

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

Flynner's Flying Column:
2025 – The Year Ireland
looked in the Mirror, p12

A Creative Christmas:
For You, Your Wallet and
The Planet, p6

Inside the MTU Semester:
Crisis, Culture and What
Comes Next, p4

All I want for Christmas is...
Not to be ill! Follow MTU Medical
Centre's guide to staying well, p14

**FROM ALL OF US AT
MTU CORK STUDENTS' UNION...**

Happy Christmas!



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MTU Cork Students' Union, Bishopstown Campus
present

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10 AM | Tuesday 02 Dec | The Courtyard

8th - 10th Dec Exam De-Stress

Watch out for snacks
& exam freebies
in the main corridor
each day!



MTU CORK
STUDENTS' UNION

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A Creative Christmas:
For You, Your Wallet and
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The MTU Student Dopamine
Survival Guide

Flynner's Flying Column:
2025 - The Year Ireland
looked in the Mirror

All I want for Christmas is...
Not to be ill! Follow MTU Medical
Centre's guide to staying well



€12⁵⁵

DONATELLOS
TRADITIONAL FAMILY PIZZA

Festive Feast
Baguette



Ingredients: Mayo, cranberry sauce, diced chicken, Christmas stuffing, roast chicken gravy, bacon and mozzarella.

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**YOUR
UNION
YOUR
VOICE**

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INSIDE THE MTU SEMESTER: CRISIS, CULTURE AND WHAT COMES NEXT

By Keith Brown

The highs, lows and game-changing debates facing students heading into 2026.

It's been a year where MTU Cork students made themselves impossible to ignore. From the housing crunch that reshaped daily life to transport headaches, proposed levies, industrial unrest and national walkouts, campus conversations were louder, sharper and more urgent than ever. But alongside the flashpoints, there were wins: the great new building additions, Le Cheile and Carmine, stronger welfare supports, a revived campus culture and research success stories that reminded everyone why university life still matters. As the semester closes and a new year approaches, here's the definitive roundup of the issues that stirred the most debate, and what they mean for students heading into 2026.

ACCOMMODATION CRISIS

MTU Students in Cork continue to feel the squeeze: sky-high private rents, a shortage of purpose-built student beds and rising accommodation fraud have combined to make finding affordable, safe housing a major barrier to attending or staying in third level. The effect is practical (long commutes, extra expenses) and human (stress, drop-outs, students forced to defer or leave courses). Universities, government design guides for state-backed student housing, and the Students' Union are talking solutions, but building supply and affordability lag demand.

OUTLOOK FOR 2026: expect incremental government-led schemes and more state-sponsored beds, but no quick fix. The narrative for next year will be pressure for faster delivery and tighter fraud policing.

PARKING CHARGES, BUS ISSUES AND PARK & RIDE

Pay parking and transport remain a hot topic on campus. MTU has rolled out (and proposed) pay-parking measures to raise revenue for services such as the Park & Ride from Curraheen/Greyhound Stadium; students report mixed experiences with availability of shuttle buses. Demand, morning traffic and inflexible timetables leave some commuters frustrated.

OUTLOOK FOR 2026: expect the university to tweak parking tariffs and extend/market the pay parking with a clearer communication structure. Student pressure will focus on affordability and timetable reliability.

INDUSTRIAL ACTION & TU DISPUTES

Industrial unrest has been a lived reality this year, with TUI ballots and planned action among senior lecturers at MTU over job grading and management decisions. Where strikes or ballots happen, the immediate consequence is disruption to teaching, assessment timelines and student certainty, but the underlying issues are pay parity, role recognition and sectoral agreements going back years.

OUTLOOK FOR 2026: expect further bargaining rounds and targeted action if grievances aren't resolved; students will continue to press for contingency planning and clearer communication from the union and management to protect learning outcomes while recognising staff claims for fair treatment.

NATIONAL TU WALKOUTS AND THE PARITY DEBATE

Beyond MTU, technological universities nationally have staged walkouts and protests over parity of pay and conditions, funding models and the TU sector's status. These co-ordinated actions raised public awareness about regional pay disparities and the sustainability of the new TU sector – and students across campuses joined or supported demonstrations, linking staff conditions to quality of education.

OUTLOOK FOR 2026: the parity debate will remain central to sector stability; if national negotiations fail to deliver, expect more co-ordinated campus actions and amplified student activism demanding a properly funded TU sector that guarantees teaching quality and retention.

COST-OF-LIVING PRESSURES ON MTU STUDENTS

If one issue cut across every conversation this year, it was the relentless grind of the cost of living. Rising rents, food inflation, transport costs, and the growing need for part-time work have reshaped what student life at MTU actually looks like. Many



If there's one issue that cut across every conversation this year, it was the relentless grind of the cost of living.

students now juggle long commutes, multiple jobs or rely heavily on family support simply to stay in college. Welfare requests and hardship-fund applications reflect that pressure, as does the growing visibility of food supports on campus.

OUTLOOK FOR 2026: unless national supports expand, expect the Students' Union to intensify campaigns for better SUSI thresholds and targeted cost-of-living relief, because affordability is now as central to student success as lectures, labs and learning itself.

WELFARE & MENTAL HEALTH

This semester saw a strong emphasis on welfare: SU-run wellbeing weeks, outreach and targeted campaigns aimed at coping with stress and financial pressure. Practical student supports: counselling, peer networks, and targeted wellbeing sessions have been foregrounded as essential complements to structural fixes.

OUTLOOK FOR 2026: welfare programming will keep expanding, but the big change students want is earlier, better-resourced mental-health services and shorter wait times. Expect unions and SU to lobby for joined-up welfare pathways that link accommodation, finance and counselling support.

SU WINS, CAMPUS CULTURE AND RESEARCH - A HIGHLIGHT!

It hasn't been all strife: campus life was bustling with events and MTU research projects and academic achievements provided positive headlines. These lighter, celebratory stories matter: they keep morale up, showcase student leadership and remind readers of campus strengths beyond the headlines.

OUTLOOK FOR 2026: expect a growing focus on sustainable student events and continued promotion of student involvement in research – all useful counter-points to the heavier structural issues.



Affordability is now as central to student success as lectures, labs and learning itself.



A CREATIVE CHRISTMAS: FOR YOU, YOUR WALLET & THE PLANET

By Akriti Chowdhry

Christmas is a time of magic, joy, and togetherness, filled with lights, food, presents, and shared celebrations. It can also be a time to bring a little sustainability into our festive season. Sustainability isn't just about the "big" things.

What may seem like a small action really matters too. Sustainability at Christmas doesn't mean doing every-

thing perfectly or giving up the things we enjoy. Sometimes it is simply about making small choices that feel good, make sense, and maybe even save a bit of money along the way.

Students have so much on their plates with projects, deadlines, commutes, and part-time work, so bringing a bit more sustainability into our lives can help in all kinds of ways.

PRME Principles for Responsible Management Education

an initiative of the United Nations Global Compact

The GenGreen Collective is brought to you by PRME,
MTU Faculty of Business.

PRME at MTU is funded by the Higher Education Authority (HEA) through the Teaching and Learning Support and Advancement Fund (TSAF). The GenGreen Collective launch is an AnSEO Transitions at MTU Funded work sponsored by AnSEO - The Student Engagement Office.

These simple, low-budget ideas can help make the festive season greener and show that being more sustainable never means taking the fun away.

Rethink gift wrapping

Newspaper, old magazines, brown paper, or even tote bags can be great alternatives to traditional wrapping. They often look even better than store-bought rolls and can be personalised with a creative touch. And check out alternatives to sticky tape which is plastic, like washi tape, string or even wool.

Secret Santa and handmade cards

Whether it's a family or friend group, why not organise a Secret Santa which saves money and time? And you don't have to be an artist to make simple, personalised cards. These options mean

less spending, less stress, and more fun for everyone.

Decorate with what you already have

Fairy lights, pinecones, recycled paper chains, or old ribbon can transform a space and add festive cheer without buying anything new.

Give, swap, or share

Clothes, ornaments, books, or games that are still in good condition can be donated, shared, or swapped with friends. A small gesture like this can make someone's festive season a little brighter. Our SU often organises Free Cycle days too.

Support local

When buying presents, choosing independent or local businesses helps support the community and can reduce the environmental impact of delivery. Charity shops are another great place to find gifts. Plus, you might discover a quirky gift that no one else has.

Connect

Some MTU students may not be able to visit their families over the holidays or may not have a secure place to go to relax and celebrate. Stay connected. Organise to meet for coffee or a night out. Even just sending a text means a lot.



Getting Involved on Campus

Sustainability at MTU is growing, and students can really make a difference. PRME in the Faculty of Business offers two great new ways for all MTU students to connect, meet new people, and help shape a greener present and future:

The GenGreen Collective (GGC):

Join the GGC. This is a mainly student-led sustainability community for generating ideas, raising awareness, and taking action

across campus. Everyone is welcome, staff or students, to GGC meet-ups for sustainability planning and action, and a laugh. No experience is needed, just curiosity and a willingness to get involved. There is something for everyone, whether you want to add green skills to your CV, attend events, develop projects that have real impact, or just meet like-minded people and have some fun along the way.



This Christmas, small choices can make a big difference. From getting creative with decorations and gifts to joining the Gen-Green Collective or connecting at Chat Bench, there are plenty of ways to celebrate sustainably and have fun. Make it thoughtful, make it bright, and most of all, make it yours.

The GenGreen Collective

Your MTU PRME Sustainability Network



Join today.



All are welcome.



Make a real green impact on campus and beyond.

Join to collaborate on exciting MTU PRME projects and events inspired by the UN Sustainable Development Goals (SDGs). Follow us for updates and inspiration from our Sustainability Ambassador – Lil PRME!



**I'm Lil PRME,
a tiny horse
on a big
mission!**

**CLICK
HERE
TO SIGN UP!**

prme@mtu.ie

mtu.ie/prme

@mtu.prme



This initiative is funded by the HEA through Munster Technological University's Technological Sector Advancement Fund (TSAF) project, Transforming MTU: Enabling and Empowering Our Students and Staff to Realise Their Potential.

PRME Principles for Responsible Management Education

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This is a AnSEO Transitions at MTU Funded work sponsored by AnSEO-The Student Engagement Office, Office of the Registrar and VP for Academic Affairs in partnership with PRME, the Faculty of Business. Proudly facilitated and supported by The Teaching and Learning Unit & AnSEO - The Student Engagement Office.



Why use MyCareer?



MTU
CAREERS

Firstly.... What is MyCareer?

MyCareer is your Careers eToolkit, with AI powered assessments and activities to give your career a boost before it has began. On MyCareer you can assess your employability to see how likely you are to get hired, have your CV assessed to make sure that you are making the best first impression to employers and do mock interviews with feedback on your answers.

The screenshot shows the MTU CAREERS homepage. The navigation bar includes links for Home, Meet the Career Advisors, Employability Assessment, Career Assessments, Career Advice, and Tools. A prominent red banner in the center features the text '6 TIPS TO BE A REMARKABLE LEADER' and 'CV360 Score your CV against 50+ checks'. Below the banner, a sub-section for 'Interview360' is visible. A message at the bottom of the page says, 'You can find CV360 under the Tools menu in MyCareer or by going straight to mtu.careercentre.me/CV360'.

Is your CV holding you back?

Your CV is your career version of meeting someone for the first time. It is very often the only piece of information potential employers have to go on when deciding if you are the right fit for the role that they are offering. So it is obviously worth the effort to make sure you are giving them a CV that they want to see!

That's where MyCareer's CV360 tool can help!
(mtu.careercentre.me/CV360)

CV360 will take your CV, screen it and give you feedback on how you can improve it. There are 59 points of feedback from the name and type of file, spelling and grammar, the structure of the CV, content and more!

We typically recommend a score of at least over 85%, so scan your CV now and see what you get! Even if you get over 85%, make sure you read the feedback, there's nothing wrong with aiming for 100%!

The screenshot shows the CV360 tool interface. It features a large dashed box for uploading a CV, with the text 'Drag your CV here to start' and 'Use a Word doc for best results'. Below the upload area are buttons for 'browse' and 'select from my documents'. At the top right, there are buttons for 'Re-score' and 'Interview 360'. A message at the bottom of the page says, 'Score your CV & get instant feedback!'

Get started here!

Did you know?:

932 unique users have logged in to MyCareer this academic year; and have uploaded on average 3 CV revisions to CV360.

That's a lot of good CVs out there!

If you are a 3rd Year student about to go on placement, remember that Careers is there for you.

When you come back in 4th Year, Graduate Programmes open almost immediately and will close as early as October 31st, so make sure you don't miss out and are ready to get applying as soon as you come back!

Our MTU Careers Fair will take place on October 1st 2026 where you can meet lots of potential employers to get your Career beyond MTU off to the best start.



THE MTU STUDENT DOPAMINE SURVIVAL GUIDE

— Keith Brown

Welcome to the Two Seasons of MTU Life...

Every MTU student knows there are two very different phases in the academic calendar. First comes the Assignment and Exam Stretch, a dramatic saga featuring caffeine dependency, light existential dread and the optimistic belief that maybe everything will magically fall into place. Then comes Christmas Mode, a festive obstacle course filled with family questions, seasonal work, emotional turbulence and the deceptive promise of relaxation. Both seasons demand a steady stream of dopamine, and thankfully that does not require a personality overhaul. Just small, cleverly placed sparks of joy...

The Assignment Mode Mindset

Assignment Mode is the era of the thousand yard stare and the quiet panic that sets in when you open a document and it is somehow still blank. Your brain swings wildly between overthinking and underfunctioning, so your aim is to reward it with tiny, frequent hits of feel good chemistry.

Start with the twenty second reset. Stand up. Stretch. Shake your arms like you are rebooting your entire existence. This movement unsettles your nervous system just enough to release a little mood boost. Think of it as blowing on an old game cartridge so it works again.

Then try the micro win hack. Pick a task so small you would be embarrassed to admit it counts. Rename a file. Close two tabs. Put one sock in the wash. Your brain interprets this as astonishing productivity and rewards you generously, even though the effort would not impress a toddler.

If there is daylight, even briefly, step outside. Irish winter sun appears for seconds at a time, but those seconds act like a serotonin charging station. Stand there like a Scandinavian wellness influencer contemplating life. No one needs to know you are actually thinking about chicken fillet rolls.

Food can help too, especially when you plate it dramatically. Present your crisps or chocolate on an actual plate like you are competing on a cooking show for people who have absolutely no business being on a cooking show. Your brain reads this as self respect and responds accordingly.

Stress reaching a simmer. Contact someone who is not spiralling. Borrowing another person's calm for thirty seconds is surprisingly effective and completely free. And if your focus keeps wandering off, use the rebellious Pomodoro method. Work a little. Do something enjoyable for a few minutes. Dance. Scroll. Contemplate the ceiling. The promise of a mini reward keeps your dopamine on its toes.

Crossing Into Christmas Mode

Exams end. Lights appear. Christmas arrives. You expect relief but instead enter emotional cardio season. Family, work, social obligations and the annual reminder that you still have not sorted your life out. Your brain needs support.

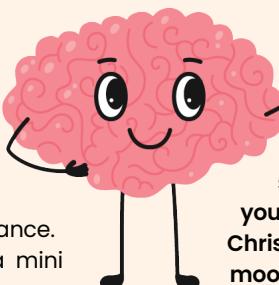
Begin with the walk before you snap routine. Take a fast seven minute walk any time you feel your emotional fuse shortening. This resets stress hormones so efficiently it might as well be Witchcraft for Students.

Then introduce seasonal micro joys. Warm socks. A hot drink you are not gulping while running somewhere. Five minutes sitting quietly near tree lights. These small sensory comforts glow inside your brain like tiny fairy lights of serotonin.

Finances tight. Use the five euro mini treat rule. One small joy per week. Festive buns. Odd socks. Charity shop surprises. A pen that makes you feel like a serious academic until you lose it.

Music is another potent legal mood drug. Create one playlist that makes you feel like the main character while battling crowds or carrying shopping bags. Then create a second playlist designed specifically for the sweet oblivion of unwinding afterward.

And absolutely protect your Nothing Hour. This is one hour every week where you do not improve yourself, fix anything or even attempt competence. This hour is pure existence. Your dopamine loves it.



The Real Goal

You do not need perfect routines or superhuman discipline. You simply need small, frequent, easy wins. That is how you survive Assignment Mode, glide through Christmas and enter the new year with your mood, humour and sanity intact.



YOUR CHRISTMAS STARTS HERE

Wilton Shopping Centre

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MAKE MEMORIES

MAKE GIFTING
EASY WITH OUR
GIFT VOUCHERS

OVER 60 SHOPS
TO EXPLORE

DISCOVER GREAT
GIFTS AND
FESTIVE TREATS

FREE PARKING
ALL SEASON

LATE-NIGHT
SHOPPING
MADE EASY



PENNEYS

wiltonshoppingcentre.ie

TESCO

By James Flynn

2025: THE YEAR IRELAND LOOKED IN THE MIRROR

As 2025 winds down, it feels like the right moment to take stock of where the country stands; culturally, socially, politically, and emotionally. It's been a year of contradictions: triumphant and troubling, progressive and primitive, euphoric and exhausting. Here's the lowdown on the moments that shaped Ireland as we move into a new year.

The Cork Jazz Festival Assault: A Reality Check in Technicolour

The assault during this year's Cork Jazz Festival became one of those stories that spiralled far beyond its geography. What should have been a celebration of music and community turned instead into a global headline for all the worst reasons: the violent attack on local drag performers Krystal Queer and Lucia Schynning while they were casually filming a video on the street.

The footage captured by the queens themselves, showed one assailant delivering a kick before bolting, followed moments later by another man striking Krystal across the face hard enough to draw blood. The video spread



fast, and thankfully, so did the pressure on authorities to identify and arrest the perpetrators.

What struck many observers was the bitter irony that the attackers belonged to minority communities themselves. It acted as a reminder that homophobia isn't confined to any single group, and that hatred has a way of crossing borders, cultures and identities. In a country that prides itself on progress, from marriage equality to the banning of conversion therapy, this was a jarring reminder of the distance still left to travel.

For students in particular, especially those active in societies and queer spaces, it renewed an ongoing conversation: visibility doesn't guarantee safety, and allyship isn't a passive badge. Here's to Krystal and Lucia making a full recovery—and to Ireland doing more than wringing its

hands the next time queer people are targeted in public.

DJ Carey: The Fall From Sporting Royalty

The saga of former GAA superstar DJ Carey, once hailed as one of the greatest to ever lift a hurle, came to its legal conclusion this year as he was sentenced to five years in prison for obtaining money by deception, including falsely claiming he had cancer.

The internet being the internet, dark humour followed quickly. Memes riffed on everything from instant karma to classic pop



“

Visibility doesn't guarantee safety, and allyship isn't a passive badge.

culture. Even the old *The Simpsons* episode where Bart fakes a boy-down-a-well incident for attention resurfaced, this time attached to Carey's downfall. But for anyone who has actually watched a loved one battle cancer, sympathy for Carey is understandably thin.

His sentencing wasn't just a moment of justice; it was a cultural reckoning. Irish sporting legends occupy a nearly sacred place in national mythology. For such a figure to fall not due to performance, injury or retirement, but due to calculated deception, hit differently. It challenged the public's relationship with sporting heroes and exposed the dangers of uncritical worship.

Online humour aside, many families affected by cancer viewed the case with a raw fury that has yet to fade. And maybe that's the point: even in a country known for forgiving its famous sons, some betrayals simply cut too deep.



Football Fever: A New Era, or Just Another False Dawn?

On the pitch, Ireland found a rare dose of joy. The national team delivered a genuinely historic week in the FIFA World Cup Qualifiers: first a 2-1 win over Portugal in Dublin complete with

Cristiano Ronaldo being sent off, followed by a blistering hat-trick from Troy Parrott against Hungary.

Predictably, the hype machine revved up. Suddenly everyone was a tactical expert. Flags began to appear again, but in a more celebratory way than the uneasy connotations they've taken on in recent years thanks to Ireland's fringe far-right groups.

But perspective is needed. Playoffs aren't until March, and it's been more than two decades since Ireland last punched their ticket to the big tournament. Student fans—the same generation who weren't even alive in 2002—haven't experienced the emotional rollercoaster of an Irish team on the world stage. And if there's one thing the last decade of international football has taught us, it's that the romance and chaos of the past won't return just because we want them to.

If Ireland does qualify, the celebrations won't peak until, at minimum, the quarter-finals. Anything earlier will be appreciated, but not immortalised. Expectations are quietly morphing into demands, the kind you'd normally associate with someone like Rory McIlroy at the Ryder Cup.

Still, let's enjoy the moment. For once, Irish football fans have earned their optimism. And with Parrott soaring, the jokes write themselves: the bird is, indeed, flying high!

A Tribute to Mani: A Manchester Icon With Irish Roots

For those of us tuned into the indie bloodstream, especially students whose playlists are equal parts nostalgia and rebellion, the death of Gary 'Mani' Mounfield this year hit with unusual force. A legend of both The Stone Roses and Primal Scream, Mani passed away at 63, leaving behind a seismic legacy.

Fans across Ireland were shaken, especially those who caught The Stone Roses' electrifying



2016 show at Marlay Park, the same night Beyoncé took over Croke Park. It felt like a cultural split-screen of two musical eras coexisting for one night.

The Stone Roses helped define the Madchester scene, blending psychedelia, dance rhythms and swagger into something that would eventually lay the groundwork for bands like Oasis and The Charlatans. Their tracks; *I Wanna Be Adored*, *She Bangs the Drums*, *Fools Gold* became part of the unofficial soundtrack of student nights out, indie-kid wardrobes, and college-radio identities.

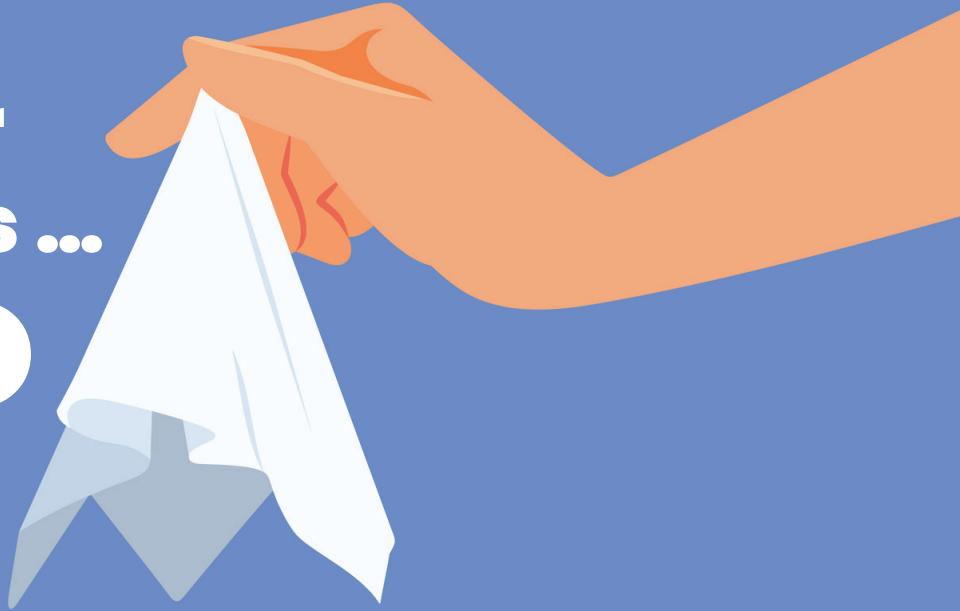
Mani's bass work wasn't just foundational; it was cultural architecture. His Irish roots (Athy, Co. Kildare) made him feel like one of our own, even from across the Irish Sea. And tributes flowed accordingly, including a moving dedication of *Live Forever* by Liam Gallagher during the Oasis Live '25 concert in São Paulo.

For students discovering these bands through playlists, film soundtracks, or late-night society events, Mani's music remains a rite of passage. His influence lingers in today's festival lineups, fashion, and that particular flavour of indie confidence that has never gone out of style.

Rest in peace, Mani—and thanks for giving the world a sound that still feels like youth itself.

Here's to 2026: may it bring fewer shocks, more progress, better gigs, safer streets, and maybe, just maybe, a ticket to the world's biggest stage for the Boys in Green.

All I want for Christmas is ... NOT TO BE ILL!



A Festive Survival Guide From an MTU Student Who Has Suffered Enough!

[By Anonymous MTU student!]

I love Christmas. I love lights, I love biscuits shaped like reindeer, and I love going home where the washing magically does itself again. What I do not love is arriving home sounding like a gremlin who's been smoking since the Leaving Cert.

Because every winter, like clockwork, campus becomes a live-action remake of Outbreak. One minute you're in the library, minding your own business; the next you're surrounded by coughs that sound like they're coming from the Victorian era.

So this year, I've decided: I am NOT getting sick. Not again. Not now. Not when I have parties to attend and relatives to pretend to recognise.

And thankfully, the lovely team at the MTU Medical Centre have shared some actually doable advice. Here is my attempt to follow it (and your attempt to laugh while still taking the hint).

1. Wash Your Hands (Apparently We're Still Forgetting How)

I don't know who needs to hear this, but handwashing is not an optional module. Every lift button, door handle and shared keyboard on campus is basically a Petri dish with ambition.

Do yourself a favour: wash your hands like you're about to perform surgery... or touch your phone (which, by the way, is filthy).

2. Cover Your Mouth When Sneezing or Coughing

If you sneeze into the air like a decorative fountain, just know people are talking about you.

Vampire cough. Elbow sneeze. Hoodie shield. ANYTHING. 'Tis the season for sharing, yes — but ideally gifts, not germs.

3. Stay Home Until You Are 48 Hours Fever-Free

I know, I know. You've deadlines. You've commitments. You've the fear of missing out on one specific lecture that definitely won't be recorded.

But please. If you're burning up like a cheap Christmas candle, stay home. Your classmates will survive without you — and they'll thank you for not infecting them.

4. Eat a Balanced Diet (Not Just Christmas-Themed Sugar)

It is extremely unfair that selection boxes exist just when our immune systems need us to behave responsibly. But apparently, according to actual medical professionals, we require nutrients that aren't shaped like chocolate Santas. Veg. Fruit. Protein. Something green that didn't come from a festive iced bun.

I know it hurts. But so does being sick.

“

With Christmas and Winter all of us are going to be exposed to common viral illnesses

5. Avoid Excessive Caffeine, Alcohol and High-Sugar Foods

In other words: “avoid being a student.” Listen — you don’t need to eliminate the good stuff. But maybe swap one of your daily coffees for water, and perhaps don’t pregame with 14 cans of liquid regret.

Your immune system will thank you. Your January self will too.

6. Exercise Regularly

You don’t need to train like you’re running a marathon. Even a brisk walk around campus helps.

Plus, if you walk fast enough, you can pretend you’re avoiding people you owe assignments to. Cardio and self-preservation. Win-win!

7. Maintain a Good Sleep Routine

HAHAHAHAHA — No seriously, try. Sleep is your immune system’s upgrade menu.

And no amount of €2 energy drinks will ever replace eight hours of decent unconsciousness.



Asthma Students: This One's for You

If you have asthma: Keep your inhalers handy, consider vaccination, And please, PLEASE act early if symptoms flare. Christmas is many things, but it should not be “an impromptu A&E visit.”

Final Word

This winter, let’s give ourselves the gift of not being miserable, mucus-filled humans. With a little common sense and a few good habits, we might actually survive December without sounding like a haunted accordion.

Stay well, stay festive, and may your only sniffles be from laughing too hard — not from catching the campus plague.



Remember flu and covid vaccination is available for High Risk Groups.

[Click here Getting the flu vaccine - HSE.ie](#)

Check out “Under the Weather” HSE for information on how to manage symptoms of illness and when to seek further medical attention.

[Click here Common illnesses - HSE.ie](#)

MTU MEDICAL CENTRE

**OPENING HOURS:
TEL: 021 433 5780**

During term time

Mon to Thurs: 8.30am - 4.30pm

Fri: 8.30am - 2.30pm

Closed for lunch: 12.30pm - 1.30pm

FEES:

- Consult with Doctor: €10
- Consult with Nurse: No charges
- STI testing is available to all students free of charge.
- Contraception is available to 17-35-year-olds inclusive free of charge

LOCATION:

The Student Centre, MTU Cork Bishopstown Campus

1st
Mon

Festive
issue
released!



2nd
Tues

Featuring
SANTA CLAUS
Lots of giveaways!
Food Stalls
Vintage Clothing



MTU CHRISTMAS

December Schedule 2025

8th
Mon

9th
Tues

10th
Weds

Exam De-Stress

Watch out for snacks & exam freebies
in the main corridor each day!



11th – 20th

Semester 1 Exams

Good luck to all and Happy Christmas!

Keep an eye out on our socials
for further info and news

www.mtucorksu.ie

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