EXPLICIT MAGAZINE

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 4



MTU Cork Students' Union



IN THIS ISSUE:

- Lots of Christmas Fun
- Competitions to WIN Cash and One-4-All Vouchers
 - Fees & Rent Student Protest

AND LOTS MORE!

WHEN TO TAKE AN ANTIGEN TEST ANDWHEN IT'S BEST TO HAVE A PCR TEST

JOE PHONED HIS FRIEND TOM

Joe: I have a head cold and cough, would you happen to have a spare Antigen test?

Tom: I have heard it is important to have a PCR test if you have any symptoms. This test is more accurate than an Antigen test.

I had symptoms last month, I phoned the GP and was referred to a HSE centre to have the PCR test done. It is free of charge.

MARY MET HER FRIEND LAURA AT CAMOGIE TRAINING

Mary: That was a great win last week and the celebrations were even better, two nights out! I feel well but am concerned that I may have picked up Covid infection.

Laura: Yes, me too, I have been doing Antigen tests twice per week for the past while even though I have no symptoms.

I generally do one every 3 days. I know that they have their limitations but I feel it's an extra measure I can take to protect myself and my family and friends.

Medical Centre, The Student Centre For appointments and queries:

Tel: 021 433 5780

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

Phonelines are closed daily 1-1.30pm

http://www.mycit.ie/medical

ALEX WAS CHATTING TO HIS FRIEND JACK ONLINE

Alex: I will not be in to college today, my housemate has Covid infection and I am a close contact.

Jack: When will you be back to college?

Alex: I am fully vaccinated but I still have to stay home and do three Antigen tests over 5 days. The HSE has sent them out in the post. If I remain well and the tests are negative, I can come back to college.

When to do Antigen Tests:

You can do antigen tests regularly if you do not have symptoms of Covid 19 and you are regularly in high-risk environments such as bars & nightclubs, contact sports and car sharing with people from other households. It is best to do 2 tests twice a week with 3 days in between. It can take time for the virus to show up in your system after you are exposed.

Even if you take Antigen tests continue to follow all public health advice on how to protect yourself and others.

When to get a HSE PCR Tests:

If you have any symptoms of Covid Infection, you should arrange a HSE PCR test as this is more accurate and is the gold standard test. Even milder symptoms such as head colds or scratchy throats can be caused by the Covid Infection and PCR testing is required.

If you have a positive antigen test, you should arrange a HSE PCR test to confirm this. This will also enable appropriate tracing of your contacts to be done.

CONTENTS

EXPLICIT MAGAZINE

STUDENT PROTEST frustrated students take to the streets

SPEAK OUT!

CHRISTMAS COMPETITION.

MTU STUDENT PROFILE 9 Give insights into your chosen course of study and

Win a €50 One-4-All voucher if your profile is chosen

FLYNNERS FLYING COLUMN 10

SU LIFE COACHING INITIATIVE 12

SU CHRISTMAS FAIR 13

MTU LIBRARY EXAM REVISION TIPS 14

16 **SPORTS CHRISTMAS UPDATE**

SOCIETIES CHRISTMAS UPDATE 18

20 **QUIZ TIME**

Enter online...WIN money...simple!

Congratulations to last issue's winners - Student Profile: Jennifer Sheahan Quiz: Ciara Cooke



Your Union Your Voice

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

Like us: follow us: @MTU_CorkSU



Instagram: O @MTUCorkSU





www.MTUCorkSU.ie

Explicit Production, Design & Advertising Keith Brown, Keith.Brown@MTU.ie

MTU SU Cork President Aisling O'Mahony, SUPresidentCork@mtu.ie

VP Education

Cian O'Driscoll, SUEducationCork@MTU.ie

VP Welfare

Sinead O'Mahony, SUWelfareCork@MTU.ie

Projects Officer Isobel Kavanagh

Communications Officer Óisin Gahan

Entertainments Officer Niamh Cronin

Entertainments Manager Mick O'Mahony, MichaelG.OMahony@mtu.ie

Advertising Opportunities: Why not avail of expliCIT Magazine to promote your business to this large audience? Our copy deadlines, advertising rates and technical specifications are available to view at: www.MTUCorkSU.ie

EXPLICIT magazine is published monthly by MTU Cork Students' Union. The views expressed in the magazine are those of their authors and are not necessarily those of MTU Cork Students' Union. All articles and pictures are the property of their respective owners and should not be reproduced without their permission.



FRUSTRATED STUDENTS TAKE TO THE STREETS OF CORK

On November 22nd, Students took their fight against college fees, rising living costs and the housing crisis to the streets of Cork, to show their frustration at what they describe as a crisis in education.

It marked the first of three days of regional protests organised by the Union of Students in Ireland (USI) under its 'Cost of College' campaign. The protest at the Library on Grand Parade included representatives of the 60,000 students from Cork, Kerry, Waterford, Limerick, and Carlow that make up the USI Southern Region.

Under-investment in the sector is leading to situations where students are forced to commute for hours a day or take out massive loans to attend third level.









Some students are in a situation where they have to decide whether to pay their rent, or buy food.



In 2011, in the week before the general election, Labour leader Eamon Gilmore and Education spokesperson Ruairi Quinn publicly signed a Union of Students in Ireland (USI) pledge to "oppose and campaign against" any increase in the "student contribution charge," whose maximum was at that time set at €1,500 for a full-time undergraduate.

They also pledged to reverse the €500 increase made by then Education Minister, Fianna Fáil's Mary Coughlan, which was to take effect in the 2011-2012 academic year.

As Minister for Education, Quinn did not reverse that €500 increase, and along with his successor, Labour TD Jan O Sullivan, subsequently oversaw a €250-per-year increase in the maximum charge, to its current level of €3,000.

The students of Ireland have had enough of the lip service from our political leaders and until there's a budget that invests in our students and the future of this country. We will not stay silent on this!

Addressing the crowd at Grand Parade, Asha Woodhouse, the president of UCCSU, said students are the biggest stakeholders in higher education institutions. "Yet often we have the least say when it comes to fees, charges or what this money gets spent on. Some people would have you think that college is 'cheap' and that you should be paying higher fees than you already are. In reality, we need to be breaking down the barriers to higher education, not increasing them. The housing market exists for profit, and our education system is heading in the same direction.



MTU Cork Students' Union President, Aisling O'Mahony, addressing the students

Equal education for all. Education is a human right and not a privilege. So, let's make that the reality.

Time to fund the future and cut the cost of college. **INCLUDING ACCOMODATION!**

Stop making third level education for the rich and start making it accessible to all. Our Government is creating a class devide in this country and we're fighting this, today, tomorrow and every other day until they make meaningful change!

The Students' Union are urging our students to vote in the next General Election and make our vote count - that's 374,000 students!

MTU Cork SU will continue the good fight. Up the students!







THE APPRENTICE

DO YOU HAVE AN IDEA FOR AN APP?

Cash Prizes for:

Best App Idea Runners Up



CLICK HERE FOR ENTRY FORM

Full Details and Quick & Easy entry at www.cit.ie/apprentice

Entrants do not have to make an app just come up with an idea for one!

Enquiries to AppComp@mtu.ie

CLICK HERE



The Speak Out Anonymous Reporting Tool is live!

Students and staff of MTU can now report incidents of concern on the platform at https://mtu.speakout.ie

Please use the platform to report any incidents of bullying, cyberbullying, harrassment, assault, stalking etc. so that we can support all in our MTU community to feel safe and heard.

hristmas Competition

WIN A €30 One-4-AII!

Answer the following question and email us for your chance to WIN! Click here

Email: CorkSUPublications@MTU.ie

Q: If you could wave a magic wand, which one change would you make to improve your student experience at MTU?

Happy Christmas Everybody!

STUDENT PROFILES!

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

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

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

Please send your contributions to: CorkSUPublications@mtu.ie

Your Guideline Questions:

- Q: What are you studying at MTU and what led you to decide to pursue this career?
- Q: The absolute best thing that has happened in college so far is...?
- Q: Would you like to describe a little about the course itself, the type of work you do, your influences, your projects etc?
- Q: Ultimately, what do you hope to achieve and where do you see yourself when you have completed?
- Q: Any positive advice you would like to convey to prospective students, based on your experiences so far?
- Q: The absolute best thing about your course is...?

Don't be a Tosser

Keep MTU Clean

BE PROUD OF WHERE YOU'RE EDUCATED

How can I help?



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

COURSE PROFILE ALANA NEENAN

Hi, I am Alana, I am currently in second year studying International Business with French. Like a lot of people, I studied French in school, might not have been the best at it but I loved the idea of being fluent in another language and being able to travel so I thought this would be a perfect course for me. The thought of being able to spend a year of my studies abroad especially attracted me to this course. Specifically, I thought MTU had a lot to offer from hearing other undergrads opinions on their course on the open day and friends of mine loved their college life here.

I think the best thing that has happened so far was the first day of being on campus and finally meeting everyone from my class. Having spent the whole of my 1st year online and getting to know people through zoom calls, it was exciting to actually be able to get to know everyone better. The Welcome week that took place definitely made the atmosphere around college positive and fun which also was a nice addition to coming to campus for the first time since for most people it was very daunting.

However, MTU provided plenty of opportunities to take part in extra things online such as competitions like the Prize for Innovation and Pitch Perfect with the MTU Research Innovation and Enterprise support. It was really rewarding to put the knowledge I learnt into practice such as the pitch perfect competition as I had a module that related to it. I also have been extremely lucky to have been chosen to participate in an international week abroad in Lyon next March. This wouldn't be possible without the Marketing & International Business Department's strong links with multiple partner Institutions around the globe. This benefits us all as students as it gives us the opportunity to expand our studies abroad and meet with other people.

MTU provided different online events to support students during the lockdown period which was extremely beneficial such as 'Da Silly Heads' zoom call which focused on breaking the stigma of mental health. They also have many supports such as REACH and Careers & Counselling services that will help you when you start college right through until you graduate. All of these things that MTU provides to students help make it an excepting and open college community, this is something I think that is extremely important for prospective students to know.

I think that since International Business is such a small course people tend to push it to the side. The course itself is based on assignments which I think is much better than in school with constant exams as its more research and learning rather than learning things off before an exam. We do a lot of hands-on projects where we are studying and researching topics that have direct impacts on us. For example, previously we looked into the differences between Irish cultures and international cultures as well as getting marketing insights into

I hope to have the time of my life during my time abroad and gain valuable life and career skills that I can put into practice during my final year and going forward into my career. Graduating with a First-class honours would be a goal of mine as well maybe even continuing to do a master's in marketing in one of the departments partner institutions in France. I see myself working in the field of Marketing, hopefully in a French speaking region so I can put my language into use and further learn about the culture. I feel by having this degree puts me at an advantage towards achieving these hopes and goals.

The best advice I could give to prospective students is to try and be as hands on as possible and take part in anything that comes your way, be it a club/society, competitions or even go for Class Rep! These things will give you the opportunity to branch out and network with new people as well as developing key skills while also having fun. Having stepped out from your comfort zone and trying these things will definitely stand to you in the future. For me, joining the Enactus society last year really enhanced my college life being online

and let me be a part of an extra curricular activity that benefitted me within my course as well since it is very business and entrepreneurial based. I also joined the Marketing society with provided me with great insight into different roles within this sector from the various guest speakers.

So far, this course has offered me new insight into business and has really made me change my mindset. I feel like this is the best thing as unlike school it is really preparing me to go out and work professionally in the future. This course also gave me the chance to meet like-minded people and form lifetime friendships.



International Business with French Faculty of Business

Give us your insights into your college course, get published and WIN €50! See page 10 for instructions

Flynner's Flying Column

"SWEET JAYSUS! THE CHRISTMAS CUPBOARD!!" When you hear Ma Mary Quinn blast Erin and the Derry Girls for their latest shenanigans, you know Christmas is here, Nostalgia time, and it's back to the Nineties, the decade that moved too fast for cool to keep up. Here's some nostalgia...

• **ZIG AND ZAG.** Landing on The Den from Planet Zog in 1987, the Z-Brothers, along with Ray D'Arcy, Zuppy and Dustin captured imaginations of adults and kids alike with their unbeatable alien humour but it was their move to The Big Breakfast on Channel 4 in 1994 that saw World Domination. Lovely to see the gang reunite, with Sinead Quinlan, for their specials on RTE1 this time last year to lift the Nation in its hour of need.

PUT 'EM UNDER PRESSURE!

Italia '90, Caligari, Genoa, A Nation Holds Its Breath... Big Jack and the Boys In Green lifted the Nation to glorious levels of self-belief like never before. Revenge against Italy in USA '94 was Ireland's effective WC Final, Jack Charlton saying goodbye 18 months later to leave Mick McCarthy to take care of the unfinished business. Such precious moments never to be repeated.

- THE PEACE PROCESS. After the early-mid 90s saw The Troubles endure killings and violence of horrific intensity, Ireland and Britain, after much negotiation, stood on the threshold of history when the IRA declared ceasefire on 31/08/1994, the Loyalist Paramilitaries following suit on 13/10/1994. After a series of false starts, peace finally came with The Good Friday Agreement on 10/04/1998, something, as these recent years have shown, that remains precious for peace and prosperity to this day.
- TRIBUNALS. Part and Parcel of 90s Irish Political life. From Beef to Brown Envelope payments, a pure Irish invention in questioning democratic accountability even today.
- POLITICAL COOL. Bill Clinton, US President 1993-2000. His contribution to the Peace Process and Belfast Agreement, as well as Global Prosperity, will never be forgotten; a true-cool leader. Bertie Ahern and Tony Blair used such appeal to become the leaders of Ireland and Britain in 1997, only to be remembered for other, more malevolent, things in time to come...

• THE SIMPSONS. A revolution in TV Animation, does anyone remember the episodes with Bart Simpson as the Star? With Homer taking over as the protagonist by 1994, Matt Groening's creation, remaining relevantly funny

up to 2000, redefined TV being 'Suitable For All', among other things!

- GREAT TV AND MOVIES TO GO! "Mam, can ya tape 'em for me?" Friends, Saved By The Bell, Father Ted, The X-Files, Beavis And Butthead, Daria. Movies included Jurassic Park, Pulp Fiction, Men In Black, Clueless, Trainspotting, Titanic. Ah, when the weekend highlight was a trip to Xtra-vision with Haagen-Daas to go!
- WINDOWS 95. Home Internet, invented in 1991, was revolutionized in 1995 via that masterpiece from Bill Gates. Downloading speeds and messaging was slower and relatively primitive then but Home and Office Computing was transformed forever and a stroll around campus is a reminder of the positive legacy of that genius from...
- SEATTLE. The USA's NW Backwater also became its capital of Cool with Starbucks Coffee, Fraiser, Sleepless In Seattle and, to top it, the Grunge Revolution of Nirvana, Pearl Jam, Soundgarden, Sonic Youth and others.

The tragic death of Kurt Cobain of Nirvana in 1994 saw us lose a new John Lennon, but all this inspired Foo Fighters, along with Garbage, Green Day, No Doubt and Smashing Pumpkins to be its positive legacy for US Alternative Music soon after.

• BRITPOP. Suede, Pulp, Embrace, the revolution from the British Alternative music scene. 1995 was dominated by the Battle Of The Bands; Oasis v Blur. The Gallagher Brothers won the war, making concert history at Knebworth in 1996. Before Britpop declined in late 1997, The Verve and Radiohead also made their notches while Prodigy, Fatboy Slim and The Chemical Brothers brought Dance and Electronica mainstream.









- HIP-HOP. Will Smith proved to be such an iconic figure in every angle. Outhere Bros., Coolio, Snoop Dogg, Haddaway, Fugees and Mary J. Blige also played their parts.
- **BOYBANDS.** Take That were the Kings in the first half, eventually spawning Robbie Williams on his own path to Glory. East 17 and the Backstreet Boys were not bad either. All inspired Louis Walsh to successfully launch Ireland's answer in 1993 - Boyzone. And our legendary music guru moved the already successful Irish music resume up to unheard-of levels in 1998 with Westlife.
- GIRL GROUPS. The Spice Girls stole the crowns of that scene when Wannabee stormed the charts in 1996. Girl Power was the movement until burnout by their own megalomania by 1998. TLC, Shampoo, All Saints and B*Witched made their marks too.
- IRELAND TOTALLY OWNING **EUROVISION.** Linda Martin, Niamh Kavanagh, and who can forget Michael Flatley and Riverdance! Almost got too expensive for Ireland to keep hosting!
- GLORY GLORY MAN UNITED! Alex Ferguson, after years of effort, was making MUFC a force to be reckoned with, but then came the catalyst that was Eric Cantona, setting standards for Old Trafford to reach and surpass, culminating with The Red Devils making history with The Treble in 1999. United fans will be waiting a while though...









- THE CRANBERRIES. Totally transformed the Irish Music Scene with 'Linger' and 'Dreams', but it was the album 'No Need To Argue' and its powerful hit 'Zombie' that would ce
 - ment them as icons in Irish Music. Singer Dolores O'Riordan may have sadly passed but covers of their hits by myriad artists, notably Women In Harmony, ensure that the legacy of the Cranberries will live on.
 - FASHION. Combats, Baggies, Carpenters, Fila, Ellesse, Tommy Hilfiger, Nike Air Max 97, Ralph Lauren, CAT, Jimmy Choo; fashion never had it so good with such diversity!
- MOBILE PHONES. They were still the size of peat briquettes in 1990, but in Christmas 1991, as they started to get more compact through Motorola, Nokia and Samsung, a London technician discovered how to send 'Merry Cristmas' via SMS. He changed the world.
 - ENTER THE CELTIC TIGER. By late 1997, Ireland had entered an era of boom and prosperity through Corporate Investment, EU Funding and Irish Enterprise never saw us have it so good. But Property and Free Market Bubbles began to blow from this which would send the nation off on a course none of us knew what lay ahead.

Happy Christmas to all and here's hoping for a prosperous and successful 2022!



This second episode features Aishling McCormack from the Sexual Health Centre talking about the service available to our students and the different ways students can connect with the Sexual Health Centre. Aishling also shares some tips for students on STI screening, positive sexual health practices and consent. Aishling is a past student of MTU (CIT-BA Social Care).

Catch this podcast at: "MTU Wellbeing Hub" https://tlu.cit.ie/the-mtu-wellbeing-hub



STUDENTS UNION LIFE COACHING INITIATIVE 2021-22

Are you feeling a little stuck? Not sure where to go next? Then Life Coaching may be for you!

t's safe to say that in the last 18 months, we have all experienced a whirlwind of change. With change sometimes comes uncertainty for our students. The Students' Union, as with others, we are conscious that some might need a little guidance at this point in their lives. MTU Cork Students' Union are delighted to bring to your notice that Life Coaching is to be made available to Students of the University and funded by the Student Finance Committee.

The coaching process addresses specific personal projects, successes, goals and transitions in their life by examining what is going on right now, discovering what obstacles or challenges might be, and choosing a course of action to help them move forward in life. Students can work with a coach to help them reach their potential and achieve the goals they have set for themselves in life.

We are happy to announce that we are re-introducing this free service for our students in the coming months. The last round of sessions completely sold out and we received really positive feedback from those who attended.

If you are aware of students or peers who might benefit from this initiative, I would appreciate it if you could point them in this direction and to us here in the Students' Union. When Life Coaching is up and running again we will ensure that they are looked after. There are already supports offered by other Services including Counselling, Careers, Academic Success Coaching and other Student Affairs and Student Experience providers and it is our hope that Life Coaching will both complement and work

alongside these Services.

" Students can work with a coach to help them reach their potential and achieve the goals they have set for themselves in life

A special thank you to the Student Finance Committee for supporting this proposal, brought to our students by MTU Cork Students' Union. We are extremely lucky to have so many student centric staff in this University who support our students daily and thank you for referring this service to those who need it most. This is the true community spirit that we pride ourselves upon.

Watch this space!

For details of The Student Counselling Service at MTU Cork, check: http://www.mycit.ie/counselling You can contact the Student Counselling Service at: counselling.admincork@mtu.ie



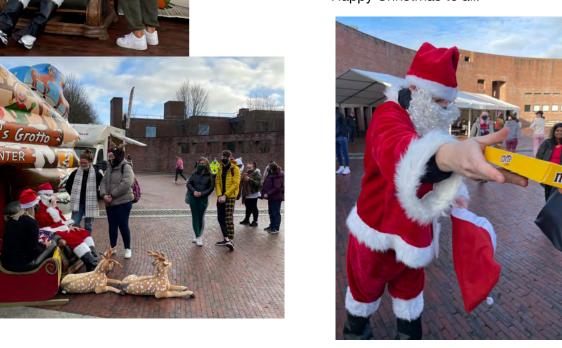
anta's Grotto

Festive Freebies Aplenty!

Our MTU Outdoor Christmas Fair in the Circle was a great success with our very own Cian O'Driscoll (VP Education) as Santa and our elves on the day, Aisling (SU President) and Sinead O'Mahony (VP Welfare). Treats given out included selection boxes, hot chocolate giveaways and a stall of delish cookies from @yumm_cafe_kanturk.

Donations to our Christmas Charity on the day will go to the Homeless people of Cork and we know they could do with our help. More on p18.

Happy Christmas to all!





VISIT THE 'SUPPORTS FOR YOU' SECTION OF THE MTU LIBRARY HOMEPAGE FOR HELPFUL

EXAM REVISION TIPS

- Techniques to help you Revise & Remember
- Creating a Study Timetable
- Using Active Study Techniques
- The Importance of Taking Breaks
- Taking Care of Yourself at Exam Time
- Asking for Suppport When Required

https://library.cit.ie



Email: CorkSUevents@MTU.ie for your link to join



All welcome to play. Winners must be MTU student/staff members.

MTU Cork Students' Union



Silvercloud is an online mental health and wellbeing platform for staff and students. Programmes include: 'Space from Stress', 'Space for Sleep', 'Space for Positive Body Image', 'Space for Resilience', Space from Alcohol', 'Space from Money Worries'

Click here and choose your programme



Sports Christmas Update

Wishing everyone a happy, safe and rest filled Christmas. Well done to each and every student who participated in sporting activities in Semester 1. There were lots of twists, turns and hurdles but together we made it safely work. Thank you for your promotion and support of MTU Sports. Below is a snapshot of just some of the activities enjoyed in semester 1. Enjoy the break and all going well clubs will resume activities again in January. Be sure to follow MTU Sports on Facebook and Instagram to stay up to date, or feel free to email sportcork@ mtu.ie if you have any questions.

Thanks again, keep safe, happy Christmas and look forward to an action packed 2022!



















Mens Volleyball team



Sailing Club competing at IUSA Northerns



Ultimate Frisbee



Table Tennis training



Tae Kwon Do members winning silverware for Ireland



Saoirse Nooan scores her first senior international goal



Rockclimbing training



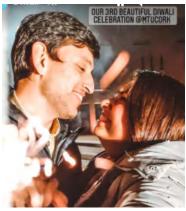
Tae Kwon Do training



Powerlifting training



Societies Christmas Update



A snapshot of Diwali captured by @chandusha travels on Instagram

This year saw the return of one of the Indian Society's most popular events; a celebration of the festival of Diwali. Diwali is celebrated in November; it honours a legendary triumph of light over darkness and the festivities included performances from talented dancers, singers and comedians, gorgeous curries and samosas cooked

by the fantastic catering services on campus, as well as the opportunity to have your photograph taken in custom built photobooths. To top the evening off, guests were invited to head outside where we lit sparklers as a symbol of light. The MTU International Office collaborated with the Indian Society and it was a great way to recognize the rich cultural tapestry of our University.

SHOEBOX APPEAL

The Societies Office are appealing for donations of Sanitary Items, Socks, Gloves, Hats and Scarves, Convenience Foods and Hygiene Products on behalf of Homeless Help and Support Cork. All donations will be gratefully received and distributed to the homeless population of Cork; goods can be dropped to Sarah in the Societies Huddle or in the box next to the Info Point on the main corridor.



men's boxers, ladies' panties, sports bras, socks.

Toiletries -

shampoo, shower gel, roll-on deodorant, lip balm, hand or body or face, moisturiser

baby wipes, tissues, face cloth, sanitary products. Toothpaste, Masks, Sanitizers No sharps (razors), No aerosols Comfort - Hats, gloves, scarves or snood, hand warmer packs, foot warmer packs,

Treats -

choc bars, sweets, instant foods (eg soup, noodles, porridge pots - add hot water) Small Bottles of water

Contact us on any social media or our website to arrange times

Drop-off point: Societies Huddle, Student Centre, contact sarah.kelly@mtu.ie **DEADLINE: 15th December**

> Registered Charity No. 20204624. Registered Company No. 621131



SU CHRISTMAS MARKET AND RAFFLE IN AID OF HOMELESS HELP AND SUPPORT CORK

We were delighted to offer free hot chocolate and mince pies in collaboration with the chaplaincy at the SU Outdoor Christmas Market. All of our efforts were in support of Homeless Help and Support Cork and students gave generously. Between the Students Union and Societies we raised 760 euro!! A phenomenal result – and we're still raising money with our Christmas Hamper Raffle; the winners will be drawn live @mtusocietiescork on Instagram on Monday 13th at 12pm. Scan the QR Code to enter!



Edel Kelly, Aoife Kelliher and Sarah Kelly at the hot chocolate stand





Societies Intern Sarah with the main Hamper on Market day – worth over €250!

Societies Awards Ceremony

Societies Award winners were honoured at a small award ceremony on the 25th of November. MTU is proud to have creative, hard-working and generous students who aim to make Societies an exciting and inviting place to be.



Supreme Achievement in Societies & College-wide activities Aoife James:, Creative Digital Media graduate



Representatives from Society of the Year: Dance



Supreme Event: Adah O'Donovan Glór committee member who helped organize the BICS National Society Award winning event All Ireland Choral Intervarsity



Best Fresher: Neena Thomas, Chemical and Biopharmaceutical Engineering student



Individual Award: Sharan Shaju Visual Communications student





Individual Award: Business students, Joshua Maniad an Individual award winner along with Emanuela Ionkova from the Enactus Society who were awarded the Rísam Uile award



Best New Society: WiSTEM who were also awarded as Best New Society at the BICS National Society Awards



Herlihy's Centra

Curraheen Road, Bishopstown Tel: 021 4541232 www.herlihycentra.ie

STUDENT DEALS TO FILL YOU UP!!



Herlihy's Homemade Brownie Slice

Herlihy's Homemade Cookie















Offer valid Friday 10th December - Saturday 25th December 2021 inclusive See instore for full details. Customer quotas may apply.

#LIVETODAY



ANSWER 4 EASY MULTIPLE
CHOICE QUESTIONS WITH THE
ANSWERS ALL CONTAINED
WITHIN THESE PAGES!

For your chance to WIN €30 cash!

CLICK HERE TO ENTER

Sponsored by http://societies.cit.ie



Last issue's winner: Ciara Cooke