stare at, so now I must simply push the boundaries and DO what I WANNA do!

In college, I never encountered much discrimination. Perhaps my determination immunised me to it but with my cousin finishing college this year I am now giving her the same advice to ‘Be Yourself, Do What You Wanna Do’. I have not forgotten where I come from. As Miss Cork, I still have those who make remarks about me, be it my hair, my sound, my accent, my skin. But winning the contest has enabled me to prove everyone wrong about someone of colour having the ability to win Miss Cork. Even if I had not won, I had hoped my participation would encourage more people of colour to enter. My next goal is to prove such a person can win Miss Ireland. If not me, I would love to see the amazing Medicine student who won Miss Galway 2020; Pamela Uba, who came from Direct Provision. There are so many others from different cultures and it will be great to see them take part in Miss Ireland 2021.

Cian – It is so uplifting to see you get so oblivious to the point that remarks never get to you now.

Zoe – The one thing that you must realise is that people will always talk about you. So you do need to immunise yourself from all this. Winning Miss Cork did see even more hateful remarks directed at me, showing how competition can be a stirring pot. When I was born, I was one of the very few coloured people born in Ireland then; some people even asked whether I was adopted! And a problem with many Irish people, even today, is that many of the older generation, and those who can relate to such, are reluctant to embrace change. But this only punctuates the reality of the new diversity in Ireland. During the Miss Ireland heats, people were asking whether I was getting abuse akin to what the Miss Dublin girls were receiving. I received none, as I had made my stand last November for the rights of the Dublin girls to do what they want without such hateful abuse, not all of such necessarily due to colour. If you send a negative comment to me, you will get no reaction.

Flynnner – You are a Lockdown Model, and here we are in Lockdown this past year! How did you cope and what advice can you offer for the final phase?

Zoe – I have been doing up my room – keeps me busy for a while. I also have weekly Zoom calls with my girls. During Lockdown 1, I did walking and running to keep motivated, but come Lockdown 2, I lost all motivation to get up and do anything as I fell into complete Shockdown with nothing going on. Food shopping was the most exciting thing of the week just to get out of the house. Definitely have something you enjoy to keep going. Painting, reading, meditation, a new hobby, even a few fun snaps. Do it to make you happy. We are almost there, the end is in sight, stick to the rules. Do not throw all the hard work away. We do not want to see cases rise again because people decide to stop caring. Summer is not far away and we



will meet again. Sure, I recently purchased a PS2 this recent lockdown-
Flynnner - PS2?! That is what – 2002?! Is it not the PS5 you would be looking for?

Zoe – I had a PS2 when I was younger and I bought another one so I could enjoy all my childhood games – Spryo, Tomb Raider, Harry Potter. When nothing happens, I spend my time with them!

Cian – I know the feeling! Studying over with my buddy a few years back, we played his PS2. It is funny when you look back at it now!

Zoe – It is one of those things that you put away, forget about, and, after a few years, return to it. Then you are perfect at it in a good way!

Cian – How can you inspire other students to succeed in the way you have

“ Fake confidence if you have to. It was how I started, to calm the nerves, but I managed to break out and become more confident and relaxed by making the first moves ”

Zoe – For any Freshers, join the SU Elections for Class Rep. You will make great ‘Forever Friends’. I met Jacqui Moriarty in Class Rep Training who is now my B.F.F. to this day. Being a Rep is a great way to talk to everyone in the course. Get involved in your course. If the lecturer asks you to do an assignment on a chosen day, do it, as you never know who you might meet. I remember someone encountering me and a pal on the first day and was like “*the two of ye are gonna get married!*” I am still looking though, like many others! Meeting up with someone you know is rare and it is up to you to make the first move. My sister was lucky enough to do Social Care with her school pal, but they still made their efforts. Also, join the Societies. Fake confidence if you have to. It was how I started, to calm the nerves, but I managed to break out and become more confident and relaxed by making the first moves. That would be my advice.

Cian – More people have been staying at home, but it is when people physically sign up that they are afraid to do so in front of lots of others.

Zoe – Something I learned late in college is; No one gives a damn about what you are doing, it simply does not matter. I am friends with many people in different societies.

Flynnner – Finally. Since you are Miss Cork 2020, and with the GAA Season (hopefully anyway) starting again soon, do you see yourself wearing the Geansaí parading down Patrick Street with Liam McCarthy and Sam Maguire this autumn?

Zoe – If the GAA invite me to it, yeah, I’ll be there, 100%! I don’t really know much about it, I’m afraid I am more of a rugby girl! I will deffo be there for Munster Rugby, but if the other Cork Sports Bodies want to invite me to promote them, then Hell Yeah; any reason to wear the Crown!

Thinking
of you

Dear Students,

Wish we weren't all so far apart. Here's some of our advice and tips to help you navigate the next few weeks of assignments, assessments and projects. Hope you find them useful.

Best of luck,

Karolína Janusová,
Clionadh Fahy, Sarah Burguin,
Charlotte Lok Lam Ng,
Joan-Olivia Adeshina,
Kelsey Hough & Alanna
O'Connor



Tips for Getting Started

Start here



Preparation is key

"Different things work for different people, but here are some to help you start:
→ breathing exercises → positive affirmations
→ listen to music → go for a short walk → talk to a friend."

Check out
MTU's Health and
Wellbeing webpages:
http://www.mycit.ie/health_wellbeing/



What's motivating you?!

"While the assessment or deadline acts as an extrinsic motivator that may get us off the line initially, it is the intrinsic factors that will sustain our efforts throughout education."

To chat about
your motivation and
setting some goals contact an
Academic Success Coach
<https://studentengagement.cit.ie/asc>

Academic
Success
— Coaching —



Save the best for last!

"I would study two subjects a day. I would just go from the subject I dislike the most and then to my favourite subject. For like 2-4 hrs each day and I would change it up each day."



Making progress

What is my current level of understanding?

→ "Looking at how much information I have been exposed to, could I explain to a friend who has no understanding of the topic?"

Have I reached out and asked questions when things were unclear?

→ This can be in relation to teaching staff, classmates, or other academic supports.

Have I read around the topic to expand my perspective?

→ Independent reading develops your perspective that can help you get a sense of involvement in your own learning.



Take 5!



BALI – Building Assessment Literacy Initiative

BALI is a project under the Strategic Alignment of Teaching and Learning Enhancement Funding



Assignment Checklist: Pre-submission

1. Read & re-read your brief: have you done what you have been asked to do?
2. Have you referenced – is the referencing clear, are you using the correct style of referencing?
3. Have you found additional sources of information?
4. Is it well presented – are the text size, font, spacing, headings and subheadings correct?
5. Is your answer easy to understand?
Leave it for a day, then re-read and edit.

Check out the Library Referencing Guides:

<https://library.cit.ie/supports/referencing-guides>

Ask Berkeley on
<https://library.cit.ie>



Getting ready for Assessments

1. Start your preparations early.
2. Clarify anything that is unclear before the exam.
3. Attend your classes.
4. Engage! Take notes & ask questions.
5. Set weekly milestones for college work.



What's within my control?

1. Use opportunities in class to interact and try to keep your camera on.
2. Create a manageable study plan & stick to it.
3. Put your phone on do-not-disturb to avoid any distractions.
4. Write out daily to-do lists to keep you on track.
5. Ask for help if you're stuck – chances are you're not the only one. Pop a question in the classroom chat or through Canvas to clarify something. If you are in Year 1 or Year 2, you may have a Reach Mentor who could give you some guidance – but you need to ask!

Check out the MTU ALC for extra help on modules

<https://studentengagement.cit.ie/alc>



Thank you to:

Karolína Janusová, Clionadh Fahy, Sarah Burguin, Charlotte Lok Lam Ng, Joan-Olivia Adeshina, Kelsey Hough and Alanna O'Connor for their contributions. These students are involved in a project called **BALI – Building Assessment Literacy Initiative** and are currently partnering with staff to create resources to help both staff and students with assessment and feedback.

WRITING & ASSIGNMENTS

By Dr. Marian Hurley



As we approach the mid-way point of semester 2, you may be thinking about assignments or about brushing up your research and writing skills. At the Academic Learning Centre, we offer writing skills support to all MTU students throughout the year, and we're here to help if you have questions about writing assignments. Keep an eye on our Instagram feed @mtucorkanse0 where we'll update you on writing- and assessment-themed workshops and events! If you've been wondering about academic writing recently, here are a few things you might like to bear in mind.

1. It's not all new!

It's very likely that you have already done plenty of writing, and you can transfer knowledge, skills and experience you already have your assignments. Whether in school, in past education experiences or in work experience, you will already have written to demonstrate your knowledge of something or to explain what you think about a topic. It's very likely that you have also had some practice structuring your writing into logical stages and that you've tried out writing introductions and conclusions. So, you have building blocks!

2. Build on what you know

Even though it has some special features, academic writing is still writing. Like any skill, your writing can benefit from practice, so it can be helpful to notice and recognise what you write and how often, and to make a habit of it. When it comes to writing well for assignments, adding research and critical analysis is important. Lots of resources are available to you to help you to get used to the requirements and conventions of writing at college. If you need some inspiration to get started, make a booking with us at the ALC and check out the 'Supports for You' section on the MTU Cork Library website where you'll find lots of helpful guidelines and explainers!

3. The 'academic' in 'academic writing'

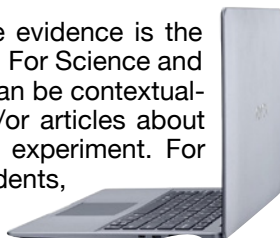
Some of the key research and critical skills that will help your academic writing to stand out are set out in the four points below.

Analysis, evaluation and argument:

At third level, it's not usually considered sufficient to state and describe your own thoughts or opinion on a topic. Usually, you also need to explain the reasons why you think what you think. If you are a Science or an Engineering student, this could involve integrating, explaining and discussing results observed in the lab. If you are a Business or Humanities student, it can mean assessing what has been written about the topic already and making a reasoned argument for one viewpoint or another. Either way, it's important to show that there is evidence to support your position to help persuade your reader.

Research:

Finding and referring to credible evidence is the key to a strong written argument! For Science and Engineering students, lab data can be contextualised by reference to books and/or articles about the theory that underpins each experiment. For Business and Humanities students, it's always important to visit the



library to consult journal articles and books. Showing that you are aware of what the main experts in your field have to say about your topic and arguing for or against their stance is a great way to show that you are thinking critically about the topic or theme at hand.

Length, depth and structure:

At college, you may find that you need to write a little more than you have done before. While higher word counts might look a little daunting at first, you will probably find that you will end up trimming some words off as there's editing, you will need word count for analysis, evaluation or discussion. When writing assignments, give yourself lots of time and plan to write in stages. Start with the main body, then move to the conclusion and, finally, the introduction. Check that you are following any guidelines your lecturer has given you regarding structure, and allow yourself a little extra time for proof-reading and editing to make sure you submit your best possible work! If you'd like to chat about assignment drafts, the ALC writing tutors are available to meet with you over Zoom or Teams!

Referencing:

When you refer to a piece of information from a journal article, book, website, report or any other source of information, make sure to tell your reader where you found it. You can do this by using a referencing system. Find out which referencing system your department uses and learn more about how to use it by consulting the library resources mentioned above. When researching, a great first step is to form a habit of recording the details of your sources when you make notes to make sure you know where all of your information has come from. Then, always remember to make sure that you include both an in-text citation and an end-of-text reference each time you refer in your own writing to an idea from a text you have read. Once you have learned about the referencing system your department uses, you might like to check out some reference management software like EndNote, which is available free of charge to MTU students through the library!

If you'd like to know more, stop by the Academic Learning Centre to arrange a meeting with either Dr Sheila Walsh or Dr Marian Hurley! It's easy to book a meeting with Sheila or Marian: just use the booking calendars on the ALC website. If you'd like to meet with a writing tutor but you can't find a suitable time in the calendars, please feel free to email: academiclearning@cit.ie, and we'll find a time that works!

<https://studentengagement.cit.ie/alc>

Everyone at the ALC wishes you all the very best of luck with your assignments and exams!

HOW TO REALLY ACHIEVE YOUR GOALS



Picture this, it's January 1st and you've outlined goals which you want to accomplish before the year is up. Tagged along with the popular phrase of "new year, new me", right? Flash forward to springtime and the motivation and drive to achieve your goals has faded. It's become an all-to-common reality for many of us. Forbes identified that only 8% of people who set goals for themselves, actually accomplish their goals. Within this article, you'll discover various tips and tricks to help you rewire your attitude and behaviour to ensure that you join the 8% of successful achievers, bettering yourself throughout the process.

GET TO KNOW YOURSELF

You cannot be the best version of yourself unless you truly know who you are. There are several ways to get to know yourself such as spending time on your own, paying attention to your automatic thought processes, being extremely honest about your own strengths and weaknesses, or trying out different hobbies. Through getting to know your interests and desires, you can indicate what your main goals are. From here you can figure out how to approach your aspirations. Select a method that you are most likely to be motivated to participate in and form a habit of. For example, if you want to exercise more and you are not a morning person, do not commit to waking up at 6 am each morning, because more often than not, this will lead to a lack of motivation and unmet goals.

WRITE DOWN YOUR GOALS

You are 42% more likely to achieve your goals just by writing them down. Although, there is a particular way in which you need to phrase your goals. You need to write down your goals so that they are in the present tense, along with meeting a set timeline. Look at the goals and read them out loud to yourself daily. For example, let's say that you want to purchase your dream car. You would write the following statement: "I am so grateful that I drive a Tesla at the age of 22." Apply this method to your goals, no matter how big or small. Remember to come back to these statements daily!

MAKE 'GROWTH' CHOICES

We make choices all day, every day. Regardless of whether you are aware of it or not, many of the choices that you make determine your path to growth, and ultimately, achieving your goals. There are two types of choices that you make: regressive choices, or progressive choices. Regressive choices are based on decisions that you make that do not challenge you to grow

and keeps you on your current path or sometimes can even set you back. Progressive choices are based on decisions that you make that challenge you and pushes you forward on your path to growth. If you constantly question your actions and ask yourself, "Is this a growth choice?", then you are more likely to make a decision that will help you achieve your goals. For example, you want to achieve first-class honours in college, and you decide to not study for your final exams. You then ask yourself, "Is this a growth choice?", and determine whether your decision to not study helps you achieve your goal or sets you back.

STOP BREAKING YOUR PROMISES

There will be good days and bad days when trying to accomplish your goals. The main thing to keep in mind is to form habits and keep working towards your desires, even if you find yourself to be unmotivated. Often times you may need to discipline yourself to make the correct choice for you and your dreams, even if you don't want to at that moment. Remember to always look at the bigger picture and focus on the long-term impacts of your choices, rather than the short-term satisfactions. For example, if someone breaks your trust, you would be less likely to trust them again. The same rule applies for when you break the promises that you make to yourself.

STICK WITH YOUR GUT INSTINCTS

It's important to recognise that what may be right for you is not always going to be a popular path. There will be instances within your lifetime where you will have to make a decision that your loved ones may not

agree with, but yet it is still what is best for you. In order to be the best version of yourself, you need to do what is right for you and not focus on the approval of those around you. Keep in mind that at the end of the day, only you can achieve your dreams and you know what is required in order to reach your goals.

BE KIND TO YOURSELF

Working towards your desires is not always going to be easy, and most of the time will have its ups and downs. Throughout the process, make sure that you are treating yourself with kindness and respect, rather than disappointment and guilt for slipping up or making mistakes along the way. Remember that when you talk down on yourself, you are receptive of the harmful words you are saying, and it can wear down on your self-esteem. The same way you treat others with respect and value, you must treat yourself. A clear, confident mindset will be more likely to achieve your set goals.

Every successful story that you've heard has started with a plan and many goals. The difference between success and failure is persistence and determination. Acknowledge that mistakes will occur and it will not always be easy, but it will be worth it. Make decisions for your future self, rather than your present self, and try to keep as optimistic as you can. "Optimism is the faith that leads to achievement" – Helen Keller. So grab a pen and paper, write down your goals, and become the best version of you!



By Ciara Moore,
4th year Tourism Management Student



By Niamh Cronin,
Students' Union Communications Officer

TOP TIPS FOR PLACEMENT IN A VIRTUAL WORLD

In first year, I remember roaming CIT's Career Fair, looking at all the third and fourth year students dressed professionally and handing C.V.'s nervously to prospective employers. I was too focused on collecting free pens and pop sockets at the time to pay much attention to my surroundings, but ever since that day I was so excited to do placement and get valuable experience in the working world.

COVID-19 hit, panic set in and with third year looming, we were all worried about whether placement was going ahead. Thankfully it did, but with many large companies cancelling their internship programmes and offering unpaid placements, our options were limited.

Trying to secure work in a virtual world was a new, daunting experience for us all which is why I wanted to compile a list of top tips that I picked up along the way and used myself for interviews, for those of you who will be doing placement next year or who are looking to secure graduate positions. Here are my top tips...

1. UTILISE YOUR CONNECTIONS

During your time in college you will have crossed paths with people who have formed part of your professional network. LinkedIn is a valuable asset and will become your best friend in the virtual world. Go through your connections, see if someone was an intern in a company you are interested in, reach out and message them – the worst they can do is not respond!

By connecting with the former intern in my role, they were able to give me incredible insights into the role. Be sure to mention this in the interview too as it shows great initiative and interest in the company.

2. THE JOB DESCRIPTION: FAMILIARISE YOURSELF

The job description will be your bible. My biggest tip here is to print it, highlight it and constantly refer to it throughout your research for the role. It also helps you decide whether you would be interested in the role as they outline key roles and responsibilities.

Everything you will be involved in is covered in the job description so ensure you know it inside out in preparation for the interview.

3. YOUR C.V.: READ IT TO ENSURE ITS REFLECTIVE & RELEVANT

Once you've decided to apply to a role you'll need to ensure your C.V. is in tip-top shape, ensure it is:

- **RELEVANT** – review the job description to highlight skills that match your C.V. and ensure it is relevant to what they are looking for in the ideal candidate.
- **REFLECTIVE (of you)** – A C.V. is a window into who you are, as the first impression to an employer you must ensure it is true to you and reflects all your hard work.

- Read, read & read again – Critique your C.V., read for errors and ask somebody else to review it for you, a fresh pair of eyes will make the world of difference.

4. PRE INTERVIEW: THE PREP

Once you have your skills highlighted from the job description, type them all out and under each skill use the STAR Method to prep a scenario where you displayed this skill.

The STAR method helps to frame your thought process in order to shape the best answer possible in an interview, it includes the following:

- **SITUATION** – this gives context to the scenario
- **TASK** – a brief description of the challenge/problem that presented itself
- **ACTION** – this will entail how you overcame that and what skills you used to do so
- **RESULT** – the positive outcome
- What I learned – ties it all together

Finally, research different prompts in the job description to see if you can find any information on a project they mention, for example. If you can't find this information, use this to help brainstorm questions to ask at the end of the interview.

...always reach out and stay connected with MTU students and the different events the college runs...

Doing this pre interview prep was the biggest lifesaver for me. I had less than 24 hours notice to prep for my interview and preparing this way helped me feel confident in myself.

5. THE DAY OF THE INTERVIEW

Familiarise yourself with:

- Being interviewed online by chatting to yourself on the camera on your device
- The platform you are going to be interviewed on. I cannot stress this enough as not every company uses Zoom, host a practice call on the platform you are going to be interviewed on to put yourself at ease. I was 7 minutes late to my virtual interview because I wasn't familiar with the platform and if it were in person, I would have been the first person in the office!
- Frequently asked questions, so you have answers prepared on the chance they come up such as tell me about yourself, strengths weaknesses etc., they will more than likely come up in a roundabout way so ensure you are prepared

Listen:

- Carefully to what is being asked, so you answer the question carefully and so you can apply the relevant scenario to the question
- To see if they already answered a question from your prepared list of questions, if you ask it, and they've answered it, it comes across as though you haven't listened
- Be yourself, the nerves will eventually disappear, and you will be able to sell yourself, after all they are there to learn about you!

6. STAY CONNECTED

Being on placement virtually can feel extremely lonely at times and can in turn become so stressful because you may feel as though you have no one to turn to.

Once you have confirmed your virtual placement be sure to connect with other friends in your year over zoom. My weekly chats with my friends, venting about work problems and ranting about how easier it would all be if it wasn't virtual, have kept me sane because we are all on the same boat.

Over time you will build connections during work placement and begin to form friendships, it is so important that you also connect with them during your lunchtime to chat because they will be able to help you in times you may be struggling with your work.

All in all, securing work placement is such an achievement and all the tips I mentioned are what helped me to secure placement in a virtual world. My biggest piece of advice is always reach out and stay connected with MTU students and the different events the college runs.

If you want any more tips, advice or would just like a general chat, don't ever be afraid to reach out to me, I would be more than happy to help out!
Email: niamh.b.cronin@mycit.ie



David will be a guest speaker in EDI Event:

OTHER VOICES

13/04/2021 at 12pm

See page 2

[BOOK HERE](#)

David Punch is a 25 year old multi-instrumentalist and singer-songwriter from Cork and ex student of CIT. David is using his voice to spread one simple but strong and moving message, **"We're Not Different, We're the same, We're all under the stars"**. With his latest song release, Different, David Punch wants us all to realize just that. Even though there are things that make every individual unique, we still all share the same core. His goal is pretty clear as well, to make it his mission so that no one ever feels alone in spite of our differences. We all hurt, we all cry.

He has been very open about his journey with Asperger's Syndrome, and aspires to inspire other people who may face similar difficulties. Punch admits that growing up with Aspergers (a neurodevelopmental disorder characterized by significant difficulties in social interaction and nonverbal communication) was incredibly difficult. **"It was bad enough having to deal with feeling completely different to everyone else, the anxiety and the lack of social skills required to make friends"** David explains, **"but on top of that some people felt that they had to drive me into the ground even further by bullying me"**.

Punch took these experiences and used them as inspiration for 'Different', a track that was recorded and produced during Lockdown, with the help of producer Dave Skelton. Inspired by artists such as Gavin James, Kodaline and James Bay, David hopes the track will help other people who find themselves being singled out for their differences. **"My one and only wish is that people who have been made feel different or have been badly bullied because they weren't deemed worthy can take some comfort from this song, knowing that others suffer from this too "** he explains, before adding, **"you're not alone, and things do get better "**.

[Click here to listen to David Punch's song, Different](#)

Contact and socials: Davidpunchmusic@gmail.com <https://www.davidpunchmusic.com/>
<https://www.facebook.com/davidpunchmusic/> <https://www.instagram.com/davidpunchmusic/>



MTU Mechanical & Biomedical Engineering Society is up and running!

Inspired by the success of other societies in MTU, our co-chair persons Mary and Marc went about starting a brand new society for mechanical and biomedical engineering students! At our first AGM, nine officers were elected for the committee to represent the mechanical and biomedical engineering students of MTU.

This society aims to bring together mechanical and biomedical engineering students by providing a social outlet to allow people to get to know each other from different classes and year groups. Biomedical and mechanical engineering essentially are more or less the same course with many overlapping modules, so it is important for us to get to know each other throughout our years in college. For years, typical classes have been segregated with the biomedes all at one side of the classroom and mech eng on the other side. Our society wants to change that to allow biomed and mech eng students to broaden their horizon, even if it's just to the other side of the lecture hall!

Considering we would essentially be going into the same type of jobs and perhaps could be working together in the future, why not get to know each other now? Social interaction is limited at the moment as we are all studying from home, but our virtual events will allow students to catch up with each other and even meet new people.

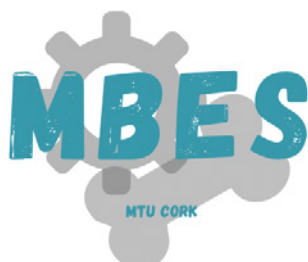
Our society strives to do great things in our first semester, we have great plans for both social and informative events. Talks from multinational companies such as Boston Scientific and Apple will provide students an insight into the industry that they will be working with. We want to provide information on work placement, graduate programs and career paths to allow students to gain an insight into what their life may look like after college. We plan to help first years in both mechanical and biomedical, and perhaps poach a few common entry engineers, and host fun events to help them get to know each other since they have been given a very raw deal in their first year of college.

Our society is expanding with new members joining every week, so we hope we can represent students in the department well and have a very successful first semester as a society!

Instagram: @mechbiomedesociety_mtucork

Email: mechanicalbiomedical@citsocieties.ie

“
Considering we would essentially be going into the same type of jobs and perhaps could be working together in the future, why not get to know each other now?
 ”





WHAT IS THE JOINT MENTORSHIP PROGRAMME?

- The Joint Mentorship Programme is a voluntary extra-curricular activity.
- The Joint Mentorship Programme is an interactive learning experience provided to students to assist them in their personal and career development.
- The Joint Mentorship Programme focusses on enhancing an individual's personal and professional skills and potential, while also developing industry awareness and knowledge.
- The Alumni Office and the Careers Service work in collaboration on the JMP and are committed to providing an excellent programme of events to support the mentoring relationship.

WHAT ARE THE BENEFITS?

- Work with an experienced role model from the business community.
- Gain an insight into the workplace and link your academic programme to the world of work.
- Increase your understanding of various job roles and employment opportunities you may have with your qualification.
- Strengthen your confidence and self-awareness, and improve your interpersonal and presentation skills.
- Add your participation in the programme to your CV and help you to stand out from the crowd.

Mentee Testimonials...

“ The main benefit I got out of this programme was getting to talk to someone in industry ”

“ the mentorship programme has been an incredible opportunity to meet a likeminded, knowledgeable individual with an impressive career history. The advice that I have been given has been invaluable ”

Is the JOINT MENTORSHIP PROGRAMME for you?

Please Contact the MTU Alumni Office for further Programme details

Barbara Hempel, Project Officer, Joint Mentorship Programme

Email: barbara.hempel@cit.ie www.cit.ie/alumni E: alumni@cit.ie

Applications for 2021-22 JMP open on the 29th of April 2021

**4 EASY
MULTIPLE
CHOICE Q'S!**

QUIZ

Simple Quiz!

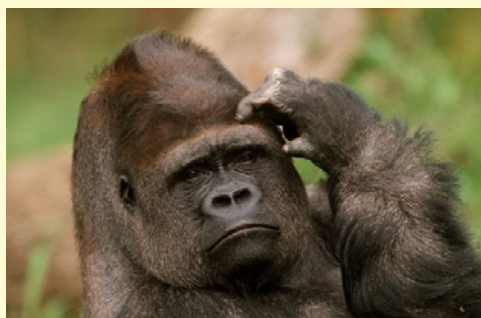
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Solve this puzzle:

How can you get the answer 24 by using all the numbers 8, 8, 3 and 3 and choosing from the operations add, subtract, multiply and divide. You can also use brackets.

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

Congratulations to last issues winners of One-4-All vouchers... Maths puzzle: Melanie Hayden Quiz: Simon Kita

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

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RED ZONE FARES	Adult	Student	Child
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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

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

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

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