



BECOME A CLASS REP

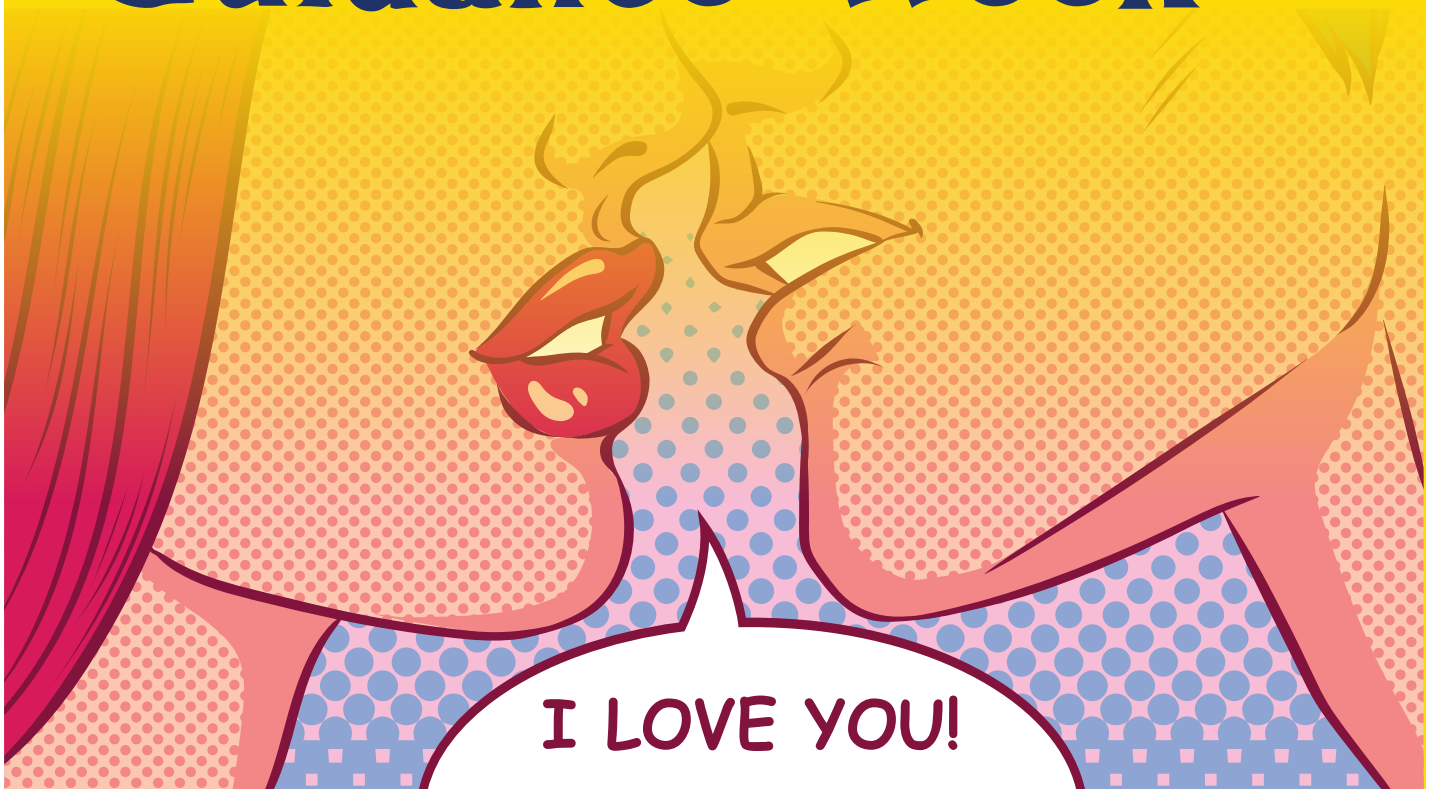
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FAREWELL FATHER DAVE!

7th - 10th October, 2024

Sexual Health & Guidance Week



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STUDENTS' UNION

STUDENTS' UNION OFFICERS

2024-2025



**ELLEN
BAMBER**

VICE PRESIDENT EDUCATION

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

**RICHARD
NOONAN**

PRESIDENT

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

**PATRYCJA
ZBIKOWSKA**

VICE PRESIDENT WELFARE

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



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MTU CORK
STUDENTS' UNION

SHOP & SERVICES

	€
A4 Pads	1.00
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Lab Coats	14.00
Padlocks	2.50
Project Book - Divider	4.50
Spiral Pads 160 pg	1.30
Spiral Pads 320 pg	2.30



- ▶▶ Leap Card Activation Terminal
- ▶▶ Student Leap Card Collection Point
- ▶▶ Lab Coats & Safety Goggles

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**YOUR
UNION
YOUR
VOICE**

EXPLICIT MAG

Timetable

7th - 10th October, 2024

Sexual Health & Guidance Week





Mon 7th

CSM // 12-2pm

CSM

Sexy Competition
(Info Stand Giveaways)



Tues 8th

CCAD // 12-2pm

CCAD

Sexy Competition
(Info Stand Giveaways)



Wed 9th

NMCI // 12-2pm

NMCI

Consent talk from Mary Crilly (12-1pm)

How many condoms in a jar?
(sex toy prize for winner)



Bishopstown // 12-2pm

Bishopstown

How many condoms in a jar? Main corridor at 10-12
(sex toy prize for winner)

Sex magician Shane Quilty
in Student Common Room at 1pm

Find the G-spot scavenger hunt (Prize - Airfryer)



Thurs 10th

Bishopstown // 12-2pm

Bishopstown

SEX TOY BINGO with MC Demi Isaac Oviawe from Young Offenders fame @1pm in Student Common Room

SAFE GIGS Tea Party from 12.30pm in Main corridor



INTERESTED IN BECOMING A CLASS REP?

- ▶ 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, click:

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





WITH COLLEGE IN FULL SWING, IT'S TIME TO ELECT A CLASS REP FOR YOUR COURSE! SO, WHAT IS A CLASS REP?

A Class Rep is someone who represents their class and is the voice of their class group when it comes to academic and welfare issues. One of the main responsibilities of a Class Rep is to liaise between academic staff and the Students' Union, creating a link so that we can all work together towards a better college experience.

You might ask yourself, 'why should I become a Class Rep?' Being a Class Rep lets you contribute to the memories that your class will have during your time at MTU. You'll get to work on your interpersonal, communication, and organisational skills, making for a very attractive CV! To top it off, you'll get to grow your network by establishing good working relationships with your lecturers and by making new friends with people outside of your course!

Interested in becoming a Class Rep? Over the next couple of weeks, the Students' Union will be visiting first year class groups to facilitate the election of class reps. If you don't have a rep(s) yet, make sure to let us or your lecturer know so that we can get you on track.

If you've already been elected as a class rep, you'll need to get registered. For this, make sure to fill in our online registration form here to be fully recognised as the class rep of your class. Even if you were a Rep last year, you must be re-elected and register again.

For more information, feel free to reach out to us through social media, by email (mtucorksu@mtu.ie), or visit us in the Students' Union office located on the first floor of the MTU Student Centre.

Chaplaincy/Pastoral Care

presents
WEEKLY

Hospitality Hour @Info Point

12.30pm -1.30pm

TUESDAY

TEAS



chaplaincy
student support

FREE!





FAREWELL FR. DAVE!

Fr Dave McAuliffe's retirement gathering took place in the Common Room, Student Centre on 5th September. While working as chaplain here for almost 15 years Fr Dave made a huge contribution to our university community. Many stories were told of Fr Dave's kindness towards our students, especially those who travelled from all corners of the world to study with us.

He always brought us together in a spirit of peace and community, even if it was to 'do nothing' during lunchtime which was a really lovely, meditative experience.

Thank you for leading by example and showing us the true meaning of community, friendship and caring. We are really grateful to have had you as our Chaplain and really appreciate your kindness and care towards all our students and aware that you are not yet finished your work as a priest, we wish you the very best with the next chapter of your life.

IMAGE 1

SU President, Richard Noonan making a presentation on behalf of students to Fr Dave

IMAGE 2

President Maggie Cusack, Fr Dave, Deirdre Creedon (Academic Admin & Student Affairs Manager) Edel Kelly (Pastoral Care Co-Ordinator)

IMAGE 3

A snapshot of staff gathered at the farewell





The purpose of this event is to introduce our new cohort of students to Societies, as well as encouraging our returning students to consider joining Societies. Society Committee members contributed their time to meeting the students interested in joining their respective Societies.

The passion each Society had for attracting new members was inspirational. The voluntary contribution of each student involved in making Societies a success and providing a place of belonging for thousands of MTU students is much appreciated and brings home the unique sense of community we are fortunate enough to possess across the University. Hundreds of our students interacted with your Societies, signing up to be a member, with many contemplating running for election to committee positions.

CONGRATULATIONS TO 'GIVING BACK' AND 'ANIME AND MANGA' FOR WINNING THE BEST STANDS COMPETITION!



[Click Here for Socs website](#)

When I started in MTU, I was really excited to join Societies and see what society life was like! I had researched some before I had actually started in college. When societies day rolled around in MTU, I went STRAIGHT to the Anime and Manga stand where I encountered people who were soon to become friends and fellow committee members

– Heather McCarthy, MTU Best Fresher 2024.



WIN €30!
FROM **SOCIETIES**

Submit an article to the Explicit Mag, and if it is chosen, you win €30! Simple!

Send your entry to: corksublications@mtu.ie

Last issue winner: Lucy Lehane

SCHOLARSHIP *PHILIPPINES*

By Angela Jaison

It has been almost 2 months since I've returned from volunteering with the Badjao tribe in Cebu Philippines. I was able to embark on this journey with the help of the MTU Volunteer Abroad scholarship and SERVE, a local Irish charity that focuses on development and providing equal opportunities for poor communities in southern Africa, south-east Asia and South America.

This experience has allowed me to facilitate many kinds of workshops like dance, music & art to the youth of the Badjao tribe. I travelled with a group of 8 incredible people and 2 leaders who became my newfound friends over the 4 weeks. If I was to look back in 10 years from now, I wouldn't remember any of these workshops at all, I would only remember the passion these students have to learn and grow their knowledge and the determination they have for an even better future.





They had so little, yet they were remarkably positive and grateful. It's hard not to feel frustrated when I compare their attitude to what I often encounter here. I didn't realise fully that running water, clean air and a meal a day were the real luxuries. Why am I the one living in a comfortable home, in a secure environment, without worrying (too much) about finances, feeding my family, or keeping them safe from common illnesses? In my experience, the Badjao are some of the most welcoming, kind, and faithful people. So why do they face such difficult challenges?

“

I carry with me the invaluable knowledge and experiences that will enrich both my professional and personal life

”

Now I know more than ever that gratitude is the pathway to true happiness. This trip taught me far more than I expected, and I crossed paths with some truly inspirational people. While some of them envied our possessions and lifestyle, I've come to realise, now that I'm home, that they are the ones who have truly won.

This experience has made every lesson I learned during my time in college even more valuable and has opened my mind to an unexpected mindset. I carry with me the invaluable knowledge and experiences that will enrich both my professional and personal life. A heartfelt thank you to MTU, Shane and the team, and everyone at SERVE. This experience will stay in my heart forever.

THINKING OF APPLYING?

APPLICATION DEADLINE: FRIDAY 8 NOVEMBER

CONTACT: VOLUNTEER.ABROAD@MTU.IE



Student Inc 2024

Emily Piggott | MTU Student Enterprise Intern

Sixteen student entrepreneurs, across twelve start-ups, have officially graduated from Munster Technological University's Student Inc. accelerator program, 2024.

The programme, which ran through the Rubicon Centre at the Bishopstown campus between May and August, was marked by a very successful showcase on the 22nd August. Each student got to showcase their products and pitch their business ventures to members of the public - including friends, family, mentors and lecturers.

This year's participants have come from a diverse range of degrees and year groups - with business ideas ranging from innovative food products, an animation studio, AI SOP chatbots, dementia care devices and more. Two of our participants also joined us from Endicott College, Massachusetts.

We're delighted to share that three of the twelve businesses will be staying on with us for an additional 6 months to complete the esteemed Enterprise Ireland New Frontiers Programme, Phase 2, where they will get additional funding and mentorship to help propel their start-ups further.



But how exactly does Student Inc. help with your business idea?

Every student from all year groups and academic disciplines can apply. Each student will receive €4000 euro funding in three instalments over the summer, their own desk space in the office, workshops and seminars from experts in financing to marketing and everything in-between, all while integrated in the rich network of seasoned entrepreneurs already established at the Rubicon Centre.

Don't just take our word for it however, here are two testimonials from two of our most recent students...

**Reece Hogan, a.chara, 2nd Year in
Higher Certificate in Business**

Student Inc. was a game-changer for a.chara. The program not only helped me refine our dementia care platform but also provided the mentorship and resources needed to turn our vision into reality. The hands-on support and collaborative environment gave me the confidence to tackle the challenges of launching a tech-driven healthcare solution. I'm grateful for the experience and the lasting impact it has had on our business

**Siddhant Ramgir, Onbu AI, Masters student in
Data Science and Analytics**

My experience with Student Inc. has been transformative and rewarding. The program provided a solid entrepreneurial framework, helping turn my business idea into reality. It also expanded my network, connecting me with mentors and local businesses, which was invaluable for finding potential collaborations. The focus on a customer-centric approach reshaped my view on product development, ensuring my business aligns with market needs. Overall, Student Inc. has boosted my confidence, sharpened my entrepreneurial skills, and supported both my personal and professional growth



What advice would you give to someone interested in Student Inc.?

"Look at the Student Inc. Programme as an investment for your future. Make the sacrifices early so you can reap the rewards down the line"

"Use this opportunity to connect with like-minded individuals, potential mentors, and industry professionals. The relationships you build during the program can be invaluable as you grow your business and navigate the entrepreneurial journey"

"Go in with an open mind. Come out with absolute confidence in your solution"

To see a full list of our alumni, as well as more details about the programme, you can visit newly updated website at: <https://www.studentinc.ie/>

Connect on LinkedIn and Instagram to keep up-to-date with our latest news!
Hope to see some of you in the Student Inc. 2025 cohort.

ACTIVE CHATS

Coffee Club!

Meet in The Foyer, MTU Arena
Thursday mornings, 8 - 9am

Begins
10th October.
All students
and staff are
welcome

A friendly space to try
out an activity, mix and
meet for one hour.

A Snack & Drink voucher
for all who attend.

Activities may include:

Walk & Talk Run
2k & Talk
Basketball Table
Tennis
Yoga for the Mind
Badminton
Board Games
Cards

A Counselling Service initiative endorsed by MTU Arena, Student Affairs and the Students Union



MTU Counselling
Service for Students



MTU CORK
STUDENTS' UNION



MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

FREE CONTRACEPTION

Free contraception is now available in Ireland for all women aged 17 to 35 years.

The MTU Medical Centre is providing this service on campus for students.

Students of the MTU Cork School of Music and the MTU Crawford College may attend Grand Parade Medical Practice.

The service includes:

- GP/Nurse Appointments to talk about contraceptive options
- Prescription for combined oral contraception (the pill)
- Fitting and removal of long-active reversible contraception (LARCs) including implants and coils
- Other types of contraception such as contraceptive injections, patch and ring

FREE CONDOMS CONTINUE TO BE AVAILABLE AT THE STUDENT HEALTH CENTRE AND AT SEVERAL SITES ON CAMPUS.

To discuss your options, arrange a prescription or fitting, contact

**MTU Student Health Centre at
021 433 5780**

**Grand Parade Medical Practice at
021 2355784**

All that is required is your PPS number to avail of this service.



MTU Student Sexual Health

The Student Health Centre provides a wide range of sexual health services free of charge. All sexual health services are non-judgmental and confidential.

**To Book Your Apointment
Call 021 433 5780**

- Sexually transmitted infection testing (symptomatic and asymptomatic)
- STI treatment and management
- Cryotherapy (wart treatment)
- Onwards referral to GUM clinic if required
- Partner notification support
- Sexual health advice
- Information on PEP and PREP
- LGBTQ+ sexual health support
- Sexual health vaccinations
- Sexual assault support and signposting
- Condoms and lubricant
- Free contraception for 17-35 year olds
- LARC contraception (implanon & intrauterine device)
- Pregnancy testing and support
- Emergency contraception and support
- Sexual health promotion, education, awareness and guidance

Flynnner's Flying Column

By James Flynn

Oasis fans are buzzing about the 2025 reunion, as brothers Liam and Noel Gallagher finally called a truce after years of feuding. The iconic 90s duo is back, reportedly to help Noel cover the €20m divorce settlement from Sara McDonald. However, tensions still simmer between the brothers, sparking concerns that the reunion could unravel as quickly as it began. With sky-high ticket prices, many fans wonder if all the hype—and potential drama—is worth it (no, I didn't score a ticket). Here's a look at other musical comebacks that flopped...



2025'S MOST ANTICIPATED GIG...

Elvis Presley...The original king of rock, Elvis, ruled the charts in the '50s with hits like "Hound Dog," but after being drafted into the army in 1959, his career stalled. By the time he returned in 1962, the world had moved on, and his music was out of touch with the Swinging Sixties. However, his 1968 Comeback Special revived interest and cemented his legendary status, keeping him relevant to this day.

The Stone Roses...Oasis's predecessors on the Manchester scene, The Stone Roses, had fans mesmerised with tracks like "Fool's Gold" and "Waterfall." However, their second album, *Second Coming*, was poorly received, and their 1995 tour was a disaster. Oasis's massive success with *What's the Story Morning Glory?* overshadowed the Roses, who split in 1996 amidst bitter infighting.

The Spice Girls...dominated the '90s with their catchy hits and "Girl Power" mantra. However, the cracks began to show when they sacked their manager, and then Geri Halliwell (Ginger Spice) left in 1998. Since then, the group has reunited several times—usually minus Victoria Beckham (Posh Spice)—whenever Ginger and Scary need a financial boost. But bad blood, partly due to a rumored romantic fling between the two, has prevented a full comeback.

Girls Aloud...Reuniting to honor bandmate Sarah Harding, who passed away in 2021, Girls Aloud's comeback tour has been rough. At their Dublin gig, Nadine forgot her lyrics, forcing Cheryl to step in—reigniting rumors of old tensions. Was this tour a heartfelt tribute or just a money-making scheme? Little Mix, take note.

Katy Perry...Once a dominant force in pop with hits like "Firework" and "California Gurls," Katy Perry's recent releases haven't made the same impact. Her 2022 comeback album, *Woman's World*, flopped, with younger stars like Olivia Rodrigo and Sabrina Carpenter taking the spotlight. Maybe she's been too focused on her American Idol gig while Taylor Swift conquers the globe.

Feile 2018 & 2019 Once the ultimate Irish festival in the '90s, Feile made a nostalgic return in 2018 and 2019, featuring acts like Hothouse Flowers and The Stunning. While the lineup was strong, trying to recreate the magic of the original was always going to be a challenge. With so many festivals in Ireland now, Feile couldn't compete, and the 2020 pandemic sealed its fate.



IN OTHER MUSIC SCENE NEWS...

Cork Jazz Fest & Rising Star Jarjarjr – Mark your calendars for the Cork Jazz Fest this October. A rising star to watch is Jarjarjr (Robert O'Halloran), a talented musician blending hip-hop, electronica, and ska. His latest album, *Catch The Dusk*, is out now, and you can catch him performing across various Cork venues during the festival. Don't miss it!

Instagram: @jarjarjr.wav

More info: Cork Jazz Fest

And finally...

Farewell to Father Dave McCaulliffe MTU–Cork's Student Union bids a fond farewell to Father Dave McCaulliffe. Known for his kindness, wisdom, and love for a good sing-song with international students, Father Dave's presence will be deeply missed. Whether offering advice, sharing a meal, or just chatting, he touched the lives of many.

Sláinte agus beannacht, Dave.

You'll be missed.



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Galway	51	€11.50	€18.40

CORK to:	ROUTE	SINGLE	RETURN
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Tralee	40	€12.00	€16.80
Killarney	40	€10.75	€15.90

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MTU SPORTS

SEMINAR SERIES



					
OCTOBER 16TH	NOVEMBER 13TH	DECEMBER 4TH	JANUARY 15TH	FEBRUARY 12TH	MARCH 12TH
EVAN LYNCH	JESSIE BARR	EOIN EVERARD	ED COUGHLAN	JOE O'CONNOR	HAYLEY HARRISON
Sports Nutrition for Athletes 101	Mental Health in Sport	Training & Injury Prevention Tips	Developing World Class Training Environments	Implementing Real World SSC	Planning Training and the Coach Athlete Relationship

[Click here to book!](#)



**Defend Today
Secure Tomorrow**

**Defend Today
Secure Tomorrow**

Cybersecurity Month Schedule of Events

Week 1
1st Oct - HEAnet Cybersecurity Training Enrolment Open
1st Oct - Cybersecurity Q and A Session Registration Open

Week 2 - Phishing
7th Oct - Launch of New Cybersecurity Training Portal
Cyber Police Season 1 Episodes 1, 2 & 3
Phishing Course

Week 3 - Passwords
14th Oct - Cyber Police Season 1 Episodes 4 & 5

Week 4 - Clean Desk
21st Oct - Cyber Police Season 1 Episodes 6 & 7
23rd Oct - Cinema Night
Cyber Police All Season 1 [Watch Trailer for Cyber Police here](#)

Week 5 - Social Media
29th Oct - HEAnet Cybersecurity Training Session
31st Oct - Cybersecurity Q and A Session

Resources to check out
Cybersecurity Month = <https://cybersecuritymonth.eu>
National Cybersecurity Center = <https://www.ncsc.gov.uk>
Password Tools = <https://passwordtools.web-rated.ie>

Be on the lookout for posters and join in wherever you can!



HAPPY WORLD MENTAL HEALTH MONTH!



MTU Counselling
Service for Students

WORLD MENTAL HEALTH DAY IS THURSDAY, OCT 10, 2024

To acknowledge World Mental Health Month, we want to remind you of the range of mental health supports available to you. MTU Student Counselling Service are committed to supporting student mental health & wellbeing.

[Check Your Wellbeing here](#) A wellbeing quiz that indicates your suitability for Silvercloud online programmes which can help you manage the way you think and feel. Online programmes available on Resilience, Sleep, Stress, Alcohol and other topics. **[Learn more here](#)**

MTU Student Counselling Service

MTU provides a confidential counselling service across all campuses to support you during times of need. Playing a vital role in the University's commitment to creating a caring and friendly environment, the service is free and confidential for full time students. **[You can learn more and book an appointment here for Cork.](#)**

Mindfulness Course

Learn practical skills to help manage stress and overthinking. The KORU/MIEA Mindfulness Course is the only evidence-based mindfulness course designed for college-aged adults.

[Keep an eye on upcoming courses and learn more here.](#)

Togetherall

This is an online mental health community that offers safe, anonymous and supportive space for students who may be going through similar challenges. You can anonymously connect with peers and access a range of self help resources to manage mental health. **[Learn more about Togetherall here](#)**

24/7 Crisis Text Line

24/7 free text "MTU" to **[50808](#)** - This is a free text service that is run independent of MTU. They are there for everything from calming chats to support during a mental health or personal crisis (big or small)

Speak Out

MTU's Speak Out is an anonymous tool for students to report incidents like bullying, harassment or other harmful behaviours. This tool provides a confidential way to raise concerns and access support.

[Find out more here](#)

Mental Health E- Books

MTU encourages bibliotherapy, offering self-help books through the library to support student mental health & wellbeing. **[Visit here to learn more](#)**

Bishopstown Campus Active Chats Coffee Club

Every Thursday 8-9am. Starting on World Mental Health Day, October 10th, staff and students are invited to the MTU Arena every Thursday morning to participate in a range of activities, socialise, and connect. A snack and drink voucher will be provided to all attendees.

Student Stress Relief

Check out the Curraheen River Walk for a Refreshing break. The walkway near MTU Cork is known as the Curraheen River Walk. It runs along the Curraheen River, offering a nice walk in nature. Take a break and get some headspace.

FRESHERS 2024 WEEK

16 – 19 SEPTEMBER



Demi Oviawe hosted Blind Date during Freshers Week. Watch out for her again for Sex Toy Bingo during SHAG Week!



The weather during Freshers Week was sensational!



The Freshers Week Soccer Tournament, which took place on the MTU Astro pitch saw enthusiastic participation from 19 teams, comprising over 140 students. The tournament was a vibrant occasion and showcased a competitive spirit, making it one of our most popular activities.



There was fun to be had on all the campuses. We had a very fun quiz at CCAD!



LET
THE
CRAIC
BEGIN



VOLUNTEER ABROAD



INFORMATION EVENING

TUESDAY 22 OCTOBER GALLERY/MEETING ROOM 1, 5PM

Volunteering in a project abroad

Providing financial supports to MTU students

Find out how to apply for funding

Hear from previous participants of the program