

# EXPLICIT MAGAZINE

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 6

Could you be the person to represent 10,000+ students at MTU Cork?

**YOU CAN MAKE A BIG DIFFERENCE!**

**MTU Cork Students' Union 2022-23  
GENERAL ELECTIONS**

Thursday 10th March 2022

Full details inside

### ALSO IN THIS ISSUE:

- Supporting Student Health with MTU Wellbeing Hub and Silvercloud
- Student Raceday & RAG Week are making a comeback!

**AND LOTS MORE**

MTU Cork **Students' Union**



**MTU**

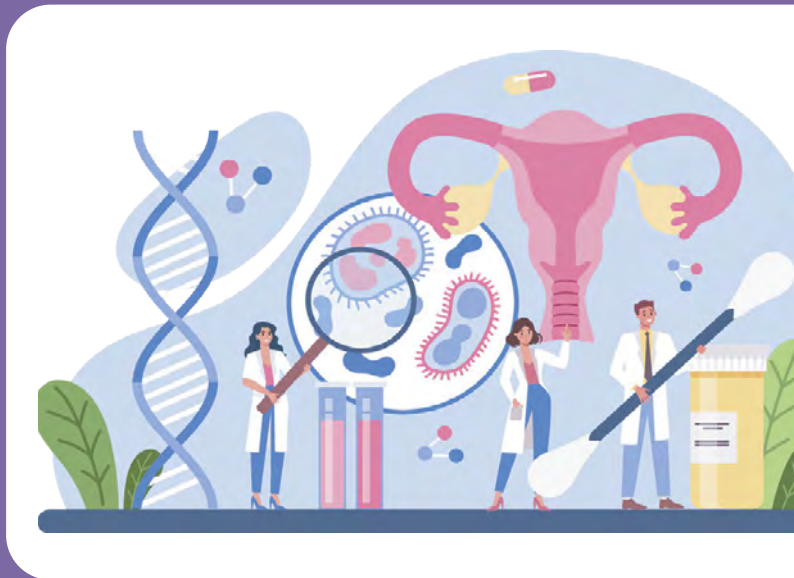
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Munster Technological University



**TAKE BACK  
YOUR SUMMER**  
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# Women's Health Study

Sign up now at [atlantia.ie](https://atlantia.ie)



## Atlantia are evaluating the effect of a Vaginal Microbiome Transplant on vaginal dysbiosis in healthy women

### Who is eligible?

- Be aged 18-45
- Be willing to be screened for vaginal dysbiosis
- If vaginal dysbiosis is confirmed, you will be invited to undergo a vaginal microbiome transplant (or placebo controlled procedure)



### What is involved?

- A vaginal screening for which you will receive €100
- Attend our clinic 11 times over 6 months
- Willing to provide blood & urine samples and vaginal swabs at each of the study visits

**You will receive €1600 for completing the study**

**atlantia**  
clinical trials



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[atlantia.ie](https://atlantia.ie)



Heron House, Blackpool  
Retail Park, Cork, T23 R50R

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## Your Union Your Voice

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

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

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**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](http://www.MTUCorkSU.ie)

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# MTU Cork Students' Union SAFETY WEEK

14<sup>TH</sup>-17<sup>TH</sup> FEB '22



## Timetable

Tuesday 15<sup>th</sup> February

### Cyber Security Advice

1pm Webinar

with Sean O'Callaghan,

Senior Technical Officer, MTU IT Services



ONLINE

Tuesday 15<sup>th</sup> February



with Cork Bike Shed  
outside the library, 11am-2pm

### Garda Stand

in main corridor on  
Tuesday 15<sup>th</sup> February  
offering advice on  
General Road Safety

Wednesday 16<sup>th</sup> February

### BASIC SELF-DEFENCE CLASS

Learn the basics of self defence,  
possible situations/ scenarios and how to escape,  
basic striking & ground awareness

REGISTER BY EMAIL



Location: Sportshall

Time: 1pm



Wednesday 16<sup>th</sup> February

### ACTIVE CONSENT WORKSHOP

A safe space for students to learn about consent.  
No active participation is required.



Location: Zoom

Time: 6:30pm

ONLINE



Thursday 17<sup>th</sup> February

### BASIC CPR CLASS

Learn the basics of CPR and  
a defibrillator.

Non-certified course.

Location: Gallery Area, 1<sup>st</sup> floor of  
Student Centre

Time: 5pm

REGISTER  
BY EMAIL



## Crashed cars on campus all week

To register for CPR or Self Defence or to  
sign up for Active Consent or Cyber Security,  
please email: [corksuevents@mtu.ie](mailto:corksuevents@mtu.ie)



**MTU**

Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University

# MOMENTS PHOTO CONTEST

Open to All Students & Staff

Fantastic Prizes

3 categories:

- Together Again
- My MTU Learning
- Make Me Smile

[CLICK HERE TO ENTER!](#)



## MOMENTS 2021 WINNING IMAGES



CLOSING DATE: 16<sup>TH</sup> MARCH

The background of the poster is a vibrant pink. It features several illustrations: a hand holding a blue megaphone on the left, a hand holding a white ballot paper with an orange cross in the center, a glowing yellow lightbulb at the bottom center, and a white envelope with an orange cross on the right. There are also small white stars scattered throughout. A large white semi-circle at the top contains the text 'MTU Cork Students' Union'. Below this, a blue ribbon banner contains the word 'ELECTIONS' in white capital letters.

# MTU Cork Students' Union

# ELECTIONS

## *Thinking of running in the* **MTU Cork SU ELECTIONS?**

**A**s a Students' Union Officer, you will have the chance to represent your peers and bring about the changes you'd like to see. Training and self-development opportunities are provided so you can develop your leadership skills and gain the type of experience that organisations look for when recruiting employees.

You, as a Union Officer will take on the responsibility of representing students, ensuring they get the best deal from their college life. Whether you represent their academic or welfare needs, it is your opportunity to make a difference. The Union defends the rights of students on all fronts, as well as representing student views to college management and political figures. The Officers support a number of Union led projects and events including **Welfare Campaigns, Freshers Week, RAG Week, First Year Registrations and National Campaigns.**

**The elections take place on Thursday 10th March 2022 and nominations will close on Friday 4th March 2022 at 5pm.**

The Union Executive is elected by the members of the Union and is made up of three Sabbatical Officers (President, Vice President Welfare and Vice President Education) and three Non-Sabbatical Officers (Projects Officer, Communications Officer and Entertainments Officer). The Executive is responsible for the initiation of policy of the Union subject to Union Council, General Meeting and Referendum.

### **Could YOU be the next MTU Cork SU President?**

The President of the Students' Union oversees all workings of the Union. The President is a member of many of the University's boards including the Governing Body and its subcommittees. The main areas of concern for the President will be representation, organisation, finance, supervision and guidance of policy. The President is the main spokesperson of the students of CIT. This person communicates with local media, political figures and businesses where appropriate. The President is also the Union of Students In Ireland National Council Representative.

## Could YOU Be The Next MTU Cork SU Vice President Education?

The role of the Vice President Education is very broad and includes everything relating to academia;

- ✓ building positive relationships and partnerships between college staff and students,
- ✓ enhancing student engagement to develop and improve quality in education,
- ✓ managing issues around course delivery, timetabling and exams,
- ✓ managing Union Council and General Meetings.

The Vice President Education meets with students on a daily basis to assist them with their educational issues. Some projects include national education campaigns and Class Rep recruitment, training and organisation. The Vice President Education is a member of many University boards including Academic Council, the Appeals Committee and the Student Disciplinary Committee.

## Could YOU Be The Next MTU Cork SU Vice President Welfare?

The Vice President Welfare delivers an educational and awareness programme throughout the year to help students to manage personal issues including sexual health, mental health, accommodation, finance, safety, bullying and addictions. The programme features campaigns such as S.H.A.G. (Sexual Health Awareness & Guidance) Week, Positive Mind & Body Week, Exam DeStress Campaigns, Equality Campaigns and Safety Week. These campaigns address different issues which may affect students in an attention-grabbing, fun and effective way. Along with this, the Vice President Welfare sits on many University committees which include the Student Assistance Fund, Athena Swan and the Safety Committee.

## Could YOU Be the Next MTU Cork SU Communications Officer?

The Communication officer aids in the development of the Union's information and communication policy. This Officer must be familiar with all the communication policies and all the communication media available to the union and ensure they are used to their full potential. The Communication Officer keeps the membership of the Union informed through the provision of a regular Union publication in conjunction with the Sabbatical Officers and Union Staff.

## Could YOU Be the Next MTU Cork SU Entertainments Officer?

The Entertainments Officer is responsible for the provision of entertainments and other forms of social and cultural activity for the members of the Union in conjunction with the Sabbatical Officers and Union Staff.

## Could YOU Be the Next MTU Cork SU Projects Officer?

The Projects Officer is charged with a number of one-off projects each year. These projects can be big or small, with the intention of freeing up time and resources for the other SU Officers. Also, the Projects Officer is often the Officer "on call" should the other officers need help. A vital resource to the working of the Union, and can be described as "The oil in the SU engine".

[CLICK HERE FOR  
NOMINATION FORMS](#)



**MTU Cork Students' Union**  
**Your Union Your Voice**

## What qualities are needed to be a MTU Cork SU Officer?

- ✓ **FOCUSED/DEDICATED:** The Officers' roles are extremely broad and they need to set out a strategy for the year with realistic and achievable goals. Project management skills are vital. The summer is a great time to learn what they need to know as well as prepare for the year ahead.
- ✓ **COMMITMENT:** It is essential that Officers are committed and understand what is involved with the role. Sabbatical roles are full time and paid while non-sabbatical roles undertaken in tandem with studies and are voluntary in nature. Consideration must be given to how much time can be allocated to the role and potential candidates should assess other commitments such as course requirements and part time jobs before opting to run for election.
- ✓ **RESPONSIBLE:** The Officers of the Union must oversee many activities so having a responsible attitude is vital. They must keep themselves informed of issues, while being responsible for the students' views is imperative. They will also need to sit on boards that deal with sensitive issues
- ✓ **INNOVATIVE/CREATIVE:** New ideas for events, campaigns and promotion will truly benefit the Union as a whole.
- ✓ **DIPLOMATIC:** Good interpersonal skills are necessary to accomplish tasks and Officers need to be able to manage relationships with staff, students, management and others in a tactful way. Often developing good relationships and gaining mutual respect is the key to affecting change and improvement.
- ✓ **CONFIDENT/ASSERTIVE/INFLUENTIAL:** The Officers must often stand their ground when it comes to all sorts of initiatives, be it stand firm against Institute management, press or political figures. They will also need to become comfortable speaking in public and be able to influence the opinion of others.
- ✓ **SELF-AWARE:** Officers should understand their strengths and weaknesses and by doing so create an opportunity to grow as individuals and as effective Union leaders. It is important to put the needs of the students and the Union as a whole ahead of the needs of the individual Officer.
- ✓ **REALISTIC:** The Officers must be able to assess the feasibility of projects, ideas or campaigns in terms of legal, financial and resource limitations. When dealing with students' needs, an un-biased approach has to be brought to every specific case. Officers must check all the facts and hear everyone out before passing judgment. This will avoid leaping to conclusions based on incomplete evidence. Bringing every case to a fight will weaken credibility when a genuine case emerges.
- ✓ **CARING/APPROACHABLE:** Officers should be approachable, friendly, non-judgemental and welcoming to students. They also need to be able to keep their work with students confidential within reason. They must possess the ability to listen sensitively to people's problems and be able to deal with them in a sympathetic, mature and non-judgmental way.

### What's in it for you?

- ✓ Develop your management, communication, organisational, negotiation and leadership skills.
- ✓ Differentiate yourself from others on the jobs market
- ✓ Expand your work experience profile
- ✓ Join an energised team

## MTU Cork Students' Union

[CLICK HERE FOR  
NOMINATION FORMS](#)

**Your Union Your Voice**

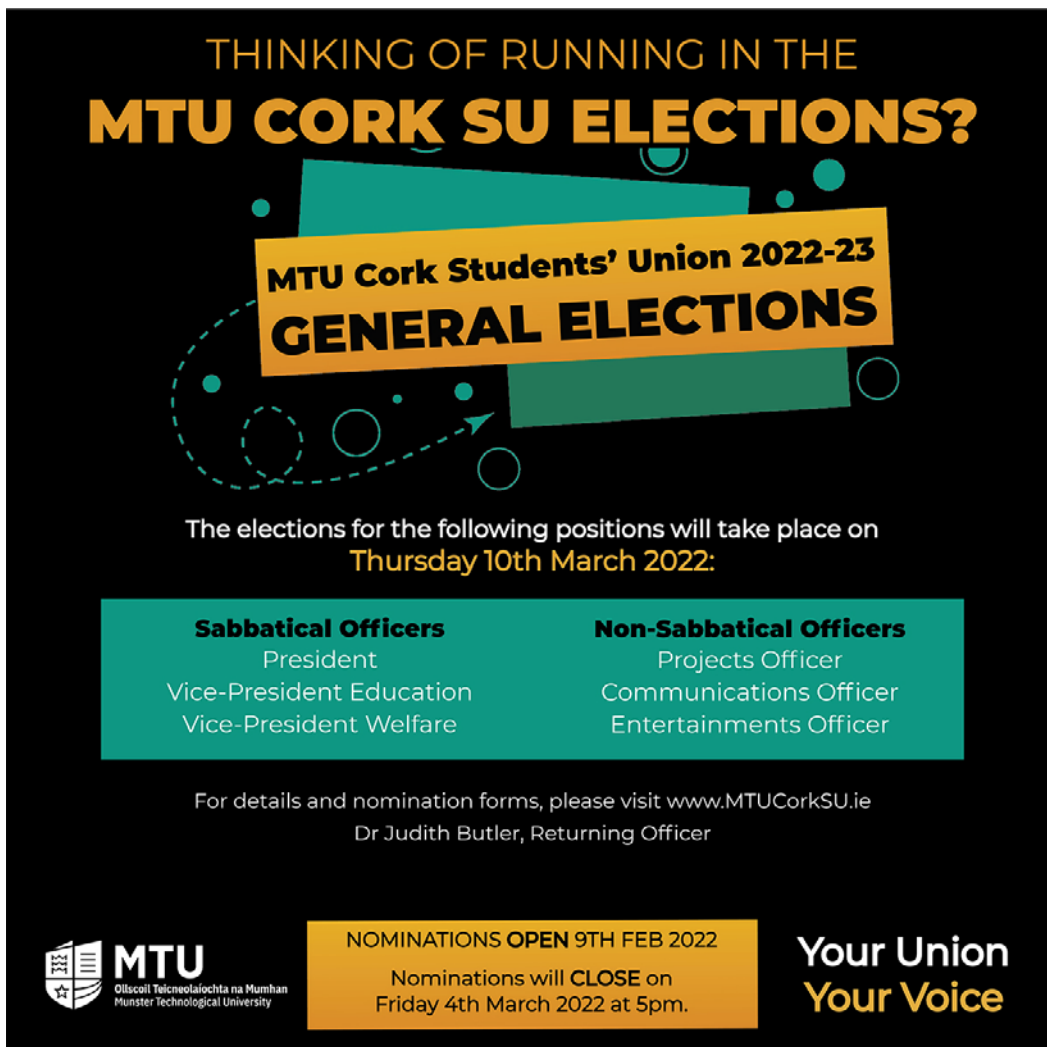


## What are the terms of employment?

For Sabbatical Officers including the President, Vice President Welfare and Vice President Education, it is a full time paid position, commencing on the 1st June and ending 31st May. Sabbatical Officers work 39 hours per week, usually Monday to Friday but flexibility is necessary as many activities take place in the evening and occasionally at weekends. Familiarity with the Union's [Constitution](#) is essential and Schedule C refers to the rights and obligations of full time Officers as employees.

For Non-Sabbatical Officers, including the Projects Officer, Entertainments Officer and Communications Officer, the jobs are voluntary and hours of work will be based around the class time/free time of the non-sabbatical Officers. It is advisable to speak to the current Officers to find out more and they can be contacted through the Students' Union.

This year voting will take place entirely online and details will be made available to all Union members via email (mycit.ie accounts). Should you require information relating to the election process and rules, please visit: [www.MTUCorkSU.ie](http://www.MTUCorkSU.ie) or please contact Vicky O'Sullivan by email at [vicky.osullivan@mtu.ie](mailto:vicky.osullivan@mtu.ie)




THINKING OF RUNNING IN THE  
**MTU CORK SU ELECTIONS?**

**MTU Cork Students' Union 2022-23  
GENERAL ELECTIONS**

The elections for the following positions will take place on  
**Thursday 10th March 2022:**

Sabbatical Officers	Non-Sabbatical Officers
President	Projects Officer
Vice-President Education	Communications Officer
Vice-President Welfare	Entertainments Officer

For details and nomination forms, please visit [www.MTUCorkSU.ie](http://www.MTUCorkSU.ie)  
Dr Judith Butler, Returning Officer

 **MTU**  
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**NOMINATIONS OPEN 9TH FEB 2022**  
Nominations will **CLOSE** on  
Friday 4th March 2022 at 5pm.

**Your Union  
Your Voice**

# WOULD YOU CONTEMPLATE RUNNING FOR SU ELECTION?

## Officers of the Students' Union tell their story

In the following two pages, some former Students' Union Presidents tell their stories about their experience as an Officer and how this experience has supported them in their careers. Students can contact our current SU Officers through the Students' Union [CLICK HERE](#). Remember, everyone has something to offer and be confident in your choices – it will benefit you and MTU in the long run.

# AARON BUCKLEY

SU President from 2018-2020

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

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

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

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

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

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

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

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

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



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

[CLICK HERE FOR NOMINATION FORMS](#)

# SHANE FALVEY

SU President from 2015-2017

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

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

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

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

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

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

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

There a one of two things that can happen in



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

[CLICK HERE FOR NOMINATION FORMS](#)

# BRIAN O'SULLIVAN

SU President from 2006-2008



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

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

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

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

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

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

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

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

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

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

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

[CLICK HERE FOR NOMINATION FORMS](#)

# PHILIP O'REILLY

SU President from 2001-2002



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

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

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

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

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

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

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

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

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

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

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

[CLICK HERE FOR NOMINATION FORMS](#)

# FREE LIFE COACHING AVAILABLE TO MTU CORK STUDENTS

Are you feeling a little stuck? Are you at a crossroads in your life and unsure where to head next? We might be able to help with just that!

We are delighted to announce that due to such high demand last year the Lifecoaching Service is back with a BANG! Absolutely FREE to all MTU Cork students as it is so kindly funded by the Student Finance Committee here on the Cork Campus.

Huge thank you to Edelia Group for providing this much needed service for our students. They're a solid group of professionals who have oceans of experience when it comes to coaching.

It can be a tricky time of year for people in deciding what to do next so don't be afraid to reach out! Do this for YOU and reap the personal rewards!

There's only a limited amount of spaces so it's first come first served! Available to all MTU Cork students. Link is below to register...



**RESERVE YOUR PLACE - CLICK HERE**

Email: [lifecoaching@edeliagroup.com](mailto:lifecoaching@edeliagroup.com)

**Students!**

**ENTER FOR FUN!**

# MTU 5K

**A BHAA RUN**



**SPOT PRIZES THROUGH THE FIELD!**

# SUN 6 MAR 2022

**€5 BHAA / €10 non-registered**

**Starts at 11am, entry from 9.30am**

Starts by  
**MTU Bishopstown Athletics Track**

**Extended campus**  
#CollaboratewithMTU

CENTRE FOR  
ADVANCED PHOTONICS  
& PROCESS ANALYSIS **CAPPA**

**Rubicon**

**the edge**

*20% off in the Edge Running Dept. with Race Number*



## MTU

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## !!WIN AMAZING PRIZES!!

Be in with a chance of winning AirPods, Fitbits, vouchers and more. Express your opinion and influence the changes you want to see.

Visit: <http://studentsurvey.ie> for more information and to complete the survey.

**Apple AirPods and Fitbits**

**To be won!**

**Student survey.ie**

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Munster Technological University

# AR SCÁTH A CHÉILE / IN EACH OTHER'S SHADOW

at The James Barry Exhibition Centre

Ar Scáth A Chéile / In Each Other's Shadow, the MTU Arts Office annual exhibition focussing on the environment, this year features the work of five artists who recently graduated from the BA Fine Art at MTU Crawford College of Art & Design.

The title comes from an old Irish saying "Ar scáth a chéile a mhairimid", which can be translated as "In the shadow of each other we prosper". The exhibition aims to discuss the shadows we cast and the shadows we live with, the impacts our decisions have on each other, our relationship with the wider natural world, and our responsibilities as inhabitants of that world.

The artists are Bríanna Ní Léanacháin, Maitiú Mac Cárthaigh, Peggoty Ransley, Sarah Browne and Rachel Guilfoyle. Their works in print, text, moving image, sculpture, and photography investigate topics such as landscapes, farming traditions, motherhood and Covid restrictions, Irish language and identity, animal welfare, and the challenges and loss that often accompanies progress.

You can watch short video profiles of the artists introducing their work and process, and see images of the work in the exhibition on the MTU Arts website [arts.mtu.ie](https://arts.mtu.ie)

[Click here](#) for more Artist Details, Images and Profile Videos on [arts.mtu.ie](https://arts.mtu.ie)

**DIGITAL EXHIBITION GUIDE:** The exhibition guide is available to view online by scanning the QR code on the exhibition posters, and at this link below:

[Click Here for Exhibition Guide](#)



Installation view of Peggoty Ransley sculptures for Ar Scath A Cheile at the James Barry Exhibition Centre, MTU shot taken by Darragh Kane



Installation view of Sarah Browne's sculpture 'Overwhelmed' MTU | Image taken by Darragh Kane

A large poster for the exhibition. The background is a light green color with a faint, abstract line drawing of a horse's head. The text is arranged in a diagonal layout. At the top, it says "ar scáth a chéile" in white and "in each other's shadow" in pink. Below that, it lists the artists: "MTU Arts Office Environmental Award Exhibition 2022", "PEGGOTY RANSLEY | SARAH BROWNE | MAITIÚ Mac CARTHAIGH", and "RACHEL GUILFOYLE | BRÍANNA NÍ LÉANACHÁIN". The dates "24 JANUARY - 25 FEBRUARY 2022" are listed below. At the bottom, it says "View online from the James Barry Exhibition Centre" and "arts.mtu.ie". In the bottom left corner, there is a dark grey box with the text "Exhibition Guide View on smartphone" and a QR code. In the bottom right corner, there is the MTU logo and the text "MTU Ollscoil Teicneolaíochta na Mumhan Munster Technological University".

# The MTU Wellbeing Hub



Your Journey, you choose

## About Us

The 'MTU Wellbeing Hub' is a new initiative in MTU to support students on their journey through higher education.

The Wellbeing Hub will share health and wellbeing content for students in the form of engaging podcasts and videos on areas of health and wellbeing.

We are creating monthly podcasts dealing with many topics such as taking care of your mental wellbeing, positive sexual health and many more to come!

Available on Buzzsprout, Spotify, iTunes, Castro and Podfriend.

## Get Involved

Would you like to get involved in our podcast?

Feel free to contact us  
@ TheMTUWellbeingHub@mtu.ie

We'd love to hear your thoughts!



[Instagram](#)



[buzzsprout](#)



[spotify](#)

Check out the links above for much more!

Make sure to check out our Instagram for competitions, short videos and give us a follow!

As you journey through MTU try these 5 ways to wellbeing!



# STUDENT RACEDAY

Thurs 24<sup>th</sup> March 2022

*Cork Racecourse*  
MALLOW



Tickets on sale Monday 21<sup>st</sup> Feb from 10am sharp!  
online at [www.corkracecourse.ie](http://www.corkracecourse.ie)



Tickets **€25** per person

- Includes bus, admission and racecard
- 2 tickets max per person - please check your MTU student email account on Friday 18th Feb for a code to purchase tickets
- Please note all tickets WILL be scanned on entering bus and then you will receive your RACEDAY wristband.
- **Wristbands from 2020 are NOT VALID for this event.** Refunds available from SU

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**SAFETY WEEK**

14TH-17TH FEB '22

'STUDENT HEALTH MATTERS' APP

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# IT'S BACK!



## RAG WEEK IS HAPPENING!

MTU Cork SU is proud to present **RAG WEEK 2022**

# Mon 14<sup>th</sup> to Weds 16<sup>th</sup> March

## FULL DETAILS WILL BE ANNOUNCED SOON!

## Keep an eye on SU Social Media

All in aid of



sexual violence centre cork

[Click here for website](#)

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or [info@deanshallbishopstown.com](mailto:info@deanshallbishopstown.com)

Check out Facebook DeansHall Student Accommodation



OPENING SOON FOR BOOKINGS ACADEMIC 22/23

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SHAPING FUTURES TOGETHER

## CAREERS | HOW TO FIND US



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021 4326232 [www.mycit.ie/careers](http://www.mycit.ie/careers)



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Applications for **Student Leaders** and  
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DO YOU HAVE EXCELLENT COMMUNICATION  
SKILLS? ARE YOU OUTGOING, PROFESSIONAL,  
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**THEN WE WANT YOU TO APPLY!**

**SCAN ME**



Find out more and apply online today by visiting  
[www.mycit.ie/hiringstudents](http://www.mycit.ie/hiringstudents)

Applications open  
14th Feb- 21st March

**WATCH OUR SHORT PROMO VIDEO HERE!**

# SOCIETIES

Searching for your



Meet students from my department

This semester, I want to

Indulge a hobby or interest

Learn about culture or spirituality

Perform or make art

I study

Engineering, maths or science

Marketing or business

Gaming

Movies, TV, graphic novels

A bit of everything

Music

Food

Being creative

Activism/ Social Awareness

Cars

Join Motorsports and Car Club

Join Arab Society

I'd like to.....

Be more spiritual

Meet people from many backgrounds

Try new foods

I express myself by.....

Performing!

Dressing up

Taking photographs

Making art



# passion? Why not take our quiz to find your perfect match?



Programming, computer science or cybersecurity  
Join WiSTEM, Electrical & Electronic Engineering, Civil & Structural Engineering, Mechanical and Biomedical Engineering, Sustainable Energy & Environmental or Chemical Engineering society!

Art or media  
Join Programming or Cybersecurity society!

Join Design & Media society!

Join Marketing or Enactus society!

Join eSports, Boardgames and Pool or Minecraft society!

Join Anime & Manga or Sci Fi society!

Join Mature Students society!

Join Musical, Dance or Open Mic society!

Arabesque society!

Join Design & Media or 3D Design society!

Join LGBT, MEAS, Enactus or Sustainable Energy Environmental Society!

Stars society!

Join Christian Union or Islamic society!

Join International Students, Mature Students, or LGBT society!

Join Korean, Indian, African Caribbean or Arabesque society!

Join Musical, Dance, Glor Choir or Open Mic society!

Join Fashion society!

Join Photography society!

Join Design & Media society!



Join a Society!  
go to  
[myportal.cit.ie](http://myportal.cit.ie)



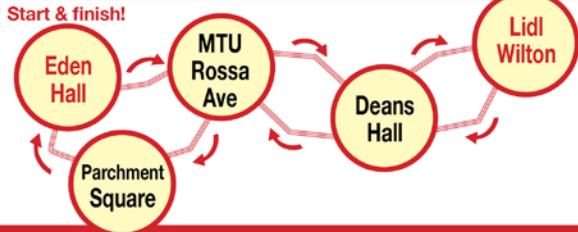
# FREE SHOPPING SHUTTLE



**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



**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



## JOIN A SOCIETY IN 2022

GO TO [MYPORTAL.CIT.IE/SIGNUP.PHP](http://MYPORTAL.CIT.IE/SIGNUP.PHP)



OR SCAN THE QR CODE!

**MAKE FRIENDS, LEARN SKILLS, HAVE FUN!**

# GRUBHUB FOOD PRESS

Set up in the Gallery Area of The Student Centre (1<sup>st</sup> floor) to support Student Food poverty

Some basic food items are available free of charge and we invite students to avail of the service.

This initiative is supported by:  
Chaplaincy, MTU Cork Students' Union, Access Service and St Vincent De Paul.



## Have your say





**!!WIN AMAZING PRIZES!!**

Be in with a chance of winning AirPods, Fitbits, vouchers and more. Express your opinion and influence the changes you want to see.

Visit: <http://studentsurvey.ie> for more information and to complete the survey.

**Would you like your Sports club or Society to be featured in a future issue?**

**Email us your story: [CorkSUpublications@MTU.ie](mailto:CorkSUpublications@MTU.ie)**

# Are you stressed? Feeling overwhelmed? Feeling low?

There have been a lot of changes for us all in recent weeks with the lifting of restrictions, a new semester, new timetables, commuting, maybe spending more money than before, more socialising etc. While these things can be great and exciting, they can also be overwhelming, confusing or leave us feeling low and lonely. This is not uncommon and, in many ways, to be expected, but experiencing these feelings long term can impact on our academic and work performance, our relationships and, most importantly, our own well-being. One way of looking at these issues and building skills and awareness to improve our wellbeing is by using an online support, such as Silvercloud.

## What is Silvercloud?

Silvercloud is digital mental health platform that has recently become available to students and staff of MTU. It provides eight programmes based on differing mental health worries that you can explore anytime, anywhere at your own pace. It is completely anonymous and confidential and allows you to learn about and find ways of managing the issues that are most significant to you.

## What if I have questions or need more support?

As always, if you have any questions or need more support in any of the areas listed above, don't hesitate to contact us in student counselling by email at [counselling.admincork@mtu.ie](mailto:counselling.admincork@mtu.ie) or check out our webpage at

<http://www.mycit.ie/counselling>

See what other supports are available.

## Ok, sounds good, what's the first step?

At this moment, there are many students and staff using Silvercloud to improve their sleep, resilience and body image, among other issues. Click on the link above to log onto the student or staff site and do the 'wellbeing quiz' to see which programmes would be best. Then make a cup of tea, put your feet up and start the programme you feel is right for you. Enjoy!



## What programmes are available?

Eight Silvercloud programmes are currently available to students and staff of MTU. These are:

- Space from Stress
- Space for Positive Body Image
- Space for Resilience
- Space for Sleep
- Space from Alcohol
- Space from Money Worries
- Space for Mindfulness
- Space from Covid-19

## How do I access Silvercloud?

Students can access Silvercloud at

<https://mtu.silvercloudhealth.com/signup/>

Staff can access Silvercloud at

<https://mtustaff.silvercloudhealth.com/signup/>

## Does it work?

Silvercloud research shows that 68% of those who completed a programme showed significant improvement in that area. You can also track your own progress as you go to see where you're making improvements.





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