

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

SEXUAL HEALTH & GUIDANCE
WEEK 2023 LINEUP

THE BENEFITS OF PHYSICAL
ACTIVITY & RESISTANCE TRAINING

STUDENT ASSISTANCE FUND
INFORMATION

FRESHERS WEEK IMAGE DUMP:
THE CRAIC WAS BACK

**Oct 9th
– 12th**

**Sexual
Health &
Guidance
Week**



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2023-2024



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Issues // General Student Support //
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Oisín Gahan



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HANDBOOK OUT NOW!

Your guide to all things MTU Cork,
pick yours up **TODAY** at the
Students' Union Office.



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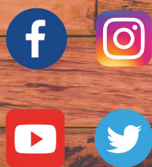
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FRESHERS WEEK IMAGE DUMP



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**YOUR
UNION
YOUR
VOICE**

**Oct 9th
– 12th
2023**

**Sexual
Health &
Guidance
Week**



ES



Mon 9th

CCAD + CSM

CSM // 10am - 12pm

@10-11 - **SEXUAL AWARENESS & INFO TALK** in Meeting Room Suite

@11-12 - **INFO STANDS** in the foyer

CCAD // 1-3pm

@1-2 - **INFO STANDS** in foyer (Downstairs Lecture Hall)

@2-3 - **SEXUAL AWARENESS & INFO TALK** in Downstairs Lecture Hall

Tues 10th

NMCI + B-Town

NMCI // 9:30am - 11:30am

@10:30-11:30 - **SEXUAL AWARENESS & INFO TALK** in Lecture Theatre

@9:30-10:30 - **INFO STANDS** in the foyer

B-Town // 1-2pm

@1-2 - **SEX MAGICIAN** in The Common Room

Wed 11th

B-Town

B-Town // 11:00am - 2pm

@11:00-2 - **INFO STANDS** in Main Corridor

Thurs 12th

B-Town

B-Town // 1pm - 2pm

@1-2 - **SEXY BINGO W/IZZY SHOWBIZZY & BMG** in The Common Room

* Sexual Awareness & information talk with Mary Crilly from the Sexual Violence Centre & Safe Gigs in Cork. Mary will chat with the students about the current projects within the centre and services provided. Information stands such as The Sexual Violence Centre, Safe Gigs, The Sexual Health Centre, MTU Counselling Services and the Students Union will be around each Campus too.



MTU CORK
STUDENTS' UNION

ARE YOU THE RIGHT PERSON TO REPRESENT YOUR CLASS?

- ▶ Interested in student representation?
- ▶ Want to Improve your communication and negotiation skills?
- ▶ Want to learn how to organise successful events?
- ▶ Differentiate yourself on the jobs market?

Class Rep Elections are currently underway and if you wish, an SU Officer can call to your class to support the process. At the end of the year each student will have the opportunity to nominate their Class Rep for a Union Council Award which recognises outstanding Class Reps for their contribution to their class and the Union as a whole. For more information on becoming a class rep please visit:

<https://www.mtucorksu.ie/become-a-class-rep/>



Throughout my time as a student, my classmates at Students' Union even reached out to me at a point of direct contact for my group and staff. Currently in my role, I am involved in Class Reps including their recruitment and support. As a time as a Class Rep, the value that I have seen in students and staff. There are also opportunities to support personal development and



Oisín Gahan
Vice President Education

I was a Class Rep and represented my
nts, course board meetings, and I was
up and a connection between students
supporting and managing the Class
nd training. I know myself, from my
having a person in this role brings to
great training programmes provided
and to enhance employability.





The Nexus was a hive of activity and colour on Wed 20th September for our annual Clubs Day. 37 Clubs representing a broad spectrum of sports from indoor, outdoor, water, martial arts, and field sports – there's a sport for all!

If you missed the club's day, do not fear – you can still sign up and register for any club via our club portal. Its never too late, and all levels are catered for.



FULL LIST OF CLUBS

AFL	POWERLIFTING
BADMINTON	RACQUETBALL
CANOE	SAILING- MTU
KAYAKING	SAILING- NMCI
DARTS	TAE KWON-DO
EQUESTRIAN	TENNIS
KARATE	VOLLEYBALL
KICKBOXING	

For information on any of the above Clubs please contact miriam.deasy@mtu.ie

GAA-HURLING, FOOTBALL, CAMOGIE, LADIES FOOTBALL & HANDBALL

For information on any of the above Clubs please contact kevin.ocallaghan@mtu.ie

ATHLETICS

For information please contact craig.harrington@services.mtu.ie

RUGBY-LADIES & MENS

For information please contact sanathan.govender@services.mtu.ie

SOCCER-LADIES & MENS

For information please contact eric.marah@mtu.ie

FULL LIST OF CLUBS (CONT.)

BASKETBALL	SURFING
BOXING	RACQUETBALL
GOLF	SWIMMING
HOCKEY	TABLE TENNIS
KARTING	ULTIMATE
MMA	FRISBEE
ROCK-CLIMBING	
ROWING	

For information on any of the above Clubs please contact norma.buckley@mtu.ie

To join any of our clubs for
FREE scan the QR code &
create an account



Silvercloud is a completely confidential, self-directed online mental wellbeing programme. It is free to access and available 24/7. Silvercloud uses cognitive behavioural therapy to help you feel better, sooner.

WHO IS IT FOR?

Any student who might be experiencing mental health concerns would benefit whether that might be from stresses caused by a particular situation at work or home, to deeper and more lasting feelings of anxiety or depression. There's a program for everyone, all of which are proven to help people feel better, quickly. If you want to build resilience and figure out some healthy ways to manage life's difficulties, Silvercloud is also for you. Silvercloud programmes are designed to be flexible and fit in with your schedule, so they are accessible wherever and whenever suits you so it can easily fit into a busy schedule.

HOW DOES IT WORK?

Firstly take a short Wellbeing Quiz and then you can sign up for the programme that most suits your needs (<https://mtu.silvercloudhealth.com/signup/>)

There are 6 different programmes to choose from (Space from Stress, Space for Positive Body Image, Space for Resilience, Space for Sleep, Space for Mindfulness, Space from Alcohol, Space from Covid-19). Each programme is tailored to your needs and consists of 6 to 7 modules which can be completed at a time and pace most convenient to you. Each module has different types of easy to use, interactive content and tools. These will help you to learn new ways to approach the challenges you're facing. The more you put into the programme, the more you'll get out of it. Research shows the more time you spend interacting with the content, the better the benefits will be.

SilverCloud[®]
by Amwell[®]

Silvercloud & How It Can Help You



Cork Red Zone

single ticket
€1.35
Adult

single ticket
65c*
Student/
Young Adult

TFI GO
Log In
Create an Account

Go cashless and download the
**TFI Go App to purchase your
ticket on your mobile**

* ID required when purchasing Student or Young Adult Ticket. Search TFI Go App

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FOR IRELAND

GET IT ON
Google Play

Download on the
App Store

Bus Éireann

**MTU
ARENA**

| Kathleen Keating

In a world that never seems to slow down, where the demands of daily life can often feel overwhelming, it's easy to let our physical well-being fall by the wayside. However, the benefits of incorporating fitness into our lives are profound and far-reaching, touching not only our bodies but also our minds and spirits. In this article, we'll explore the incredible benefits that fitness can bring to your life, helping you become the best version of yourself.

The Benefits of Physical Activity & Resistance Training

PHYSICAL HEALTH

One of the most obvious advantages of embracing fitness is the significant improvement in physical health. Regular exercise strengthens our muscles and bones, enhances cardiovascular health, and boosts our immune system. It helps us maintain a healthy weight and reduces the risk of chronic diseases such as diabetes, heart disease, and hypertension. Engaging in physical activities also improves flexibility and balance, reducing the risk of injuries as we age. Through exercise, we invest in a longer, more vibrant life.

MENTAL WELL-BEING

Beyond the physical benefits, fitness also has a profound impact on our mental health. When we exercise, our bodies release endorphins, often referred to as “feel-good” hormones. These natural mood lifters can alleviate symptoms of depression and anxiety, reduce stress, and enhance overall mental well-being. Regular workouts can also improve sleep quality, leading to better cognitive

function and increased productivity in our daily lives.

BOOSTED SELF-ESTEEM

Fitness is not just about looking better; it's about feeling better. When we set and achieve fitness goals, whether it's running that extra mile or lifting heavier weights, we gain a sense of accomplishment and self-confidence. These feelings extend beyond the gym and positively influence our self-esteem in all areas of life. The discipline and determination required for fitness spill over into our professional and personal lives, helping us tackle challenges with resilience and confidence.

SOCIAL CONNECTIONS

Engaging in fitness activities can also be a fantastic way to forge social connections. Joining group classes, sports teams, or fitness clubs provides an opportunity to meet like-minded individuals who share your interests. These relationships can lead to a support network that encourages and motivates you on your fitness journey.

Friendships formed through fitness can be some of the most meaningful and enduring ones you'll ever have.

STRESS REDUCTION

Life can be stressful, and in today's fast-paced world, stress seems to be an omnipresent companion. Fitness serves as an effective stress reliever. It provides a healthy outlet for pent-up emotions and tension, promoting mental clarity and emotional balance. Regular exercise also triggers the release of neurotransmitters like serotonin and norepinephrine, which can help regulate our mood and reduce stress.

In conclusion, the benefits of fitness extend far beyond the physical changes we see in the mirror. It's a holistic investment in our health and happiness, impacting our bodies, minds, and spirits. So, lace up those sneakers, find an activity you love, and embark on your fitness journey. Your future self will thank you for it as you experience the transformative power of fitness in your life.

Here's a beginners strength programme that will set you up for a 3 day per week schedule

WARMUP/CARDIO OPTIONS					UPPER BODY					LOWER BODY				
EXERCISE	SPEED & INCLINE			COMMENT	EXERCISE	REPS	SETS	REST	COMMENT	EXERCISE	REPS	SETS	REST	COMMENT
TREADMILL	INCLINE: 3.0 WALK: 3.5		10 MIN	YOUR CHOICE FOR CARDIO	CHEST PRESS MACHINE	6 TO 10	3	60-90 SECS		LEG PRESS	6 TO 10	3	60-90 SECS	
STEPPER	10 MIN				ROW MACHINE	6 TO 10	3	60-90 SECS		LEG EXTENTION	6 TO 10	3	60-90 SECS	
BIKE	LEVEL: 8	SPEED: 5.5	10 MIN		SHOULDER PRESS MACHINE	6 TO 10	3	60-90 SECS		LEG CURL MACHINE	6 TO 10	3	60-90 SECS	
CROSSTRAINER	LEVEL: 8	SPEED: 5.5	10 MIN		BICEP CURL	10 TO 15	3	60-90 SECS	SUPERSET BACK TO BACK	ALTERNATING LUNGES	6 TO 10 R/L	3	60-90 SECS	10 - 20 TOTAL REPS
					TRICEP EXTENSIONS	10 TO 15	3	60-90 SECS	SUPERSET BACK TO BACK					
FULL BODY					MOBILITY (AIM FOR 2/3 TIMES A WEEK)					CORE (CHOOSE 3 PER SESSION)				
EXERCISE	REPS	SETS	REST	COMMENT	EXERCISE	REPS	SETS	REST	COMMENT	EXERCISE	REPS	SETS	REST	COMMENT
SQUATS	6-10	3	60-90 SECS	DB/BB FOR BACK/FRONT/ GOBLET SQUATS	DOWNWARD DOG/INCHWORMS	30 SECS	3	45 SECS		RUSSIAN TWISTS	30 SECS	3	45 SECS	
PUSHUPS	6-10	3	60-90 SECS	INCLINED/REGRESSED BARBELL HIP HEIGHT	PIGEON POSE/FIGURE FOUR STRETCH	30 SECS	3	45 SECS		PLANK HOLD	30 SECS	3	45 SECS	
BENT OVER ROW	6-10	3	60-90 SECS	DB/BB BENT OVER OR CHEST SUPPORTED	BIRD DOGS	10 R/L	3	45 SECS		BIRD DOGS	10 R/L	3	45 SECS	
BOX STEP-UPS	6-12 R/L	3	60-90 SECS	STEP BOX HIGHER= MORE CHALLENGE	DEADBUGS	10 R/L	3	45 SECS		DEADBUGS	10 R/L	3	45 SECS	
DB BICEP CURL TO PRESS	6-10	3	60-90 SECS							SIDE PLANK HOLD	30 SECS	WALK	45 SECS	
DB TRICEP EXTENTION	6-10	3	60-90 SECS											

DON'T LET MONEY WORRIES COST YOU YOUR EDUCATION

The **Student Assistance Fund** provides financial support to **full- or part-time students** who are experiencing financial difficulties while attending higher education.

WHAT CAN I USE IT FOR?

The **Student Assistance Fund** is available to help with costs such as:

BOOKS &
CLASS
MATERIALS

RENT &
OTHER
UTILITY
BILLS

FOOD

ESSENTIAL
TRAVEL

CHILDCARE
COSTS

MEDICAL
COSTS



WHAT COSTS ARE NOT COVERED?

Tuition fees, registration fees, student loan repayments or any costs borne by your higher education institution (HEI) are not covered by the **Student Assistance Fund**.

WHO CAN APPLY?

Students on full- or part-time courses leading to a higher education award (National Framework of Qualifications level 6-10) in Irish universities, institutes of technology and other approved HEIs can apply.

Part-time students who are lone parents are encouraged to apply as additional funding has been made available to support this group.



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Government of Ireland

HEA | HIGHER EDUCATION AUTHORITY
AN tUdaráis um Ard-Oideachas



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

HOW DO I APPLY?

If you are in financial difficulty, you should contact the access or student services office in your HEI for more information on how to apply for the Student Assistance Fund. It is important to apply as soon as you can. Some HEIs have a closing date for applications and you should check when this is.

WHAT DOCUMENTATION DO I NEED TO APPLY?

Your HEI will advise you on the documentation needed to support your application to the Student Assistance Fund. This may include proof of your own or your parents' income, as appropriate, and receipts for costs such as rent, bills or childcare.

IS IT CONFIDENTIAL?

The Student Assistance Fund is administered on a strictly confidential basis by your HEI. Any information you provide as part of your application is protected under the data protection regulations of your HEI.

HOW WILL MY APPLICATION BE ASSESSED?

Your individual circumstances and financial means will be taken into consideration by your HEI when assessing your application to the Student Assistance Fund. Final decisions on awards may be taken by a small committee, including the access officer and student welfare officer.

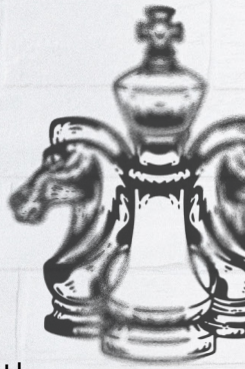
WHAT ARE THE FUNDING AMOUNTS?

Funding amounts vary and will be determined by your HEI following an assessment process.

The Student Assistance Fund is managed by the Higher Education Authority on behalf of the Department of Further and Higher Education, Research, Innovation and Science.

See www.mycit.ie/saf for more information





SIGNUPS DAY 2023



On Tuesday 19 September, MTU students turned out en masse for the annual Societies Day. 35 student-led Societies had stands at the event, with Society Committee members representing each Society.

This event held in the Student Centre in the Bishopstown Campus, introduced all our new and returning MTU students to the variety of Societies at the University. With a vast range of hobbies and activities, there was a society for everyone at the event.

The Student Centre was transformed as Societies set up their stalls with pictures and decorations to attract new members for the upcoming academic year. The passion each Society had for attracting new members was inspiring.

From Academic Societies (Design & Media, Civil & Structural Engineering, Management & Enterprise, Marketing, Mechanical & Biomedical Engineering, Programming, Sustainable Energy & Environmental) to Performance & Arts (Dance, DJ, Glór Choir), to Community (African & Caribbean, Best Buddies, Christian Union, Enactus, Indian, international Students, Islamic, LGBT*, WiSTEM) to Interest (Anime & Manga, Book Club, Cyber Security, Guild Gaming, LEGO, Minecrafters, Photography, Sci-Fi), there was something for everyone at Societies Day.

Hundreds of our students interacted with the various Societies, signing up to be a member with many contemplating running for election to committee positions. The voluntary contribution of each student involved in making Societies a success and providing a place of belonging for thousands of MTU students really brings home the unique sense of community we're fortunate enough to possess across the University.

We of course had plenty of brand new Societies who debuted at Societies Day and who were delighted to get plenty of signups! The Societies Office would like to welcome the following new



Societies: Astronomy, Bikers, Chess, Cumann Gaelach, Fem, Formula Student and Slavonic. The Societies Board ran a competition for the Societies on the day. The annual "Best Stand" Competition was a close one this year, with LGBT*, Anime & Manga, Sci-Fi and Civil & Structural receiving special note from our Board Members, but ultimately, it was our Glór Choir Society who took home the prize! Well done Glór! Indeed, the creativity and innovation displayed by each of the stands was widely commented on, a testament to the work undertaken by each Society.

The purpose of Societies Day is to allow the MTU student body to meet the faces of the students who put so much time, energy and care into these societies that really add to the university experience. Don't worry if you couldn't make it, you can see & join all our wonderful Societies at societies.mtu.ie/societies/cork/

We would like to thank Dominos Pizza Cork for coming out and sponsoring the day, and of course, a massive thank you to our wonderful societies who came out and made the day absolutely spectacular!

Always remember to **#livelifelovesocieties**

WIN €30! FROM SOCIETIES

Submit your article to the
Explicit Mag, and if it is chosen you
win €30! Simple! Send your entry to:
corksublications@mtu.ie



GLÓR CHOIR SOCIETY
Winner of 'Best Stand'



FRESHERS SEPTEMBER 2023 WEEK





Flynnner's Flying Column

I James Flynn

During Societies Week, I popped in to meet the Student's Union – I always make sure to touch base for the year ahead. Leaving the campus, I stopped for a hot chocolate to break some change for the bus into the city to do some shopping, only to learn that they only take contactless payments, which is suddenly becoming too much the norm. Therefore, the question needs to be asked; is modern internet/digital convenience all that cracked up to be? Let us examine this in detail.

Mobile phone culture, yes. It began with decades of landline phones in our living rooms and hallways, with Irish villages, towns and cities having tons of "Telefon" booths, although it was fun for youths to loiter around them in the hope of contacting their admirers on that one, as well as collecting callcards. The first mobile phones (1980s) were the size of a peat briquette and associated with 'yuppie' culture, but got smaller and in 1991, someone changed the world by using a phone to send "Happy Xmas" via SMS. Nokia became the leaders with the 3210, then 3310. Then the mobile markets took off while mobiles, not sure whether they were too big or small, transitioned into everything we all wanted out of modern convenience via the smartphone. Loitering as we knew it has even been replaced by WhatsApp as any group chat with humourism to go will show.

Back in the early 1980's, VHS was the future, placing Cinema fleetingly under threat as more chose to watch the latest blockbusters at home and tape shows off the TV with the recorder machine. The weekend highlight was always a trip to Xtravision for a 2 for 1 video deal with a Coke, Malteasers and Haagen-Daas ice cream to go, while "DO NOT TAPE OVER", "TOUCH AND DIE" and all sorts of miscellaneous warnings adorned the sides of video tapes underneath the shelves of the family living rooms. Even as DVDs gradually replaced VHS, Vid-Library trips remained the highlight until the mid-2000s as HMV, Golden Discs et al slashed the prices of owning DVDs before the virtual clouds blew over, and now – you cannot even give any of this stuff away, with vid-libraries and stores now shuttered up. Netflix, Amazon, Disney, Playstation (who put the video game industry through a similar story and same fate); they have all we need for our viewing pleasures but it can be often like having all the food we need stuffed in our freezers and yet we

do not want anything out of it. Although the old ads that have been transferred from the VHSs to YouTube channels make for lovely nostalgia.

Portable music. After decades of record players, portable cassette tapes were invented in 1968 which could tape music off the radio, making for awesome listening at minimal cost. Stereos and ghetto-blasters were invented for that, and with double-cassette players, could tape from cassette albums onto blank cassettes, which made having a cassette album collection something of status for many a schoolkid until CDs (1980's) became more affordable from the 1990's onwards. Ghetto-blasters as a portable music system, well you needed muscular shoulders, but you did get to share Fleetwood Mac with everyone on the bus... until Walkman players were invented in 1978.

They were nothing short of awesome, until you needed to rewind the cassettes, which drained the Duracells within a week. CD Walkman Players jumped a lot and were too bulky, having short longevity thanks to the internet revolution of the 90's seeing the first MP3 player appear in 1997. Whether it was an iPod or a Sony Sonicstage, you could download a massive amount of music onto your MP3 until finally displaced by our phones, with YouTube Music and Spotify to go. The glory days of taping Dusty Rhodes's late night 2FM dance mix seshs back in 1995 will never be repeated, but that is not stopping the phones blaring out tunes with the Bluetooth speakers loud and proud.

'The Fun They Had' by Issac Asimov was a story about computerised homeschooling and children missing out on studying together in which education is an isolated experience. Covered in both primary and secondary



syllabuses, who was to think that the Covid-19 Pandemic would not only see homeschooling but working at home come true. Transforming the labour market forever was something that aul Issac did not see coming there, not to mention the difficulties of logging into Skype, Zoom and the like for online meetings/classes when internet conditions would determine!

Tickets for events. When Oasis announced Loch Lomond, Knebworth and Cork in 1996, things were bad enough as ticket demand saw phonelines break down as near to 2 million people fought for 1/3rd of that amount available. That was deffo the forerunner of the debacles with the Coldplay and Taylor Swift concerts to come this year as millions queued for tickets and extortionate accommodation, almost all in vain.

Back in the 70/80/90s, the youth used to get out and make the most of their playthings that were non-digital before earning the right to TV and video/gaming. Now parents have a job of getting their youth to get out with their playthings instead of being stuck on their phones and tablets. The paradox is that without playthings, experiences, events and the tangible world around us, how can social media posts be interesting? The 80's could not have even made up that definition of an abstract future. Oh yeah. A phone can save your life. But so can a First Aid Kit with its training; far more so.

Does Cash still rule? The closure of so many banks – and other high-street shops thanks to online shopping – has put that in question, making us realise in recent times – to USE IT or LOSE IT. There are plenty of instances where cash is still essential in areas where the internet is not available and that can be important for personal safety (e.g. late night taxis) or your card gets lost/stolen.

My experience in Gleninchiquin in which there was only cash payments accepted due to lack of broadband (see Explicit Back Issue Sept 2021) made me appreciate that lesson well.

Smartphones hold so many conveniences to the extent that the Wikipedia app have displaced Encyclopedia books, but is it upping ones IQs any? Not necessarily so. Bad enough that posts have left spelling and grammar go out the window but I can remember an instance of a 50-something man using the bank card on his phone to tap on a PAYG Water Stand which accepts COINS, not contactless cards! Unbelievable. Not to mention that all this over-addiction to smart-tech is giving the hackers and trolls the incentive to do what they viciously do to our accounts?

Whatever your opinion, take all this on board just for the sake of maintaining a greater sense of perspective. People got on in the past without that thing we take for granted called the internet y'know.

THAT SAID, since I brought up Societies Week, get involved with as many Societies as you can. It was something I did during my time as a student and the rewards and achievements were unbelievable, not to mention that you can make so many new friends and discover a world beyond internet over-reliance. My esteemed colleague and friend, Societies Officer Shane Falvey will guide you if ever uncertain, and I will be writing in my next articles tales of nostalgia regarding my Societies experiences!

**Bigi Linn Agus Ni Neart
Go Cur Le Cheile!!**

Plan your next move...

CAREERS

FAIR

5TH
OCT

MTU

Scan me to
see what
companies
are attending



Find your
future at
one of
150
companies

5th October

3rd & 4th Year +

Postgrad Admission: 10:15

General Admission: 12:00

Quiet Time: 13:45

MTU ARENA



Free LinkedIn Photo Booth
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