

# explicit

MTU STUDENTS' UNION MAG



### MTU CORK STUDENTS' UNION WALKOUT

Coverage of the 11:11am October 13<sup>th</sup> **WALKOUT!**

### MTU ASSIGNMENT TOOLKIT

Guiding you on all that the Library has to offer

### THE PRACTICE OF MINDFULNESS *W/KORU*

Evidence-based mindfulness curriculum designed for college

### SOCIETIES INTERVIEWS

Chloe Crowley and Damian Gornik

# S.H.A.G

# WEEK



# SEX

NOW THAT I HAVE YOUR ATTENTION  
THERE ARE PRIZES TO BE WON  
ALL WEEK!

# 17-19 OCTOBER

# 2022-2023 STUDENTS' UNION OFFICERS



**Isobel Kavanagh**  
**PRESIDENT**

Representation // Organisation // Press & Media  
Chief Spokesperson // Campaigns // National Issues  
Facilities & Services

*Isobel Kavanagh*



**Oisín Gahan**  
**VP EDUCATION**

Academic Issues // Grants Information // Education Campaigns  
// Grinds List Management // Class Rep Organisation

*Oisín Gahan*



**Kelda Mac**  
**VP WELFARE**

Well Being Campaigns // Financial Issues // General Student  
Support // Accommodation // Safety // Equality

*Keldamac*



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**Members stay in the loop and can vote in elections!**

The list of societies is always growing - find the up to date list online!

### Academic

- Architecture
- Chemical Engineering
- Civil & Structural
- Design & Media
- Electrical & Electronic
- Marketing
- Mechanical & Biomedical
- Management & Enterprise
- Programming
- Sustainable Energy & Environmental

- 📷 @architecturecork@mtusocieties.ie
- 📷 @mtucork\_chemeng
- 📷 @civilstructuralandsocietymtu
- 📷 @designmedia\_mtucork
- 🗨️ @mtueeesoc
- 📷 @mtucorkmarketingsociety
- 📷 @mechbiomedsoc\_mtu
- 📷 @mtu\_mgtent\_soc
- 🗨️ @mtucorkprogramming
- 📷 @mtu\_see

### Performance & Arts

- Dance 📷 @mtucorkdancesociety
- Glór Choir 📷 @mtucorkglorchoir
- Musical 📷 @mtucorkmusicalsociety
- Open Mic 📷 @crawfordopenmic

### Interest

- Anime & Manga 🗨️ 📷 @mtucork\_animemanga
- Aviation 📷 aviationcork@mtusocieties.ie
- Guild Gaming 🗨️ 📷 @mtu\_guild\_gaming
- Book Club 📷 @mtubookclub
- Cybersecurity 📷 cybersecuritycork@mtusocieties.ie
- Crawford Movie Club 📷 crawfordmoviecork@mtusocieties.ie
- eSports 🗨️ 📷 @mtu\_esports\_society
- Minecraft 🗨️ 📷 @mtuminecraft
- Motorsports & Cars 🗨️ 📷 @mtu\_motorsports
- Photography 🗨️ 📷 @mtu\_photography\_society
- RPG & LARP 📷 @rpg.larp.society.mtu
- Sci-Fi 🗨️ 📷 @mtu\_cork\_scifi
- Yoga 📷 yogacork@mtusocieties.ie

### Community

- African & Caribbean 📷 @mtuacs
- Arabesque 📷 @mtucorkarabesque
- Christian Union 📷 @mtu.christianunion
- Enactus 📷 @enactusmtucork
- Gender Equality & Feminism 📷 @genderequalitycork@mtusocieties.ie
- Indian 📷 @mtuindiansociety
- International Students 📷 @iss\_mtucork
- Islamic 📷 @mtuislamicsociety
- LGBT\*\* 📷 @mtucorklgbt
- Mature Students 🗨️ 📷 @mtu\_maturestudentsoc
- WISTEM 📷 @mtucorkwistem

## MTU STUDENTS' UNION OFFICERS & FACULTY

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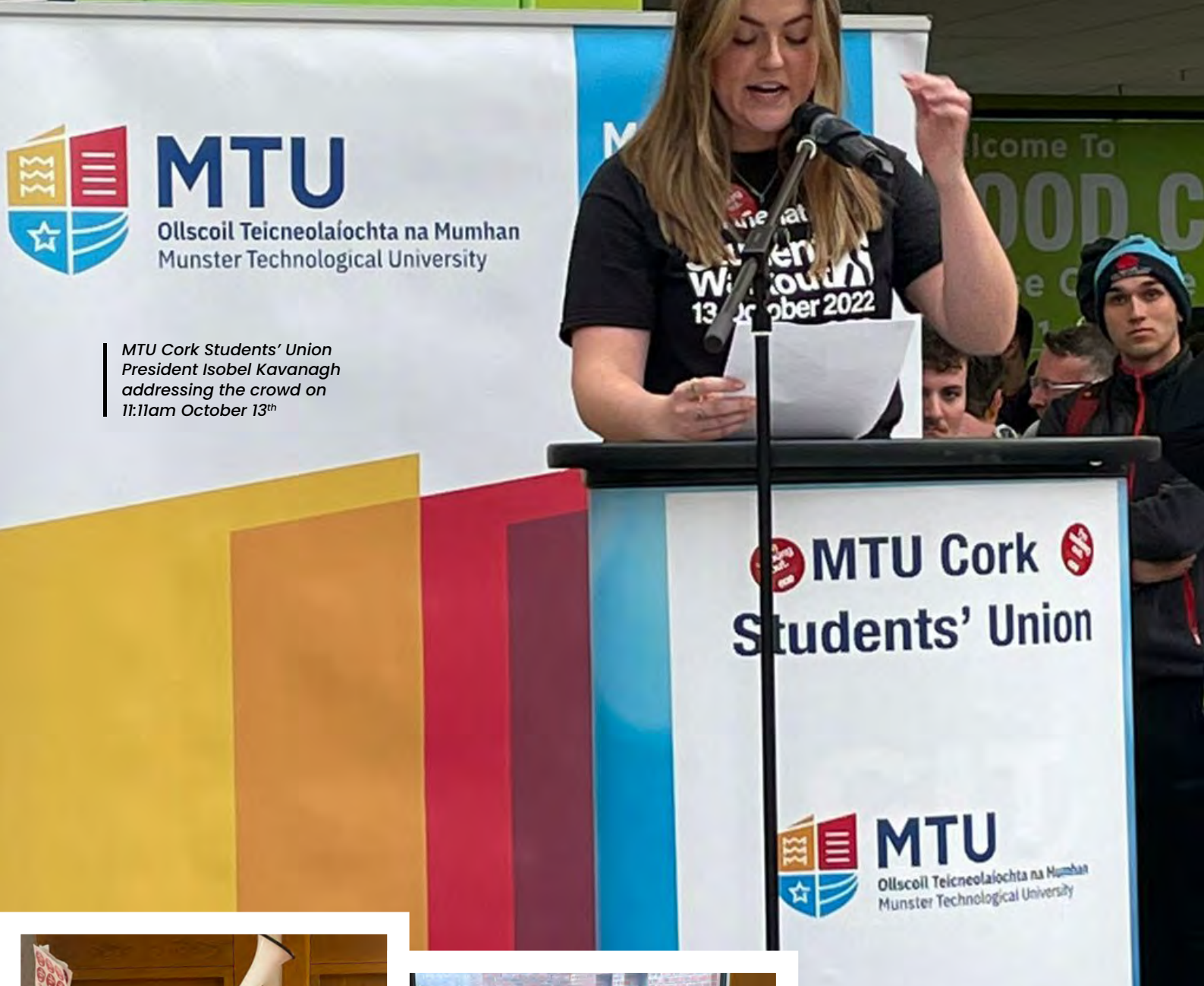
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- 📷 @mtucorksu
- 🗨️ @mtu\_corksus

### Visit

[mtucorksu.ie](http://mtucorksu.ie)

YOUR UNION YOUR VOICE





MTU Cork Students' Union President Isobel Kavanagh addressing the crowd on 11:11am October 13<sup>th</sup>





**WATCH ON YOUTUBE HERE**



I **MTU Cork Students' Union**

# WALKOUT

## RALLY 2022

On the 13th of October at 11:11am, MTU Cork students left their classes to protest in solidarity with students all over the country who are struggling with the cost of living and accommodation crises.

The amount of students who attended this protest was overwhelming. It really shows the sheer detrimental effects that these crises are having on our students.

I think that it is safe to say that students cannot afford to stay quiet anymore. It is time for students to stand up for their rights and it is time to demand that the Government ensure that the basic needs of students are met.

We, MTU Cork Students' Union, demand that the public transport infrastructure is drastically improved in Cork and that AFFORDABLE student accommodation becomes widely available for our students!

We were delighted to see Students and staff who are in attendance in our satellite campus' in NMCI, CSM and CCAD on livestream. We are so proud of you all for sticking up for your rights and for having joined us on the 13th of October in this fight to make education affordable and accessible for everyone.

MTU President Maggie Cusack was also in attendance acknowledging the massive hardships that our students are facing today.

The goal of this student walkout was not just to raise awareness about the severe struggles that our students are facing and the detrimental effects that the cost of living and accommodation crises are having on our students right now. It is to let struggling students know that they are not alone in this fight and MTU Cork SU, want to let you all know that we are all here for you and we are ready to fight for your rights and to ensure that your voice is heard on a national level.

Students in Ireland are forced to pay one of the highest fees in the EU just to have an education. We are all aware that the latest budget announcement provided us with a once-off payment of a €1,000 reduction in our fees. Yes, you heard me right, it was a ONCE OFF payment. While we were somewhat pleased with this announcement, unfortunately, we will be back to square one with the price of fees by next year.

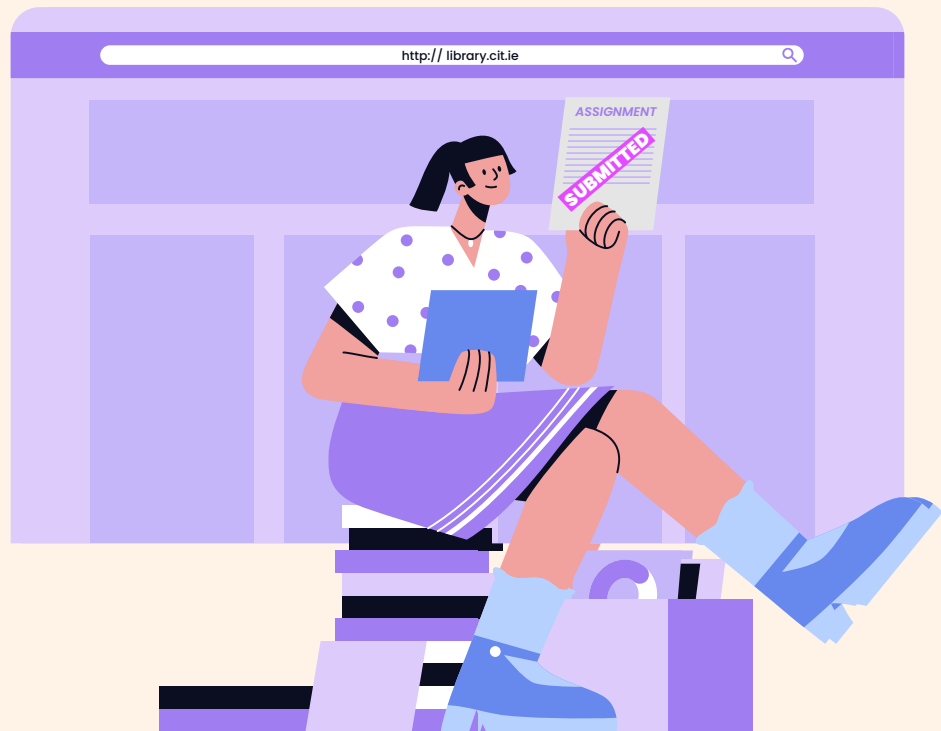
Because of this, we, MTU Cork SU, alongside many other colleges in the country and alongside USI, demand that the government completely abolish the student contribution charge. Students are the future and they should not be unable to get a third-level education simply because the price of it is too high.

Also, we urge the government to increase the minimum wage so that it meets the living wage. Students are forced to work every available hour they have and as a result, they are exhausted and their attendance and academic grades are severely suffering because of it. In the end, they have nothing to show for their countless hours of work as they have to spend all of their money on rent, fuel or day-to-day living costs.

It is extremely important that the Government works closely with our university to build AFFORDABLE, purpose-built accommodation that is close to our campus'. Also, I think that we can all agree that the bus and cycle routes to our University are completely inadequate and we demand that the Government work on improving this infrastructure immediately. Students cannot come to college if they have nowhere to live or if they have no way of getting there.

**We can no longer afford to stay quiet.**

MTU Libraries



# MTU ASSIGNMENT TOOLKIT

**A STEP-BY-STEP GUIDE  
TO GETTING IT DONE!**

On university campuses everywhere, libraries are at the very centre of learning and research. Here at MTU, it is no different. Each year the Library team meet and speak with hundreds of undergraduate students in classrooms across campus, guiding you toward the many online resources the Library has to offer.

As university students at MTU, you have a wonderful opportunity to practice research in your own chosen field. Your talents, along with the interest you take in your subject area, will no doubt help you to understand and grasp the material taught in lectures. But in order to develop better research skills for assignments, all of us, no matter what stage we are at, need some training and practice.

Research is a skill, not a talent. Your essay assignments, literature reviews and reports, not only test your knowledge and understanding, they also provide you with an opportunity to practice and improve your research skills. In an era overloaded with information, these skills are critically important.

To help you with your course work, MTU Libraries have a unique online resource guiding you through

the process of writing and completing assignments. Wherever it is you are at in your research, the MTU Library Assignment Toolkit will prove an invaluable resource. From the first initial steps of searching for reliable sources of information, right through to referencing those sources, the information you need to help you complete your assignment is all available in the Toolkit.

As you begin Semester 1, why not take a look and explore the various modules the Assignment Toolkit has to offer? Each of the eight modules will become increasingly relevant to you in the weeks and months ahead.

The Assignment Toolkit can be found on Canvas, or alternatively on the **MTU Library homepage** at <http://library.cit.ie>



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

**We have.**

To solve this problem, free eco-friendly and sustainable sanitary products  
are now available across MTU campuses

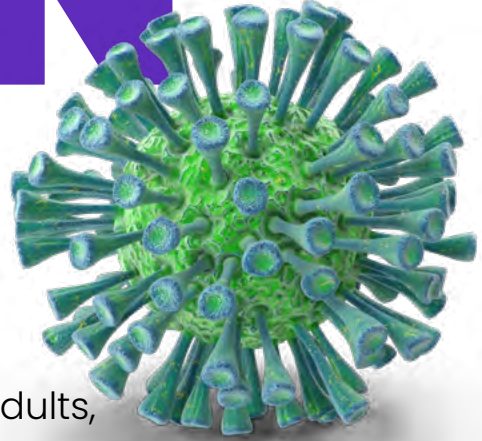
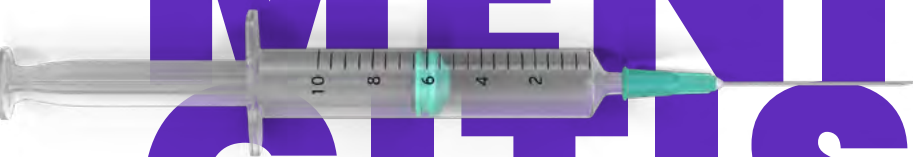
We believe that accessing period products should be a basic right,  
not a privilege!

Look out for the Code Red stickers and dispensers for single use products or  
contact us directly for re-usable products

Check our socials for information on products,  
locations, events and competitions!

**!#&\$%**

# LET'S TALK ABOUT MENINGITIS



Dr Faul

The HSE has issued an alert about a recent increase in Meningitis B infection in young adults, sadly three people have died from the disease.

While the rate of Meningococcal B infection is not greater than expected for this time of year and the cases are not known to be linked, the HSE is urging students to be vigilant for the symptoms of meningitis.

Vaccination has an important role in preventing Meningitis but does not cover all strains of Meningitis.

There are several types of Neisseria meningitidis bacteria, including A, B, C, W135 and Y with groups B and C being the most common in Ireland.

## SYMPTOMS OF MENINGITIS

It is easy to mistake Meningitis for Freshers Flu, Covid infection or even a hangover, which is why it is important to be aware of the symptoms to watch for.



Many students would have received vaccination against Meningitis C in the first year of secondary school. For those students who did not receive this, the HSE offers catch up Meningitis C vaccination to all people up to and including 22 years of age free of charge.

The recent cases reported have been of Meningitis B infection. Vaccination against Meningitis B was introduced for babies in Ireland in 2016 so the student population would generally not be vaccinated against this.

Meningitis can be fatal within a few hours and cause lifelong disability. Importantly, not everyone gets all these symptoms and they can appear in any order.

Meningitis B Vaccination can be paid for privately in Ireland, for some this will not be an option or something they have considered, so it is important to be aware of the symptoms above.

## WHAT CAN STUDENTS DO TO PROTECT THEMSELVES?

If you are concerned that you may have symptoms of Meningitis, it is important to access medical care without delay. You should contact the MTU Medical Centre at 021 433 5780 or attend the nearest Emergency Department if out of hours.

## WHAT CAN STUDENTS DO TO PROTECT OTHERS?

If you have a friend or a housemate that is ill, check up on them regularly (even through the night), trust your instincts and get medical help immediately if you are worried. Your action could save their life.



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★★★★★

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ROZ, CINEMAGOER

★★★★★

“TRISKEL ARTS CENTRE  
IS A JEWEL”

BRIAN, CINEMAGOER

★★★★★

“ONE OF CORK’S TREASURES”

MICHAEL, CINEMAGOER

★★★★★

“DIFFERENT FILMS IN A  
DIFFERENT VENUE”

TIM, CINEMAGOER

[www.triskelartscentre.ie](http://www.triskelartscentre.ie)

With the support of Fís Éireann/Screen Ireland's Building Back Cinemas Support Fund

# MTU CORK CAMPUS IN MINECRAFT?

By Ruairí McClintock



When you mention Minecraft, often people associate that with the game their younger brother plays on his X-Box.

Many people don't think about how this essentially endless game can be used to create large feats of creativity and that's exactly what the MTU Minecraft Society has accomplished.

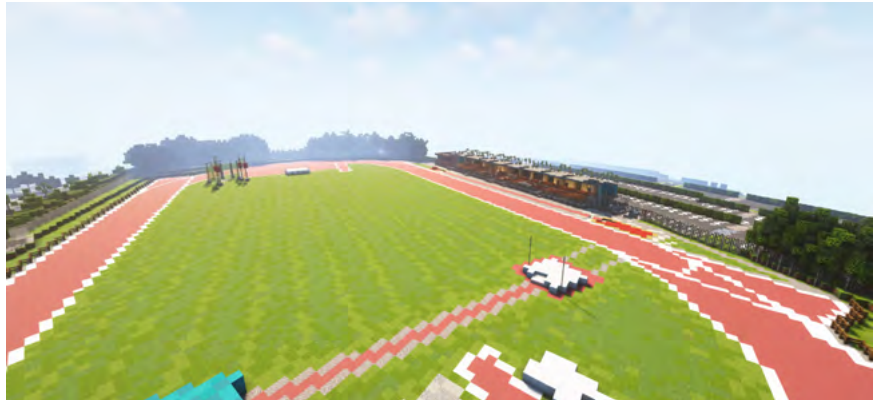
Over the Summer MTU Minecraft and BTE Ireland made the MTU Cork Campus to a 1:1 Scale in Minecraft. 1:1 scale means that each block is counted as 1 metre in real life. Using Google maps and pictures of the campus the buildings and facilities were made.

This project took over a week with at a team of around 20 students and Minecraft builders. This is 1 of the

planned projects that BTE Ireland and MTU Minecraft are planning. The next project is making the inside of the campus.

Making the Campus to a 1:1 scale is what we in the Minecraft Society call the "hub" this is an intermediate place between our other worlds, such as our SMP (survival multiplayer world) our creative world and our newly made mini game server. It's a great way to explore the cork campus in a virtual space. The Cork Campus in Minecraft is made up of over 186 thousand blocks. We plan to complete the inside of some of the main campus buildings as well as the other MTU campuses.





This is what Minecraft can be when a group of young, inspired college students get together to create something that would stand out. Minecraft isn't just a game that your younger brother plays on his Xbox.

Minecraft is anything you make of it. It's an endless space of creativity. Which is something we as a society plan to fully explore.

If you're interested in helping build the MTU campuses or anything Minecraft based why not check us out? Look up MTUMinecraft on Instagram or find us on the Society Portal page!

We can't wait to meet new people and help them learn just how creative they can be when using Minecraft.



# MTU CLUBS WEEKLY SCHEDULE



## MON

- Boot Camp - Sportshall - 7:15am
- Boxing - Sportshall - 6pm
- Ultimate Frisbee - Sportshall - 7pm
- Badminton(Beginner)- Sportshall - 8pm
- Badminton(Int/Advanced)- Sportshall - 9pm
- Powerlifting - Melbourne Gym - 7pm
- Rock - Climbing - Awesome Walls - 5pm

## TUES

- Social Badminton - Sportshall - 8am
- Tae Kwon Do - Sportshall - 6pm
- MMA - Sportshall - 7pm
- Tennis - Sportshall - 8pm
- Kayak - Leisureworld - 5:45pm
- Swim - Leisureworld - 6pm

## WED

- Ladies Basketball - Sportshall - 1pm
- Circuits - Sportshall - 5pm
- Boxing - Sportshall - 6pm
- Volleyball(Beginner) - Sportshall - 7pm
- Volleyball(Int/Advanced) - Sportshall - 8pm
- Equestrian - Hopp Island - 5pm & 7pm
- Ultimate Frisbee - Pitch 2 - 5pm
- Hockey - Astro Turf - 6pm
- Karate - Melbourne Gym - 6:30pm
- AFL - Women - Pitch 2 - 6pm
- AFL - Men - Pitch 2 - 7pm
- Powerlifting - Melbourne Gym - 6:30pm

## THUR

- MMA - Sportshall - 6pm
- Table Tennis - Sportshall - 7pm

## FRI

- Mens Basketball - Sportshall - 1pm
- Kayak - Trip - Leaving campus @ 2pm



IT'S FREE TO SIGN UP TO ANY OF OUR CLUBS AND IT'S NEVER TOO LATE!

[sportcork@mtu.ie](mailto:sportcork@mtu.ie)  
find us on Facebook + Instagram

# SHAG WEEK



**SEX**  
NOW THAT I HAVE YOUR ATTENTION  
THERE ARE PRIZES TO BE WON  
ALL WEEK!

## DAILY EVENTS

### DASH Unit

11am - 3pm // Main Corridor

### Scarlet Questions

All day SU Stand // Main Corridor

### Condom Guessing Jar

All day SU Stand // Main Corridor

### Condom & Lube Give Away

All day SU Stand // Main Corridor

## MONDAY 17<sup>TH</sup>

### MTU Medical Centre

11am - 1pm // Main Corridor

### Coffee & Consent with Mary Crilly

12pm - 2pm // Main Corridor



### SHAGtastic Movies (Love Simon)

5pm - 7pm // Common Room

## TUESDAY 18<sup>TH</sup>

### Sex Toy Bingo with Jennifer Barry

1pm - 3pm // Common Room

### Discovering Your Sexuality and Gender with Ailsa Spindler

1pm - 2pm // Meeting Room 1

### The Gay Project

11am - 2pm // Main Corridor

### SHAGtastic Movies (Juno)

5pm - 7pm // Gallery

## WEDNESDAY 19<sup>TH</sup>

### Condom Crafts & Dental Dams

ALL DAY LOOOONNNG // SU Stand - Main

### Toss the Dildo

12pm - 2pm // SU Stand - Main Corridor

### SHAGtastic Movies (40 Year Old Virgin)

5pm - 7pm // Gallery

# 17-19 OCTOBER

Proudly brought to you by



MTU CORK  
STUDENTS'  
UNION



What is this rubbish called mindfulness everybody is talking about? A student asked, laughing. Isn't that where they all get you to sit crossed legged, for six hours chanting some weird sounds? I heard they get you signing to the moon and dancing.

I think its all mumbo jumbo b\*\*\* s\*\*t! If you ask me, I'll stick with the drink, sex and booze, if you know what I mean **[laughed another]** Sounds like a cult to me!



# SUDDENLY

A LONE VOICE POPS UP IN THE GROUP

## Well you're all wrong!



Mindfulness has changed my life and given me great tools to cope with life. Remember that time I was not talking to any of you, and you all mocked me for just being moody. I was not able to let you know that I felt depressed, lonely, anxious, and sometimes my head was wrecked thinking I might be better of dead. I signed up for a KORU mindfulness classes here at the university, which was fantastic! The basics are, only 75 minutes a week for four weeks, in a small group. Its not all that 'mumbo jumbo' as it was developed specifically for stressed out college students, who don't have time, and its deadly practical. Every week I learned three things that have given me the power to change my life if I chose. I used to laugh when they said that "mindfulness is like taking your brain to the gym, to build your mindful muscle. It's an amazing place were there is no judgment, everyone is accepted as they are, and everyone is curious about how to manage the thought, emotions and life experiences that are causing us all so much stress, but there is no talking about you stuff.

“  
YEAH? CAN IT DO  
THE EXAMS FOR  
ME AS WELL?”



Kind of...



...it helped me to focus more, study better and just not feel as bad as I had felt. I got so much out of it that I have signed up for KORU 2.0 to continue building my mindfulness muscle to the advanced gym.

## So, what is this magic called KORU?

Koru Mindfulness is the only evidence-based mindfulness curriculum designed for college aged adults. In four weeks, participants, learn practical life skills, skills that help them manage stress and open their minds to self-compassion. Join the growing Koru community of over 10,000 students at over 100 institutions.

Greeson, J.M., Juberg, M., Maytan, M., James, K., & Rogers, H. *Journal of American College Health.*, 2014

Mindfulness is one of the most critical skills a college age adult can master. Yet too often, the way mindfulness is taught is neither relevant nor accessible to the people who need it most. Koru's evidence-based training is specifically designed to address this problem, and it's backed up by a comprehensive certification and teacher-support program. Our mindfulness teacher certification program will get you the tools to start changing lives.



**KORU**  
mindfulness

Classes run throughout each semester during the day and evening to suit students' schedules.

-----  
For more information on the mind gym...

Email: [counselling.admincork@mtu.ie](mailto:counselling.admincork@mtu.ie)

or call in to the office or phone: **021 4335772**


# Fáilte chuig d'Aontas. Welcome to your Union.


A bhúíoch le d'Aontas, tá tú mar bhall d'Aontas na Mac Léinn in Éirinn. Le 63 bliain anuas, táimid aitheanta mar ghuth na mac leinn in Éirinn agus táimid láidir mar gheall arrannpháirtíocht na mball, cosúil leatsa.


Thanks to your SU, you're a member of the Union of Students in Ireland. For 63 years we've been the recognised voice of Ireland's students and we're strong because of members like you getting involved.

**Is tusa AMLÉ. Tá lúchair orainn tú a bheith linn.  
You are USI. We're glad you could join us.**

## Ceard a chreideann AMLÉ | USI's beliefs


- 


**Access to education**  
*is a fundamental right of all people in Ireland*  
**Rochtain ar oideachas...**  
*...mar bhuncheart ag muintir na hÉireann uilig*
- 


**Tá cearta ag mac léinn...**  
*maith le tacaíocht airgeadais, tithíocht chuí agus poist shábháilte.*  
**Students have rights**  
*to a decent standard of living including financial support, decent housing and decent safe jobs in Ireland, among others*
- 

**Rannpháirtíocht na mac léinn...**  
*...i gcur chun cinn agus cosaint cearta daonna agus daonlathacha uilig*  
**Students should be active**  
*in the promotion and defence of all human and democratic rights*

## Oibríonn AMLÉ ar do shon | What we do for you

- 

**Guth láidir amháin ar do shon...**  
*...stocaireacht, feachtasaíocht agus idirbheartaíocht le polaiteoirí Rialtais agus eagraíochtaí oideachais.*  
**A strong unified voice for you**  
*lobbying, campaigning and negotiating with government, politicians # and education bodies*
- 

**Ag tacú le d'Aontas Mac Léinn**  
*Ag oiliúint d'oifigigh Aontas Mac Léinn agus ag cabhrú leo ionadaíocht a dhéanamh ort ar bhonn áitiúil, náisiúnta agus idirnáisiúnta.*  
**Supporting your Students' Union**  
*Training and assisting your Students' Union officers to represent you locally, nationally and internationally*
- 

**Freastal ar riachtanas na mac léinn...**  
*...feachtais mheabhairshláinte, eolas ar shláinte ghnéis agus obair ar an inbhuanaitheacht, tithíocht agus tacaíocht airgeadais.*  
**Meeting students' needs**  
*Mental health campaigns, sexual health info and work on sustainability, housing and the environment.*



**Union of Students in Ireland**  
*Aontas na Mac Léinn in Éirinn*

**1 NATIONAL UNION**  
**374,000 STUDENTS**



**WITH 1 STRONG VOICE**



**Caoimhe Walsh**  
Vice President for the Southern Region of USI



**Beth O'Reilly**  
USI President



**Isobel Kavanagh**  
President, MTU Cork SU  
member of USI Comhairle Náisiúnta



WITH 120 EMPLOYERS THIS IS AN  
EVENT NOT TO BE MISSED!



**CAREERS FAIR THURSDAY  
13TH OCTOBER**

# WATCH THIS SPACE!

MTU is about to introduce a fantastic suite of online tools, which will help you to develop your employability, all at a click of a button, 24/7!

You will be able to access **MyCareer** via **CAREERSconnect**.



Welcome to MyCareer, where you can find a range of career tools including some self-assessments, CV builder and scanning tool, mock interview practise, supports to boost your Elevator Pitch and LinkedIn profile.



Societies are a great space for creative, enthusiastic students to grow their ideas and seek people with similar interests.

Societies are student-led, which means the ideas and the planning come from Student Committees, who are funded and supported by the Societies Office.

Read our interviews with the Founders of two new Societies- Book Club and Start-Up, below!



## INTERVIEW

# CHLOE CROWLEY

FOUNDER OF MTU BOOK CLUB SOCIETY

### HI CHLOE, NICE TO MEET YOU! CAN YOU TELL US A BIT ABOUT YOUR INVOLVEMENT WITH SOCIETIES?

Well, I first decided to get involved in societies in my third year. Some of the courses were back on campus after the pandemic and I wanted to use this as my chance to finally get involved in societies.

### WHEN AND WHY DID YOU DECIDE TO START THE MTU BOOK CLUB?

I had my thoughts on setting up a book club the summer before I started my third year but I didn't think anything of it because we wouldn't be on campus for a while. In the second semester of my third year, everything started to go back to normal. I was having lunch in the bistro one day and I told my friend Eamon my thoughts on how I wanted to set up a book club. He was very excited about the idea and he pushed me up to the society's office to ask Aoife if we could set it up. It just so happened to be that it's quite easy to set up a society if it's an idea that a lot of students would be interested in.

You can join MTU Book Club Society on the Societies portal – go to [myportal.mtu.ie](http://myportal.mtu.ie) and create an account or log in to your account using your @mycit.ie email, then select **Book Club** from the drop-down list.

### WHAT IS PLANNED FOR BOOK CLUB FOR THE NEXT SEMESTER?

We are planning to host 3-4 meetings between now and the end of December. We are also planning to book rooms for silent reading between these meetings. We'll also be having a movie night based on the book being read close to the end of the semester. We are also hoping to have a book swap event where students can bring in a book and swap it for something new.

### WHY SHOULD STUDENTS JOIN BOOK CLUB?

We are a very inclusive club, where you can read at any level. Our meetings run every 3-4 weeks so there's no pressure if you have assignments coming up. MTU book club is a friendly and welcoming environment and we would love everyone who is interested to sign up through the societies portal so they can stay up to date on our meetings and events.

## INTERVIEW

You can join MTU Startup Society on the Societies portal – go to [myportal.mtu.ie](https://myportal.mtu.ie) and create an account or log in to your account using your @mycit.ie email, then select **Startup** from the drop-down list.

# DAMIAN GORNIK

FOUNDER OF MTU STARTUP SOCIETY

## HI DAMIAN, TELL ME ABOUT YOUR INVOLVEMENT WITH SOCIETIES – HOW LONG HAVE YOU BEEN INVOLVED IN SOCIETIES?

I'm the chairman and founder of Startup Society.

## WHEN DID YOU DECIDE TO START STARTUP SOCIETY? WHY DID YOU DECIDE TO START STARTUP SOCIETY?

I decided to create Startup Society back in August 2022, inspired by similar societies at other universities across Europe, and the purpose behind it was to create a platform where students can build their business network of contacts, learn how they start their own business, and meet other like-minded people interested in tech and business.

## WHAT IS PLANNED FOR START UP FOR THE NEXT SEMESTER?

- Trips to startup, tech and business-related events
- Networking events – where students can network with students from different departments
- Guest lecturers
- Workshops

## WHY SHOULD STUDENTS JOIN BOOK CLUB?

*Our society is for students who:*

- are interested in networking with other students and people from the tech and business industry.
- would like to attend business and startup events and build network that could potentially lead to landing their dream job.
- want to learn how to start their own business.
- want to learn more about startups.



# FLYNNER'S FLYING COLUMN

FLIGHTS OF  
FANCY

I  
By James Flynn



On the morning of Tuesday September 27th this year, Da Flynnner hit Cork Airport for his first foreign holiday since the Pandemic. Hopping on a Ryanair flight, it was across the Bay of Biscay to Bordeaux Airport, then a half-hour trundle on a shuttle bus through Merignac to the Gare de St. Jean (Central Station).

From there, I was able to make it across the River Garonne to Eklo Hotel at the Bastide District on the right bank of the river. There I settled into their unique boutique surroundings with everything that was needed provided for me.

That evening, after a delicious dinner at Café Bastide, I headed across the massive 19th Century Pont De Pierre, Bordeaux's landmark bridge that is half a mile long with 17 arches. That bridge would feature in all my crossings while I had my adventures in the city. From there, I would discover that "Happy Hour" in the bars last between about 4pm to 8pm, where pints of beer cost some €5; afterwards, the prices go up to €8. I was lucky to get some reasonably priced beer while in the Connemara Inn where I watched Robbie Brady save the day (like my last French adventure in Euro 2016... again!) between Ireland and Armenia!

The next day was when the real business began. After a coffee and croissant, I took to the Bordeaux Tourist Centre where I got myself a 3-day Pass that covered all my public transport and access into a multitude of museums and places of interest all for €48. Then I took the TBM tram (akin to the Dublin LUAS, that connects the entire of Bordeaux conveniently) to the Base Sous-Marine by the city docks which consists what was the massive concrete shelters for the German Navy's U-Boat fleet during the 1940-44 Nazi Occupation. Now the shelters have been transformed into an

unbelievably impressive visual arts display where illuminations are projected over the walls, floors and ceilings over symphony orchestra music, the water from the U-Boat pens illuminating the effects. Back on the tram again and then it was a few Happy Hour drinks before returning to the hotel and Café Bastide for another sumptuous meal.

Bordeaux is renowned for its wine produce and the third day saw me hit the tram from, near the hotel, Place De Stalingrad, then arriving at the docklands once more to Cite Du Vin; a massive centre that holds a museum, exhibition, events centre and other related facilities regarding the history of wine, along with a rooftop bar that affords a panoramic view of the city and port. Heading back, it was checking out the Mirror d'Eau along the Place De La Bourse where the fountains emit water to create a mirror image on the pavement of the central surroundings to magnificent effect. Then it was a visit to the medieval Porte Cailheau, which acted as the old town gates, the area also functioning for bars and dining.

Other museums were also explored, which include the Museum of Decorative Arts and Design, the Museum of Fine Arts and the Municipal Museum, the latter which illustrates the history of Bordeaux from ancient times to the present day. Later that night saw me enjoy more fine dining in the city centre, but one would want to grab their tables early!



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The fourth day was spent exploring more of the city, which included the medieval Basilique St-Michel De Bordeaux and its magnificent stained-glass windows. Heading along the mile long Rue St. Catherine, I was able to purchase some lovely souvenirs for myself!

Then it was on an open-top bus tour where I was able to explore more of the city, including the Place De Quinconces, the largest square in Europe, as well as other parts of the city I never knew existed. Some of these were later visited, which included the Musee Du Vin Et Du Negoce, another wine museum (founded by an Irish Wild Goose; more wine time!), the Grosse Cloche De Bordeaux and the Palais Gallien Amphitheatre, the latter being the remains of an ancient Roman Circus located in the middle of a suburbia, which makes for some surreal viewing. Since it was also a lovely afternoon, it was also a chance to explore the Jardin Public De Bordeaux, a delightful stroll through the city's main public park.

Then it was dinner in the hotel before hitting the wine bars once again! Saturday sadly saw rain spoil play (the weather was not unlike that of Ireland's, being an Atlantic climate with sunshine and showers) but it was an opportunity to enjoy a final piece of gastronomy and wine. Sunday October 2nd was the day I headed home and making the airport on time and taking off on schedule, it was good to be home again! Bordeaux? Definitely a city that I would recommend for a visit, be it an alternative to Paris for a romantic break or to learn about its rich heritage and culture, and this is a gem that is waiting to be explored!

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### **A QUICK NOTE...**

The recent disaster at Cresslough, County Donegal, which saw ten people dead and eight injured, should only serve as a reminder of how easy it is to take life for granted when it could all come to an end in a freak split second, even as we merely go about our daily lives. The tight-knit community there have all their lives altered forever, never to be the same again. But the best has been brought out of people through this tragedy as the community rallied around to rescue and support, while the emergency services from both sides of the border have acted exceptionally - a sign of how far Ulster has come since the Good Friday Agreement and a reminder of the need to preserve the peace for the greater good of the wider communities all over.

Whatever, whenever you can, please donate and support the funds for the people of Cresslough as they attempt to come to terms with the tragedy that has inflicted them. And may those who passed away be granted Eternal Peace and Rest.

# READY STEADY WORK!

Ready Steady Work (RSW) is a collaborative programme designed and delivered by MTU Careers Service and MTU Disability Support Service on the Cork campus, with 2022 employer partners DELL Technologies. RSW is a tailored, innovative, career development program for MTU students with access to the University's Disability Support Service.

The programme has won several awards in the last year – Cork Lifelong Learning Higher Education Award, Education Award 2022 (Best Business & Third Level Collaboration), Operational Excellence at Third Level Award 2022 as well as being shortlisted for an AHECS award.

## WHAT IS READY STEADY WORK?

Ready Steady work is an award-winning collaborative programme run by MTU Disability Support Service, MTU Careers Service and our 2022 Employer partners DELL Technologies. Ready Steady Work is a tailored, innovative, career development program. The program is designed to develop students' skills and confidence with the aim of empowering students to successfully transition from college to professional life.

The program is designed to develop students' skills and confidence with the aim of empowering students to successfully transition from college to professional life. The program also aims to develop student's self-efficacy and personal agency, along with a key understanding of holding professional conversations on accommodations that they may need, to fulfil the requirements of a work role as well as fulfilling their individual potential.

## WHO CAN BOOK A PLACE ON READY STEADY WORK?

Ready Steady Work is for MTU students in 2nd, 3rd, 4th year and postgraduate students who have applied/ or are applying for support from the Disability Support Service in MTU.

This year we are delighted to announce we have also opened the programme to students who have graduated from MTU in the last academic year. We are happy to take enquiries at [rsw@mtu.ie](mailto:rsw@mtu.ie)

## HOW CAN READY STEADY WORK HELP?

It is designed to build confidence and skills in applying for jobs and in performing at work placement or graduate interviews. Participants have a direct line of engagement to employers and access to expertise in Careers and Disability Support Services.

Participants also gain access to ring fenced placement positions as well as summer internships in DELL.



Here is what our past participants have to say about **Ready Steady Work** –

This program has provided me with fantastic opportunities to build on my skill set, essentially preparing me for the real world. I have improved my interview skills by gathering great feedback through the sessions and CV clinics. Overall, I'm delighted that I participated, and I would highly recommend the program to any student.

**-- Student, 2021**



**Laura Coleman**  
MTU

Working with someone from Dell as part of RSW was an amazing experience that gave me a great insight into the working world and how it's ok to be honest if you have a learning difficulty. As a graduate going into the workplace, applications and interviews were very daunting to me.

**-- Student, 2021**



**Olga Mitchell**  
MTU

The program I found was excellent. The help I received when applying for my graduate roles and interviews was amazing. I would recommend this program to any student in MTU.

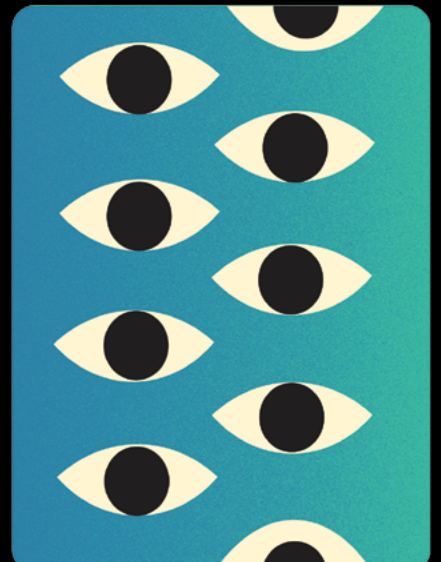
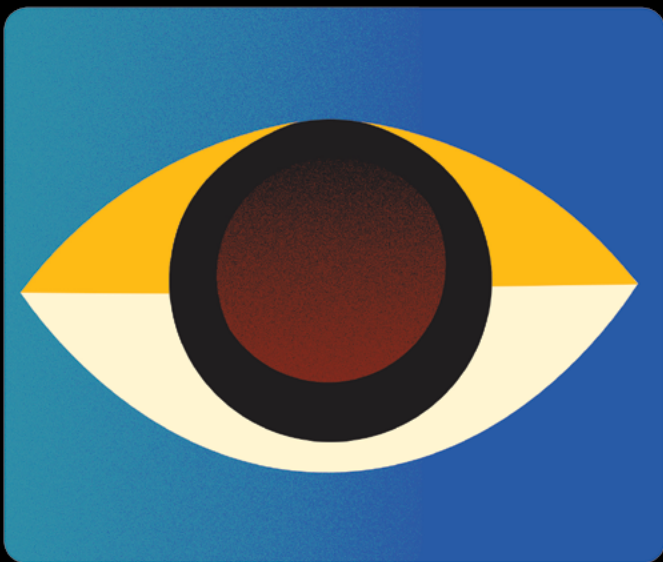
**-- Student, 2021**



**John Power**  
DELL Technologies

# SEE

STUDENT 20  
ENGAGEMENT 22  
EXHIBITION



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