

# explicit

MTU STUDENTS' UNION MAG



MTU CORK  
STUDENTS' UNION

SO, THINKING OF RUNNING IN  
THE MTU SU ELECTIONS?

MTU LAUNCHES  
PARK & RIDE SERVICE

INSIDE THE ANNUAL BUSINESS  
MODEL CANVAS INITIATIVE

BRUSSELS STUDY TRIP: STUDENT  
COLLAB, AND INDUSTRY INSIGHTS

MTU SU STUDENT  
GENERAL  
ELECTIONS  
2024-25

HUSTINGS  
13 MARCH

ELECTION DATE  
14 MARCH

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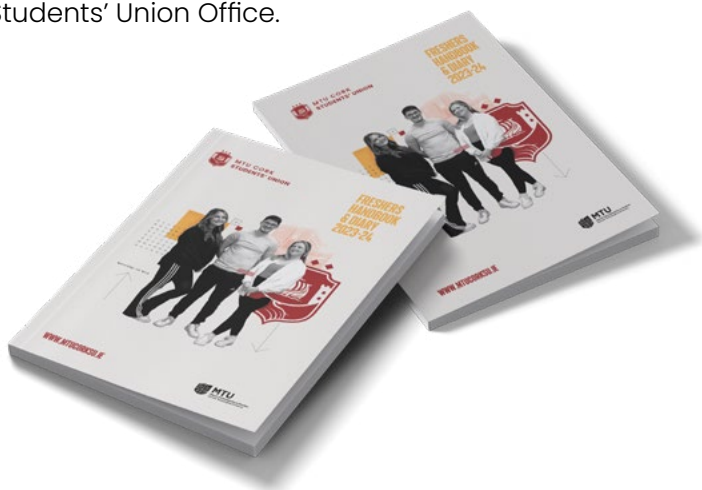
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# HANDBOOK OUT NOW!

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



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AT MTU

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

## MTU International Women's Day 2024

Friday, 8th March, 12.30-2.00  
MTU Cork School of Music



**Molly Lynch**  
Actor & Singer



**Ciaran Bermingham**  
Actor, Director & Writer



**Elena Canty**  
Disability Rights & Inclusion Activist



### MTU STUDENTS' UNION OFFICERS & STAFF

**Explicit Production, Design & Advertising**  
Aaron O'Driscoll // corksupublications@mtu.ie

**MTU SU Cork President**  
Isobel Kavanagh // supresidentcork@mtu.ie

**VP Education**  
Oisín Gahan // sueducationcork@mtu.ie

**VP Welfare**  
Eva Corcoran // suwelfarecork@mtu.ie

MTU CORK STUDENTS' UNION, 1ST FLOOR STUDENT CENTRE,  
BISHOPSTOWN, CORK. // TEL: 021 433 5274 // MTUCORKSU.IE

**Projects Officer**  
Connor Cody

**Communications Officer**  
Alma Krause

**Entertainments Officer**  
Eireann Griffen

**Entertainments Manager**  
Mick O'Mahony // corksuevents@mtu.ie

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# YOUR UNION YOUR VOICE



# so,

THINKING OF RUNNING  
IN THE MTU CORK SU  
ELECTIONS?

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

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

#### **COULD YOU BE THE NEXT MTU CORK SU PRESIDENT?**

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

#### **COULD YOU BE THE NEXT MTU CORK SU VICE PRESIDENT OF EDUCATION?**

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

- ▶ Building positive relationships and partnerships between University staff and students.
- ▶ Enhancing student engagement to develop and improve quality in education.
- ▶ Managing issues around course delivery, timetabling and exams.
- ▶ Managing Union Council and General Meetings.

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

#### **COULD YOU BE THE NEXT MTU CORK SU VICE PRESIDENT WELFARE?**

The Vice President Welfare delivers an educational and awareness programme throughout the year to help students to manage personal issues including sexual health, mental health, accommodation, finance, safety, bullying and addictions.

The programme features campaigns such as S.H.A.G. (Sexual Health Awareness & Guidance) Week, Positive Mind and Body Week, Exam DeStress Campaigns, Equality Campaigns and Safety Week.

These campaigns address different issues which may affect students in an attention-grabbing, fun and

effective way. Along with this, the Vice President Welfare sits on many University committees which include the Student Assistance Fund, Athena Swan and the Safety Committee.

#### **COULD YOU BE THE NEXT MTU CORK SU COMMUNICATIONS OFFICER?**

The Communication Officer aids in the development of the Union's information and communication policy.

This Officer must be familiar with all the communication policies and all the communication media available to the union and ensure they are used to their full potential.

The Communications Officer keeps the membership of the Union informed through the provision of a regular Union publication in conjunction with the Sabbatical Officers and Union Staff.

#### **COULD YOU BE THE NEXT MTU CORK SU ENTERTAINMENTS OFFICER?**

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

#### **COULD YOU BE THE NEXT MTU CORK SU PROJECTS OFFICER?**

The Projects Officer's role is to support the Sabbatical Officers in the areas of campaigning, Union development and projects.

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

**FOCUSED/DEDICATED:**

The Officers' roles are extremely broad and they need to set out a strategy for the year with realistic and achievable goals. Project management skills are vital. The summer is a great time to learn what they need to know as well as prepare for the year ahead.

**COMMITMENT:**

It is essential that Officers are committed and understand what is involved with the role. Sabbatical roles are full time and paid while non-sabbatical roles are undertaken in tandem with studies and are voluntary in nature. Consideration must be given to how much time can be allocated to the role and potential candidates should assess other commitments such as course requirements and part time jobs before opting to run for election.

**RESPONSIBLE:**

The Officers of the Union must oversee many activities so having a responsible attitude is vital. They must keep themselves informed of issues, while being responsible for the students' views is imperative. They will also need to sit on boards that deal with sensitive issues.

**INNOVATIVE/CREATIVE:**

New ideas for events, campaigns and promotion which will truly benefit the Union as a whole.

**DIPLOMATIC:**

Good interpersonal skills are necessary to accomplish tasks and Officers need to be able to manage relationships with staff, students, management

and others in a tactful way. Often developing good relationships and gaining mutual respect is the key to affecting change and improvement.

**ASSERTIVE/INFLUENTIAL:**

The Officers must often stand their ground when it comes to all sorts of initiatives, be it stand firm against University management, press or political figures. They will also need to become comfortable speaking in public and be able to influence the opinion of others.

**SELF-AWARE:**

Officers should understand their strengths and weaknesses and by doing so create an opportunity to grow as individuals and as effective Union leaders. It is important to put the needs of the students and the Union as a whole ahead of the needs of the individual Officer.

**REALISTIC:**

The Officers must be able to assess the feasibility of projects, ideas or campaigns in terms of legal, financial and resource limitations. When dealing with students' needs, an unbiased approach has to be brought to every specific case. Officers must check all the facts and hear everyone out before passing judgment. This will avoid leaping to conclusions based on incomplete evidence. Bringing every case to a fight will weaken credibility when a genuine case emerges.

**CARING/APPROACHABLE:**

The Officers should practice empathy and patience, while listening to a student's needs.

# What's in it for you?

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

## What are the terms of employment?

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

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

The election process takes place entirely online and details will be made available to all Union members via email (mycit.ie accounts). Should you require information relating to the election process and rules, please contact **Vicky O'Sullivan** by emailing [vicky.osullivan@mtu.ie](mailto:vicky.osullivan@mtu.ie)



**For nomination forms...**

**CLICK HERE**









**MTU CORK  
STUDENTS' UNION**

# SHOP & SERVICES

A4 Pads	1.00
Calculators	17.00
Goggles - Protective	2.50
Graph Pads	1.50
Hardback Copies	1.50
Highlighters (multipack)	1.50
Lab Coats	14.00
Padlocks	2.50
Pens	0.20
Pencils	0.20
Poly Pockets	0.05
Poly Pockets	2.80
Pocket Display Book	1.90
Presentation Folder	0.50
Project Book - Divider	4.50
Rulers	0.50
Scale Ruler (Triangular)	2.50
Science Books	2.00
Spiral Pads 160 pg	1.30
Spiral Pads 320 pg	2.30
Staplers	1.50



- ▶▶ Leap Card Activation Terminal
- ▶▶ Lab Coats & Safety Goggles
- ▶▶ Padlocks

## COLLEGE SUPPLIES AT STUDENT FRIENDLY PRICES

# Improving Campus Accessibility: MTU Launches Park-and-Ride Service

A free park-and-ride service has been launched to Munster Technological University's (MTU) main Cork City campus amid confirmation on-campus pay-parking is on the way.

Less than two and a half months after students staged a large rally to demand improved public transport links and more parking options. The first buses began operating between Curraheen Park Greyhound Stadium and MTU's Bishopstown campus.

The pilot park-and-ride service for students and staff, is operated by Jerry O'Brien coach hire on behalf of MTU, was launched in January.

It will operate Monday to Friday between the Greyhound Stadium and the Bishopstown campus, via Melbourne Road and stopping on Rossa Avenue. Buses run every 15 minutes between 8am and 10am, every 30 minutes on the hour between 10am and 4pm, and every 15 minutes again between 4pm and 6pm.

MTU has use of 100 car park spaces at the greyhound track, but can access more if required.

Kevin Tuohy, who works in MTU's arts office, was one of the first passengers to use the service.

"My commute is about 40 minutes from the north Cork area. I'd normally come in the South Link Road, and then on to the main campus and try to get a parking space in the staff car park or other areas," he said.

"On a normal day in the first semester, it was busy so by 8am, most of the spaces in the car park were full. But with the work that I'm involved in, we might have different times during the week, so this service gives flexibility to adapt to our schedule."

His colleague, Sharon McCarthy, said people had to be in very early to get an on-campus parking space.

"This service should make life a little easier," she said.

MTU vice-president Paul Gallagher said they have a very proud tradition of working very closely with their students' union, and resolving the parking problems had been a key issue.

"We think it will be a slow start because we have a lot of students on placement this semester. So the real focus is on September, and on growing capability in terms of sustainable mobility," he said.

MTU Cork Students' Union president Isobel Kavanagh welcomed the introduction of the park-and-ride service and said it offered another option to students who could not find parking on campus.

"We want to thank MTU for the service, and for really listening to us during our campaign and for ensuring that the student voice was heard," she said.

"And while it is great to see this service, what we need to see now is investment in transport infrastructure around the Bishopstown area because it's good having the bus but it's hard for it to get through the traffic because it's so congested.

"We just want people to use it. The more people that use it, the more frequent the buses can be. We just need bums on seats, and that people know it's here."

The service will be assessed this semester and whatever changes to times and frequency will be made before the service runs again for the first semester next September.



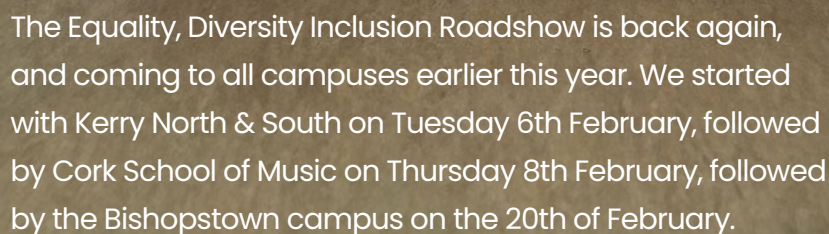






# Roadshow 2024

The Equality Commissioner and Commissioner for the Environment with Kerry McCarthy  
by Cork South Central MP  
by the Bishop of Cork, Cloyne and Ross



- **NMCI Ringaskiddy:**  
Wednesday 21st February, 11am to 2pm, foyer area
- **Crawford College of Art & Design:** Thursday 22nd February, 12 to 2pm, foyer

If you have an idea for how we can improve inclusion at MTU, you can share it to enter a draw to win a €100 One 4 All Gift Card – click here to learn more about EDI and enter now: <https://linktr.ee/edimtu>

# EDI ROADSHOW

Coming to your campus soon...



**KERRY CAMPUSES**

Tuesday 6th February  
South Campus: 10.30am – 11.30am  
North Campus: 12pm – 2pm

**NMCI**

Wednesday 21st February  
11AM - 2PM

**CSM**

Thursday 8th February  
11AM - 2PM

**CCAD**

Thursday 22nd February  
11AM - 2PM

**BISHOPSTOWN**

Tuesday 20th February  
11AM - 2PM

**WIN  
PRIZES  
AND  
FREEBIES!**

**ALL STAFF AND STUDENTS WELCOME !**



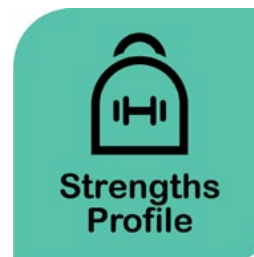
Digital badging is becoming increasingly popular as a way to show your knowledge on a subject area or skill. MTU students and staff now have access to a free website that issues digital badges. As part of the national N-TUTORR project, the Student Digital Backpack has been launched and is available to login using your MTU credentials.

The courses are targeted at upskilling students, they are free and on completion of which you receive a digital badge. The courses available online include an Introduction to SDG's, Digital Skills, Civic Engagement and Gender-based Violence. There are also self-assessment tools such as a strengths profile, study skills and writing skills.

Students can attach these certificates to their LinkedIn profiles, resumes, and CVs, enhancing their visibility and making them stand out from the crowd. They also demonstrate that you are committed to professional development and show that you are eager to learn.

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

## Digital Badges Enhance Employability



# INGENIUM



SUPPORTED AS A STUDENT/  
STAFF PARTNERSHIP INITIATIVE  
BY LE CHÉILE (A PROJECT  
OF ANSEO – THE STUDENT  
ENGAGEMENT OFFICE)

On the week of the 5th of February, the Students' Union team of President Isobel, VP Education Oisín, and VP Welfare Eva attended the ten days of INGENIUM Senior Winter School Event in the University of Crete, Greece. Through this event we were able to Connect, Share, and Learn through the INGENIUM alliance and it has been an eye opening and rewarding experience for us as individuals and in our roles as SU officers! We look forward to taking this experience forward with us and would highly recommend getting involved in any INGENIUM activities to improve your own self, network with others, and better your understanding of education in an international context. We are very grateful to Le Cheile, under the AnSEO Office, for affording us this opportunity to attend.

I really enjoyed having the opportunity to immerse myself in the fantastic atmosphere that the University of Crete offers to its students. It was great to meet students from around the world and share our experiences and challenges with student life in our respective countries. I am looking forward to taking my learnings back with me to Cork with the hopes of implementing them and providing the students of MTU Cork with an amazing student experience!

– *Isobel Kavanagh, SU President*

## WHAT IS INGENIUM?

INGENIUM University is an alliance of ten European world-class, transnational, and interdisciplinary institutions which include:

1. "GABRIELE D'ANNUNZIO" UNIVERSITY CHIETI – PESCARA (ITALY)
2. "GHEORGHE ASACHI" TECHNICAL UNIVERSITY OF IAȘI (ROMANIA)
3. KARLSRUHE UNIVERSITY OF APPLIED SCIENCES (GERMANY)
4. MEDICAL UNIVERSITY SOFIA (BULGARIA)
5. MUNSTER TECHNOLOGICAL UNIVERSITY (IRELAND)
6. SOUTH EASTERN FINLAND UNIVERSITY OF APPLIED SCIENCES – XAMK (FINLAND)
7. UNIVERSITY OF CRETE (GREECE)
8. UNIVERSITY OF OVIEDO (SPAIN)
9. UNIVERSITY OF ROUEN NORMANDY (FRANCE)
10. UNIVERSITY OF SKÖVDE (SWEDEN)

I was delighted to have the opportunity to travel to Crete and gain experience of college life there – make connections and expand my understanding of the INGENIUM Alliance and the importance of the evolving relationships/partnerships between teachers and learners on an international scale

– *Oisín Gahan, VP Education*

## WHAT IS THE TEN DAYS OF INGENIUM?

It consists of Junior and Senior Schools related to students enrolled in bachelor, master, and doctoral studies from partner universities. Junior School focuses on students

in bachelor's degrees and Senior School focuses on master and doctoral studies students. Many academic staff also join as well to meet and act as mentors, trainers, and keynote lecturers. Complementary to student's program, there are multiple workshops regarding Staff Academy sessions, projects development, networking, and workshops on various barriers to inclusion and belonging in Higher Education enable in-depth reflection on current issues. It is an international event and brings together students, academic and administrative staff belonging to INGENIUM partner universities.

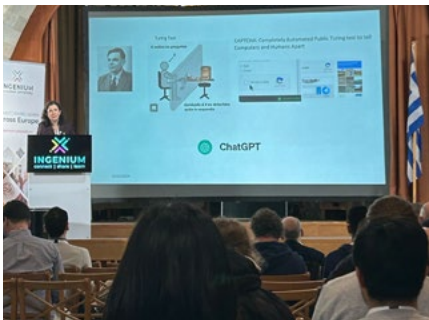
I was so fortunate to be afforded the opportunity to attend the 10 days of INGENIUM conferences in the University of Crete and MTU. This experience has shown me the work and effort that goes into the teaching and learning by lecturers, mentors, and students alike. The workshops we attended were both helpful to see how lecturers can use different techniques in their teaching and enjoyable in the learning I personally received

– *Eva Corcoran, VP Welfare*

## TEN DAYS OF INGENIUM AT THE UNIVERSITY OF CRETE:

At the first part of the ten Days of INGENIUM at the University of Crete your SU Officers joined in as part







of the Staff Academy and learned more about the teaching and learning practices and the research work being conducted by members of the alliance. We completed Workshops which were pre-selected from a panel from all Universities, this shared knowledge in specifics area of study and research such as AI, e-Learning, Virtual Site Visits, learning through simulation, and gamification of learning. This helped us as SU Officers to see how academic staff and students are investigating ways to better improve the delivery of content, impact of learning on students, and the overall student experience. We also learned about student and staff partnerships. This gave us the opportunity to speak with the members from different Universities and countries.

### TEN DAYS OF INGENIUM AT MUNSTER TECHNOLOGICAL UNIVERSITY

The second part of the 10 Days of INGENIUM took place at MTU where undergraduate students attended MTU as part of the Junior Winter School. The main focus for this week was Entrepreneurship, to encourage researchers, academics, and undergraduate and post graduate students to develop entrepreneurial mindsets and skills by partnering with staff and mentors.

Students explored the Business Model Canvas, a widely used visual tool to help entrepreneurs understand the key aspects of business. This helps the students to understand aspects of a business including customer segments, value propositions, channels, customer relationships, revenue streams, key activities, key resources, key partnerships, and cost structure.

The Cyber Security and Sustainability themed Hackathon brought teams together to understand, research,

and attempt to solve key problems concerning industry partners in cyber security and sustainability. At the end of the two days participants had a deeper understanding of the problem statement and understood how they could implement potential solutions for this situation.

### WELCOME SPEECH FOR INGENIUM TEN-DAYS

Lord Mayor, President Cusack, visiting rectors and presidents of all INGENIUM partners, distinguished guests, colleagues and friends, my name is Michael Loftus, Vice President for External Affairs here in MTU, and I am delighted to welcome you today to celebrate the hosting of the INGENIUM European University Alliance here in MTU.

As you may know, INGENIUM is a consortium of 10 universities from across Europe who are striving to create new opportunities for our students, staff, researchers, innovators and other stakeholders to operate with a vast range of new options on a European and global level. This covers everything from student and staff mobility, to the creation of international courses supported by multiple universities, to the development of new research and innovation collaborations, to the connecting of businesses and organisations that we work with every day.

INGENIUM has been running now for a little over 1 year and, this week, we will take stock in relation to progress made to date and priority actions going forward. During these days, we will also bring together the students, staff members and stakeholders from our partner universities to share ideas and to build the connections on which our shared future will depend.

– **Michael Loftus,**  
**Vice President for External Affairs**











# Awards Scholarships

Johnson & Johnson announced on the 5<sup>th</sup> of December last its prestigious Women in STEM2D (WiSTEM2D) Undergraduate Award recipients from Munster Technological University. This is the second year that the university has been involved with the programme, which has been running in Ireland since 2016.

The Award recognises outstanding female students in STEM2D disciplines: Science, Technology, Engineering, Math, Manufacturing and Design. Each recipient will receive a student award, industry mentoring and leadership training, along with the opportunity to attend careers workshops, visit Johnson & Johnson sites and participate in WiSTEM2D events designed to support them with pursuing future STEM careers.

WiSTEM2D refers to Women in Science, Technology, Engineering, Mathematics, Manufacturing and Design. The Johnson & Johnson WiSTEM2D programme fuels the development of the female STEM2D talent pipeline by awarding and sponsoring girls and women at critical points in their educational experience and their careers, in STEM disciplines. The Undergraduate programme was first introduced at University of Limerick in 2016. Since then, it has expanded to include University College Cork in 2018, and University of Galway in 2021, and Munster Technological University in 2022, supporting more than 400 female students over the last 6 years.

The 2023 awards ceremony was held in Thomand Park, Limerick on the 14th November 2023. The STEMfest event was attended by the award winning students and staff of MTU along with students from 7 other Universities throughout the country

The ten MTU students who were selected to receive the scholarships are:

## MEGAN HOUGH

*Pharmaceutical Biotechnology*

## ABBIE MACKESSY

*Smart Product Engineering*

## ZAIDA REYES

*Mechanical Engineering*

## KATE HIGGINS

*Biomedical Engineering*

## EMILY MURPHY

*Pharmaceutical Biotechnology*

## BETH GARDENER

*Structural Engineering*

## CIARA CASEY

*Pharmaceutical Biotechnology*

## CIARA MCLOUGHLIN

*Pharmaceutical Biotechnology*

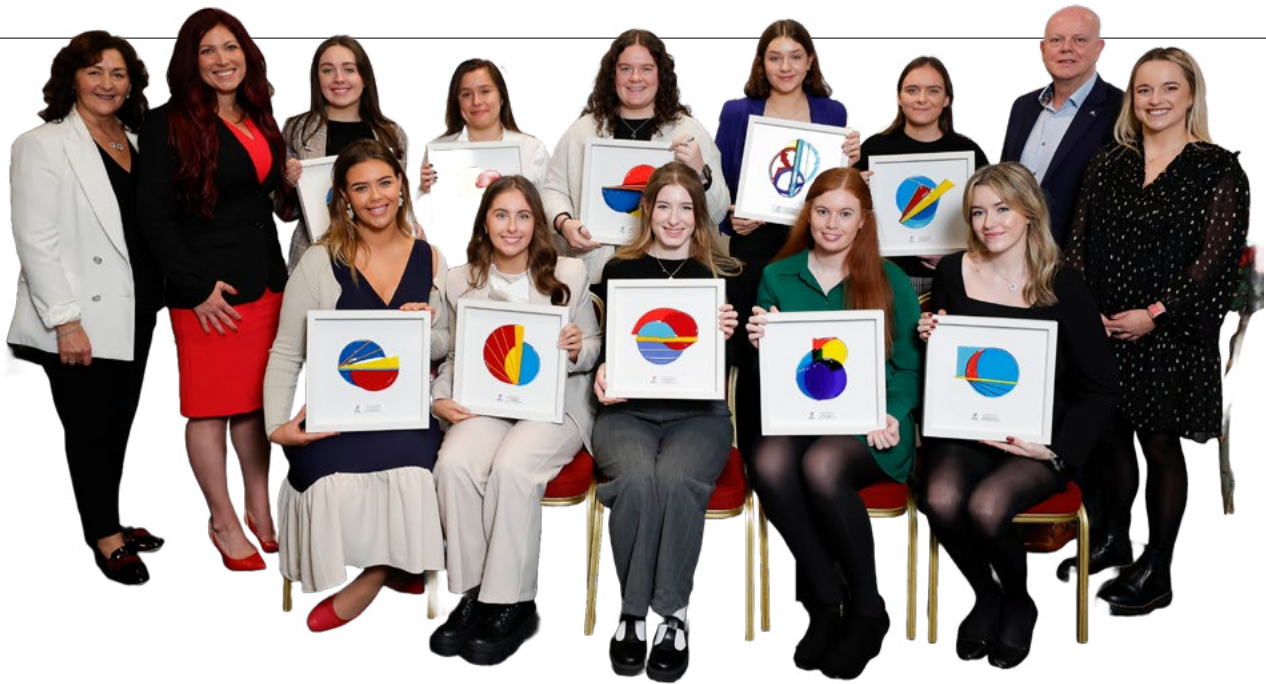
## LIZ O'CONNOR

*Chemical & Biopharmaceutical*

## CHARLEY COOKE CONLON

*Biomedical Engineering*





MEGAN HOUGH



ABBIE MACKESSY



ZAIDA REYES



KATE HIGGINS



EMILY MURPHY



BETH GARDENER



CIARA CASEY



CIARA MCLOUGHLIN



LIZ O'CONNOR



CHARLEY COOKE CONLON

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At Johnson & Johnson, we believe good health is the foundation of vibrant lives, thriving communities, and forward progress. That's why, for more than 130 years, we have aimed to keep people well at every age and every stage of life. Today, as the world's largest and most broadly-based healthcare company, we are committed to using our reach and size for good. We strive to improve access and affordability, create healthier communities, and put a healthy mind, body, and environment within reach of everyone, everywhere. We are blending our heart, science, and ingenuity to profoundly change the trajectory of health for humanity. Learn more at [www.jnj.com](http://www.jnj.com)



# Brussels Study Trip: UNSDGs, Student Collaboration, and Industry Insights

Isobel Kavanagh

I was delighted to accompany 38 students from the MTU Marketing & International Business department on an International Study Trip to Irish College Leuven in Brussels last week, alongside MTU lecturers Elaine O'Brien & Josephine O'Halloran.

The students are completing a five-credit module focusing on the UNSDGs, their link to EU legislation and ultimate impact on international trade. It was great to be able to go with the students and staff on this trip and see first-hand how student and staff partnerships can work so well, even in an international context. Together, we did icebreakers, breakout sessions, brainstorming and group work to gain insights into the topics and speakers that we encountered on this trip. I provided my insights into how I thought that the staff and student partnership worked throughout the trip and it is safe to say that both the students and staff had an absolutely amazing time and worked perfectly together! I could really see the benefits of student-staff partnership shining through from everyone in attendance on the trip!

While I was in Brussels, I visited KU Leuven and I was given a fantastic guided tour and presentation about the student services offered in the University by Peter Verbist, head of the AGORA learning centre. I also had the opportunity to meet Stien Smaege from LOKO Students' Union in Brussels! The value of the tips and tricks that I learned from both of these people is immeasurable, to say the least. It was interesting to hear how staff-student partnerships work in the AGORA learning centre also. Students are hired by the learning centre to run the information desk in the evenings and off-peak times.

It was great to also have the opportunity to meet with various industry and institutional partners such as Resource Matters, Stella Artois Brewery, Microsoft, DHL Express, European Parliament and the European Commission.



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STAFF PARTNERSHIP INITIATIVE  
BY LE CHÉILE (A PROJECT  
OF ANSEO - THE STUDENT  
ENGAGEMENT OFFICE)**





# Helping Turn Ideas Into A Business

Student Inc. is Ireland's longest running student Accelerator Programme based at the Rubicon Centre, MTU. It runs over an intensive 13 week period, starting in June until the end of August, and is open to all students, regardless of year of study or academic discipline.

Over the years we've welcomed students across all Cork and Kerry MTU campuses, as well as students from UCC, MIC, ATU and even international universities such as Endicott College in Massachusetts.

The summer of 2023 saw an impressive feat of 34 students partake in Student Inc. across 7 different universities. This consisted of 21 solo entrepreneurs, and 8 group businesses.

The ideas showcased by the group were nothing short of a high standard of innovation and entrepreneurial mindset. The start-ups included, but was not limited to, an Irish drinks company using Irish language in its marketing and branding, an array of different digital learning platforms and apps, that ranged from language and science, to gaming and music, as well as an interactive jigsaw puzzle that implemented augmented reality in its final solution.

Each student who participates in Student Inc. receives €4,000 in seed funding, their own desk space at the Rubicon Centre, an opportunity to pitch to angel investors, extensive training and mentorship, as well as being awarded 10 ECTS Credits upon completion, that they can then carry into their next year of study.

Applications for Student Inc. 2024 are now open, and students can apply individually or in teams before 26th March. If you would like to learn more, or are curious in seeing some past participants, you can visit our website at <https://www.studentinc.ie/> and also scan the QR code to apply. If you have a business idea in the meantime, feel free to call over to the Rubicon Centre and we'll be more than happy to give you some advice. We look forward to seeing some of you in the near future!



**Scan for  
Student Inc  
application**





# Embracing Inclusivity: F.L.A.G. Week 2024 Unveiled at MTU





2024 is the second year that the LGBT+ Society is running F.L.A.G. Week. We are running the events of F.L.A.G. from the 26th of February to the 1st of March. There is at least one event each day of that week. Events will be taking place in the Bishopstown and Crawford Campuses.

F.L.A.G. stands for Festival of LGBT+ Acceptance and Gratitude. This is a week for LGBT+ students, staff and allies in MTU to celebrate and learn about the LGBT+ community. We want to run this event every year to let all LGBT+ students and staff know that they are welcome, accepted and included in a safe space for us to be ourselves. F.L.A.G. Week shows that there are so many people who care about and accept LGBT+ people. It is a time when we can truly feel included and safe especially with all the hatred that LGBT+ people have experienced throughout the year.

During F.L.A.G. Week, we will collaborate with many different societies because every queer person is different. Every society should be a safe space for people to be themselves and we hope that F.L.A.G. Week encourages that throughout all societies in MTU.

We believe that all the different types of events are great for everyone to take part in events that are fun for them. This year we will be collaborating with Anime and Manga, Sci-Fi, Guild Gaming, Feminist, LEGO, Fibre Arts and Programming Societies.

To see details about these events check the posters and leaflets or check our Instagram or Discord server for details on each of these events.

An event of note for students and staff to take part in is our annual F.L.A.G. Week Coffee Morning. The event is ongoing from 10AM to 12PM on Tuesday the 27th of February in the Arena Lobby. This event is important to make it known that LGBT+ students and staff are able to have a safe environment in MTU. It is a huge event where LGBT+ students, staff and allies can meet each other to learn and grow more connected as a community.

During this event there will be tea, coffee, finger foods and many cakes and danishes. Feel free to grab some food and go or stand or sit down and enjoy the event with other LGBT+ people and allies. This is a big event and we will be inviting the president of MTU, Maggie Cusack, to give a speech at the event at 10.30 so make sure you stick around to hear the speech and enjoy our biggest event of the year. We hope to see you all there.

**Happy F.L.A.G. Week 2024!**



A new Global Justice Learning Community has been created for staff and students to raise awareness, educate, inform and prepare us all to address injustice, inequality, oppression and occupation around the world.

# Global Justice Learning

Our focus is first and foremost on the situation in Palestine, but we hope to use this opportunity for longer term awareness-raising of all occupied and oppressed people, to support sustainable, strategic change worldwide.

The group was created on the 29th November, the UN Day of Solidarity with the Palestinian people, to highlight the ongoing occupation of Palestine since its partition to create the state of Israel in 1947.

Since then, we have made significant progress: We now have over 40 members, staff and students, from across Cork & Kerry

In December, we ran our first event in person in Bishopstown, an Empty Shoes Vigil, which was well supported by staff & students and a brief article shared on Yay Cork: <https://www.yaycork.ie/at-this-poignant-vigil-each-pair-of-little-shoes-represented-100-children-killed-in-palestine/>

We have secured €1500 of funding through the Innovation & Enterprise Month to arrange events in Cork & Kerry in March 2024 – keep an eye out for updates on this to follow soon!

In the meantime, you can learn more about the Global Justice Learning Community by clicking here and join us by emailing [EDI@MTU.ie](mailto:EDI@MTU.ie).







**MTU**

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Munster Technological University

Transforming  
Learning

# N-TUTORR Week

**26 Feb - 1 Mar**

## Staff & Student Events

- Workshops
- Webinars
- Networking
- Showcases



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Lár Tíre Iarthar Láir

Hello, and hope everyone has recovered from the first Bank Holiday and are preparing for the year ahead now spring is upon us. However, the wheels of the real world have ground on and it is time to cover the finer points of what has happened, especially in Europe.

Power-sharing in Northern Ireland has finally returned to Stormont with the deal that has seen a compromise with Brexit trading arrangements that will avoid a hard border on the island of Ireland. It will see a Sinn Féin First Minister for the first time, but what is important that all parties settle down and begin work. With NI Services crying out for help and investment, its public service workers, notably in the transport sector, having declared industrial action and Loyalist agitator Jamie Bryson parroting off his boring/laughable tweets 200 times a day, the time for stability has never been more imperative.

The EU have decided to secure €50bn of funding towards Ukraine to support the ravaged nation in its ongoing war against Russia, despite protests from pro-Russian Hungary. It is a pity €50bn is not going to be secured by Brussels towards Palestinians trapped in Gaza as EU/US/UK-backed Israel continues its own unnecessarily brutal invasion with evidence of atrocities becoming more and more evident by the day, coming after the International Court of Justice merely called its concern on such Israeli crimes, but stopped short of calling a ceasefire. Only when it suits.

In Russia, with its Presidential elections looming, an anti-war candidate, Boris Nadezhdin is attempting to collect enough signatures to give its long-standing ruler Vladimir Putin a challenge. Knowing how Vlad murderously deals with anyone who gets in his way, all I can say is; Good luck Boris, you are gonna need it.

# Ukraine's Fucking Elite





Back to the EU. The European Elections 2024 could see anti-migrant and populist parties make major gains in the European Parliament this summer. With the bloc seeing major unrest in recent times, much of it is misdirected anger by its citizens having to endure issues regarding high costs of living, lack of investment in services and decline in law and order. And Ireland has experienced being in the front line on the continental scale for the first time through the horrific riots in Dublin last November that shocked the nation. The landscape continues to shift shape.

But much of the EU anger is being shown by strikes throughout the bloc by its agricultural sector, with militant protests laid down in Germany (the Brandenburg Gate being blockaded by tractors), Belgium (riots being initiated outside the Berlaymont in Brussels), Spain (demonstrations by wine growers across various cities) and France (just Google how the masters of protest are striking back against the French Government once again!). And Ireland have shown solidarity with the IFA launching its well-practiced tractorcades across the island. As EU-sponsored Bord Bia ads proclaim; Enjoy, It's From Europe! Only from Europe alright.

It wasn't all bad news though. Bambie Thug, a native of my hometown of Macroom, has won A Song For Ireland on The Late Late Show, and will go on to represent Ireland in Eurovision 2024 in Manlo, Sweden. They will go on to do Ireland proud, and here is to all of us getting behind them; I'll be there in my locals for the sesh alright!!

The big controversy that has been going on Leaside is the plan to rename Pairc Uí Chaoimh, where The Rebel

County sported and played to this day. The pragmatists argue that €300k a year of sponsorship for "Supervalu Pairc" would be highly beneficial to the cash-strapped Cork County Board, while the traditionalists argue that renaming the stadium, named after Padraig Uí Chaoimh, Irish Rebel and GAA Administrator, is selling out part of Ireland's heritage. Both sides have valid arguments, but what's in the naming with Ireland?

Of course, for obvious reasons, 'Musgrave Pairc' had to be ruled out. But what is wrong with naming the Pairc the same convenient way as FBD Semple Stadium or Kingspan Breffini are marketed? Always good to keep things open should a sponsor with a better deal come around; compare The Point Theatre in Dublin becoming the O2, later 3Arena, and its little sister The Olympia becoming 3Olympia. 3Mobile have learned many lessons from marketing its brand in the latter; Landsdowne Road Stadium is now more synonymous as Aviva Stadium, but will people unleash feelings of protest should Aviva get absorbed by a bigger brand?

Which also shows Irish people's peculiarities regarding their own placenames. Ireland's most northern city is either 'Derry' or 'Londonderry' depending on one's political allegiances. However the side who would paint out the 'London' in 'Derry' would be the ones who kicked up a storm about Dingle in County Kerry being signposted by its Irish name solely as 'Daingean Uí Choís' as per keeping with maintaining its status as a Gaeltacht town, signposts being illegally embossed with 'Dingle' on the grounds that tourism numbers would suffer downward as a result (I dunno, I always enjoyed many a sesh there

regardless of its name). But another peculiarity is the naming of the economically/strategically important but small-sized harbour of 'Rosslare Europort' (who calls it that?).

While not denying that it is, after all, Ireland's landbridge to Britain and Europe, it is hardly a Europort to the extent of Calais, Zeebrugge, Rotterdam and the likes on the Western Seaboard of the EU. Or just a fancy attempt by our government to appease the powers-to-be in Brussels who will give us nothing in return anyway?

Hmm. Back to the point? Fair play for common sense prevailing that saw 'Supervalu Pairc Uí Chaoimh' become the successful However, I would also like to see Musgrave make a bid to have Supervalu take over as the main sponsor of Cork GAA, which would in terms of marketing, sponsorship and the importance of quality Irish branding ensure that everyone is a winner!



# Understanding scabies: symptoms, Diagnosis, Treatment





### WHAT IS SCABIES?

Scabies is an extremely common and very itchy skin rash caused by a tiny mite (insect) called *Sarcoptes scabiei*.

### WHAT CAUSES SCABIES?

The mites that cause scabies are tiny parasites. They are usually spread by direct skin-to-skin contact with someone who already has scabies and sometimes, but rarely, from shared clothing, towels or bedding.

### WHAT DOES SCABIES FEEL AND LOOK LIKE?

Itching is the main symptom of scabies, and it is often worse at night.

A person affected by scabies will usually have a mixture of scratch marks and tiny red spots on their skin.

The itchy rash can cover much of the body, but the mites are mainly found in the folds of skin: between fingers and toes, the palms of the hands, the wrists, ankles and soles of the feet, groins and breasts.

### HOW IS THE DIAGNOSIS OF SCABIES MADE?

A GP will usually be able to diagnose scabies based on the history provided and examination of the skin.

### HOW SHOULD SCABIES BE TREATED?

The best way to treat scabies and avoid recurrence is to ensure that all contacts are treated correctly at the same time, even if symptoms are not present. Contacts include all household members (both at home and in student accommodation) and sexual contacts.

### WHAT TREATMENTS ARE AVAILABLE FOR SCABIES?

Several treatments are available including topical (applied to the skin) and oral (tablets).

Effective topical treatments include Permethrin cream (Lyclear) and Benzoyl benzoate. These can be bought over the counter at the Pharmacy. It is important to follow the instructions with these products carefully and repeat the treatment as advised.

For certain forms of Scabies, a tablet called Ivermectin is prescribed.

In addition to Scabicides, Bedding and clothing worn in bed, should be washed at a high temperature on the day following treatment to destroy the mites.

### WHAT SHOULD I DO IF MY SYMPTOMS DO NOT IMPROVE?

Even after the mites have been killed by treatment, the itching usually carries on for a few weeks before settling.

If skin problems do not settle 6–8 weeks after treatment or if there are any ongoing concerns, then a review at the MTU Medical Centre should be arranged.

Further information:

<https://www2.hse.ie/conditions/scabies/>



# NBC COMPETITION

## The Next Big Change (NBC) Competition

This competition asks students to think about the next big idea, based on the UN SDGs, improving the lives of individuals, communities, the environment, even the world

- Scan the QR code
- Be in with a chance to win "Best Idea" or "Greatest Impact"
- as well as a chance to win €€€ prizes



Enter multiple ideas (1 idea per application form). Finalists chosen from all entries



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