

explicit

Da Silly
HEADS

STIGMA

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**Da Silly Heads, RAG Week Report,
CIT Students help Cork's homeless,
#CIT Ambassadors
AND LOTS MORE**



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arts.cit.ie

JIGSAW CORK Young people's health in mind

ONE GOOD COACH
Promoting young people's mental health

One Good Coach: Promoting young people's mental health
This 1 hour presentation is aimed at One Good Adults who coach or train young people in a wide variety of sports.

Learning Outcomes
As a result of this workshop, participants will:

- Have a greater understanding of mental health
- Have a greater understanding of the signs and symptoms of mental health
- Have a greater awareness of how to provide and support young people's mental health in their role as Coaches
- Have shared their own signs and symptoms of mental health

We are Jigsaw...
leading the change in youth mental health.

WORKSHOP INFORMATION
WHERE: CIT LIBRARY BUILDING, ROOM IT3
WHEN: WEDNESDAY 27TH MARCH
TIME: 7PM
CONTACT: CRAIG HARRINGTON
CHARRINGTON@CORKSPORTS.IE

www.jigsaw.ie

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Front cover: Gloria O'Regan, Douglas at the launch of a student mental health project "Da Silly Heads" in CIT. The newly developed concept is aimed to Put a Face on Mental Health through visual representations of various mental health illnesses. See page 14. Pic Darragh Kane

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Captain America voucher: Emily Kearns, BioMedEng2



Our esteemed President of CIT, Dr Barry O'Connor with Virginia O'Gara, MyGoodness, for the launch of Pop-up Monday Market



Nora Lambe, Waterford, Sandra Katarska, Douglas, Kate Hennessy, Coppeen, Ali Lucy, Ballingearry with Tanya O'Sullivan, Olives West Cork at the launch of Pop-up Monday Market
Pics: Darragh Kane

We are a group that aim to help the homeless in Cork by meeting them with a smile every Wednesday night.

We would really appreciate it if you could add one extra item to your shopping trolley to donate to this cause.

We need:

Roll on deodorants, Tissues and wipes, Shampoo, Body wash, Hats, scarves and gloves, Socks and underwear, Women's sanitary towels, Toothpaste, Flasks, Disposable cups, Rucksacks

Unfortunately, we cannot accept:

Aerosol Cans, Toothbrushes, Tinfoil, Razors



There will be a box in the main hall on the 27th of March to collect items.

Thank you for your support and we would appreciate anything you can spare.

HELP END HOMELESSNESS



CIT Students' Union,
Bishopstown, Cork.
Tel: 021 433 5274
Web: www.explicit.ie

Email: supublications@cit.ie



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

CIT SU President Aaron Buckley
E: supresident@cit.ie

VP Education Stephanie Kelly
E: sueducation@cit.ie
VP Welfare Jeff Jones
E: suwelfare@cit.ie

Projects Officer Owen Good
E: suprojects@cit.ie

Communications Officer Kasey Kenny
E: sucommunications@cit.ie

Entertainments Officer Daragh Cashman
E: suentertainments@cit.ie

Entertainments Manager Mick O'Mahony
E: Event@cit.ie

Advertising Opportunities

CIT has 17,000+ full and part-time students with over 1,500 staff. Why not use explicit to promote your business to this large audience?

Our copy deadlines, advertising rates and technical specifications are available from our website www.citsu.ie and upon request from the Publications Office in hardcopy or via email.

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STUDENTS' UNION OFFICERS ADDRESS



Safety Week, RAG Week, Referendum and Elections, Raise the Roof Campaign and Friday's for the Future March (Environmental Campaign), IT Stops Now Campaign, Prepare for Exit Careers Event among many other projects - not to mention the 'day jobs' - have kept us extremely busy for the past number of weeks.

Students' Union engagement with the management of CIT regarding the proposed merger with Tralee and the joint application for Technological University status is ongoing. Students will soon be invited to a 'town hall' style meeting with the management and Students' Union which will include presentations and updates on the MTU. There will also be a Q&A aspect to these meetings to ensure all your concerns are addressed. We have been working hard, with you the students, on compiling a document outlining student concerns regarding the MTU project and facilities in general in CIT. This is currently under review with CIT management and the MTU project group and we will ensure to update you at Union Council and General Meetings.

We are looking forward to the next number of weeks organising the Union Council Awards, Equality Week, Fund the Future Walk Out (relating to third level education fees and grants) and much more. We'll also be attending the Union of Students in Ireland's National Congress in April at which the USI officer board for next year will be elected. CIT students will also have the opportunity to put forward motions for policy for USI for 2019/2020.

This year we have decided to run Class Rep Elections for 2019/2020 in April so that we have a better opportunity to offer training and support to Class Reps next year. Of course first year Class Reps will still be elected in September. Watch out for information coming up on that via email and Social Media.

All students are welcome and encouraged to get involved with Students' Unions campaigns and activities. If you wish to do so email send an email to suwelfare@cit.ie or drop into the office.

We remain at your service...

Aaron, Steph and Jeff



#FundTheFuture

On the 21st of March, you can make a difference. CITSU, USI and members of the CFPFHE (IFUT, TUI, FORSA, ISSU etc.) will take part in a lunchtime Walk Out. This means staff and students will join together to fight together under the #FundTheFuture message. This includes increased funding to student financial supports e.g. SUSI, reduction in the Student Contribution Charge and finally increased funding for colleges. Talk to Aaron for more information about the walk-out in CIT.

Why is this important?

- **363% increase** in student contribution charge between 2007 - 2014.
- The average cost of living for a student outside Dublin living away from home - **€1314 per month**.
- Highest possible SUSI grant - **€657**.
- **7% decrease** in SUSI funding since 2011 even though the cost of living has continued to rise.

SHAG Week

We launched our SHAG campaign on February 11th, with the HSE, along with other external partners Smartconsent, RCCs, National Women's Council Ireland, HIV Ireland, Irish Family Planning Association and Aidswest. In addition to providing 30,000 SHAG packs, we provided consent workshops, put up murals from the ItStopsNow. campaign, and provided printed information on STI prevention and getting checked, unplanned pregnancies, and consent. You can get all the information from Jeff in the Students' Union.

Drug decriminalization and harm reduction campaigns

We have been working with the HSE to run joint campaigns around harm reduction called 'Safer Student Nights'. We have worked on graphics and messaging for a campaign which was recently launched and covered by Joe.ie. All this information has been sent to your Students' Union Officers. We will continue working with them towards other harm reduction campaigns. We have also been working with the Ana Liffey Drug Project regarding an upcoming decriminalization campaign they are running. We've been linking with interested students groups (such as various SSDP societies) in advance of a launch of a report they have compiled on the topic.

Big Start Campaign

We are working with SIPTU on their Big Start Campaign for Early Years Educators to become members of a trade union to apply for an SEO which will ensure additional investment in the sector will ensure better pay and conditions for these workers. If you want to know more, just drop me an email or a text.

SIPTU Workers Rights Centre

As members of USI, you have access to the SIPTU Workers Rights Centre phoneline between 8:30 am and 5:30 pm from Monday to Friday. It can offer advice, support and help when you need it at work and have expert advocates and negotiators to take care of your case if you need them. Call 1890747881.

Accommodation Survey

USI currently has an accommodation survey live to gather information from students about their experiences with accommodation. The information gathered by this survey will inform our lobbying going forward. Please complete the survey and share it with your classmates so we can have effective lobbying for purpose built and affordable student accommodation. The survey can be found on the USI website or by googling USI Accommodation Survey.

Lorna Fitzpatrick

Vice President for the Southern Region

@USI_South

south@usi.ie

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Opening soon for Bookings Academic 19/20!

Whats been in the headlines?

By James Flynn

Flynnner's Flying Column

Transport Minister Shane Ross has been heralding the new laws regulating Learner Drivers as a breakthrough in making the roads safer and curtailing the number of deaths as a result of unaccompanied L-drivers.

However true, a sad pity that this has done absolutely nothing to make it easier and less stressful for most young people who are forced to shell out for a banger that costs less than the insurance per annum just to make a start in life. Nor has there been no moves in introducing Learner Driving and Road Safety into the School Curriculums, be it from our Government or via EU Directive, which is mandatory in US High Schools. Say what you will about the Healy-Raes, they are onto something when it comes to blasting the

new regulations as biased and unfair, especially since Ross himself cannot even drive. Or is the whole motive merely and cynically driven by desire for profit regulated by the Insurance Industry Cartels?

Now Brexit is all but at endgame... here is a thought.

March 15th, 44 BC. Julius Ceasar, Emperor of Rome, entered the Roman Senate. He had been warned by his Soothsayer to "beware the Ides Of March", a religious feast day which fell that date. "The Ides of March have come" stated Ceasar to his Soothsayer, who rebuked him "Yes, but not gone". Ceasar brushed the advice off. Before the session

was out, Marcus Junius Brutus, adopted son of Ceasar, and a group of rebellious senators, motivated by jealousy of his power, ambushed the emperor and stabbed him to death, plunging the Roman empire from peace into civil conflict and turmoil that would not be resolved until the time of Augustus.

Sure, the Ides of March 2019, and Paddy's Day with it, have come and gone, but the moral of the Ides to this day is to beware of sanguinity, and the Brexit saga has done some service in educating us, and Europe, on that front, regarding the cynicism, abandonment, chaos, deceit and betrayal that this whole sorry tale has emphasised all along. Now keeping with the Ides on more home ground...

WHAT'S THE CIT-uation ERE?!

It is so tragic to hear of the death by suicide of Keith Flint, the frontman of iconic Electronica Dance group The Prodigy. Another legendary musician to go out before his time, Keith was the music innovator that put the cutting edge into the charts and youth culture of the 1990s.

I have seen The Prodigy more times than any other music group (six in total), the first time in the Pairc in 1996 as main support of Oasis (and main support again in 2002 and 2009). Feile, Oxegen, The Mar-



quee... how you enjoyed the dance beats blasted out by Keith, Liam Howlett and Maxim defined how you received such a cultural transformation. Feile 1997, I can never forget the mass dancing in Semple Stadium to 'Voodoo People', and Slane 2009, the flamethrowers onstage that blasted skyward to 'Firestarter'... such memories never to be experienced again that made me glad I was a 90's kid in Ireland fer sure!

An Dheis De go raibh tu Keith, and thank you for your amazing talent. And please remember – to ask for help is a sign of strength, you do not have to suffer in silence.

THE MAIN AGENDA

Perhaps we can learn from the Ides of March, for it is a pity St Patrick's Day can turn out to be as messy and violent in the pubs as it had been for Ceasar when he strided into the Roman Senate that fateful March 15th 44BC... and indeed, any time of the year. Such incidents include:

- 02/2019 - young man killed after one punch in a takeaway in Killorglin, Co. Kerry,
- 11/2017 - apprentice carpenter, having consumed 20 units of rum, killed a student after a single punch assault in Tallaght, Dublin,
- 6/2018 - young man killed after an altercation outside a pub turned violent in Mitchelstown, Co. Cork,
- 11/2017 - young man escaped jail (05/2018) after punching a man unconscious outside a Limerick City Bar,
- 10/2016, - pensioner died after being punched in a single blow by a man (28) in Kanturk, Co. Cork, who escaped jail recently.

And that is not even accounting the scores of violent rows that take place in pubs and clubs all year round. It is understandable that people can be under serious pressure in life, be it financially, economically, socially and regarding health and fundamental well-being. And it is sad that our role models whom we previously looked up to – politicians, business, social and religious leaders – have cast aside the interest in upstanding behaviour in the face of the public that they felt was needed to get by. Which is why we are now faced with no end of extremely angry individuals, either bloated by their sense of entitlement or unable to stop, think and take a deep breath, who cross the line and end up destroying or even putting an end to someone's life. It demonstrates another failure of our leadership – that they could impose austerity, cut-backs, stringent regulations and non-community on people and not expect this culture to aggravate as ugly as this, especially when alcohol is at its most prevalent.

In the meantime, it is imperative to look after each other, be an ear and a heart for those who may need it, and, in moments of potential aggression – stop, think, and do not get yourself drawn in. It is not worth destroying a life, nor tarnishing your own. And keep everything in moderation when out on the scene.

HAPPY DAYS

That grand stretch in the evenings there... but make sure to wrap up there. A bit to go before the temperatures pick up again (we hope for the sun too!)

Mend your ways

The massive decline in bumble bees and other pollinated insects, essential to the global ecosystem, due to corporate profit-motivated use of chemical pesticide...

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. An online form has been emailed to your MyCIT account and have been available at www.citsu.ie. We urge you to take a few minutes to nominate your Class Reps if you consider them worthy. Forms should be submitted by the 25th March 2019.

Class Representatives act in a voluntary capacity to enhance the college life of the students in their classes by engaging with the Students' Union, academic staff and other Institute 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
- ✱ Attending NStEP and Sparq at CIT events
- ✱ Liaising with academic staff
- ✱ Information dissemination
- ✱ Organisation of class events and hoodies

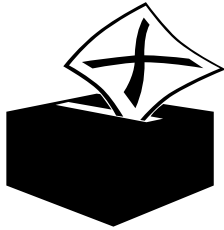
The Union Council Awards recognises the contribution of Class Representative to the Students' Union and to the Institute as a whole. At this ceremony all active Class Representatives are presented with a Certificate of Merit recognising their voluntary contribution to Students' Union activities which is endorsed by the Institute's Registrar & Vice President for Academic Affairs and the Students' Union President.

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

Nomination forms must be submitted by Monday 25th March 2019.

CIT STUDENTS' UNION

ELECTIONS 2019



A referendum to add Schedule C (Code of Conduct of Sabbatical Officers) to the constitution of CIT Students' Union was passed.

President

Aaron Buckley

Batchelor of Business (Hons)

Vice President Education

Aisling O'Mahony

BBUS International Business with
Language (Hons)

Vice President Welfare

Cian O'Driscoll

Recreation and Leisure

Communications Officer

To be elected

Entertainments Officer

Aoife McGaley

BBUS Marketing (Hons)

Projects Officer

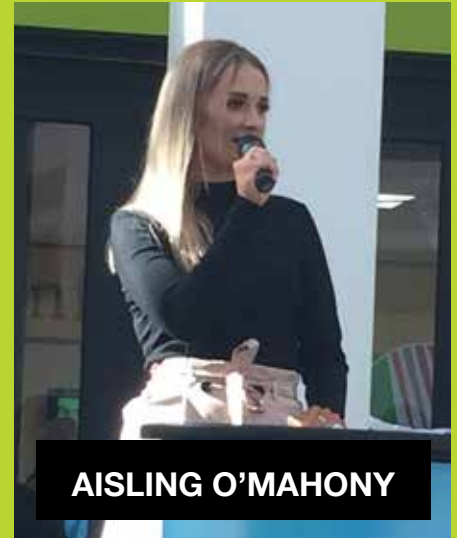
Felix Millner

BEng Mechanical Engineering (Hons)

The Students' Union Executive 2019/2020



AARON BUCKLEY



AISLING O'MAHONY



CIAN O'DRISCOLL



AOIFE MACGALEY



FELIX MILNER



**Congratulations
to all the successful
candidates**



Class Fundraisers

3RD OF APRIL **9-11 PM** **BISHOPSTOWN BAR**

BINGO & RAFFLE
IN AID OF THE JACK O' DRISCOLL FUND

TICKETS AVAILABLE ON EVENTBRITE & AT THE DOOR

#BINGOATTHEBAR

CALL OF DUTY TOURNAMENT

Black Ops 2

CIT Common Room
5PM, Tuesday
May 14th

Match type: One v One

Map: Nuketown

Tickets available on Eventbrite.ie or at the door.

Entry €3

In support of the Jack O'Driscoll Fund

In association with the Students' Union

THE CHASE QUIZ IN AID OF THE JACK O' DRISCOLL FOUNDATION

THE CHASE QUIZ

9TH OF APRIL 8 PM

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€5 PER PERSON

TICKETS ON SALE NOW!

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THE CHASE QUIZ

SUPER SMASH BROS.™

ULTIMATE GAMING TOURNAMENT

The Rory Gallagher Theatre
Tuesday, 9th of April 2019
Starts at 5:30pm

Entry fee - €5
Spectator - €3

Prizes to be won!!

CHECK OUT OUR SOCIAL MEDIA:
Facebook @Cit Gaming Tournament
Twitter @CitGaming
Instagram @cit_gaming_tournament

CIT INSTITUTE OF TECHNOLOGY

Supported by the CIT Art Office #CITRBT



RAG Week Report 2019

Incredible support for The Jack O'Driscoll Fund – over €10,000 raised to date.



Michael McCoy

Cork Institute of Technology have proven that they really will push the boat out for one of their own. An incredible show of support across the entire Institute, local community and business community has been demonstrated and led to a hugely successful CIT Rag Week 2019.

Fundraising kicked off in December with **CIT Christmas Jumper day** with students, staff and management all donning festive attire and donating generously – over €2,200 raised. Where else would you get the President of the Institute along with senior staff making a video to launch the event? Moreover, Michael Loftus, Head of Faculty of Science and Engineering was behind the camera. Support was also shown by Students Services staff who added to fundraising at a **Christmas Social event**, raising a further €200.

This year's incredible Rag Week line-up included comedian **Ross Brown**, **Paul Rider** (host of CIT's own blind date show), **Stevie Starr** and the ever popular **Michael McCoy Hypnotic Show**. The night time events included: **Keep It Local**, the 'hair raising' **Waxathon** and Thursday night at the **Bowery**. Well done to Mick O'Mahony, SU Entertainments Manager, who delivered a fantastic programme of events. Special thanks must be given to our chief sponsors **A Good Start** and the **Bank of Ireland** - without their support Rag Week could not happen. We also thank our other generous sponsors including **Eden Hall**, **Four Star Pizza** and **Wilton Shopping Centre**.



Paul Rider with our man, Aaron Buckley



Josh Volfango getting the necessarys done at the Waxathon



Ross Brown in full flow



CIT Civil & Structural Engineering Society with Amy Meanwell and Conor Moynihan.



Societies and Sports as always joined in and arranged a plethora of events - some of these events are ongoing. Thanks so much for the generous support of the **LGBT* Soc** who organised the very popular **Prom Night**, to **Jackie Ní Fhogartaigh** for leading on the Societies Rag Drive and to all of those Socs who participated in raising funds and adding to the atmosphere of Rag Week. Many thanks to the **Post Grad Soc**, **The Biotech Soc** and the **Civil & Structural Soc** who all organised table quizzes and made really significant contributions to the fund. Further funds were contributed by the **CIT GAA Club** from the gate collections at the Fitzgibbon Cup game between CIT and WIT. **The Soccer Club** also hosted the annual Rag Soccer Tournament.

A phenomenal €1590.56 was raised by the **Tourism and Hospitality students** and staff at the **Coffee and Cake Coffee morning**. Sincere thanks to **Dr Áine Ní Shé** and the staff of the Registrar's Office for supporting the event. Dr Áine Ní Shé welcomed those in attendance and gave a thought provoking account of last year's event which led to Jack's accident. She thanked everyone for their continued support of Jack. Our extreme gratitude to the staff and students of the Tourism and Hospitality Department. The students were hard at work from very early that morning setting the scene and baking a fantastic array of confectionary which was both beautiful to look at and delectable to eat. All of this was overseen by the always supportive and accommodating **Joe O'Donovan** – special thanks to you Joe.



During CIT Rag Week 2019, a **Mega Raffle** was organised and an overwhelming amount of support was shown from the Business Community who donated amazing prizes including getaways, health and fitness programmes and an array of vouchers from everything to restaurants, shops, event to car servicing. Impressively, over €3,000 was raised. Also a big shout out to the students who supported the CIT Rag 2019 **bag packing** event in **Tesco**.

The events continue as many classes are using the opportunity presented through their class projects to organise different and fun events with a view to contributing even more to the Jack O'Dricoll Fund. Lots of info about these are in this magazine and watch our social media for more details. Finally, if that's not enough, volunteers will **climb Carrauntoohil** at the end of March to bring loftier heights to the fundraisers.

The success of CIT Rag 2019 is result of the collaborative efforts of the **Students' Union**, **Societies Office**, **Class Reps**, **Sports Office**, **AnSeo**, **Chaplaincy**, **Registrar's Office**, **Buildings Office** and, of course, individual staff and students. We will have a final figure on funds raised for the next edition – Watch this Space!



CIT Biotechnology Society, Congratulations to 1st place prize winners
Muminat Kuye and Shauna Walsh

#CITAmbassadors

See more at:
twitter.com/CITAlumni
www.cit.ie/alumni

The CIT Alumni Office develops and supports alumni relations at CIT through a number of initiatives. The office encourages links between CIT and its graduates and supports the ever-growing CIT Alumni Association. The Association proudly has almost 30,000 members.

Meet our CIT Student Alumni Ambassadors



Glynis Gardiner (Alumni Officer), centre back is Eric Teahan (Alumni Intern), and on the right is Orla Flynn (VP of External Affairs) with the Student Alumni Ambassadors.

What is the CIT Alumni Ambassador Programme?

The CIT Student Alumni Ambassador programme brings together a select, diverse group of students from all different areas, disciplines and backgrounds to engage with alumni, prospective students, CIT officials and, most importantly, fellow students. Ambassadors are part of exciting activities and programmes designed to connect students with alumni, help students as they begin to think about their careers and celebrate what it means to be a CIT alumnus (graduate).

How the Programme works?

CIT Student Alumni Ambassadors donate 10 hours of their time over the academic year and act as liaisons within the Institute's alumni community, offering insights into current student life and sharing their personal CIT experience. On completion of the programme students receive a certificate for participation and by the end of it they will have sharpened leadership and communication skills through making personal and professional contacts.

Types of Activities

The types of activities available are great for networking and gaining experience which stands to each student involved and allows them to build on their skills both personally and professionally. The Student Alumni Ambassadors take part in numerous different events throughout the year such as the Alumni Office Conferring (Graduations) Campaign, CIT Joint Mentorship Programme, Meet the Graduate Programme and Regional and Institute Conferences, to name few.

Conferring's Campaign 2018

The student alumni ambassadors helped out in the 2018 conferring's reception area which followed each conferring ceremony. The reception occurred in the west atrium building where finger food and tea/coffee were provided for the graduates and guests. The Student Alumni Ambassadors took photos of graduates and their families and also guided them to take photos with a magic mirror which was a "selfie station" that took a photo of the users at the touch of a

button. The magic mirror then printed a physical copy of the guests to take away with them which was a delight for all. The student alumni ambassadors also requested messages from graduates to be put in a time capsule which the Alumni Office plans to bury for 10 years with the hopes of holding a gathering for Alumni (past graduates) in the future.

Joint Mentorship Programme

The CIT Joint Mentorship Programme aims to match current students with professionals (the majority of whom are graduates), from a wide range of sectors to exchange business experience, knowledge, expertise and career advice. The initiative aims to enhance connections between CIT students and alumni in relevant industries as well as encouraging and supporting engagement between the Institute as a whole and the alumni community. The Student Alumni Ambassadors have volunteered for a number of events held for this programme and have been excellent at accommodating guests and making sure every event has run smoothly.

IBEC

Irish Business and Employers Confederation (IBEC) ran a free short conference called "SHINE" with CIT, UCC and PepsiCo on 22nd January for 3rd, final year and postgrad students. It was held in the Aula Maxima in UCC and included interesting speakers, opportunities to meet employers and prizes along with lunch at the end. The purpose of the event was to focus on supporting students embarking on work placement and helping them to SHINE in that environment. The student Alumni Ambassadors that attended helped with the registration desk and made sure the event got off to a great start, they were thanked graciously by the organisers for their efforts.



CIT Empowering Women to Lead

CIT was delighted to host this event on 4th March 2019. It consisted of a conference of over 200 people and its purpose was to support, encourage and nurture inclusivity, diversity and equality within our staff, student community and also the wider community as a whole. Some of the inspiring leaders and innovators that spoke at the event were:

- Caroline O'Driscoll, Co-founder I Wish, Partner at Deloitte, Chairperson it@cork;
- Olive O'Driscoll, Co-founder of AventaMed
- Carla Manning, CACM Accountants, Former President Network Cork
- Mary Good, Vice President of PepsiCo Global Manufacturing

The event was a great success and was the first of its kind and hopefully won't be the last. CIT plans to hold this event every year with the hopes of inspiring people for many years to come...

If you are interested in applying for
**THE 2019-2020 CIT STUDENT ALUMNI
 AMBASSADOR PROGRAMME**
 or would like to know more about the programme,
 please email: alumni.admin@cit.ie

My Education MY FUTURE

Art & Exhibition Project 2019

Developed by CIT ACCESS Service, CIT Arts Office,
 and CIT Crawford College of Art & Design.
 Part of Cork Lifelong Learning Festival 2019.

JAMES BARRY EXHIBITION CENTRE
 CIT BISHOPSTOWN CAMPUS

9-12 APRIL 2019

www.cit.ie | arts.cit.ie

CIT CORK
 INSTITUTE OF
 TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

Da Silly Heads

Pics by Darragh Kane



At the launch of a student mental health project "Da Silly Heads" in CIT. The newly developed concept is aimed to Put a Face on Mental Health through visual representations of various mental health illnesses.



Sinead Connelly, Dunmanway, Amy Collins, Cobh, Kayleigh Burns, Cobh and Laura Flynn, Crookstown



Eimear Devan from Dingle

A fantastic event held recently at CIT and organised as part of the 2-Day Mental Health Programme organised by 'Da Silly Heads' (Rec. Leis. three students, Daniel O Mahony and Michal Sikora), which was kindly sponsored by Please Talk, Ireland's student-led mental health movement. This Programme consisted of a Practical Strategies for Mental Wellbeing Workshop, a Guided Wellness Workshop, Comedy and Magician Events all related to the theme of Mental Health in addition to many more great initiatives in the Main Building Corridor across both days.

On Day 2, A Healthy CIT Couch-Talk Event was based around the theme of 'Mental Health Challenges' from a variety of perspectives, and related stories of subsequent 'Resilience', as shared by the guest panel of professional boxer, Eric Donovan (who suffered from depression and shared stories of his self-destructive behaviour at this time in his life), former All Ireland winner Oisín McConville (former gambling addict and now Addiction Counsellor) and Cork GAA Legend Valerie Mulcahy (who struggled with her sexual identity for many years while performing at the highest level for the Cork Ladies football team). Over 250 students and staff attended this event in the Nexus theatre and the level of engagement between the gGuest speakers themselves, but also the audience via the Live WhatsApp Q&A Session at the end, was quite remarkable. Having the opportunity to pose very personal and sensitive questions to the panel via this online platform without having to stand up and speak into a roving microphone really opened up the discourse to a whole new level of depth in terms of the some of the questions asked.

Over 130 students volunteered across the course of the two days, led by the Recreation and Leisure Management and Social Care cohorts, and this incredible level of support from the student body should not go unnoticed. It was a truly fantastic event and many thanks to all of you who supported each and every one of the initiatives that took place.

Words by: Dr. Cian O' Neill, Head of Dept. of Sport, Leisure & Childhood Studies



Recreation and Leisure students founders Michal Sikora, St Lukes and Daniel O'Mahony, Ballyvolane at the launch of a student mental health project "Da Silly Heads"



Lindsay Collins, Mayfield and Charlene O'Mahony, Ballyvolane

#mySTORYmatters

Real stories from real people

Just to explain a little about @ Cork Stand Together. This is a group with the aim of helping Corks homeless and any person that might need a cup of tea, something to eat and a chat.

We intend to operate on Wednesday nights and working in a mobile style. A mobile is when we go to the people in most need, with everything we need (flask of hot water, a ruck sack of all we need to make a hot drink in it, a bag of hats, scarves, gloves etc and food bags).

What we need to make this work...

1. We need you and whatever you can offer.
2. We need people to give of their time on a Wednesday night and walk together in unity and kindness.
3. We will be asking the group each week for volunteers who can offer to make sandwiches or do some baking.
4. We will need many donations such as toiletries, roll-on deodorants, hats, scarfs, gloves etc. We will also take food items that won't go out of date (too quickly).
5. We are looking for everyone's ideas and opinions. You will make this group stronger with your advice and opinion.

We are lucky to have arranged access to a facility in the city centre that we can use for hot water and storage. So thanks to all involved in that, for the kindness involved.

I am getting involved in this group for many reason's. One of them being that the people trying to get this going are amongst the nicest, most generous and funniest people I have ever met (social side to the group is very important for me personally). I have experienced some challenges in my life and luckily I am in a position I can now help out with something great like this.

Please see our advert on the inside cover

*Stand together,
Thank you,*



Dear Reader,

"If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way." (Buddha) Here I start my story. In the streets of Cork. Day in and day out there is a community of people that we have all heard about, but are often too busy or too wrapped up in our own life to see. These people are mirror opposites but stem from the same stream that have just branched off in another direction from what is described as the "Norm." However, those lives are still intertwined with our own.

The homeless situation in Cork; in all of Ireland is a **scary reality** that both young and old face daily, and it is a frightening place to exist, your safety is not assured, having all your basic human needs met is not often ensured. It is a constant struggle to get through each day; because days are long when you feel alone, and nights can be never ending. You have to depend on the kindness of strangers but also fear their kindness too, who could survive that unscarred, yet every day they fight to survive this. Some become strong, some become fighters some become entwined in the terrifying world of addiction and their lives can spiral out of control. **Some are there because it is safer than being at home and that is heart breaking.** Others have chosen that life, but that is a rare occurrence. The numbers rise and fall but even one soul in despair is one soul too much. Everyone is deserving of a good life; a life where they are protected, a life where they are happy and have peace of mind, unfortunately this is not true in the case of the homeless.

However, there is some hope, there are some people who are kind strangers who want to help, these good people give of their time voluntarily and with open hearts supplying the homeless with food, clothing or just by giving them a hot drink. But more important than that they provide a listening ear, never there to judge but only to love and extend the hand of friendship to those in need of it. These are beautiful people, and they do the best that they can to meet the needs of their homeless friends; through providing facilities where the homeless can go which is an amazing gift. However, for me the most important aspect of helping people is the work that is done on the ground every night of the week; week in week out and no matter what the weather.

I am proud to be part of one of these groups. Cork Stand Together has come together to meet the needs of Corks Homeless as best we can by providing the basic needs of the homeless and just wish care for our homeless friends. Though our group is a new one we all have extensive experience of working on the ground and helping those in need. We are all volunteers but it is our passion for what we do that has brought us together. But more than that we are friends who have a common goal which is simply to help the homeless.

"We can't help everyone, but everyone can help someone" (Dr. Loretta Scott) "A person has two hands one for helping himself the other for helping others."

Anon

Being Homeless

By Maggie L. O'Shea

**People often stare at me,
Wondering about my story,
Am I here of my own accord,
Or are my circumstances to blame?**

**In the end, it is always the same,
They never ask, just walk past,
Talking to me is too much of a task,
Again I blame myself.**

**My clothes are dirty, my shoes are worn,
My scars an obvious tale,
The story of my hurt and pain.
Sometimes addiction robs my soul,
Sometimes my safety, threatened at home,
Sometimes it's the life I choose,
Just ask, you've nothing to lose.**

**Sometimes I believe that no one cares,
That I sit here on my own,
And I often wish and I often pray
That one person would just stay,
And sit with me and talk a while,
A little chat can go a mile.**

**I would tell them of the fear,
That every night can bring.
And how the morning, takes too long,
Oh where could I begin?**

**Life is hard on the streets,
But my street family is vast.
And though I some times feel alone,
We have each others backs.**

ENTREPRENEURS OF CIT

CIT IDEAS HACKATHON
VIVienne SHEANE



In January CIT launched the newest initiative in supporting student innovation and entrepreneurship; the CIT Ideas Hackathon. The CIT Ideas Hackathon has brought students from all years and all disciplines together to generate and develop start-up business ideas.

CIT Ideas Hackathon is designed for students to create viable business ideas by supporting collaboration between different disciplines of study; bringing new perspectives, skills and strengths to idea generation. **Vivienne Sheane** is a Hackathon participant who spoke about her personal experience of the process.

Can you explain to me what the CIT Ideas Hackathon entails?

The CIT Hackathon initially involved two brainstorming sessions for idea generation. Following these, we were divided into groups of three and asked to present one of our ideas to a panel. Successful ideas were then put through to a springboard course which covered - Business validation and market research workshops, financial/funding workshops and some mentoring followed by a final presentation. It ran from the start of January to the start of March, Friday evenings and Saturday mornings.



THE STUDENT INC. EXPERIENCE

What did you find most helpful when generating ideas?

I found that the the most helpful things in generating ideas was providing challenges that helped with changing my mindset and learning to search for fixable problems in any environment.

Have you ever come up with a business idea before?

I've always been extremely interested in starting my own business and have read a lot on entrepreneurship but never felt I had any ideas worth perusing. The course has definitely changed how I think about idea generation.

What are the next steps on your entrepreneurial journey?

I've met a few great people with different skills to my own so I plan on continuing my entrepreneurial journey in one way or another.

What advice have you for other budding entrepreneurs out there who are searching for that prize idea?

Put yourself in different or new situations every day. Say yes to everything that sounds interesting to you and out of the norm, use those situations to think outside the box and always keep an eye out for problems. Solve these problems and you've got a business.

If you are interested in learning more about the CIT Ideas Hackathon or want to find out about the other supports and opportunities here in CIT for student entrepreneurs.

visit: enterprise.cit.ie



All participants of CIT's Ideas Hackathon.

If Entrepreneurship and Innovation is something that you are interested in, make sure to visit www.enterprise.cit.ie to avail of the

LIVE CIT, LOVE SPORTS

By Miriam Deasy

Would you like to have your club featured in expliCIT?
Simply email your submission to: supublications@cit.ie



CIT Sailing team members who won 3rd place at the Port of Los Angeles Harbor Cup Invitational Regatta.

Historic 3rd place at the Port of Los Angeles Harbor Cup Invitational Regatta

Massive congratulations to our Sailing Club members who grabbed a podium place in the Port of Los Angeles Harbor Cup Invitational Regatta, hosted by Los Angeles Yacht Club (LAYC) and Cal Maritime Sailing. Over the course of a highly competitive 3-day event from the 8th to the 10th March, CIT raced against the top five west and top four east coast American Universities that included the Naval and Coast guard academies. Given the prestige of this event, all the best sailing colleges in America apply for an invitation but only a handful get invites, competition was always going to be stiff. We are proud to boast of having two Sailing Clubs, one based in the Bishopstown campus and another in the National Maritime College in Ringaskiddy, which ensures high participation, but the combined efforts of both clubs has certainly paid off and been mutually beneficial on this occasion. We congratulate crew members Harry Durcan (RCYC/BSC)(Business 1), Ronan Cournane (KYC)(Engineering 1), Scott O'Sullivan (KYC)(Interior Architecture 2), Grattan Roberts (RCYC)(Mechanical Engineering 2), Anna Carthy (BSC)(Tourism 3), Morgan Mc Knight (FMOEC)(Nautical Science 1), Georgia Keating (RCYC)(Nautical Science 1), Jack Stoa (CSC)(Nautical Science 1) and Mark Murphy (SHSC)(Business 1) on this historic success.



Our Women's Rugby team took part in the Kay Bowen Cup recently, in NUI Maynooth. For most of them it was their first opportunity to play tournament Rugby for CIT and they acquitted themselves excellently. They played in the 10-a-side format and played 3 games of excellent rugby.

Fun Run & Walk

Well done to the 95 participants who energetically and enthusiastically undertook our Fun Run & Walk on Thursday 14th last! This mass participation event spearheaded by Sports Officer, Miriam Deasy, began seven years ago and continues to be an annual event that many look forward to. 53 inspiring staff members led the way to 42 students.

Everyone was a winner and no participant left the track empty-handed, with t-shirts, finishers medals and lots of goodies for everyone! The smooth running of the event would not have been possible without the 25 Recreation & Leisure First year students under the guidance of Andrea Bickerdike (Sports Leisure & Childhood Studies), who safely stewarded the route.

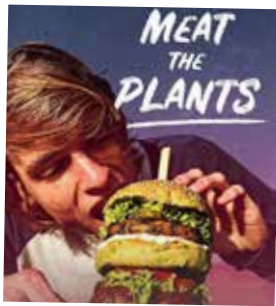


First person home was staff member Craig Harrington (Sports) in a time of 20.12, hot on his heels in 20.32 was staff member Andrea Bickerdike (Sport Leisure & Childhood Studies). While the first male and female students were both uniquely Recreation & Leisure 2 students, Lee Collins (20.58) and Marie Ellen O Sullivan (24.24).

This event is a healthy, happy initiative for all, regardless of fitness level, so do make sure to join us next time! Until then keep moving and as our Fun Run & Walk t-shirt says "one step at a time"! Well done everyone!



CIT Badminton Club members who were Student Sport Ireland Finalists



CIT to Host 2nd Annual International Student Documentary Festival

Story?, the Annual International Student Documentary Festival, is taking place in Cork from the 3rd to the 5th of April 2019, attracting young documentary makers from around Europe to showcase their talent.

Public Relations and New Media Students from CIT are organising the event, inviting students from Ireland, the U.K and The Netherlands to display their films, which range from documentaries to animations.

“ This will be the second year of the festival, which was established to promote CIT and develop links with other international universities, as well as showcasing the talent CIT students have to offer ”

Journalism lecturer, Frank O'Donovan.



The MA in PR and New Media Event Management Class

“ The festival was very successful in attracting quality films from a number of different international universities last year and this year we hope the event will be even bigger and better ”

CIT student Matt Finnerty (one of the organisers of the event)

The 36 documentaries that have been submitted will be evaluated by a panel of experts, who will create a short-list. The awards ceremony will be held on April 5th in the Rory Gallagher Theatre in CIT, with awards being presented for Best Film and a number of other categories.

All of the films submitted will be screened over the three days (April 3 to 5) in both the Rory Gallagher Theatre in CIT and the CIT Crawford College of Art & Design in Cork City. As well as film screenings there will also be a number of workshops throughout the week, focused on **documentary making, given by international experts.**

“ This is Ireland's first film showcase of its kind, so it will be very exciting to see how it grows this year and hopefully into the future ” *Frank O'Donovan*

Book FREE tickets on the Eventbrite link on all these social media accounts...

@storycork @story_CIT @story_cit

WIN €30!

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

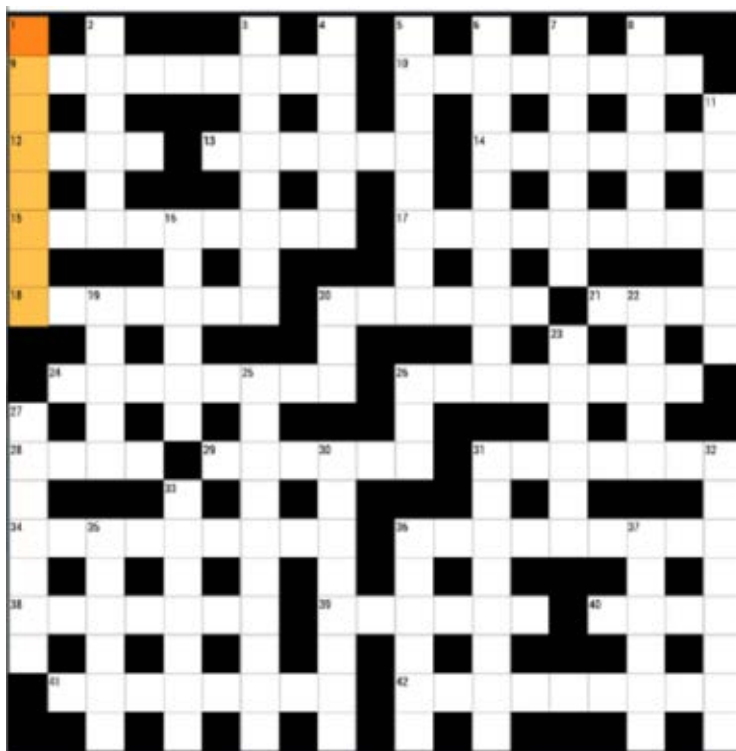
SOCIETIES

Across

9. Make obscure (9)
10. Malicious (8)
12. Precipitation (4)
13. Cake (6)
14. Long-necked animal (7)
15. Playwright (9)
17. Little by little (9)
18. Rapturous delight (7)
20. Nakedness (6)
21. Prayer ending (4)
24. Defeated decisively (8)
26. European country (8)
28. Italian capital (4)
29. Wonder (6)
31. Shade of red (7)
34. Absolute rulers (9)
36. Pedestrian (9)
38. Card game (7)
39. Narcotic (6)
40. Celebrity (4)
41. Sample (8)
42. Conjugal (9)

Down

1. Oatmeal dish (8)
2. Continent (6)
3. Disaster (8)
4. Choose (6)
5. Appeased (8)
6. Circus MC (10)
7. Weepy (7)
8. Carry out (6)
11. Depending (7)
16. Counting frame (6)
19. Antitoxin (5)
20. Show assent (3)
22. Wherewithal (5)
23. Completely ineffective (6)
25. Heraldic insignia (4,2,4)
26. Friend (3)
27. Foretell (7)
30. Nobleman (8)
31. Invariable (8)
32. Nose parts (8)
33. Clerical vestment (7)
35. Awning (6)
36. Monarch's son (6)
37. Get (6)



Crossword Prize: €30

Deliver completed entries to the SU shop,
1st Floor, The Student Centre.

Last issue's winner: Tung Yap, Bus AZ1

Name:

Class:

Mob:



FREE food alert!



WIN! €50 vouchers

For your chance to win a €50 vouchers: return this page to the Students' Union with your suggestions of what you'd like to read more of in expliCIT. Please add your name, class and contact number in the space below... Good luck!

Last issue's winner: Emily Kearns, BioMedEng2

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