

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

THE OFFICIAL ARENA
OPENING CEREMONY

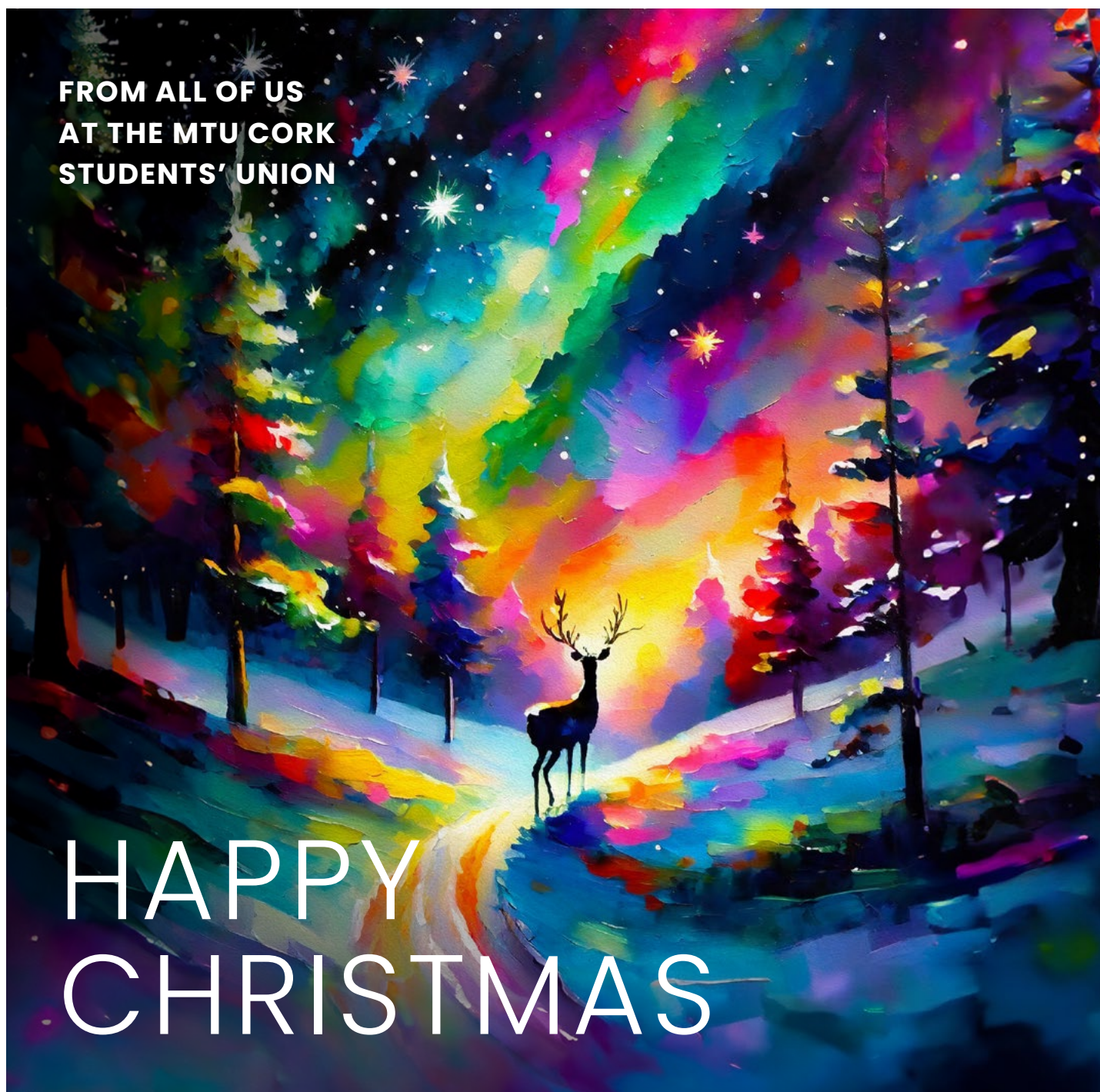
THE RISE OF MINIMALIST
CHRISTMAS

GEARING TOWARDS
THE NEW YEAR

ASTRONOMY SOCIETY
INTERVIEW W/SOFIIA SARANA

FROM ALL OF US
AT THE MTU CORK
STUDENTS' UNION

HAPPY
CHRISTMAS





Christmas Mega Raffle

In Aid of:
Saint Vincent de Pauls &
Dog Action Welfare Group

Live Draw on 14th Dec. at 2pm
Get you tickets here

**Tickets €2
or
3 for €5**

 events.mtu.ie

The MTU Societies Office and Chaplaincy service are proud to once again be teaming up this holiday season to run our annual Christmas Charity Mega Raffle. This years charities are Saint Vincent De Paul & Dog Action Welfare Group, two very worthy causes this Christmas. Tickets are on sale via the MTU events website – please scan the QR code or find the link in our LinkTree. Tickets are €2 each or 3 for €5. We have a list of fabulous prizes to be won, and we would like to thank all our Irish Businesses who have kindly donated these wonderful prizes. The draw will be held live on our Instagram on the 14th December at 2pm, and winners will be contacted shortly thereafter. Please give what you can, and best of luck in the draw. Happy Holidays!



MTU CORK
STUDENTS' UNION OFFICERS
2023 - 2024



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The views of the writers are not that of the Students Union, they do not reflect any internal opinions, preceptions or held beliefs.

Gailearaí Ealaíne Crawford | **Crawford Art Gallery**




Turais an Ghailearaí Saor in aisce!
Dé Domhnaigh & Laethanta saoire Baine, 2i.n.
Gach Déardaoin ar 6.30i.n.
Foghlaim faoi do Bhailiúchán Náisiúnta agus ár dtaispeántais is úire in éineacht lenár sainthreoirithe cairdiúla!
Saor in aisce | Ní gá áirithintí a dhéanamh

Is tionscnamh iad na Turais ar an Déardaoin a thugann tacaíocht do Cheilleagar san Oíche agus faigheann siad maoiniú ón Roinn Turasóireachta, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meán.

Free Gallery Tours!
Every Sunday & Bank Holidays, 2pm
Every Thursday, 6.30pm
Whether you're solo or with a group of friends, come along to this free activity and learn about your National Collection and our newest exhibitions in the company of our friendly expert guides!
Free | No booking required

Thursday Tours are an initiative in support of the Night-Time Economy and funded by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media

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YOUR UNION YOUR VOICE

MTU Arena: The €13M Innovation Hub

On November 20th, the Minister for Further and Higher Education, Research, Innovation, and Science, Simon Harris, TD, joined MTU President Professor Maggie Cusack to officially inaugurate the €13 million MTU Arena on the Bishopstown Campus in Cork. This state-of-the-art facility stands as a cornerstone in the development of the Bishopstown Campus, offering a versatile space for various activities and enhancing the university experience for the MTU community.





The MTU Arena, a multi-purpose facility, includes a central 1,340m² hall, two studios, a café, and a modern gym. Operating seven days a week, the gym is open to students, staff, and the general public, providing a comprehensive health and fitness resource.

Initiated in 2020, the construction of the Arena faced challenges, including the global pandemic. However, the dedication of all involved ensured its completion in under two years, with doors opening to students, staff, and the public in February 2023.

President Professor Maggie Cusack reflected on the significance of the MTU Arena, stating, "MTU Arena was built in just two years despite many challenges, not least a global pandemic. The delivery of this state-of-the-art building is a testament to the dedication of all those involved in the project and to MTU's commitment to becoming a truly great university."

She highlighted the early impact of the Arena, saying, "While the Arena had its soft opening earlier this year, we've already seen what a huge benefit it is to current students and staff, as well as the wider South West Region. The potential for the Arena for staging everything from major sporting events to conferences and events is limitless, and we look forward to a world of opportunity and success."

Chair of MTU's Governing Body, Jimmy Deenihan, emphasized the positive impact the Arena will have on the student experience and the South West Region. He stated, "The MTU Arena is a wonderful addition to the Bishopstown campus and it will greatly add to the student experience. There is huge potential for the Arena to host all manner of sporting events and conferences – it truly is a huge boost to the South West Region."

Isobel Kavanagh, President of MTU Cork Students' Union, expressed the central role of the Arena in student life, noting, "Since the Arena opened earlier this year, we've quickly learned how central it has become to the University experience at MTU."

Mervyn O'Mahony, MTU Arena Operations Manager, emphasized the student-centric focus of the facility, stating, "This is, first and foremost, a place for our students. They are key to the life of the University and are the greatest beneficiaries of this stunning new building." He also looked forward to the Arena becoming a community asset, stating, "But we also look forward to being able to host a wide variety of events at the MTU Arena to show how it really is a true community asset."

In conclusion, the MTU Arena stands as a €13 million investment in innovation and community building. As a hub for physical fitness, intellectual endeavors, and community events, the Arena marks a significant step towards MTU's vision of becoming a leading technological university in the region and internationally.

The Joy of Less: The Cheerful Rise of Minimalist Christmas

└ Cormac O'Dowda

As the festive season approaches, a breath of fresh air is sweeping through the holiday traditions of the Western world. A growing trend in minimalist Christmas celebrations is transforming the way people approach the season, opting for simplicity and experiences over the traditional avalanche of material gifts. In the spirit of spreading joy and embracing a more meaningful holiday, let's explore how this cheerful movement is reshaping consumer culture with a positive and intentional outlook.



Picture this: a Christmas morning adorned not with mountains of gifts but with the eager anticipation of shared experiences. The minimalist approach to Christmas is turning the spotlight away from materialism, placing it firmly on the warmth of togetherness and the delight of creating lasting memories. Families are discovering that the true magic of the season lies not in the number of presents under the tree but in the joy found in shared moments.

The heart of this joyful shift is the intentional pursuit of simplicity. Instead of succumbing to the pressures of consumerism, families are choosing quality over quantity, and experiences over possessions. The result? A Christmas that is lighter on the wallet but richer in connection and contentment.

One of the most delightful aspects of this minimalist Christmas trend is the emphasis on experiences as gifts. Imagine giving the gift of a shared adventure, like tickets to a live performance, a cooking class, or a cosy weekend getaway. The excitement of these experiences extends far beyond the unwrapping ceremony, creating memories that linger long after the tinsel is packed away.

This departure from material excess isn't just a shift in gift-giving

dynamics; it's a transformation of the very essence of the holiday. Families find themselves relishing in activities that bring them closer together, whether it's decorating cookies, crafting handmade ornaments, or simply enjoying a leisurely stroll through a winter wonderland. The laughter, love, and shared experiences become the true stars of the season.

The impact of this cheerful minimalist movement on consumer culture in the Western world is profound. It challenges the notion that more is always better and encourages a re-evaluation of the true meaning of generosity. The emphasis on experiences as gifts reshapes the way people approach their holiday shopping, creating a ripple effect that extends to retailers and the broader market.

Retailers are catching onto the trend, responding to the demand for experiences over material goods. The market is now teeming with a delightful array of options, from subscription services and DIY kits to unique workshops and travel packages. The shift is not just a change in consumer behaviour; it's a gentle revolution transforming the very landscape of the holiday market.

Perhaps one of the most heartwarming outcomes of the minimalist Christmas trend is the return to a more conscious and thoughtful consumerism. As people

choose experiences and meaningful gifts over the allure of mass-produced items, there is a renewed focus on ethical and sustainable choices. The holiday season is becoming a time for intentional and environmentally friendly decisions, creating a positive impact beyond the immediate joy of the festivities.



This shift towards mindful consumption also aligns with the broader global movement towards sustainability, reflecting a growing awareness of the environmental consequences of unchecked consumerism. With less emphasis on material possessions, there's a corresponding reduction in packaging waste and carbon footprints, making the holiday season not just joyous but eco-friendly as well.

In conclusion, the rise of minimalist approaches to Christmas is a delightful journey towards a more intentional, meaningful, and joy-filled celebration. As families embrace the magic of shared experiences over material excess, the holiday season is transformed into a time of genuine connection and lasting memories.

So, let's deck the halls with love, laughter, and a sprinkle of mindful cheer, as we discover that the true magic of Christmas lies in the joy of less and the abundance of shared moments.

Are we experiencing the Renaissance of information?





My name is Jenny and I am in the 2nd year Popular Music course on the MTU Cork School of Music campus.

I took on the role of N-TUTORR student champion focusing on the theme of digital transformation as I am very passionate about keeping up to date in my digital literacy in this ever transient digital age.

This passion stemmed from the pandemic when I realised just how much potential technology and digital resources have to make our lives easier, particularly during the lockdown stages when platforms such as Zoom and Microsoft Teams essentially held my secondary school life together.

So far in my role in the digital transformation I have completed online courses on the Student Digital Backpack, the Academic Integrity Module and my personal favourite, the LinkedIn Learning modules. LinkedIn learning is an online educational platform that can enhance your MTU learning experience through access to videos that allows you to discover topics and subjects that may be related to your course or your personal development. Through N-TUTORR there will be an opportunity for students to sign up to LinkedIn Learning for free in semester 2.

The Student Digital Backpack mydigitalbackpack.ie will give students an opportunity to prove their learning when they receive a digital badge on completion. To add to your CV or talk about in your workplace or job interviews, all of these online resources reiterated to me how powerful it is to have so much knowledge at our fingertips nowadays. These courses

My aim through taking part in the digital transformation sector of N-TUTORR is not only to help people realise how impactful this “information Renaissance” that internet access has brought us can be for our personal, academic and professional development, but also in helping them know how to extract the information from reputable sources.

have not only informed me further of topics I was already aware of such as inclusivity and sustainability but also introduced me to a myriad of new topics too. It has also made me realise that although knowledge is power, knowing how to access that knowledge is arguably more impactful on a student's life.

Experience it for yourself. The Academic Integrity Module is available to all MTU students on canvas right now. Search your dashboard or module list and cover a topic that affects every assessment you submit throughout your time in education. **Complete the course before 7th December and you can enter a draw for €200 One4All voucher.**





The holiday season at the end of the year should focus on coming together, enjoying the company of friends, family and colleagues, as well as enjoying the fruits of your labour after a long year. Students and staff have put in a fantastic semester, it's time to reward your dedication and consistency with some self-care. Leading into the new year, this article may be helpful for those of us who plan to start a new year's resolution related to fitness and wellbeing.

Gearing Up Towards the New Year

I Kathleen Keating



Winter Break Hours

December 23rd to 27th
CLOSED

December 28th to 30th
9am - 4:30pm

Dec 31st to Jan 1st
CLOSED



FITNESS

Getting started now with fitness will give you a great baseline heading into the new year. With exams ahead of us, it's important to do all we can to boost our immune systems and keep our body active. Activity helps staff and students to keep our bodies from getting overly stiff (from sitting at a desk/lab for lectures & exams), improves mood, improves sleeping patterns as well as helping with immune and mental health. Adding 30 minutes of activity per day by walking, resistance training or adding activities we enjoy is a huge help towards your goals.

Fitness is not solely about losing weight! Fitness is being able to play with your kids, grandkids, nieces and nephews. Going for a family walk after Christmas dinner. Getting better sleep and having an improved relationship with one's mental health. Being active while being social, like meeting friends for a walk and coffee, helps us to socialise as well as work towards our fitness and wellbeing. Activity gives us all an opportunity to set life aside, take a break, and focus on improving our relationship with our bodies. Fitness does so much for all of us at MTU Arena and we wish you the very best of luck with your fitness journey.

If you need any help our Gym Supervisors are qualified to help you. We will pinpoint your goals, tailor programs to work towards your goals and encourage you to show up for yourself every session.

NUTRITION

Enjoy your holiday treats. Time is one thing we can't get back, so, enjoy the time you have and connect with your loved ones! The treats, cakes and drinks you have over Christmas are meant to be luxurious, enjoy some! That being said, everything is great in moderation! When you're wanting to have a treat, set yourself up to enjoy it guilt free. Not to say, go eat a full cake and make yourself sick, but have a slice to satisfy your cravings. A slice of apple tart (100g), for instance, is approximately 265kcal per slice. That can comfortably fit into a day of 2,000kcal. Satisfy those cravings in small ways when you have them! This will help you to not overconsume those foods (treats and drinks) as the craving builds, work to subside it by understanding the calories can fit into your day without exorbitant sacrifices.

You will hear, read and view Instagram posts that mention "macros". These are the three major components of foods that make up our daily consumption, i.e. calories. Fats, Carbs and Proteins are essential for human bodies to function.

PROTEIN: 10–30% of daily calories should come from protein. Try to consume .7– 1.5 g per body weight (kg) each day.

A. $70\text{kg bodyweight} \times .7\text{g} = 49\text{g/day}$

B. This goal could be achieved by adding protein into every meal. Adding a Greek yogurt to a breakfast can add approximately 20g of protein to your daily intake. That's nearly HALF of this person's recommended intake!

C. A good rule of thumb, when looking for protein rich foods, aim for 10g of protein per 100g of a given food. Additionally, consider lower calorie foods such as Greek yogurt, eggs & lean meats.

This will keep calories low, but protein consumption elevated. Adding Protein to meals will help to stay satiated (feeling fuller longer) too!

CARBOHYDRATES: 45% to 65% of daily calories should come from carbs. Try to consume 3.2 – 4.6 g per body weight kg.

A. $70\text{kg body weight} \times 3.2 = 225\text{g of carbs/ day}$

B. Carbs can be found in nearly all foods. Carb rich foods include vegetables, grains, pasta, breads, sweets and drinks.

C. Tips to lower carbs but increase satiety (feeling full) fruits and vegetables tend to have more water content and will help to make you feel fuller. Additionally, they have fiber which helps with digestion and feeling full! High-fiber foods not only provide volume but also take

longer to digest, making you feel full longer on fewer calories. One last carb saving tip, those mixers in our holiday cocktails, go for fizzy 0 calorie drinks like soda water, coke zero and the like. They'll taste great and lower your carbs and calories.

FATS: 20–35% of daily calories should come from fats. For those attempting to lose body fat, 0.5–1g/kg of fat should be consumed per day to avoid essential fatty acid deficiency.

A. $70\text{kg bodyweight} \times .7\text{g} = 49\text{g/day}$

B. Fats are divided into two groups saturated and unsaturated fats.

i. Saturated fats are found in butter, ghee, suet, lard, coconut oil and palm oil. Cakes, Biscuits, fatty cuts of meat: Sausages, Bacon, cured meats like salami, chorizo and pancetta as well as cheese.

ii. Unsaturated fats are found in Olive, peanut, and canola oils. Avocados. Nuts such as almonds, hazelnuts, and pecans. Seeds such as pumpkin and sesame seeds.

C. A good rule of thumb, when looking at fats, try to consume more unsaturated fats than saturated fats. Swap out butter or ghee for small amounts of oil instead. Keep in mind, there is no "bad food" so if you have a day when you consume more fats, it's okay. Try to be mindful of your overall consumption, and enjoy yourself in moderation.

Hydration is key especially if you're studying for exams, meeting up for coffees leading the holidays and drinking caffeine to keep yourself going for work. Drinking .04 Liters of water and fluids x your body weight is a quick way to calculate sufficient hydration. Use the equation example to fill in your weight and calculate your need: $.04\text{L} \times 100\text{kg} = 4\text{L}$ of water/fluids for proper hydration. Caffeine, coffee & energy drinks have a dehydrating effect on our bodies. Be sure to supplement your intake with water and additional fluids to keep hydration levels up!

GENERAL TIPS:

1. Try your best to get 7–9 hours sleep
2. Hydrate! Drink plenty of water and hydrating fluids
3. Try to have 25g of protein in every meal or snack to reach your goal
4. Try to avoid saturated fats, but if you're enjoying a treat or satisfying a craving, try to minimize overconsumption.
5. Try to get 30 minutes of physical activity in per day
6. Enjoy the build up to the new year, you've earned it!



Astronomy Society Interview

Q**Can you tell me about the Astronomy Society?**

The MTU Astronomy Society is a society for students who are interested in the important questions of the universe and want to learn more about it. We usually meet once a week for different events. This is a great opportunity to find someone to talk to in any field. Together we not only learn basic astronomy but also have lively discussions about other related topics, such as mathematics, physics, philosophy, and so on. Our meetings aim to make science interesting and fun. And so far, it is always like that. We are trying to organise more off-campus events. Our trip to Kerry will remain in the memory of everyone who was there, and it is certainly not our last trip. Soon we will get a telescope and will be able to go out more often to observe the wonders of the universe.

Q**Why did you start the Astronomy Society?**

Last semester, in the spring, I became interested in societies and my only interest at that time, besides my course, was astronomy. I fell in love with astronomy in my final year of school; this topic always seemed to me something magical and bewitching. I was very surprised that such a society does not exist at MTU. So, I decided to create it and it was one of the best decisions I've made. Another reason why I decided to create the Astronomy Society is the opportunity to find friends and interlocutors. I really wanted to find those who could carry on a conversation about the mysteries of the universe, physics, innovation, etc. and I did. There are more than 100 members in the society now, and they all are wonderful people.

Q**What do you think is special about this society – what makes it different from other societies?**

The most important and special thing in the Astronomy Society is our community. These people share a passion for science and see beauty in the stars, physics formulas, and planets. I believe that together we can achieve a lot, and perhaps make important discoveries about the universe. We are not just friends, we are family. In our community, you can find support, motivation, and a desire to learn new things. Every person in the Astronomy Society receives special treatment from me and others. Because if you are with us – you are already special.

CHAIRPERSON ASTRONOMY SOCIETY

Sofia Sarana



Why should students join your society?

Students should join this society if they are interested in learning new things and have a passion for science. No previous knowledge is required to join us, we have many members from non-science related courses, and it has never been a problem. We are learning together and making astronomy easy to understand and fun. You should become a part of our community if you love looking at the stars at night and discovering interesting facts about them. Here you will find a lot of like-minded people and be able to have all the conversations that you crave.



Any upcoming plans/events?

We are planning a collaboration with UCC Astronomy Society now, this is going to be a big stargazing event that will help us promote our society and make new connections for future big events. Hopefully, we will be able to hold an Astro-photography event this semester as well, where we will take photos and make an exhibition afterward. Next semester we will hold our yearly "find and tell" event. It's a presentation and research competition where students work in groups for the year and present their research/innovation. Our Judges will then decide on winners, and we will provide a prize for them. All the above are our big events so far, but we will have a lot more.



What is the best way for students to get in contact with you?

The best way for students to get in contact with us is through Astronomy Society Instagram or Discord. Both links are provided on the society's website. We read all the messages on Instagram and try to reply as soon as we can, it is the most convenient and quick way to communicate with the society. Discord is a space where we usually have discussions and news, so I recommend joining it if you're in the society.



Tell us why you love being a part of the Astronomy Society?

I love being a part of the Astronomy Society because I enjoy learning new things and chatting to people with similar interests. Every meeting is fun and gives me the motivation to invest more in society, in promoting science and making it more interesting and enjoyable for others and myself. Thinking and talking about things that are as far away as the stars makes me relax too, it is such an out-of-this-world thing. I simply feel happy organizing and attending Astronomy Society meetings.

Flynn's Flying column

I **James Flynn**

Firstly, I am going to talk about the situation in Gaza. Israel is the consequence of the Jewish race needing their own state for them to have their right to exist free of persecution. But this does not give the excuse for the politics of Zionism to lower to the same levels of those who persecuted the Jewish race in the first place, especially towards the besieged Palestinian minorities in Gaza and the West Bank, who have equal entitlements to a Palestinian state for their own existence rights.

What Hamas did with the festival massacres was undeniably evil and must not go unpunished. But this does not give the Israeli Government the right to inflict invasion, death and destruction on countless thousands of innocents in the Gaza Strip trapped without any food, water, communications and medical aid, and rightfully fearful of any outcome out of Zionist vengeance will hold.

The US, UK and EU have shown their breathtaking hypocrisy once again, being quick to stand up Putin for his illegal invasion of Ukraine in 2022, with his strikes against Ukrainian civilians to go still ongoing. But suddenly in Western eyes, Israel is launching a good invasion and decent land and air strikes against innocent people. Only President of Ireland Michael D. Higgins has had the courage to speak out against all this, hitting back against the EU Commission and our own government.

There is no time to lose. There must be a ceasefire. Aid must be allowed into the country to help the beleaguered Palestinians. The UN need to garner the courage of Mikey D and call a summit. Those responsible for war crimes, both Hamas and the Israeli Government and Defence Forces, must be brought to

account and justice. The Palestinians must be granted their own state. Both Israel and Palestine must learn to live alongside each other; there are campaigners from both sides who support such. And Jerusalem, being the centre for Judaism, Christianity and Islam, must be made an International Mandate under full and sole UN administration. Nothing else can be contemplated; we have enough on our plate as it stands.

RECENT FLOODING

Over to the recent floods that have ravaged East Cork last October. Storm Babet had wrought total havoc on Glanmire and Middleton with lives and livelihoods devastated by the horrific flooding. However, it brought out the best in community spirit that is part of the fabric of being Irish once again as the two communities got together to clean up, clear out and get back on their feet. Sarsfields GAA, newly-crowned Cork Senior Hurling Champions, took an admirable hit with as well as for the Glanmire community by opening up the club gates and thus turn their pitch into a floodplain as to save the town from further devastation. The Middleton Music Festival on November 5th was a very novel way to draw acts to perform for the many revellers who travelled to contribute with all admission fees going to the beleaguered townspeople worst affected by the flooding.

The Government had been initially slow, but funding and aid is now coming through and here is hoping that the two communities will be mostly back on their feet for the Christmas season. This is where supporting local business has never been more important to help them have a Happy Christmas. But this is also, not for the first time, a wake up call on the realities of climate change, and it must be tackled at local level for all our futures in a true spirit of consensus and vision.

HIGH SOCIETY MOMENTS

October 24th 2014. Starting my first year in CIT (as MTU Cork was known then), I had just joined the International Students Society and Da Flynnner, never averse to a trip out West, signed up for a trip to Galway and Connemara as the only Irish traveller. There I met Ben Henry from Metz in France who was the ISS President then, striking up a friendship that has lasted to this very day – I even made him an honorary Corkman later!

The first day saw us leave Cork and after a pause at Bunratty Castle, we headed up out to Connemara – the largest Gaeltacht (Irish speaking) area in Ireland, with suitably wild and showery weather to go. Meandering through the rugged countryside, we then stopped at Kylemore Abbey, the former Benedictine centre and its grounds, a landmark in North Connacht, looking stunning in the autumn conditions and the rainbows that reflected against Kylemore Lough was something

else. However as it was getting dark, we soon headed back to Galway City – our centre of operations – and checking into the Kinlay Hostel at Eyre Square, our group headed out for dinner in various locations. I chose the Spanish Arch for my meal and drinks was in Barr An Chaladh; a piece of County Clare in the middle of the Tribal Capital!

Saturday morning, October 25th, and it was down to real business. Hopping onto the bus, it was off to Ros An Mhil to take the ferry to Na Oileáin Árann (Aran Islands). The waves generated by the rough conditions crossing Galway Bay were plenty high, but undeterred, we stood high on the ship's bridge near the platform and got plenty soaked, but as soon as we landed on Inis Mór, the chilling winds were not long drying us off. Strolling along the country lanes with all the Trad-Irish hallmarks one could ask for, we hit Dún Aonghasa, a Celtic ringfort sitting high on a cliff with views of nearby County Clare which makes for an interesting visit. We were back at Cill Rónáin village later in the afternoon were a delicious lunch of burger, chips and two delicious pints of Guinness was had – the stout does taste better out there. Braving the choppy seas again, we returned to the mainland and headed back to Galway City again, where I dined at the Eyre Square Hotel and enjoyed drinks at The Daíl Bar in the Centre.

Sunday Morning October 26th. Time to go home. However, it was to be a long goodbye. Myself and my many new friends – whom would help me a considerable way along my CIT journey commencing then – would go the long way home. First with a trip through County Clare and a visit to the Poul nabrone Dolmen. Then, meandering again this time through the Burren, we would land at The Cliffs Of Moher. No ISS trip out to the West Of Ireland would be complete without visiting the first attraction of interest in Irish History, and the sheer size, scale and beauty of the cliffs with the views of the coastline from Kerry to Mayo to go is something that will never lose its appeal – just be careful not to fall off.

We were back in Cork City by early evening. Ben had proven himself to be a formidable organiser, something that continues to stand for him as he, like myself, enjoys his foreign adventures. I had enjoyed my trip, and because of this success, I would encourage everyone on campus to get involved with such societies; they do not cost much, you make new friends, and you learn that every adventure enriches one's knowledge and experience.

Check out MTU-Cork International Students Society at Societies Office for more information.

Bigi Linn Agus Ni Neart Go Cur Le Cheile!!



13th - 10

POSITIVE
& MIND



5th Nov
 WE BODY
 WEEK

It is my personal belief that every individual has the right to think the things they want to think, say the things they want to say, and to do the things they want to do. However, this autonomy comes with a parallel responsibility – the responsibility to bear the consequences and the aftermath of one's actions, whether they be good or bad. Yes, I am aware that such a world will inevitably lead to conflict, but that very conflict is necessary to spark growth.

I Judah Arun

Most view conflict as disruptive and dangerous, which it is, make no mistake. But I also view it as the essence of change. Disagreements, although uncomfortable—and sometimes even painful—are catalysts for learning and reflection. Allowing ourselves to embrace alternative viewpoints can help enrich your own personal perception of society, providing you with a more nuanced and enlightened world view.

The real reason why I've gone off on this deep philosophical rant is so that people don't hate me for saying that I wanted to go to UCC. This one movie called K.G.F had this quote that said "Powerful people come from powerful places," and at that time, my goal was to study criminal psychology, join Interpol, become a detective and chase internationally wanted criminals on speedboats across the Indian ocean. Clearly I needed to be as powerful as possible, and UCC seemed like the place to do it.

Now, I do a Media Communications course in the Crawford Envision Centre learning how to use Adobe Premiere Pro while writing screenplays in my spare time.

It keeps me occupied, I won't lie. This course is actually quite nice. I can't fully tell if I enjoy it just yet, but it's extremely useful to me and that's enough. I'd kind of gotten over the fact that I didn't get into UCC until my class took a Field Trip there to check out the old gothic buildings or whatever, and the architectonic disparity between the two campuses really bugged me because UCC looks like Irish Hogwarts and MTU looks like Old McDonald's Barn.

What also bugged me is that around 80% of UCC students are unreasonable snobs, with a holier-than-thou stance towards anybody who didn't attend the same university

Conflict, Choices, and Campus Dynamics



as them. I started wondering what might have happened if I actually went to UCC. Would my life have turned out any better than it was now? Would I turn into a snob? Or did it really just not matter? That's when I really started thinking about it.

The Cork Institute of Technology was founded in 1974. Munster Technological University itself was only founded in 2021. Our student population, about 17,000. UCC, 1845. Student population: 24,000—of which most are snobs, but smart snobs nonetheless—and arguably that's our greatest strength. Not that we don't have snobs (every university has snobs) but the fact that we're not as big or nearly as developed as UCC.

While UCC's rich history and highly qualified student population are desirable traits of any university, MTU's strength lies in its youth and malleability. This freshness enables us to initiate movements rather than just perpetuate established legacies. Here, you create your own narrative, instead of adhering to established scripts. MTU is where you make new beginnings, where your journey is determined by what you decide to do personally and individually because it's not powerful places that make people powerful, but people that make places powerful.

Though the exact same could probably be said for any university, it's especially true for MTU. We have a surplus of activities and events and opportunities and most people don't even use them because they don't know they exist. We're designed for a much larger student population, but until all those spots are filled there's an opening for the people like you and me to do something more than just be a student of MTU.

You have to be more, or else someone else will.

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