

# EXPLICIT MAGAZINE

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 5



## WELCOME BACK!

**IN THIS ISSUE:**

- **Startling findings on drug use amongst college students**
- **The impact of Ashling Murphy's tragic murder**
- **WIN Cash and One-4-All Vouchers**

**AND LOTS MORE!**

## MTU Cork Students' Union



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## Your Union Your Voice

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# THE MURDER OF ASHLING MURPHY AND THE IMPACT IT HAS HAD ON THE NATION



By Niamh Cronin,  
Students' Union Entertainments Officer  
4th year Business

The death of Ashling Murphy has had a profound impact on this country. Never before, in my life, have I seen such an outpouring of grief for such a death and I believe that to be the case because it has sparked a conversation in this country. We are grieving for Ashling, her family, her loved ones and the town of Tullamore but we are also grieving the way she died and how this could have been one of us.

What's key now is that we maintain this momentum, we continue to educate ourselves and we continue to remember Ashling. So what can you do? Here are a few suggestions:

1. MTU have organised a walk in memory of Ashling Murphy on Thursday January 27th at 1pm where we can walk together, in solidarity, to grieve and remember Ashling. See the advert on this page.
2. You can also take action and educate yourself further by attending a webinar hosted by Caroline West entitled "Violence Against Women: Understanding its Roots and How We Can Tackle It" which will explore how this form of violence can be structural and insti-

tutional and what steps are needed to create a better world for women. This will take place on Wednesday, February 9th from 1pm-2pm and if you would like to attend, email: [corksuevents@mtu.ie](mailto:corksuevents@mtu.ie).

3. If you would like to continue to get involved, you can run/walk 80km in February in support of Women's Aid. Women's Aid is a national frontline organisation who work to make women and children feel safe from domestic violence through their 24hr national freephone helpline, one-to-one support services and instant messaging support services. Last year alone, they received almost 20,000 calls from women all across Ireland who's partners or exes were emotionally, physically, sexually and/or financially abusive. Women's Aid and their work is invaluable to the women and children in Ireland and all the information to get involved in this 80km challenge from February 1st to February 28th can be found on their website or through Facebook, you can also contact me directly, [niamh.b.cronin@mycit.ie](mailto:niamh.b.cronin@mycit.ie) for further information.

Finally, I believe, we need to continue to share our stories, our close encounters and how the death of Ashling Murphy has impacted us. Be it male or female, we all need to listen, take action and support each other endlessly. That is how we continue this conversation, build on the momentum and work to end these acts of violence against women in Ireland.

MTU invites you to take part in a walk to honour the memory of Ashling Murphy



Memorial walks will take place across all MTU campuses on Thursday, 27<sup>th</sup> January at 1pm

On the Bishopstown campus, we will meet at the running track and we hope many staff and students will join with us.



MTU Cork Students' Union

Violence Against Women:

Webinar with Dr. Caroline West



Understanding its roots and how we can tackle it

Exploring how this form of violence can be structural and institutional, and what steps are needed to create a better world for women

Weds 9<sup>th</sup> February, 1-2pm

For the webinar link please email: [corksuevents@mtu.ie](mailto:corksuevents@mtu.ie)

WEBINAR

Dr. Caroline West is a lecturer, writer, media commentator, sexpert and podcast host.



MTU Cork Students' Union



The beloved Ashling Murphy and her untimely death has united the country in the most devastating ways imaginable. The whole island of Ireland is experiencing shock, grief, sadness, anger, confusion, fear, and much more. It is clear, that overall – male or female – change is wanted; and desperately needed.

Although Ashling was not the first victim of gender-based violence (in fact, the 244th woman to be killed at the hands of a man since 1996 within Ireland according to Women's Aid), this murder in particular has sparked outrage from the Irish public and beyond. This is not only due to the fact that Ashling was someone that reminded so many of us of ourselves or of our loved ones. It was also due to her occupation as it was a role that so many of us were inspired by whilst growing up as small children ourselves. Also, this job proved what a warm and caring person she was, her hobbies highlighted what a talented and dedicated team player she was, and that her huge family and friend group – including her soulmate childhood sweetheart – showed what an incredibly supportive, loving, and loved person she was. Her loss was also so deeply felt because her murder was committed in a public area during broad daylight by someone with no known connection to her (as of yet).

Ashling obeyed all the rules that girls are told to do when growing up. She stayed in a well-known area, not a dark alley. She went about regular business, not anything risky. She kept her exercise to the daytime, not the more frightening night-time. Ashling's murder has had such an impact because no excuse can be found for it. Bare in mind, no perpetrator – man or woman – should be excused from violent, abusive, manipulative, or harmful behaviour. But often, people find it easier to understand and even victim blame if there is some sort of motive behind these acts of terror, because in the eyes of some, the force of evil makes it somewhat justifiable (which again, I will point out, absolutely never is) when there is some sort of reason - no matter how invalid they are. But this really is what drew so much attention to the crime committed against poor, beautiful Ashling Murphy.

No one could find a valid "excuse" for her death. No one could dismiss it by muttering "ah sure look, no one should be going out that late anyway". Or "she shouldn't have had so much to drink". Or "she shouldn't have gone out wearing that" etc. The fact of the matter is she shouldn't have been killed. And neither should the 243 other victims of violence against women. Because quite frankly, it does not matter what Ashling was or was not doing. And that goes for every single other victim, and every future target too. It does not matter if a woman is a stranger to their attacker or living with and married to their abuser; women do not deserve to be hurt and killed. No one does. And considering in most cases, offenders are almost always male; this is a male issue. Which is why it has sparked so much rage from females.

Girls are done with questioning themselves, altering their looks, changing their decisions, and planning every single, minute move they make; as the completely unfair, brutal, and fatal offence on Ashling Murphy proves that no matter how much we – as women – try to secure our-



selves into safe situations, it still does not guarantee making it home alive due to some dangerous men that still live in our society. Of course, as almost every woman has declared time and time again, this does not mean all men. But there are still a substantial amount of men around to make all ladies feel unsafe on a very, very regular basis. And we refuse to continue living in this terrifying uncertainty any longer.

It is heart-breaking that it took the tragic loss of Ashling Murphy and hundreds of other women to get to this point in Irish history, but for the first time in my 22 years of living in this country; I do believe that this catastrophe will bring change. The responsibility of eliminating this huge issue has moved from girls and women onto boys and men. The onus to improve has been transferred from those who are oppressed (females) to the gender of the minority that enforce and enable this suppression (males).

We, as women must still speak up. Our voices must be heard, our stories must be listened to, and our recommendations must be taken up. Because without the guidance from those who have lived through these experiences, how are men expected to know what direction to take? However, in return, to be a true and real man; is to value what we are saying. Lead by example and set high standards of how to treat females in society, so that boys who respect you will follow in your footsteps. Every person, no matter what their sex, has the strength and potential to influence others. Use your power to make positive differences.

So lads, the girls in yer lives have spoken. Whether that has been online or in person; ye have a responsibility to do better. And please, don't do so just for your mother, sister, girlfriend, or daughter. Do so because we are all people. We are human beings who deserve equal rights. We deserve acceptance. And we deserve safety. Can ye do that for us? For the future generations of this country? For the classmates ye study with and the colleagues ye work alongside? We promise it will not go un-noticed. We promise it will be appreciated. And we promise it will mean more to us than ye will ever know.



By Emma Jane O'Donnell,  
4th year Marketing student



# INNOVATION & ENTERPRISE

**COMING SOON**

Whether it is the first step in your entrepreneurial journey or getting involved in initiatives to boost your CV, we can help.

Email [clionadh.fahy@mtu.ie](mailto:clionadh.fahy@mtu.ie)

**FEB  
12TH**

## Prize for Innovation Application Deadline

This competition awards **€13,000** cash prizes to those whose inventions and business ideas are judged most creative, novel, innovative, and likely to succeed in the marketplace

*Submit your business idea at [enterprise.cit.ie](http://enterprise.cit.ie)*

**MAR**

## Innovation and Enterprise Month: March 2022

MTU's Innovation and Enterprise Month gives a platform to over 40 events, including competitions, talks, seminars, and performances. Calendar of events coming soon

**APR  
15TH**

## Student Inc Programme Application deadline

Student Inc. is a full-time immersive programme that runs annually from the start of June to the end of August.

Students receive seed funding, training, mentoring, office space in Rubicon & Tom Crean Centres, & other supports to turn their business ideas into a reality.

**APR**

## MTU Start-Up Weekend

Student start-up weekend will examine start-up ideas in the area of computing and will involve start-ups & multinationals. Weekend will be relevant to all students.

*[Visit enterprise.cit.ie](http://enterprise.cit.ie) for more information*





# Return To Campus - A Guide

By Oisín Gahan,  
4th year Sport & Exercise student  
SU Communications Officer



Finally, for the first time in 683 days students are back on campus! For many of you, this may be one of your first time on the Bishopstown campus itself. This is where I come to help. My name is Oisín, I am a 4th Year Sport & Exercise student, I'm currently the SU Communications Officer and a former Good Start Ambassador so I know all about the college campus. The campus is a fun and energetic place full of a huge array of different people from different walks of life and everyone is made feel welcome but don't be afraid if you are nervous on your first day, we all were!

As for the campus itself it may be a bit daunting at the beginning but once you're used to it you'll be walking to classes half asleep as you'll have the walk memorised. The main area of the campus is focused around the Courtyard which gives direct access to the Student Centre (which has the shop, the bistro, and the common room which is an area students can hang out in), the Admin building, and the Tourism building. The Reprographics office which is where you can get lab manuals and replacement student cards is also found close to the entrance to the Student Centre.

The Courtyard may also be called 'The Circle' which it is commonly known as by a majority of students. If you exit the Courtyard past the Student Centre you will pass the gym and sports hall on your right and the Berkeley will be on your left with the old building directly in front of you which is one of the largest on campus and houses the 'A', 'B', 'C', and 'D' Blocks, therefore any of your classes which start with these letters

will be here. The old building also has the canteen and overflow canteen, as well as a shop. The caretakers office is also in the old building so if you need directions or lose anything this would be a good port of call. The Berkeley building houses the library as well as the 'IT' classes and the IT Centre for all your IT needs and computers that students can work on. If you cannot find a your class in the IT building don't worry it may be upstairs as there is a number of stairs through doors on the sides of the corridors.

The E, F, and G blocks are scattered around the campus however they are not far from the main building of the campus such as the old building and the Student Centre. These smaller blocks are two story buildings similar to prefabs you may have had in previous education and often have a lot of student traffic in and out of them as they are home to various departments. For example, the Department of Sport, Leisure, and Childhood Studies is housed in the G block.

MTU is a student centred university, and its student population are very friendly and willing to help, so if you are lost or you are unsure where to go to get to your class don't be afraid to ask a passing student, lecturer or member of the campus staff as they will point you in the right direction. I hope you are looking forward to being back on campus as much as I am! I'm sure you'll enjoy it. Below are a few Frequently Asked Questions by college students which may help you in your first days.

## FAQs

**Q: How can I get to campus if I get the bus or train?**

A: If you are travelling by bus, the main ones which stop close to the campus are the 219 (a 2 minute walk), the 208 (a 10 minute walk), and the 220 (10 minute walk). There is one bus which stops on the campus which is the 205 which runs from Kent Train Station which is the bus you would want to get if you travel by train to college.

**Q: I drive to college, where can I park?**

A: There is parking on campus in MTU, the Tiered parking, which is free and can be found past the Leisureworld at the bottom of Melbourn Road. There is paid parking behind the Melbourn building and behind the old building which costs €1 per entry and you must have money on your student ID card to use avail of this.

**Q: Where can I get food on campus?**

A: You can buy food on campus in the canteen, the two shops (the one in Student Centre having a deli), and the Bistro. There are also plenty of places to eat if you bring a lunch with you. The canteen and overflow canteen have plenty of seating.

**Q: How can I join clubs and societies?**

A: Most of the clubs and societies are on social media sites like Instagram which you can message about steps to join or alternatively you can go to the second floor of the Student Centre to the Clubs and Societies office which is the base for all clubs and societies where you can also join up. Check out p18-19 of this magazine.

**Q: I can't find my class and I'm going to be late what do I do?**

A: Don't panic, if you are confident to ask someone around you then do because they will likely point you in the right direction or to someone who will know, alternatively head to the caretakers office in the old building and just give them your room number and they'll be sure to help. Lecturers are very understanding that on your first few days you might get lost and they appreciate the effort to show up even if you're a small bit late.

# Getting Back to Semester 2!

*Tips from the Good Start Ambassadors*



**Hi everyone! The Good Start team here, we are so looking forward to welcoming you back to a new semester and officially relaunch the Good Start campaign with you!**

You might have seen us Good Start Ambassadors last semester in our red hoodies promoting student engagement through online icebreakers, competitions in our social media pages and at the Just Ask! desks during orientation and in the first four weeks of the academic term. Here in Good Start this semester we will help you find your feet again and support you the best way we can as students ourselves, whether that is answering your questions, giving you advice on how to make the most of your university life this semester and inform you of the support MTU is making available to you!



Looking back at Semester 1, we experienced highs and lows adapting to a hybrid way of learning being on campus and/or online. There were many

firsts in experiencing campus life, joys in reuniting with friends and challenges in keeping up to date with college work. Nonetheless we made it with resilience and perseverance, strengthening our character.

In this article we want to share with you our experience from starting Semester 2 after completing Semester 1 in previous years on what we wish we learned before starting as well as highlight our tried and tested study tips so you do not make the same mistakes we did but instead excel in your college performance, whatever your degree. Let's hear what **Iffah Shah** (Y2 Biomedical Engineering), **Bridie Lynch** (Y3 Agri-Biosciences), **Rebecca Flavin** (Y3 Musical Theatre), **Kyle English** (Y3 Theatre & Drama Studies), **Ben Chen** (Y4 Business) and **Justine Bongcaras** (Y4 Biomedical Engineering) have got to say to you!

## **What do you wish you had known before starting Semester 2 from finishing Semester 1 of 1st year/current year?**

Iffah:

*"I wish I hadn't set myself one huge impossible goal of 'being a better student.' It's a huge task and is too abstract to be achievable. Setting small goals that add up is way more efficient and achievable."*

Rebecca:

*"The weeks between starting back and February midterm go by really fast."*

Kyle:

*"PLAN MODULES AHEAD. This plan doesn't have to be a permanent plan, it could even change after trying a module, but if you look ahead to later years you might realise it's better to take a module later or earlier, maybe because of workload, or scheduling. Some choices can almost be made for you then which makes the whole process easier!"*



Justine:

*“Ask for help when needed, I know this is a straightforward thing to say but you also need to know that you are now an independent student and one of the best ways to learn is to ask questions! Academic staff are there to help you and you can bring any of your questions to them even if it’s just to discuss an exam result or clarify the requirements of an assignment. I regret not having the courage to ask sooner as this would’ve greatly improved my college performance from an early stage.”*

### **Any study tips and/or words of encouragement as new students start Semester 2?**

Iffah:

*“You can do it! The second semester is a new experience, so I recommend that you dive in headfirst. Go in with an open and excited mind and protect that mindset as you go through the weeks of the second semester. Plan ahead and keep a track of your deadlines to avoid burnout.”*

Bridie:

*“Non-lyrical playlists, for example Mario Kart, having a glass of water beside your desk, anti-blue light glasses to avoid straining the eyes, a journal to keep track of aims for the day, put your phone on silent, and make sure your room is not cluttered.”*

Kyle:

*“Try to clearly separate work from leisure. It can be really easy (especially when working from home, yuck) to do your assignments while watching YouTube, or try to do your essay in-between bursts of gaming. I’ve found that just makes the work incredibly inefficient AND the leisure activity becomes incredibly un-fun. So I try to dedicate some time specifically for working, and also be sure to dedicate some time to chill out!”*

Ben:

*“Start projects and homework early. Do a little every day so when the due date arrives, you aren’t facing an impossible task. Save yourself the stress of pounding out a paper in a couple of hours.”*

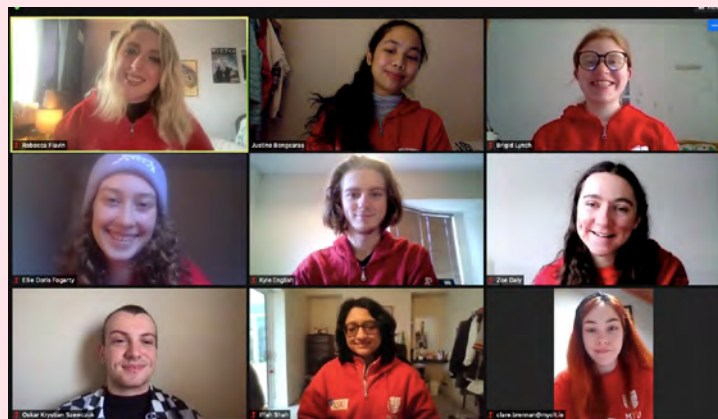
As students, we can look forward to Semester 2 for opportunities to learn from the previous semester, learn to adapt, build resilience, take on the tips we’ve learned to finish the semester well, and earn a college degree. If you feel like you need college support and questions to be addressed, Just Ask! We are only a message away to hear what you have to say and direct you to the best people to approach. They can be your lecturers or head of department who will send out information in time. You can always contact the AnSEO team working in the [Academic Learning Centre](#) and the [Academic Success Coaches](#) for additional academic support.



Furthermore, the library staff are excellent for helping you find assignment/project resources. In between, take care of your mental health even if it just means to rest by doing something you love or catching up with friends/family!

Thank you for making it this far in the article and we hoped you enjoyed reading it as much as we did making it! If you want to keep up to date with our latest student engagement activities, pop over to our social media pages @mtugoodstart!

## **A Good Start is Half the Work!**



Good Start Ambassadors 2021 (Top L-R: Rebecca Flavin, Justine Bongcaras, Bridie Lynch; Middle L-R: Ellie Fogarty, Kyle English, Zoe Daly; Bottom L-R: Oskar Krystian, Iffah Shah, Clare Brennan; Not Pictured: Ben Chen)



# WANTED YOUR STUDENT PROFILE

**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](mailto: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...?**



**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.



# COURSE PROFILE

## ZHUOXI YE

My name is Zhuoxi (pronounced Josie) and I'm currently in my final fourth year studying BSc Pharmaceutical Biotechnology! I knew upon graduating from high school in Malaysia that I wanted to be involved in the field of biological sciences and possibly the development of medicinal drugs which was what led me to pick this course in MTU. The decision to travel approximately 10,912 km away from home to further my education was surprisingly an easy decision for me as I knew what I wanted, which was to get the hell away from the tropical weather at home. The adaptation to the change in climate, weather and culture definitely was a challenge! Funny enough, living in Ireland, coming home and not needing to take your shoes off at the front door was an interesting obstacle I had to get over.

In my opinion, one of the best things that has happened in MTU for me is the laboratory components in my course. I am thankful and fortunate to be able to improve my practical lab skills in preparation to go into industry upon graduation. Lecturers and lab demonstrators are usually quite prepared in these labs to answer any questions students may have. Another great benefit from these lab sessions is that occasionally, inside jokes get made out of something funny that happens in the lab (EG: a classmate accidentally burns their hair or their lab coat with a Bunsen burner, no one was hurt thankfully.)

Other great things I found useful were the library, IT and online facilities of MTU. These facilities are able to provide me with the necessities to excel in my studies, from the availability for accessing paywalled scientific journal articles, clean, organised and quiet library study spaces to the CANVAS platform for students accessing notes.

Pharmaceutical Biotechnology is a Biological Science based course, it delves into the manufacture of therapeutic drugs using biotechnology, which is the modification of bacterial or mammalian cells to safely produce products we want. At first glance, it is a very complex course that requires a very analytical and critical mindset, but over the last three years with the help of some great lecturers, the course material can be greatly simplified with the right mindset and drive. It definitely helps to have classmates along the way to discuss complicated concepts. This course revolves around plenty of lab work and research, writing up lab reports, quality control or analytical testing as well as theory parts. It is a great course for individuals who are highly motivated for research and development of future cures or treatments for difficult to cure diseases, along with that, the career prospects of this course have a very wide range. The projects I'm involved in right now would be a literature review assessing the potential therapeutic effects of modified viruses for treating complex cancers such as advanced stage melanoma.

This time next year, I expect to see myself in industry working on the pipeline for development of new drugs or carrying out tests with the research team in testing potential new solutions in order to improve quality of life of patients suffering from chronic diseases. My other option would be to study a master's degree for Bio-innovation, as I think it is interesting to incorporate business thinking mindset into the development of medicinal drugs.

These past two years in Ireland, studying in MTU has proved to be a great challenge with the global pandemic around. It is a great shame that a few essential lab sessions were not able to be carried out, but the benefits of this pandemic was that I became a very resilient person and made some long-term friends along the way, I know who I can rely on as well as how to be more independent. I think it is very important to look at things in a glass half empty, glass half full way, with a focus on the fullness of the glass. Don't dwell on mistakes, learn from them and try to have a hopeful outlook on the future. My advice for prospective students is to give it your best shot, do what makes you happy (reasonable things of course) and whatever happens, you will survive and come out stronger than before. Be prepared to write tons of lab reports, be bombarded with very specific and detailed scientific concepts. Remember as well to use the facilities MTU offers as they can be extremely helpful even when you think they might not be. And remember, if you can't love yourself, how in the hell are you gonna love somebody else?



**Pharmaceutical Biotechnology** Faculty of Business

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

**CLICK HERE TO EMAIL YOUR ENTRY**

# Flynn's Flying Column

The brutal and horrific murder of 23-year-old schoolteacher, traditional musician and Camogie star Aisling Murphy while out jogging along the Grand Canal Banks in Tullamore, stunned the island of Ireland (and across the Globe), to the very core. So many tributes have been paid to the beautiful and promising young girl who had her life cruelly stolen from her, from Social Media posts to Memorial Walks and Gatherings to Candlelight Vigils to Musical/Artistic Tributes. Practically everybody living in Ireland, and beyond, have made their feelings felt through tributes in one form or another.



The long-standing issue regarding Violence Against Women has been brought to the forefront like never-before. The message that NO female should ever have to feel unsafe, vulnerable or threatened going out at any time for any reason whatsoever has come across strongly. Justice Minister Helen McEntee (herself issued death threats early last year), has declared it a mission of her own and the Government to tackle this first-hand. It will require courage and determination from the government, the judicial system and society. At Aisling's Funeral Mass, Bishop Denny has rightfully stated in his address to the congregation that the murder has asked serious questions about ourselves and society, our

attitudes towards women's rights and our values and morality. This says enough about the mountains that will have to be tackled for that hope to become a reality.

Nevertheless, we need to see the massive numbers of people that have attended the memorial vigils both at Tullamore, across the island and even as far afield as London, Sydney and New York to follow this up with mass demonstrations and marches. The enormous crowd, including our government leaders, who attended Aisling's funeral transformed the entire village of Montbolus into a giant congregation and is an illustration of the high regard she was held in her local community.

The State needs to do all to get justice for Aisling and ensure that Life will mean Life for her killer but everyone, including MTU Cork, have their own roles to play. It is the simple little things that make the biggest difference. But let us not be deterred from proceeding with our routines; otherwise WILL be gifting the dark forces their desired victory.

An Dheis Dé Go Raibh A hAimn Aisling. And may her family, friends and community find strength to deal with their tragic loss.

## WOTS DA CIT-uation DERE?

The Christmas Season may have had the concert scene across Ireland curtailed once more thanks to the Omicron Surge imposing restrictions once more – though thankfully not as severe as a year ago – but watching the various concert show reruns as well as The Coronas being broadcast live at 3 Olympia over the festive period, along with the passing of various artists and acts over the past few years, has given me plenty of food for thought.

While Dolores O'Riordan of the Cranberries may no longer be with us, interest in their music remains as strong as before and when Women In Harmony got together at the start of the Pandemic to release their beautifully-covered version of 'Dreams' to raise funds and awareness for Women suffering domestic abuse, no-one would think that just over a year

later, an album covering the music of The Cranberries by various artists would be released. The screening of The Coronas: Live At 3Arena on 28/12/2021 on RTE1 only serves to reinforce the magic of the vanguard of the new generation of National Rock Treasures, and their commitments to playing matinee and evening gigs to their audiences in one day to circumvent pandemic restrictions demonstrates how much we value such treasures, be it The Coronas, Picture This, Hozier and many others. Watching re-showings of our Traditional Irish acts on TG4 shows how our native Irish music is a treasure like no other, and while many like Christy Moore have no intention of hanging up their instruments yet – he released his new album just recently while Foster and Allen have announced their 45th Anniversary Tour

this year – it must be remembered that our veteran acts will not be around forever, underlined by the passing of Paddy Moloney last October, the Legend who through his leading of The Chieftains, put Irish Trad Music on the Global Stage. And the large number of Trad musicians, young and old who, by request, paid musical tribute to tragic Aisling Murphy, the Irish Fiddle being one of her loves, once again reinforces how the power of music and our Grá for such can never be underestimated.

MTU Cork has such a fine School of Music in Cork City Centre, a city renowned for song, therefore let us take these experiences to inspire and create our next waves of Musical Wealth, using our current Treasures Past and Present to move to the Future. We only need to look at the talented new acts that sign off The Tommy Tiernan Show every Saturday night on RTE 1 to demonstrate there is ALWAYS room on stage!



### HAPPY DAYS DERE!

You said it, The Tommy Tiernan Show! Conducted with each being the mystery guest with understanding, humanity and humour, something special for those Saturday nights while we wait for them evenings to grand stretch there.

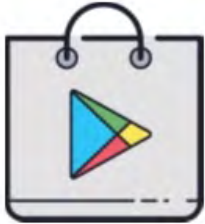
### MEND YER WAYS DERE!

Them Lotto ads, advertising each winner investing in water slide parks across the country? No amount of money will be enough to change the typical Irish weather I'm afraid!





# THE APPRENTICE



## DO YOU HAVE AN IDEA FOR AN APP?



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

Full Details and Quick & easy entry at [www.cit.ie/apprentice](http://www.cit.ie/apprentice)

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# THE MTU WELLBEING PODCAST

**THE MTU WELLBEING PODCAST**



Your journey, you choose

In the latest episode Thomas Broderick talks to MSc student Johanna Forde about what she does to manage her studies and to maintain positive wellbeing as she journeys through MTU.

They discuss how she balances the college, work and life commitments, how she manages feedback from lecturers and Johanna highlights how she prioritises wellbeing by doing what works for her.

[Click here for the "MTU Wellbeing Hub"](#)

[Spotify link click here](#)  
[Buzzsprout link click here](#)

# MEET OUR STUDENT ALUMNI AMBASSADORS



**SONALI VAIDYA**

## Cybersecurity

I am Sonali Vaidya and currently pursuing my Master's degree in Cybersecurity. My hobbies include reading, listening to music, watching football and exploring new places.

Being a part of MTU is a significant milestone in my life. As an international student, it gave me an opportunity to interact with people from different backgrounds and areas of expertise.

As a Student Alumni Ambassador, I hope to provide a bridge between the current students and alumni. Many students at MTU come from different parts of the world and it is a substantial change for them to adapt to a new environment, in terms of weather, food, assignments and lifestyle. I hope to help to conduct sessions with alumni for fellow students to help them acclimatise to Ireland.

Also, Alumni offer insights about the various career interests in a real-world environment as they were once in our shoes. These sessions would allow the students to further their professional careers through networking, and also allows them to enrich our college experience and create meaningful connections that last a lifetime. Alumni could also add value to prospective students as they will have more information about the university and student life in general prior to their arrival. As a Student Alumni Ambassador I hope to create awareness of the University's alumni community and the services offered by the Alumni Office amongst the current students.

“ As an international student, MTU gave me an opportunity to interact with people from different backgrounds and areas of expertise ”



**CHARLOTTE LOK-LAM NG**

## Pharmaceutical Biotechnology

Hi, I am Charlotte Lok-Lam Ng and I am a Student Alumni Ambassador for the academic year 2021-2022. I am a 3rd year student in Pharmaceutical Biotechnology. My course gives me an insight of how medicines and vaccines are being made in manufacturing plants.

In my free time I like to watch anime and manga. I also play the violin and enjoy singing.

As a Student Alumni Ambassador, I hope to bridge a gap between current students and alumni. MTU is like another home for me and as well as the student body, alumni are part of our community and our family. Our alumni community can provide support, connections and are willing to help. For example, as part of the Joint Mentorship Programme, there are lots of alumni who act as mentors and offer guidance and tips for existing students.

I'm looking forward to being part of the Student Alumni Ambassador Programme for 2021-2022 and spreading the word about the value of our alumni community and staying connected with MTU after graduation.

“ Our alumni community can provide support, connections and are willing to help. As part of the Joint Mentorship Programme, there are lots of alumni who act as mentors and offer guidance and tips for existing students. ”

The 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, University officials and, most importantly, fellow students. Student Alumni Ambassadors encourage the current student population to see themselves as future alumni (graduates) and valuable members of the MTU community as well as providing invaluable insight and feedback on student interests and trends.





# Cork Lower Harbour River Crossing 2101

## Design Competition for full time 3<sup>rd</sup> Level Students

Submissions by: **Friday 18<sup>th</sup> February 2022**

To celebrate the 80<sup>th</sup> anniversary of the Engineers Ireland Cork Region, we invite full time 3<sup>rd</sup> level students of all engineering and built environment disciplines to submit a poster of their vision of a future crossing of the River Lee and/or Cork Harbour.

We encourage participants, individuals or in teams of up to 4, to use all their creativity to imagine an innovative crossing to support the goals of sustainable transport and planning.

Engineers Ireland Cork Region has cash prize awards of:

- €400 for 1<sup>st</sup> place;
- €200 for 2<sup>nd</sup> place;
- €100 for 3<sup>rd</sup> place.

Winners and shortlisted entrants will receive publicity within Engineers Ireland Journal and local media, culminating in an exhibition of the best entries.

Demonstration of innovation and creativity will be rewarded in this deliberately open design brief. Full competition and entry requirement details can be obtained through an expression of interest email to [Studentscompetition@engineersirelandcork.ie](mailto:Studentscompetition@engineersirelandcork.ie) **CLICK HERE**

Submission deadline is **18<sup>th</sup> February 2022** and the winners will be selected and announced on **4<sup>th</sup> March 2022**.

<http://www.engineersirelandcork.ie/>





# Have you ever been stuck for a pad or a tampon?

## We have.

We believe that accessing period products should be a basic right, not a privilege! Our Code Red team mission is to break the Period Taboo, provide access to free products and improve awareness and education around periods.

Continue to find eco-friendly and sustainable sanitary products for free at various locations this semester in **MTU Bishopstown, MTU Cork School of Music, MTU Crawford College of Art and Design** and **NMCI**.

The **free pads and tampons** provided in the various **Code Red** bathrooms **on all campuses** are sustainable, eco-friendly, and are supplied by Cork company We are Riley (<https://weareriley.com/>)

### Did you know?

There are **packs of period products**, sponsored by Lidl, and **free sustainable menstrual cups** and **period underwear** available to take away from the following locations:

#### MTU Bishopstown

Students Union Offices, Nexus Student Centre

#### MTU Cork School of Music

Student Common Room  
& Main Helpdesk

#### MTU Crawford College of Art and Design

Reception desk  
at Sharman Crawford St

#### NMCI

Reception desk in Main Foyer  
& Admin office 2.71

If you have an idea or question about Code Red at MTU, we would love to hear from you email us at [EDCork@mtu.ie](mailto:EDCork@mtu.ie)

Follow us on Instagram  
[@edimtu](https://www.instagram.com/edimtu) for the latest  
Code Red news!



**MTU**

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Munster Technological University



@edimtu



EDICork@mtu.ie



# Cocaine overtakes ecstasy as the second most popular illegal drug among college students

“ More than 50% of those surveyed admitting having used drugs at some point in their lives ”

A Drug Use in Higher Education Institutions (DUHEI) study analysed more than 11,500 responses from students across a total of 21 Irish higher education institutions in a bid to give an accurate picture of the scale of drug use in Ireland amongst students.

## THE DUHEI STUDY FOUND:

- Of the 11,500 responses received, more than half of the students involved reported using an illegal drug.
- Around one third admitted such drug use within the previous 12 months.
- Over half of students surveyed said they felt that drug use was now a normal part of third-level student life.
- More than half of those surveyed admitted that drug use had a somewhat or a very negative impact on their student life.
- The Covid-19 pandemic had an impact on drug use with one in three students saying they had decreased their drug usage during the pandemic for various reasons.
- A minority said their drug use had increased over the first 12 months of the pandemic.

The study also revealed that current drug use was more prevalent amongst male students (25pc) compared to female students (16pc).

It further indicated that those who admitted using drugs acknowledged that their drug use peaked in their final two years in college.

In terms of the most commonly used drugs are cannabis (52%); cocaine (25%); ecstasy (23%); ketamine (16%); mushrooms (12%); amphetamines (9%) and New Psychoactive Substances (8%).

Across almost all drug types, the age of first use was between 19 and 21.

In contrast, the age of first use for cannabis was much younger at 16 to 18 years.

Union of Students in Ireland (USI) vice president for welfare Somhairle Brennan said drug harm reduction strategies were vital...*“The findings of this report show how normalised drug culture has become in the student community, and therefore highlights the need for tailored supports directed specifically at students who use drugs,”* she said.

## Help is at hand if and when you need it...

If you feel that you are at risk of self-harm, contact your GP or after hours GP service (Southdoc in Cork on 0818 335 999), contact the emergency services on 999 or 112 or go your nearest Accident & Emergency. MTU Medical Centre 021 4335780. Call for for an appointment.

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

MTU Crisis Text Line, 24/7 free text “MTU” to 50808 - This is a free text service that is run independent of MTU. They are there for everything from calming chats to support during any personal crisis (big or small).  
MTU Counselling Services - [Website Click here](#) Email: counselling.admincork@mtu.ie  
Samaritans is open 24/7 on 116123 Pieta House is also open 24/7 on 1800 247247 or Text HELP to 51444



# Sports Soccer teams news



**MTU Women's Soccer Team**

## Women's Team News

The women's team have qualified for the cup quarter finals in the new year with the highest number of goals across all teams, male and female in the country. 35 players got game time in semester 1 so we are on track for the proposal that we enter two women's teams next year. One to compete in the premier and the second to grow the participation of the female side of the club. Saoirse Noonan has been a fantastic role model to the team making her senior international debut and scoring her first goal for her country.

## Men's Teams News

The first team have qualified for the league semi final after topping their group. There have been over 20 players at every game fighting for a place in the squad, not to mention the starting team which has been brilliant to push every player to the next level. Conor Drinan has also recently been called to the Irish Colleges and University team.

In terms of the development Squads, the main goal for these three teams is to develop the players and try to get the students to progress from one team to the other. We currently have 186 active male members in the club.

Off the pitch we have been developing new coaches and Dan Drake, in particular, has excelled. It is fantastic to see another ex student and player giving back and getting on board. The D team has become the first ever student run team with Sean and Eddie training the team on Mondays and looking after the team on match days.

Scott and Saoirse have been doing a great job as co-chairpersons bringing the whole club together, growing the Instagram account and giving all teams and students equal coverage, creating a great buzz within the teams and MTU.

In Semester 2, and Covid depending, the club will also run astro-turf 6-a-side to give every student the opportunity to participate.

Fundraising events were affected by Covid in Semester 1 but plans are in place for Semester 2. Fundraisers are a great way of giving our students experience for running events.



**Men's First Team**



# Societies **Minecraft**

My name is Ruairí McClintock. I'm a 2nd year in Electronic engineering and co-chairperson for the Minecraft Society. I've been a huge Minecraft fan since the age of 13, running servers for my friends and playing it for hours.

I first joined MTU a year and a half ago during the first lockdown, or as I call it "The Covid Times". It was tough to start with, especially with online learning. I remember thinking; "How on earth am I going to make friends?" That's when I first learnt about MTU's Societies. I joined some straight away and the good people in the Mature Students Society adopted me - even though I wasn't technically a mature student, they showed me the ropes and helped me settle into college life. I wouldn't have gotten this far without them.

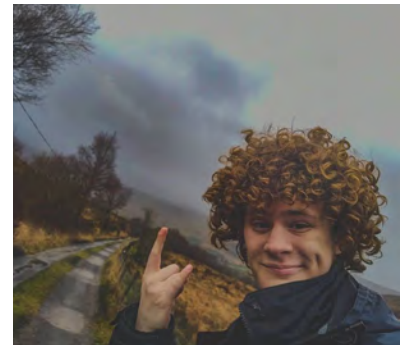
I loved societies but noticed an area of interest obviously missing. I thought; "Where's the Minecraft society?" A classmate suggested talking to Aoife in the Societies Office about setting one up. She loved the idea - and so MTU Minecraft was born. Since then, our society has grown in leaps and bounds. Thanks to the clever minds on our committee, you can join our server from any device, making our society super accessible.

We play across 3 'worlds'. In the Creative World, you can build whatever you want with unlimited resources. We also have SMP (Survival Multiplayer) and our highly anticipated Mini Game world (Hypixel but for Cork!)

We've also built an entire mini MTU Campus in Minecraft - you can see updates on our Instagram @mtuminecraft. We have an active player-base of around 83 players at the moment but we'd always like more! We are currently adding a tagging system where you can pick what course you're in so other players know and you can make friends with students from the same course as you! We also plan to start up a separate Mod-Pack designed specifically for the MTU Minecraft Society; no other Minecraft user in the world will be able to access it.

If you'd like to find out more why not check out our Instagram @MTUMinecraft to keep up date with our events (we have a lot planned this semester!). Also check out our 60 second Showcase series, available to watch on our YouTube, MTU Minecraft Society!

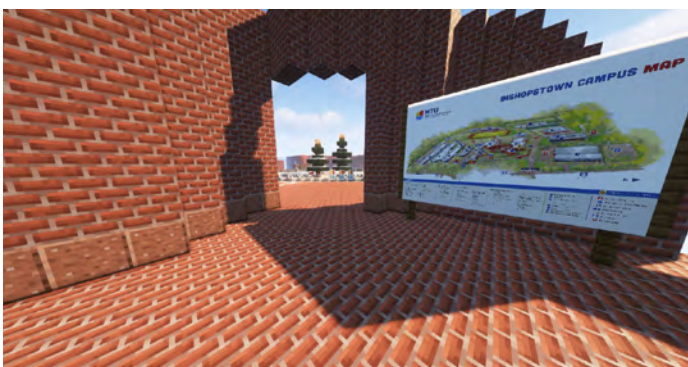
We look forward to meeting you!



Ruairí McClintock,  
Chairperson of MTU Minecraft



Recognise this building? It's a part of mini MTU - an MTU Minecraft project!



Would you like your Society featured in a future issue?  
Send us your story:  
CorkSUpublications@MTU.ie



**ATTENTION MTU STUDENTS!**  
PART-TIME JOB OPPORTUNITIES ON CAMPUS  
Email: [geraldine.osullivan@services.mtu.ie](mailto:geraldine.osullivan@services.mtu.ie)  
#makesomemoney!

# 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



# FREE SHOPPING SHUTTLE

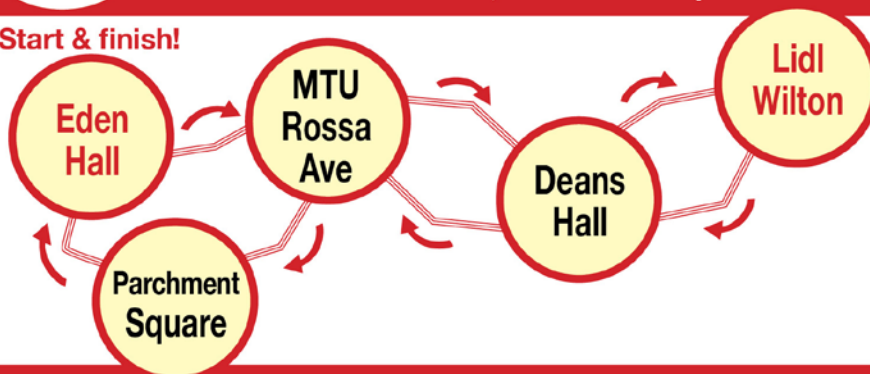


**ONLY  
50  
SPACES!**

**PICKUP:** 6pm outside Eden Hall (by bus stop), MTU (Rossa Avenue Bus Stop), Deans Hall (Curraheen Road, by bus stop). **TERMINATE:** Lidl, Wilton

**RETURN:** Leaving Lidl Wilton at approx 7pm. Returning via Deans Hall, MTU, Parchment Square and Eden Hall

Start & finish!



**Every  
Monday  
at 6pm**

**You must book your seat in advance before 4pm on Monday Email: [Fiona.leddy@mtu.ie](mailto:Fiona.leddy@mtu.ie)**

**MTU Cork  
Students' Union**



**MTU**

Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University



 **SilverCloud**  
Digital Mental Health Platform

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](#)

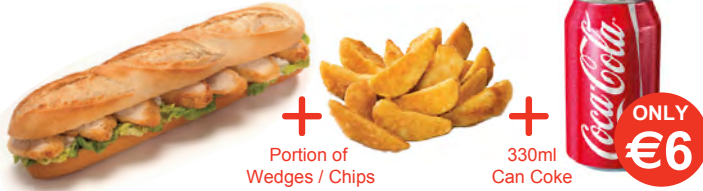


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**QUIZ TIME**

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

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Last issue's winner: Rachel McCann