

2009

Toast, Vol 1, Issue 5, 2009


DIT Students Union

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toast

the magazine of DIT Students' Union

Vol: 01 Issue: 05 The Exams Special

INSIDE THIS ISSUE:

Exam Survival Guide
Student Holiday Guide
Union News
SU Election Results
Spring Fashion Shoot
& Much More...

1A "We feel very little pity for the characters of Macbeth and Lady Macbeth in Shakespeare's play."

I feel no pity whatsoever for Macbeth. He had no right to propose to Miss Bennett. And as for when he found out Heathcliff was his father, and not Othello, his reaction made you sort of glad in the end that Castle Rackrent is left to his brother Mr. Gatsby. I felt pity for Lady Macbeth though, Bill Sykes wasn't the man for her.



GUESS WHO DIDN'T HAVE THEIR FYFFES TODAY?

Enjoy a sustained energy release that keeps you sharp and alert.

toast

the magazine of DIT Students' Union

Vol: 01 Issue: 05 The Exam Special

Welcome to our fifth slice of TOAST

Long, sunny days and it's getting warmer all the time.... it can only mean one thing – EXAM TIME – why do the Gods torture poor students with the weather – the exams are bad enough.... Anyway here's a little slice of TOAST to help you get through the next few weeks and look forward to the other side and the Summer Holidays

Check out the Exam Special Survival guide and hang on to it – you will need to know this stuff at some stage. Also take care of yourself during this time and don't get too stressed. Our Exam countdown and tips can help make you feel more organised and confident before the event. Remember lots more information and contacts are always on www.ditsu.ie/exams-and-assessments

We have also included a few destination ideas for you to unwind after the exams and the summer blockbusters to watch out for, so sit back enjoy and if you want to comment or contribute to the NEXT AND LAST TOAST of the year please drop us a line or a photo to toast@ditsu.ie. This bumper end of year special will be a review of the good, the bad and the downright brilliant events, campaigns and of course people who made 08/09 such a great year so don't miss it.

From all of us at DITSU – best of luck with your exams and you know where we are if you need help, advice or a friendly ear during it all. That's why we are here – after all.

All the best

- Mairead & all the Toasties

Go On- Have A Bite

We are always on the look out for talented [or not so talented...] people to help out here at Toast. So, if you fancy yourself as a bit of a writer, gonzo journalist, photographer, illustrator or general piss-artist then we want to hear from you. Drop us a mail. toast@ditsu.ie

DITSU SHITZU SAYS:

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Contents

Crumbs	02
Union News	03
USI National Congress Report	08
Part-Time Service	09
SU Election Results	10
Exam Survival Guide	
• Countdown To Exams	13
• What If...	14
• A Word About...	18
• Coping With Stress	19
Wish You Were Here...	20
Travel Tips	21
ENTs Guide	22
Societies News	23
Sports	24
Fashion Shoot	26
El Parco de Croker	28
Down On The Farm	29
Beating Unemployment Woes	30
Wells For Zoe	31
Summer Blockbusters	32

The Crew

[Editor] Mairead Butler
[Sub Editor] Eve Donnelly
[Features Editor] Fiona Condon
[Design & Photography] Eddie Corr

Contact

[General] toast@ditsu.ie
[Editorial] communications@ditsu.ie
[Advertising] communications@ditsu.ie
[Design] design@ditsu.ie

Competition

Log onto www.ditsu.ie/tea for all the latest Student Union competitions

Cover Photo

Sculpture by Tara Nichols [Fine Art]
photo by Maebh Horan-Murphy

Crumbs!

Tasty News Tid-Bits...

Design Week- A Review

The 23-27 March 2009 was a busy week! Starting off with a bit of fun in the Mountjoy canteen, a 'design your own fairy cake' stand and balloon modeller had everyone in good spirits. Installation artists A4 sounds also set up their colouring in posters across Portland Row and the Square, with specially made copies of all the posters in cute colouring book size.

The exhibition launch Monday night was a great success!! 42 pieces of student art work were on display, the SU area had a great buzz going from all the crowd. Our sponsor Nina Lyons from Rise creatives, along with past convenor Richard Healy and past Art and Design officer Brid Hughes were our revered judging panel. E 500 cash prize were shared among Barry Gibbons, Maebh Horan-Murphy and Dara O'hEifa. With Gemma Geraghty, Lisa Shaughnessy, Yuri Brigadir and Niamh Algar receiving Risecreative profiles.

Tuesday lunchtime continued the hands on creativity with mask making stands, in preparation for that evenings masquerade night in Cassidys. Where everyone donned slightly wacky creations...okay mostly Celina Lucey! Who unanimously won the E50 voucher donated by K&M Evans.

Caraicaturist, Niall O'Loughlinn, did some amazing sketches in the canteen on Wednesday-some cruel and ludicrous exaggerations but all hilarious!

Thursday came and although exhausted there was a fantastic turnout for the Graffiti night in The Big Tree, in association with Design Soc. 60 exclusively logo'd Design Soc t-shirts were free to the first arrivals. And art and design certainly ensued once the markers were uncapped. E100 worth of vouchers, donated by O'Sullivan graphics were given to the best graffiti'd t-shirts-Blaney, Rionnagh Condon and Ashlinn Lynch.

So thanks to everyone who made the week such a success!! Everyone who did the organising, setting up, exhibiting, colouring, eating, designing, drawing, partying, and generally getting involved!! Check out the pictures below.

Kathryn Payne [Art and Design pto.]

Grangegorman

Grangegorman, the new all-encompassing DIT campus, has survived the recent savage budget. Despite the Government slashing funds and investments left, right and centre the Grangegorman Project nimbly dodged the knife and came through with its budget untouched. With funding secure until the next budget in December the project is on course to break ground at the end of the year! New campus here we come...

DIT victorious at Student Media Awards

The annual Student Media Awards were presented at a ceremony last Thursday, 02 April, and DIT student photographers swept the boards, winning Photographer of the Year [Peter Murray], News Photographer of the Year [Ronan Johns] and Sports Photographer of the Year [Rob O'Connor]. In addition, the award for Best Short Film went to DIT student Rouzbeh Rashidi, making it a very successful night for DIT media students. Being shortlisted for the awards offer an excellent opportunity to be showcased among the best young media in Ireland and a calling card for award winners

Lost: Tie Bar

An all forces alert has gone out for the President's missing tie bar. Last seen keeping his tie to his shirt at USI National Congress Gala Dinner it was feared lost to the floor when the tie became detached and wrapped around his head. If you have any information please contact our action line.



Your Union News:

Keep up-to-date!

Martin Dunne

SU President

president@ditsu.ie

The Presidential Word

Alright Yessir?

Another month, another issue of Toast and plenty of happenings to report back on. So the elections have come and gone, hundreds of flyers, dozens of promises and more votes than you can count on your hands and toes. Congratulations to Tracey, Sean and Jen the new team for next year and best wishes to all the other candidates – it wouldn't be as exciting if they weren't contested. The new team take up office on July 1st so grab them if you see them about, say well done and tell them how you want your union to operate in the next twelve months!

In other news RAG week! A great week was had by all with the straw from the Farmer's Ball still stuffed in the nooks and crannies of The Big Tree. Events were happening across all the sites and despite the recession it looks like we made a tidy sum for our RAG charity, Console. A big pat on the back to Dermot and Mark for setting everything up and to the close to 100 people who took time out to squeeze people for their hard earned cash all in aid of charity.

While all this has been going on we've said a couple of goodbyes and some hellos. Eric Fitzgerald, the Aungier St convenor, has

flown off on Erasmus to Germany and is actively recruiting for the Munster fan base there. We've also said farewell to Ian Mullins, Bolton St convenor, who is focusing on his final year studies towards the end of the year. We wish them both the best and say a hello to Avril Murphy, the new Aungier St convenor, and Suzanne Tutty, the new Bolton St boss. They've only been with us a short time but they are already doing a great job so we're well sorted.

So what else has been going on? The national union, USI, is still pushing for the rights of students and had its National Congress a couple of weeks ago - more on that later. They are developing the campaign into one of local lobbying with students being asked to actively annoy their local representatives and TD's in the run up to June's elections. We have sample letters, petitions and plans for some direct action to keep the pressure on Batty O'Keeffe over the fees issue. If you want to know more or get involved then drop me a line at president@ditsu.ie.

The year is coming to a close for many of you, with dissertations handed in and exams just on the horizon but that doesn't

mean that the work of the union is done. We're still pressing DIT on library opening hours, new disciplinary procedures, lab and studio accessibility, keeping the new Grangegorman campus student centred and looking to having a system in place for paying the Government's new €1500 capitation fee in instalments. On top of all that the offices will still be open to give advice and assistance on everything from academics to employment.

We'll still be about throughout the rest of the year and into the summer so pop in, have a chat and best of luck in all the assessments you have before the final edition of Toast.

**Good Luck,
Martin**



The Flinter File

Tracey Flinter

SU VP Academic & Student Affairs

vpacademic@ditsu.ie

Well Hello There!

This year had to be one of the shortest years ever in my college life, there has been so much going on that it feels like I haven't got enough time to tell you everything. We had RAG week, The Fashion Show, Drama Festival and Awards, Society Awards, Art and Design Week, Green Week, USI National Congress and last but not least the new team of Sabbaticals (President and two Vice Presidents) for next year were elected and thrown in the pond in Bolton Street.

Firstly I would like to welcome all our new Apprentice students in Kevin St and Bolton St, Yes you will be seeing more of me over the next couple of weeks so keep your eyes peeled!

As I said there is so much going on, the General Assessment Regulations have been made more student friendly and are a waiting Academic Council for approval. If they are approved they will be in place for September 2009. The Student Charter is being recognised at all levels within DIT and we are still progressing on making it a real life working document for both our Students and DIT. Who knew that updating a document would take so much time!!

Our service hours have been extended Wahoo! For all those students frequenting the corridors of Aungier St, Bolton St and Kevin St we have extended our services on your sites to one late night a week. Part Time students have it hard in DIT, the offices are closed when they come in sometimes they

can't even get a cup of tea. If all the doors are closed at 5 o'clock who is there to help and answer any questions that may arise... The Students Union!! To find out more flick forward to the Academic and Student Affairs section of this mag.

International and Erasmus Students we love you all! It is said and I have to agree that our International and Erasmus Students do not get enough when they come to DIT. So we in the Students Union decided to bring them away and show them real Ireland instead of just Dublin city. The first outing was on St Patricks Days to Croke Park where we brought over 40 students to see the Club final games. I rehashed my knowledge of Hurling and Gaelic which was a bit rusty but I think everyone understood! There was a massive uptake on a trip with such short notice that we decided to run a second trip outside Dublin. Where better to bring students than to a farm in county Meath. One Saturday morning at 8.30am we packed up the bus with over 45 students and headed to the lovely Causey Farm just outside Trim village in county Meath. After milking the Cows, making bread, learning how to Irish dance, cutting the turf for the fire and going bog walking we decided to make the most of the day and pay both Newgrange and The Hill of Tara a visit. Again to read the real student experience please flick to the Academic and Student Affairs section of this mag.

The exams are upon us once again and we in the Students Union are here to help. From the week of the 27th of April we will

be running Welfare Power Days across all sites encouraging students to look after both their physical and mental health. We will have information on how to distress and relax, top tips for getting the most from your exams! Not to mention plenty of freebies and some fun and games also.

'What if...' is back in action again, you might have seen our pleasant student models from all sites taking part in our poster campaign to highlight issues that may arise when it comes to exam time. From being ill during the exam to repeats and rechecks we in the Students Union are here to help. To tie in our 'What if Campaign' we will be highlighting the importance of the Personal Circumstances Form. The Personal Circumstances form otherwise known as a PC1 form allows for both examiners and lecturers to become aware of any circumstances that may have arose during your time in college that has effected your overall performance when it comes to exams or assessments. Again to find out more please flick forward to the Academic and Student Affairs section of this mag.

Keep It Educational, Tracey



The Bolton Report

Suzann Tutty

Bolton Street Class Rep Convenor

convenor.bst@ditsu.ie

Hi ya!

I have just been elected as Convenor for Bolton Street to see out the rest of the semester. I hope to get one or two things organised before the end of the year! Not much time left but I'm sure we will manage something! So far I have organized a Cadburys Cream Egg Competition... It was a good laugh, fair play to all those who took part and helped out! I doubt they don't want to see Cream Eggs for awhile...!!!

As I'm writing this I'm at the National Congress for the Union of Students of Ireland, it's been a great week and it has been very informative as it is the highest democracy body for Students Union's throughout Ireland, debating the needs of our students! It's getting close to that awful time of year again the dreaded EXAMS.... Ahhhhh!!! If you need any help or advise please drop down to me and we will see what we can do for you!!!

Enjoy the last few weeks and don't get too stressed... If you're about the SU please drop in and say hello!!

Talk soon, Suzann



Jackanory with Jules

Dermot Julian

SU VP Services & Trading

vpservices@ditsu.ie

How ya gettin' on?

Great Pav weather we're having lately...

Well it's coming to the end of yet another illustrious and colourful year, with just one small item left on the agenda that being ... The Big Bash, so keep an eye on the auld notice boards but more on that later. Having not spoken to you all since RAG week ensued there has been some great nights such as The Coronas, The Rag Ball and of course The Farmers Ball, the ball to beat all balls.

The Monday night of Rag week kicked off with those Southside revellers The Coronas in Dandelion it proved to be serious craic with the majority of people getting...The Shift! The band did of course play the auld reliable 'San Diego Son' it's no N17 now or anything but it certainly did it for the 'thousands' that were there.

Tuesday night saw the up and coming Fight Like Apes take to the stage and headline the Rag Ball with the band doing their utmost to provoke the crowd into starting a riot, although in fairness now I don't think it would have taken much either way. Including all of this we had the Dirty Epics and Blue Moose as always banged out the tunes serious banter was had.

The highlight of the last month or so has to be the debacle that was Farmers Night in the Big Tree with only one word to describe it carnage. The only problem it probably could have sold twice over, with an estimated 500 people turned away on the night because some cripple on a stool outside wouldn't let them in. Inside however it was pandemonium central and surprisingly enough the Wexford crew blended in well with the clientele that was present, conveniently knee deep in straw. Who'd have thought 3 square bales could cover so much ground. There was me thinking of bringing 10 bales in, just as well we didn't!! Even the Tractor racing fell foul to the crowd with tractors being dismantled left right and centre with the seat of one tractor firmly lodged at the bottom of a toilet...Nice!

Don't forget it's still free into Coppers on Mondays & Tuesdays before 12 so make sure to abuse that, there ain't too many left. Make sure you check out the ENTs Upfate on page 22 for all the latest news...

As regards Societies and Sports it's been fairly manic aswell. DIT Drama managed to pull out all the stops for annual Drama Festival and to be fair it was exceptional the

talent (acting talent of course) that was on display over the 2 weeks, The Fashion show of course didn't fail to disappoint where there was a collection of societies on show including breakdance, dance and juggling soc all adding to the spectacle.

In Sport it proved to be an exceptional purple period for DIT GAA with both the senior mens and ladies teams making their respective weekends. The Sigerson team unfortunately went down to a Cork IT team spearheaded by exceptional Daniel Goulding. The Ladies team while enroute to Belfast accounted for the likes of DCU, Trinity and Mary I before falling at the penultimate stage that took place in Belfast

Slán,
Dermot



The Brugha Report

Peter Keegan

Cathal Brugha Class Rep Convenor

convenor.cbst@ditsu.ie

Hello Guys!

Hope this piece finds you well and getting ready for the exams that are just around the corner! Remember, if you have any problem with assessment hand ups or any issues surrounding your course please drop down to us in the Union and we'll set you on the right path!

Theres loads happening in the Brugha at the minute and we in the union need to you to stay informed with whats happening so you know what you're coming back to in September. The mini-budget was announced and as yet, there's no mention of fees.... yet!!!!

The DIT have published their white paper on organisational change, a mouth full i know, but basically, as DIT moves towards Grangegorman the management and office structures within DIT will change. How does that affect you? It means that in September there will no longer be a Faculty of Tourism and Food, but rather a College of Science, Health & Food and a College of Business. This will affect you so stay tuned over the summer to see whats happening. By the time you read this we will have a brand spanking new class rep convenor for Cathal Brugha Street, as this goes to print I don't know who they are, but best of luck to them for next year!!!

Myself and the sabbaticals will be around all your classes over the next few weeks recruiting your class reps for next year, so if you're interested make sure to get nominated!!!

Talk soon,
Peter



The 'Mines Report

Lorna Geraghty

Rathmines Class Rep Convenor

convenor.rath@ditsu.ie

Hello All,

My god can you believe the year is almost over. I have to thank you all for giving me the great honour over the past few months of being your Rathmines convenor. I have learned so so much and have loved every single second of it. I hope I can do you extra proud next year if I'm re elected.

Since our last issue of Toast the Rathmines students have been as superb as ever. The music students have come along very well in their exams and their recitals are better than ever and the graduating drama students have stunned us all in their aspiring production of Shakespeare's 'Midsummer Nights Dream'.

Rathmines has made a good host to RAG week, I never really realised before just how much students like charity when they get to eat homemade cookies and brownies. The cake sale made the most money of the week so a big thank you to all those who got involved. Tuesday played host to the most amusing to watch treasure hunt I've ever seen, and Wednesday saw an almost tied foosball match... *shifty eye movement* (ok so it wasn't really a close tie... *cough* more like eh 29 to 9..ok so music kicked drama's ass, I admit it). Anyways... I was very happy to see the great response from the students when our two comedians arrived on Thursday afternoon. Remember guys and gals the more ya get involved, the more events we'll have out in we auld Rathmines.

Over Easter when most of the DIT students were eating chocolate or studying I spent 5 days in Bettystown, Co. Meath (no, I wasn't just playing pitch and putt at 'Funtasia') as I was at USI (the national students union) annual congress. Basically what congress is for ye who don't know is 4 days from 9-6 motions which mandate the different officers on USI in ways we think would benefit ye as students....(and then in the evening we have a wee dance and a 7up or two ;)) DIT's 23 delegates from all 6 main sites had a great time, loads of fun and really got some great work done...so much so the steering committee awarded DIT as best delegation, and Darren Bates (Bolton St.) as Best virgin Speaker, we also got nominated for Angriest Young Woman: Jen Jordan (incoming DITSU VP ASA), Best Quote: Martin Dunne <while speaking on motion re recent mini budget>; "Don't interrupt me, or I'll get confused and turn to the other side" (current DITSU President) and myself as Best Female Speaker. I had one of the best weeks ever and would defiantly recommend all of you to look into going to Congress 2010.

Back to site issues, At the moment I'm conversing with some students about our now annual conservatory Ball, which is going to take place May 5th (note the posters around the building). So get the glad rags ready guys and get ready to par-tay. Remember to stop me any time guys n' dolls with any probs, I can't fix it if I don't know about it.

And sure how could I leave without my cheesy joke...here goes:
I thought this time I'd have music and drama themed ones:

Q. How many singers does it take to change a light bulb?

A. 5, 1 to change the bulb and 4 to hold the lead soprano out of the light.

Q. How many radical feminist performance artists does it take to change a light bulb?

A. Five. One to do it, and four to host a panel discussion of the political, social, and sexual ramifications of the lamp-changing.

Q. How many actors does it take to change a light bulb?

A. Nine...one to do it, and eight to stand around and say "I could do better than that"

TEE HEE, have a good one lads, I'll miss ye over the summer

Kisses,
Lorna x



Jon Hayes

Mountjoy Sq. Class Rep Convenor

convenor.msq@ditsu.ie

The Square Report

Hey Everyone!

Got another article to fill ya in on the goings on in the union on on site. Well to be honest its been kind of quiet...Well except for RAG and Art & Design Week of course.

We had a weird RAG week in The Joy because of the way the reading week happened, there was noting we could do about it unfortunately. It was changed to accommodate the portfolio submissions for people applying. All we can do is learn from it and try and make sure it will not happen again.

So that leaves Art and Design Week, a big success. There was nothing but positive feedback from this and I hope everyone

enjoyed it. Id like to take this opportunity to thank everyone who helped out organizing it and/or submitted work for the exhibition. A special thank you to Kathryn Payne, our local Part Time Officer for Art and Design who did an absolutely amazing job of organizing and executing the whole thing.

Now on a quick note as to whats to come, well, we a have a certain amount of money we are going to dedicate to local events, weather it be more games to have permanently in the canteen or actual one day events happening throughout lunch times has yet to be decided but Im on the case. If you have any ideas, come in and give me a

shout, otherwise, just keep an eye out for whats coming and give whatever is going on a go. So Ill leave it at that for now, now go get studying, assignments to be done, thesis' to be written, presentations to be prepared... Dont ya just love college!

Later!
J



The Kevin Report

Sean Campbell

Kevin St Class Rep Convenor
convenor.kst@ditsu.ie

Toastie!

Man this year is flying, the Six Nations is over....the Grand Slam, Cheltenham is over, RAG week is over, the bloody tennis is on the way, strawberry's anyone? Its nearly summer people, J1 forms filled in and sent away, interviews in the Embassy's, especially with the US one, where it feels like they frog march you into the office and some dude shouting orders at you just to find out what your name is....aaaah! So what am I trying to say with all of this, well the clocks are going forward or back I can never remember? But it's that time to start to get the head down and study people, yep! Study I hate it too, but it has to be done!

I am looking to hear from Kevin St. students about what they would like in the snackery at lunch times I have heard that some people don't like the auld bands at lunch times and some people do so any suggestions? And thats not just for the snackery its about what you want on your campus, so Email me at convenor.kst@ditsu.ie come on people tell me I want to hear from you and if you don't care then that's fine, email me anyway and if you see something broken also email me labs or computers, whatever tell me and we will get it sorted fair enough???

We have a 50 inch plasma on the way with a wii console so that should be something to entertain ye! RAG week for me was quiet as I was trying to get college work done after the elections, am nearly there, alot done, more to do...ha ha, love that saying. But in saying that RAG was quiet for me it wasn't for alot of people there was stuff on all week, the swim was cold feekin freezing but fun. I would like to thank the brave young man who got his arm pit waxed for CONSOLE man that was sore, there were patch's of clean skin all over his body and blood at one stage....its RAG week you have to be silly for one day at a year!

Anyway I have to say getting elected to the DITSU is great and I am still buzzing. Some people have came up to me and asked me how did you get on in the elections and I tell them I got in, some react saying well done, some react and say, sure you were the only one running for the position and you were in already. True, in a way, but I didn't rest on that fact, I wanted people to know me, wanted to know who I was, I think it worked. 2273 votes is something I didn't think I would get but I did, I needed 1400 vote to get past the quota. People that didn't like

me could have voted for RON (Re Open Nominations) but there wasn't too many of them. So that's me elected as Vice President for Services and Trading! Thank you! Now for the degree and getting all of my promises in my manifesto done. I have one small part of it done already, getting the red sign working in Bolton st last month. I will be looking around for facility's that are there and that are not working and try and get stuff working rather than forking out money for new stuff. Anyway that's for next year; I am really looking forward to working with Jen and Tracey. They both are passionate about what they want as am I so there you have it folks that's mainly it from the Kevin St.

Keep it
country!
Sean



The Aungier Report

Avril Murphy

Aungier St Class Rep Convenor
convenor.ast@ditsu.ie

Hi All!

It's Avvy here, telling ya the happ's from Aungier St! As you should know Eric was your convenor from September until March, when he left us to go away! Don't feel too bad for him, he's in Germany living it up. I was elected in a class rep meeting to take over the position until the end of term. I officially started the week before RAG Week and I have been living it up from then! It's been such an amazing experience so far. Can't believe I only get to do be a convenor for 3 months!

RAG Week was really good. We had a lot of support from the students in Aungier St. With watching events on stage, like Eric's infamous head shave to taking part in the

onsite events such as Iron Stomach and the Treasure Hunt. We had an onsite game of Assassin, which went down really well. I just wanna thank everyone for getting involved and helping out. Console is a really great charity and we raised a lot of money for them. Couldn't have done anything without the support of guy and those of you crazy enough to jump off of really high heights in the name of console! Just want to congratulate everyone involved in the DIT Toyota Fashion Show. Was a great success and a really good night!

I hate to mention it guys but we all know that exam season is around the corner! Hope everyone is coping with C.A.'s, studying and stress. If anyone if feeling overwhelmed with

anything just pop down to the SU office and we'll try to help out, however we can! No reason to worry, when someone can help.

Just wanna thank everyone who's helped me so far! Its been great so far and looking forward to what's in store!!

Rock on!
Avvy



USI Congress Report

All the latest from Bettystown...

[congress '09]

[Bluffers Guide to Standing Orders]

[9A] I'm bored, get on with it...

[9B] I'm bored, get rid of it...

[9C] We're gonna be picky about this...

[9D] Like we'll ever hear of that again...

[9E] No, no, no, no, no...

[9F] You guys suck...

USI National Congress took place recently, Martin Dunne goes through the highlights.

They came from across the thirty-two counties and from all areas of third level. Under-grads, post-grads, part-time, mature, young, international and every other type of student in between gathered in the Bettystown Court Hotel the week before Easter to decide the future of the student movement in Ireland. USI National Congress consisted of close to 300 delegates who spent four days and nights debating, discussing and deciding the policies and procedures that will define the student movement for the next five years.

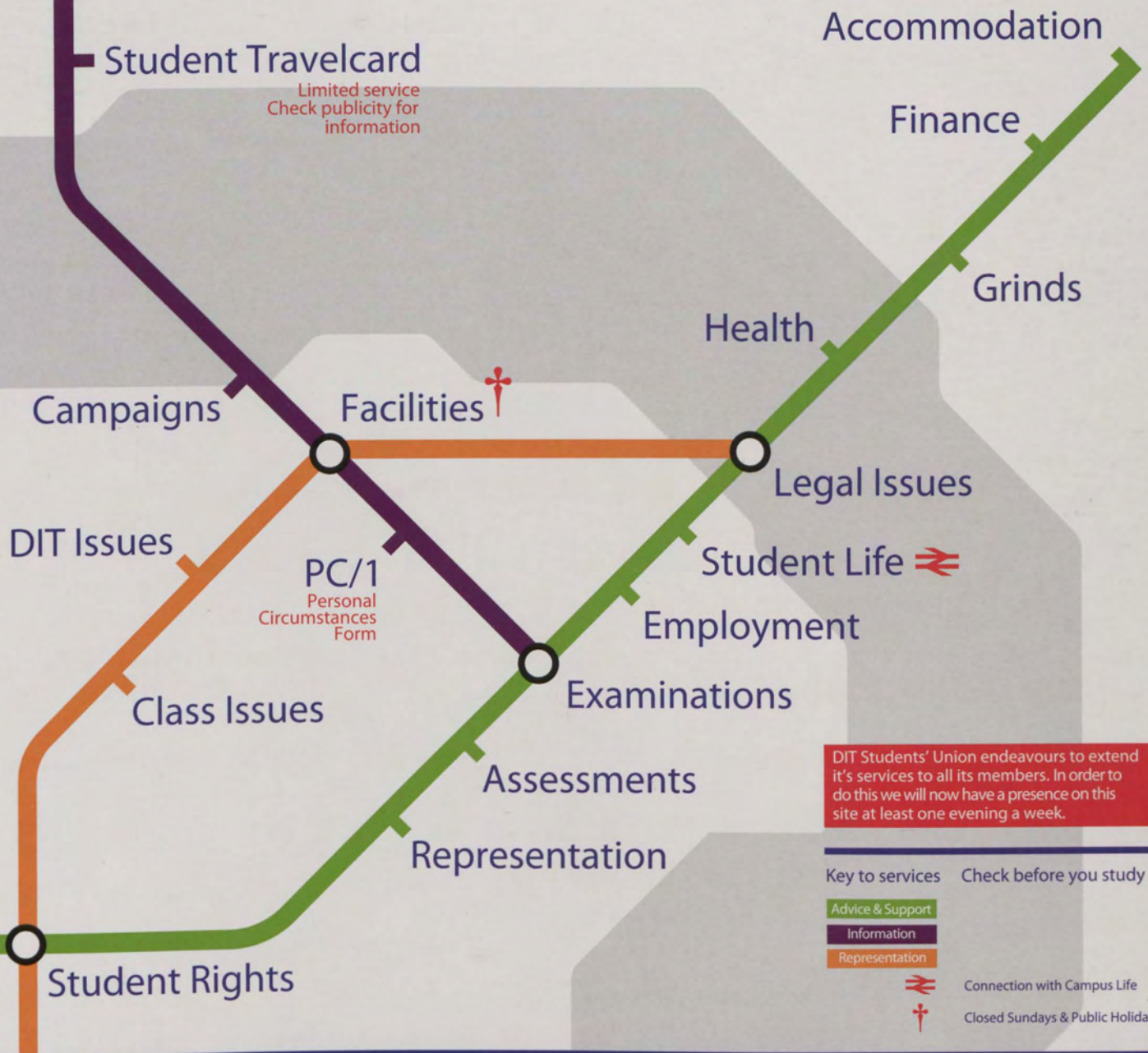
DITSU was there with 23 delegates and 10 motions on issues as diverse as promoting USI, disability awareness and citizenship for international students. With the big hitters from UCS, TCD, UU, NUIG, UCC, WIT, AIT, ITT and a dozen other colleges present their was promise of some intense debates. The feeling around the room was one of common purpose however. With the unifying threat of 3rd level fees on the horizon delegates spoke with one voice and strong resolve on many issues, not that debate was stifled!

Presented by various members of the DITSU delegation, the motions sent forward from Governing Council received a warm reception at Congress. Many of the motions were well supported by delegates from many different colleges and members of the USI Officer board and with such weighty support passed with ease. There were some contentious DITSU motions however, with the issue of how USI promotes itself proving particularly sticky.

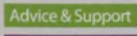
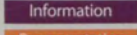
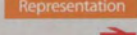


With the President of USI speaking against it looked shaky but our delegation came together and strongly spoke for a USI awareness campaign and regular, easy to read reports from Officer Board for students. After some debate the vote was taken and the motion passed and with it a perfect score obtained by DITSU – 10 out of 10 motions passed to help guide policy of the national union for the next 5 years!

Other interesting motions included the resolution for USI to write in support of the people of Gaza, a heated debate on an abstinence motion removing the autonomy of the LGBT campaign and downgrading the Eastern Area officer to a part-time position. On top of this the elections to USI Officer board for next year took place with all but the Equality position being uncontested. The current Equality Officer, Linda Kelly, won a second term in that race with Peter Mannion being confirmed as the President of USI for the coming year.

With the formal business over all that remained was for the Gala Dinner and Steering Awards. The DITSU delegation, already full with the success of our motions, managed to get an impressive seven nominations for Best Maiden Speaker, Best Big Delegation, Best Male Speaker, Best Female Speaker, Best Quote, Angry Man Award and Angry Woman Award. With the results of the Steering Awards announced we walked away with Best Maiden Speaker to Darren Bates from Bolton St and Best Big Delegation – confirming a highly successful year for DITSU at National Congress!



DIT Students' Union endeavours to extend its services to all its members. In order to do this we will now have a presence on this site at least one evening a week.

- Key to services Check before you study
-  Advice & Support
 -  Information
 -  Representation
 -  Connection with Campus Life
 -  Closed Sundays & Public Holidays

DIT Students' Union improvement works may affect your studies, particularly in the evenings. Check before you study; look for staff on site, visit www.ditsu.ie or e-mail info@ditsu.ie

USI Congress Report

All the latest from Bettystown...

[congress '09]

[Bluffers Guide to Standing Orders]

[9A] I'm bored, get on with it...

[9B] I'm bored, get rid of it...

[9C] We're gonna be picky about this...

[9D] Like we'll ever hear of that again...

[9E] No, no, no, no, no...

[9F] You guys suck...

USI National Congress took place recently, Martin Dunne goes through the highlights.

They came from across the thirty-two counties and from all areas of third level. Under-grads, post-grads, part-time, mature, young, international and every other type of student in between gathered in the Bettystown Court Hotel the week before Easter to decide the future of the student movement in Ireland. USI National Congress consisted of close to 300 delegates who spent four days and nights debating, discussing and deciding the policies and procedures that will define the student movement for the next five years.

DITSU was there with 23 delegates and 10 motions on issues as diverse as promoting USI, disability awareness and citizenship for international students. With the big hitters from UCS, TCD, UU, NUIG, UCC, WIT, AIT, ITT and a dozen other colleges present their was promise of some intense debates. The feeling around the room was one of common purpose however. With the unifying threat of 3rd level fees on the horizon delegates spoke with one voice and strong resolve on many issues, not that debate was stifled!

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DIT STUDENTS' UNION ELECTIONS THREE POSITIONS



Pictured moments after the announcement of the Election results were (l-r) Jen Jordan, Sean Campbell and Tracey Flinter.

photo: Eddie Corr

SU Election Results

Did you make your vote count?

Well, the race is run and the deal is sealed, and huge congratulations go to next year's new crew. On your left, we have your Vice President Elect, for Academic and Student Affairs, the lovely Jen Jordan, in the middle there's the even lovelier Sean Campbell, Vice President Elect for Services & Trading. And the final pickle in the jar is the very familiar (cos she's already our VP for Academic and Student Affairs) Tracey Flinter, SU President Elect - and guess what? She's lovely too! Well done all three. What a bunch of lovely girls you are. No offense, Seanie.

And also well done to you guys too - you got out there and voted, and helped make a difference in the way your Students' Union operates. It's our job to be here for you, and by filling in those ballot papers in record numbers, you helped us help you. We just wanna be here for you, dude.

Record numbers, you say? Yup, you guys were out there in droves. Here are some more of this year's election stats:

- Voting numbers were up on every site this year, with the exception of Aungier Street. We'll just have to be more persuasive next year, guys!
- Nearly thirty percent more students voted in Bolton Street this year than did last year. It's so cool to see so many of you getting involved!
- With nearly half of all full time students voting in Rathmines, you guys were the strongest turn out... you people rock!
- Bolton Street, Mountjoy Square and Kevin Street beat the rest in terms of the percentage of part time students who cast their vote. Awesome.
- Overall, a lot more full time students voted, as compared to those studying part time. We're working on reaching out to all part time students even more this year, so we hope to encourage loads more of you to vote in next year's elections. Remember, if you're a student, then we're your Union!



INSPIRE

ELECTED:
VICE PRESIDENT
[academic & student affairs]

**JEN
JORDAN**



UNIFY

ELECTED:
PRESIDENT

**TRACEY
FLINTER**



VITALISE

ELECTED:
VICE PRESIDENT
[services & trading]

**SEAN
CAMPBELL**



Dublin Institute of Technology

DIT STUDENTS' UNION BUMPER EXAM SURVIVAL GUIDE

INSTRUCTIONS:

1. Begin each answer on a new page. Please write your name inside the answer book.
2. Please write the number of the question you are answering on the left margin of the first page of your answer.
3. Your name should not appear anywhere in the answer book. Rough work is to be included in the answer book and crossed out or identified as such.
4. Please read carefully the instructions on the cover of the Examination Paper.
5. If you have used additional answer book(s), please insert them inside the cover of this book.
6. In the boxes below please tick the numbers of the questions attempted.

Question Number	Q1	Q2	Q3	Q4	Q5	Q6
Tick if attempted						
Marks awarded (for examiners use only)						

7. It is the responsibility of the candidate to submit all so provided by the invigilator before leaving the Examination Hall any item provided by the institute or where the examination paper forms part of the answer

With semester 2 exams and deadlines approaching, it's that time of year again, when you might just be regretting a few late nights and even later mornings. But overall, you've given it your best shot and now's the time to settle down for a few weeks of dedicated study so that you nail the rest of your assessments for this academic year.

This article is devoted to information on exams/assessments that, in our experience, students have found useful. There's tips on revision and preparing for exams, some FAQs on what to do should you find yourself in awkward circumstances, and some guidelines on the Personal Circumstances form. There is also some information for students with disabilities.

Hopefully we've covered most of what you'll need to know but do contact your Students' Union Office if you've any other questions. Alternatively, contact Tracey, the Vice-President, at vpacademic@ditsu.ie / 0866031075 or Mary Scally at academicaffairs@ditsu.ie. Have a look at the Help and Advice section at ditsu.ie as well. You'll find lots of useful info there, or download any of the forms we talk about here.

Note: Legibility, accuracy and clarity of expression

Exam Countdown:

6 days to go_ 2 days to go_

Do:

- Prepare day-by-day exam timetable to guide revision.
- Revise subjects in reverse order – last exam first.
- Take at least two relaxation sessions.
- Take at least 20 minutes exercise in fresh air.
- Practise answering past exam questions using Key-Cards.

Don't:

- Burn the midnight oil– stop revising at least 30 mins before bed.
- Drink lots of coffee while revising – it impairs recall during exams.
- Listen to music while you're revising – study in quiet conditions.

Do:

- Revise first two subjects being examined.
- Summarise Key-Card facts on a few summary cards
- Take some relaxation sessions.
- Take exercise in fresh air.
- Get a good night's sleep.

1 day to go_

Do:

- Revise first subject examined.
- Use summary cards – but check against Key-Cards if stuck.
- Take some relaxation sessions.
- Pack what you'll need for exam. Compare with check list to ensure nothing gets forgotten.
- Take at least two hours off before bed. Enjoy yourself. Set out clothes for next day.

5 days to go_

Do:

- Follow your revision timetable carefully.
- Take at least two relaxation sessions.
- Take at least 20 minutes exercise in fresh air.
- Rest between revision sessions.

Don't:

- Revise for more than 20 minutes at a time.
- Panic about not having enough time – revise steadily.

the BIG day.

4 days to go_

Do:

- Check your timetable to stay on schedule.
- Count how many hours are left to revise and reallocate if necessary.
- Take at least three relaxation sessions.
- Go for a walk lasting 20 minutes or more.
- Practise answering past questions.

Don't:

- Eat junk food. Include fresh fruit and fish in your diet.
- Think negatively. If an unhelpful thought arises say stop firmly.

3 days to go_

Do:

- Revise actively by asking and answering questions.
- Take four relaxation sessions. Focus mind on relaxing image.
- Take some physical exercise.
- List what you'll need: a pen and a spare; rubber; pencils; coloured pens; ruler; geometry and technical drawing instruments; calculator (get fresh battery); watch; permitted books.

Don't:

- Allow gloomy talk by other students to induce panic.

- Eat a good breakfast, for instance, scrambled eggs, grilled bacon, toast and fruit juice. Don't drink more than two cups of tea or coffee.

- Leave home with plenty of time to spare. Aim to arrive 30 minutes before the start of the exam.

- Avoid frantic last-minute revision. Just read through summary cards to jog memory. But don't take these into exam room!

- Relax immediately prior to exam – a toilet provides privacy! Suck a glucose sweet or eat some raisins before exam.

- In the exam, read every question carefully. If stuck on a short answer question don't ponder, move straight to next. Leave time to go back at the end.

- If you don't know the answer to multiple choice questions, a random guess is the best strategy.

- Allocate time for every question asked. You must finish them all. Allow five minutes for reading each question and ten minutes for checking and correcting at the end.

- Keep a very careful eye on time.

- After the exam, concentrate on relaxation, physical exercise and preparing for your next exam.

Good Luck!

Many thanks to DIT Counselling Services for this guide.

What

If

A run-down
on what to do
if the worst
happens...



What If....
I'm LATE for
an EXAM...

What If.... I don't know when/where to get my results?

Most students will be getting results online after the Exam Boards have taken place in late May/early June. Results for a small number of courses are posted on Pass lists. Unfortunately, there is no one specific date by which all results are published together!

We will be posting updates on ditsu.ie from mid-May onwards for each site/Faculty and you can also check the DIT Modularisation website at modularisation.dit.ie/student.htm or on the notice boards usually located near the Exams Offices.

What If.... I'm late for an EXAM?

This really depends on how late you are and why. If it is a few minutes and you think you may still have time to complete the exam fully, then attend as normal.

If however you are quite late and don't have enough time to do a good job, you should tell the lecturer and your Head of School what has happened and why. If there are personal reasons you can fill out a **Personal Circumstances Form (P/C1)**. This form will be presented at the Exam Board and considered. You may need to repeat the exam, but if you let someone know what happened you may be allowed take the repeat as a first sitting, meaning your marks may not be capped at 40% or what ever the pass mark is.

What If.... I'm LATE handing up a PROJECT or ASSIGNMENT?

There is no one general rule for this as it differs across the various programme in DIT. With some courses, you get deducted a percentage of the marks for each day / week you're late. In others, you can only get a maximum of 40% of the marks available if you don't hand in on time.

The easiest ways to find out the rules for your programme is to check the brief handed out when you were given the assignment, or to ask your Lecturer. The **Student Handbook** that you should have received in September should also include details of any penalties imposed for being late. Or you can ask the Librarian for a copy of your **PROGRAMME DOCUMENT**, which lists all your modules and includes the details of marking schemes and any penalties for handing in work late.

If you've had some difficulty (illness/injury or other personal matters), you should submit a **Personal Circumstances Form (P/C1)** with your assignment. You should also explain the situation to your lecturers, who may not penalise you for being late. Obviously, these reasons must be valid and verifiable.

**What If....
PERSONAL STUFF makes it
DIFFICULT FOR ME to complete
my exams or assessments to the best
of my ability?**

Often personal issues of one sort or another can affect a student's academic progress. It can happen that due to family, health, financial or personal issues or worries, studying becomes too much to cope with.

If you find yourself in such a situation, you should look into the many free services available to help you cope. Aside from the support and advice the Students' Union offer in our Student Affairs Dept. – studentaffairs@ditsu.ie – there are also Counsellors, Chaplains, Careers, Disability Support and Health Services provided by the DIT from your €900 Capitation fee. All of these services are dedicated to helping you progress successfully though your college life.

However, if you feel you don't want or need these supports, but circumstances exist that are affecting your academic performance, it is important you let the relevant people in the DIT know so this can be taken into account when your marks are being considered.

You can:

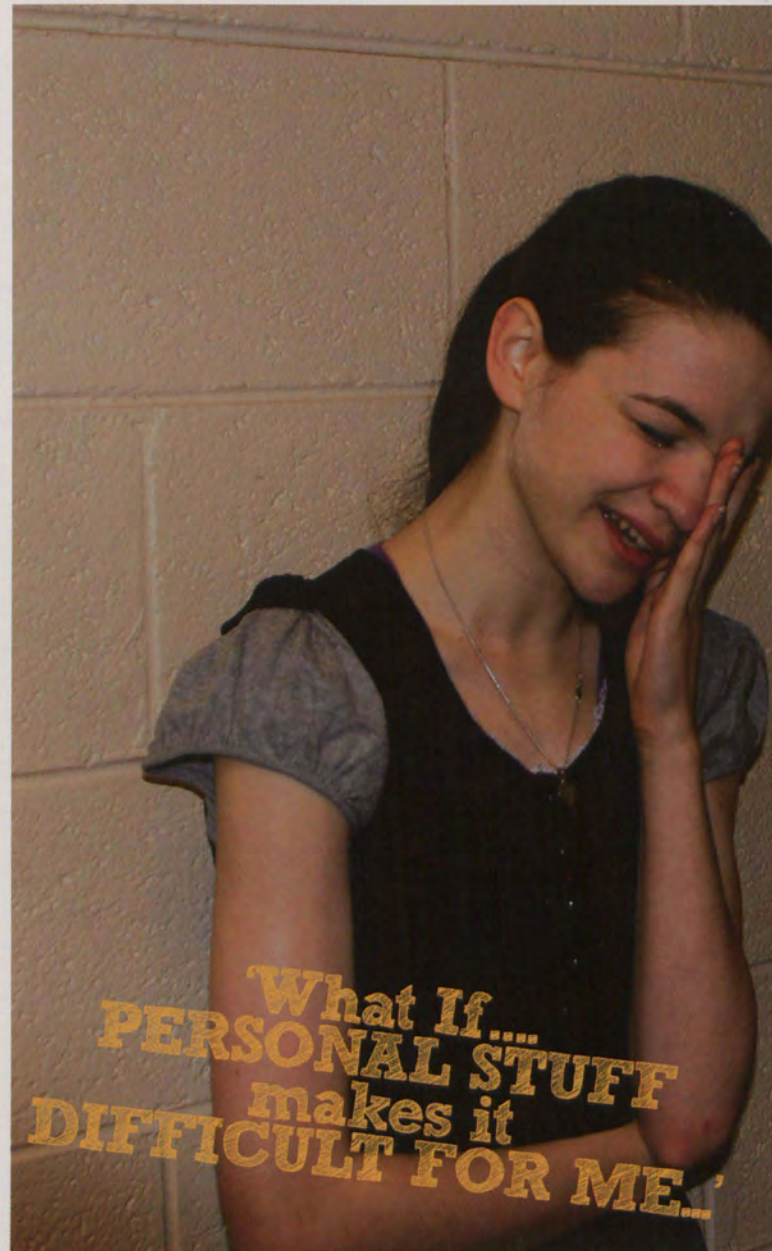
1. Complete a Personal Circumstances (P/C1) Form.

If you've experienced an injury, illness, bereavement, family crisis or any incident or problem that has affected your performance in an exam or your completion of a project/essay/assignment – you should tell the Exam Board so that this can be taken into consideration when determining your marks. You do this by submitting a Personal Circumstances Form (P/C1) and you must supply independent supporting documentation (e.g. Doctor's cert, letter from a Counsellor etc.) to verify what you've described. This must be handed in within two days of doing the exam or at the same time as an assignment is due. The circumstances you've outlined can then be taken into account when the Exam Board discusses your marks for the assessment.

2. Talk to your tutor or a lecturer that you feel comfortable with. It doesn't have to be an in-depth discussion about your life and issues, merely a 'heads-up' for them. Most lecturers have heard similar stuff before and you would be surprised how helpful and supportive they can be in your time of need. Then confirm the details on the PC1 form for the Exam Board.

The important thing to remember is that it's not possible to submit the form after your results are published, for obvious reasons, and you cannot use this as grounds to appeal later.

There's no charge for this. The form is available from all the Exams Offices or you can get a copy from your Students' Union Office or our website ditsu.ie



Don't forget:

If you have questions or queries do drop into your Students' Union Office.

Alternatively, contact in confidence Tracey, the SU Vice-President, vpacademic@ditsu.ie 0866031075

or Mary Scally at academicaffairs@ditsu.ie.



What If.... I'm SICK in the middle of an EXAM..

What If.... I want to DEFER my Semester 2 exams/assessments?

You can do this if you have good reason and do so in time and with the permission of your Head of School.

You should contact your Head of School at least **4 weeks** before the date of the exams and explain your reasons in detail. If these are accepted, you will be allowed to sit these exams during the Repeat exam period in September, where these will be considered your 'first sitting/attempt'.

If you have to defer closer to the start of the exams (due to an emergency situation etc.), you should contact your tutor and the Head of School. Also complete the **Personal Circumstances form (P/C1)** in detail for consideration by the lecturers and Exam Board and you should be allowed to do the exams in September as a 'first sitting/attempt'.

What If.... I'm sick and MISS my exam?

It's not the end of the world if you are sick the day of the exam. But you **MUST** ask someone (flat mate, partner, friend, Mummy) to contact your tutor, school secretary, Examinations Office or all of the aforementioned on your behalf so that it can be recorded and someone knows you won't be there and why.

Also, you **MUST** hand in a **P/C1** form with a **DOCTOR'S CERT!** Unfortunately, your Mummy's word won't be accepted, you must provide a medical certificate from a registered GP or the DIT Health Centre. Once again, this may result in your next attempt being considered your first sitting.

What If.... I'm sick in the MIDDLE of my exam?

If you are unwell and can't continue with your exam, notify the **SUPERVISOR** – the person who has recorded your exam number and given you the exam paper and answer book. They will note your illness for the attention of the Exams Office and Exam Board.

You must then fill in a **Personal Circumstances Form (P/C1)** explaining what has happened to you. This will be considered at the Exam Board and if you are required to repeat the exam, this might be considered a 'first attempt' in some instances.

What If.... I think my marks are WRONG?

If you believe that the marks given in any exam/assessment are wrong, you can have them rechecked, using an **A/R1** form. The purpose of a recheck is to make sure that there are no errors in the adding up of marks and that the results have been recorded accurately. It is not a remarking of your assessment. If it turns out that an error was made with the marks, you will be notified and the Exam Board will be reconvened to reassess your marks.

If you believe a mistake has been made, a useful first step is to contact the lecturer who corrected the assessment / exam paper. You are entitled to get detailed, constructive feedback on EVERY assessment so if you have a chat with them about the marks you got it may clarify the situation for you.

You can also have the formal recheck carried out by submitting the Recheck form, which costs €15 per paper; this is fully refundable if errors are found. You request a recheck from the Exams Office by completing form A/R1 or download it from www.dit.ie/DIT/registrar/regs/gen_assess_reg/index.html, and submit it along with the fee. The Students' Union office can help you with this also.

You must do this within **3 days** of the publication of your results on the Exams Board or online, not when you receive them in the post – it will probably be too late then.

What If.... What if... I want to Appeal? What's the story then?

The 3 grounds for Appeal are: -

1. That the Regulations of the DIT not been properly implemented (e.g. something has happened that directly conflicted with the DIT's own rules)
2. A circumstance occurred that is not specifically covered by the Regulations
3. New attested, documented and relevant information is provided that wasn't made available to the Exam Board, i.e.: a lost answer book

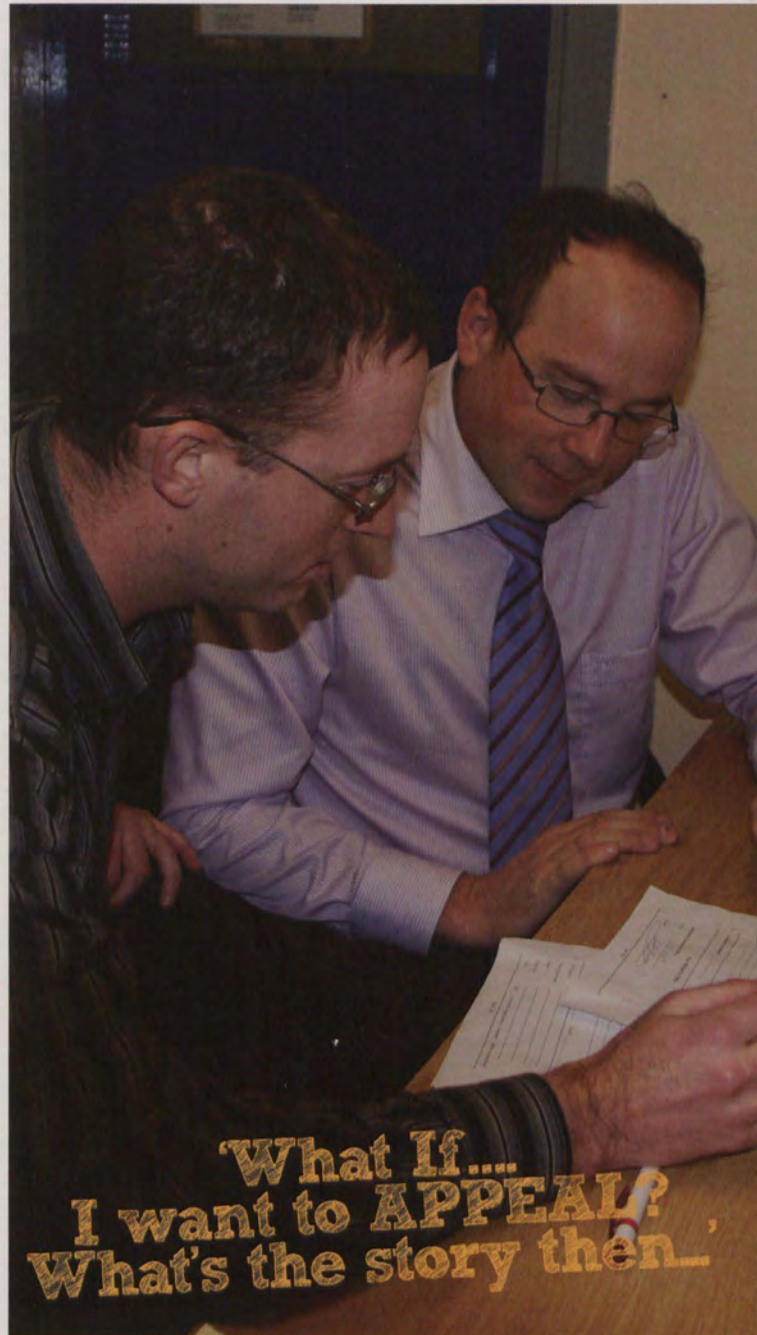
You have **7 working days** from the date of publication of results online or on the Examinations Notice Board to request an appeal. The form you need is an A/A1. It costs €75 to appeal, but your money will be refunded if you're successful.

If your appeal is eligible (i.e. within the 3 grounds specified), the Appeals Board will meet to consider your case and you will be requested to attend the Hearing. The members will be fair and interested in hearing what you have to say and someone can accompany you – a parent/guardian/friend. The Students' Union can also attend with you and help in presenting your case. Some Grounds **NOT** to appeal on

You cannot appeal on the following grounds:

- That the exam didn't follow previous formats or the format you expected;
- That someone you know did better than you when you would usually score the same;
- That your lecturer didn't provide the class with sample/pilot papers. It's nice when they do, but they're not obliged to;
- That you did well in all your continuous assessments during the semester. Exams and continuous assessments are different and you can't make assumptions from one to the other;
- That you didn't do a lab or class you needed to have done. This is not the Exam Boards' fault;
- That you 'think' you should have done better. Appeals that start with, 'I hoped to do better...', 'I was disappointed with my mark.' will just be turned away. The way you 'feel' you've done does not fall under the 3 grounds for appeal.

If you want to explore the possibility of appealing contact Tracey, the Vice-President at vpacademic@ditsu.ie / 0866031075 or Mary Scally at academicaffairs@ditsu.ie. as soon as possible so that we can advise you on your options.



What If.... I FAIL a module. can I get COMPENSATION?

Compensation is the procedure whereby a candidate's overall assessment performance may be used to compensate for partial failure and justify progression to the subsequent stage of a programme or to be eligible for an award. (Definition taken from the General Assessment Regulations)

What if I get 35%? If you don't reach the pass mark in a module but have performed well in all others you may be allowed an overall pass by transferring the 'extra' marks to bring you up to the pass level.

Here are some general guidelines:

- It can usually only be applied for up to the value of 10 ECTS credits;
- If the pass mark for the module is 40% you must have reached 35%;
- You must have double the difference available in another module – if you've got 36% and need 4% to pass overall you must have 8% available in another module;
- Some core modules on your Programme may not be compensated.

And be warned compensation doesn't automatically apply. It's a general principle that it may, but the decision is at the discretion of the Exam Board, bearing in mind the rules of each specific Programme.

And now, a word about...

...Plagiarism

Plagiarism is the passing off of another person's work as your own. It includes copying without acknowledgement from a published source (print or electronic), or from unpublished sources (e.g. another student's essay or notes). Plagiarism occurs when material is copied word for word, but not only in that circumstance. Plagiarism also occurs when the substance or argument of a text is copied even with some changes made, such as paraphrasing or translation, without acknowledgement.

How do I avoid Plagiarism?

DO

- Acknowledge all the resources used in your work
- Reference every source of information or ideas using in your work according to the specific guidelines set down for your programme

DO NOT:

- Pass off someone else's work as your own
- Ask anyone to do work which you claim as your own
- Buy or copy work from electronic sources which you claim as your own
- Use another's ideas as your own

Plagiarism can be either an intentional act whereby work is deliberately utilised and claimed as one's own, or it can occur unintentionally either through bad academic practice or simply not finding out the college regulations.

Plagiarism includes unacknowledged use of material from books or periodicals, from the Internet, from grind tutors, or from other students, without full acknowledgement of the sources. Plagiarism is not confined to written assignments, projects or theses; it incorporates all academic work, including practical workshops, demonstrations, three dimensional work and artistic practice.

All DIT programmes have clear guidelines on Plagiarism so get the information from your lecturer and be sure you are using the correct referencing procedure for your programme. Ask them for guidelines. Access your programme documents and be clear about the particular referencing system for your programme.

Above all, clearly acknowledge all sources of information you have accessed during your work. Students may be asked to sign a declaration on all written assignments/theses submitted to verify that the work is not plagiarised. If such a declaration is not signed, however, students will still be subject to the regulations governing plagiarism.

DIT considers plagiarism to be a serious academic offence. Suspected cases of plagiarism are always investigated and dealt with as breaches of the General Assessment Regulations.

...Cheating

Cheating is considered as 'academic misconduct' and is treated very seriously by the college authorities. Please do not cheat in your exam, no matter how worried you are, how little study you think you've done or how difficult the exam is going to be. If you are caught with notes/cheats etc. you could, at worst, be expelled from DIT and at the very least you will have to repeat the exam with your marks capped at 40%. The incident may also become part of your academic record in DIT and therefore have serious implications for your future.

If you're caught cheating you will most likely be brought before a Panel of Inquiry whose job it is to investigate the allegation. If you are accused of cheating you should contact the Students' Union for advice, Tracey, the Vice-president at vpacademic@ditsu.ie or Mary academicaffairs@ditsu.ie and they'll advise you in detail and attend the Panel of Inquiry.

...Disability & Exams

The DIT is committed to ensuring that students with disabilities are in no way disadvantaged in examinations. Specific examination and other assessment arrangements may be made for students because of their temporary or permanent disability. The specific arrangements are intended to enable candidates to perform to the best of their ability; they are not intended to give any unfair advantage to the candidate

Students who have specific needs in regard to examinations / assessments are advised to contact the Disability Services Office to arrange appropriate facilities. So, for example, if you have an accident in the run up to or during the exam period and are incapacitated in some way, you may be able to get a scribe or extra time as you have a temporary disability.

While every effort will be made to provide the necessary facilities, it may not be possible to meet all requirements in every case. The Disability Liaison Officer will advise on any evidence / needs assessment which may be required, (e.g. medical and / or psychological evidence) and will liaise with the Head(s) of Department and the Exams Office regarding appropriate examination arrangements.

A range of specific assessment and examination arrangements are available including extra time, the use of a scribe or reader and the use of special equipment.

Further details of specific arrangements for students with disabilities can be obtained from the Disability Services Office by email to disability.services@dit.ie

How to beat... Exam Stress

A few words to the wise on surviving exam-time stress from our very own Fiona.

School days are the best of your life...

This is because they've either never attended college and haven't the first clue about how much hard work it actually is, or they did, and they've had to block out all memory of the pain. But any student can tell you that college isn't all about parties and lie-ins, there's actual work involved, and quite a bit of it too. There's no denying that exams are one of the most challenging things you'll do in your life.

It really does pay to be positive, but there's no point calling a spade a dessert spoon. Exams are stressful. There's so much new info that you've had to take in during the space of a few short months, and now you have to sit down for a couple of hours and remember it all. But forewarned is forearmed, so start preparing yourself now (and not just by studying), and you'll get through them in one piece, all ready for that big end-of-exams night out!

Stating the obvious...

So exams are a lot less worrisome if you've been doing your studying as you've been going along, but even the most dedicated students can be concerned about how much work they've done. However much you've been doing, the important thing is not to beat yourself up about it now – if you feel you didn't cover as much ground as you would have liked, then try to learn from your mistakes for next semester. Try to go over the important stuff in the days coming up to the exam, and not worry about what you don't know – stressing about it isn't going to help you learn more, and is just going to wear you out, meaning that by the time you actually get into the exam room, you'll be exhausted, and unable to give the test your best.

Sleep is as important as study...

Anyone who has ever been sleep deprived appreciates how difficult it is to function, let alone do your best, when you haven't had all your Zzzzzs. Listen to your body in this regard – we all need different amounts of sleep to be in tip-top shape, so if ten hours a night is what you need, then head to bed a bit early. You need to sleep well every night in order to be at your best, so avoid the caffeine and alcohol (which might make you sleepy, but actually stops you getting a good night's rest), and don't do anything too stimulating an hour or so before bedtime (get your brains out of the gutter people...!).

Eat your greens...

Okay, so it might sound dreadfully boring, but eating well will honestly help keep you feeling good, and make all that exam stress a bit easier to cope with. It's all too easy to get a bit run down at this time, so look after your health by choosing the healthiest option food-wise. Try to get your five-a-day with the old fruit and veg, and stay away from too many packets of crisps and bars of chocolate. If you need a quick energy boost, try a big fat banana. Consider taking a multi-vitamin for the duration as well, but remember, they're designed to give your diet a boost, and aren't a replacement for a healthy one!

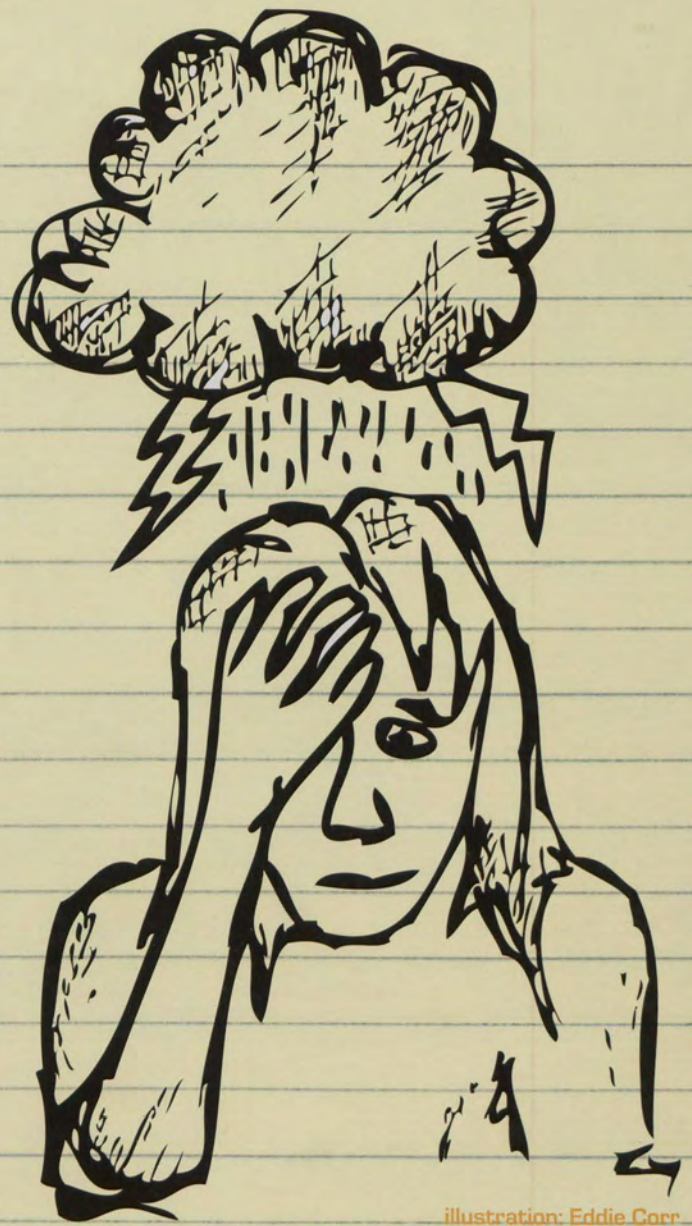


Illustration: Eddie Corr

And stay active...

It's kinda easy to let yourself think that, what will all that studying, you just don't have the energy to go exercising, but actually, getting some active time in will actually boost your energy levels. And we're not necessarily talking about a ten-mile run, a nice walk is great too. In fact, it's important not to over-exercise coming up to exam time, so while keeping up with your sporting activities is great, lay off the competitive play just before a test. Balance is the key, so stick with moderate exercise to help ward off the stress.

A change is as good as a rest...

If you've been in the library or pored over a book for so long that you're starting to forget your own name, then it's time to take a break. It doesn't matter whether the exam is next month or tomorrow, there's only so much info your brain can take in before it's going to explode (maybe not literally, but you know what we mean). So leave your study area for a few minutes and go get some fresh air, or listen to some music – anything that allows your brain a bit of a rest. It will help you refocus, and you will return to the books with some new vim and vigour.

So the short and sweet version is – take care of yourself. Study hard, but get some rest. It's normal that thoughts of exams will be at the forefront of your mind right now, but don't lose sight of all the things that make you feel good – living the life of a hermit for too long will only leave you depressed and exhausted. And, remember, no matter how hard you're finding pre-exam time, it really will all be over soon enough. So do your best, and hang on in there.

Wish you were here...

Our guide to the top Summer student destinations...



The 'Home' Option: ROSSLARE

AFFORDABILITY: ★★★★★
CONVENIENCE: ★★★★★
WOW-FACTOR: ★☆☆☆☆

Fancy a sunshine holiday, but can't afford a plane ticket in these gloomy recession-riddled times? Never fear, disappointed traveller, you don't have to give up your dreams of balmy beaches just yet. If you want to escape the dreary Dublin weather, simply take a trip to sunny Rosslare.

Enjoying about 300 hours more sunshine a year than your average dismal Irish getaway, Rosslare really is Ireland's foremost exotic hotspot. (Unfortunately, these extra hours of sunshine can't be seen by the naked human eye, but, you know, your skin will feel at least, like, half a degree warmer. Okay, maybe a third of a degree.) With a number of lovely green golf courses in the locale, and a variety of nice restaurants, Rosslare is the perfect place to kick up your heels and enjoy a cosmopolitan vay-cay too.

Visitors to Rosslare literally go mad with their enthusiasm for the place. 'Rosslare is everything I imagined it would be, and more!' says one. 'We may never come back!' says the same one again. With testimonials like that, who wouldn't be tempted to maybe pass through on their way to get the ferry to Wales? I know I have – several times! Wales is awesome!

So if you're looking for a fun time for all the family, even that cantankerous old uncle that never likes any place you go, then a trip to Rosslare is the holiday for you. If you want to spend nearly three hours in a stuffy car, with your little brother or sister kicking the back of your seat the whole time, then race to Rosslare. Rosslare, Rosslare, Rosslare! So good they named it thrice...

Just don't forget the sunscreen! **FC.**

The 'Stateside' Option: NEW YORK

AFFORDABILITY: ★★☆☆☆☆
CONVENIENCE: ★★★★★
WOW-FACTOR: ★★★★★

For those who love to shop and explore, New York city is the place to be. You can get a great deal for just under €500pp for flights and accommodation, in a three star hotel for four nights, in a central location. Getting around is easy – no matter where you are in the city you can jump on a subway, which will bring you to your destination in a short time. Taxis are also a great and cheap way of getting around.

There are many day trips and sightseeing tours. Some might seem a little pricey, but with a good exchange rate for the dollar, you are most definitely getting value for your money!! My favourite was "Sex and the City", a guided tour where you stop off and see where the girls from the show shop, eat and live. What a great way to see the city!!

For those who love to shop, whether for designer clothes or high street fashion, there is plenty to choose from in the city. There are also two main shopping centres that are about an hour away. Woodbury Common offers designer clothing at discounted prices. Newark Shopping Centre sells high street fashion in an endless variety of shops.

If you're not completely worn out from sightseeing and shopping, there's always a Broadway show on. If you get the tickets early enough you can be lucky and pay no more than \$10! But my favourite experience in New York at night was going to the top of the Empire State building, you get a spectacular view of the City at night.

There are endless restaurants/bars to eat in, all at a reasonable price. Be warned that if you decided to have an alcoholic drink it is expensive, not forgetting that you have to be over 21!

Overall I'd give a big thumbs up for New York City!! **SC.**

The 'African' Option: **MOROCCO**

AFFORDABILITY: ★★☆☆☆☆
CONVENIENCE: ★★☆☆☆☆
WOW-FACTOR: ★★★★★★

The faded opulence of the big seafront hotels contrasts with the biblical casbah and packed alleyways of the medina full of colours, crowds and smells – with everything for sale – “for you, special price”. If copper lampshades or giant rugs are not your taste – you could try eating your way around Tangier with the world famous Moroccan tagines on offer everywhere. You really should have the brains tagine as it's the classic local dish.

Wander the streets of Tangier and check out the clash of ages as new skyscrapers compete with the mosques to fill the skyline, and bare-foot children are trying to sell you mobile phone covers while their grannies are hawking single teeth (used) on the street corners. From Tangier it is easy to go exploring and the overnight train to Marrakesh has got to be one of the best ways to do so.

More Midnight than Orient Express but still a cheap, safe and comfy way to travel a long way. Just make sure you go 1st class as this gets you a bunk in a 4berth cabin and the security of being locked into your carriage (hmm). 2nd class gets you a hard seat in an open carriage where pickpocketing and harassment are obligatory. 3rd gets you a lovely spot between the carriages al fresco for 12 hours.. yikes!

Marrakesh has been named a UNESCO World heritage site and you can see why. The Medina has been around since the bible and lots of things are still the same there – sadly the sewage system seems to be one thing mainly unchanged so yes, its a bit stinky but worth it. Donkeys compete with motorbikes as the main mode of transport and it is fascinating to watch normal life going on amidst the tourist trade. Explore the kiosk sized shops radiating out from the main square and marvel at the hand powered chicken plucking machines – don't catch the eye of the poor little chucks on deathrow though. **M.B.**

The 'Oriental' Option: **THAILAND**

AFFORDABILITY: ★★★★★★
CONVENIENCE: ★★☆☆☆☆
WOW-FACTOR: ★★★★★★

Right- let's get this out of the way: The most expensive part of your trip to Thailand is going to be your flight over there. There is no way around it, expect to pay about €1,000 for your return ticket. But, once you get there, things suddenly become a lot more affordable!

Expect to pay about 75 Baht for a large bottle of beer, that works out at about €1.50! Accommodation follows along the same lines- comfortable rooms can be had for as little as €10 a night. And the food! You can do the restaurant thing, and guess what, it's cheap. But my top tip is to gorge yourself on the streetside offerings. Everything from Green Curry to Fried Grasshoppers (tastier than you might think!) are available for less than the price of a pack of Meanies back here.

Thailand is a large country, and you will want to see as much of it as you can, so here's another top tip: Fly. You can walk into any travel agent in Bangkok and book cheap internal flights on the Thai equivalent of Ryanair. I recommend spending one or two days in the Thai capitol Bangkok- a real melting pot and has to be seen to be believed! A flight north to Chaing Mai is a must. A truly breathtaking town in the foothill of the mountains. Make sure you get in an overnight hill-tribe trek. Then fly south and catch a boat to Ko Phi-Phi island. A true gem, you can laze the evening away at a beachside bar with the sea literally lapping at your feet- bliss! You can even catch a longtail boat to where 'The Beach' was filmed- idyllic.

The Thai people are so friendly, and almost all have a good grasp of English. Do take the time to learn some Thai phrases though, it amuses the locals no end! There are no end of good times to be had in Thailand, and I would heartily recommend her to any student looking for that special trip away. **E.C.**

Travelling abroad this summer? **SOME TRAVEL TIPS:**

Vaccinations:

Check if you require certain vaccinations before travelling to your destination.. Vaccinations will need to be arranged several weeks before you travel so contact your doctor or vaccination centre at least 6 weeks before travelling. A useful website giving details of vaccinations for travelling is www.tmb.ie.

If you are planning a long term trip abroad, a trip where there is a high risk of becoming ill such as trekking you should contact your doctor 6 months before travelling.

Insurance:

As an Irish resident you are entitled to get healthcare through the state health care scheme of European Union (EU) countries, European Economic Area (EEA countries) and Switzerland if you become ill or have an accident while on a temporary stay there. The European Health Insurance card (EHIC) replaces E111 and E128 forms. Application forms are available from your local Community Care or Health Centre on www.ehic.ie

If you are travelling to a country not covered by the EHIC card, medical insurance is important. Check with your travel agent for the amount of insurance you will need. Have a dental check up before you leave as it may be difficult and expensive to get treatment in the countries you visit.

Be Aware:

- Use a sunscreen with a sun protection factor (SPF 15) or higher and make sure it has UVA and UVB protection (UVA and UVB radiation are known to cause cancer).
- Put sunscreen on 20 minutes before going into the sun and reapply every 2 hours.
- Always peel or shell fruit and vegetables before eating, and avoid uncooked foods such as salads, cold meat, dishes containing egg.
- STI's are infections which can be passed from one person to another during sex. Help protect yourself by abstaining from sex, limiting your partners or using a condom.
- Malaria is caused by bites from infected mosquitoes. It occurs widely in mosquitoes in African, Asian and South American countries. If you are travelling to or through Africa, Asia or South America ask your doctor for ant malarial tablets.
- Care should be taken when in close contact with animals abroad.

For more info contact:

The Student Health Centre, Aungier St
Room 205, Second Floor of Aungier St College.
Ph 01 4023051

The Student Health Centre, Linenhall Lodge
Bolton Street. (Just across the road from the main entrance)
Ph 01 4023614

Useful websites include:

www.doh.ie
www.who.int/wer
www.tmb.ie
Stay safe and enjoy your holidays!!!!!!

ENTS Update

A Semester in Ents...



Fight Like Apes MayKay goes right over the bouncers head at the RAG Ball.

photo: Eddie Corr

Bye Bye RAG, Hello Summer.

Ok, we've just about recovered from RAG Week. Some week!!

Monday night kicked it off in style with a packed Dandelion playing host to perennial DIT favourites – **The Coronas**. Such was the mayhem and delight at the lads appearing on stage that reinforcements were required to battle against the heaving crowd up front all dying to get a piece of 'em!

I'm tellin ya, if I'd to hear the one girl roar 'Can I've your plec' to poor Danny one more time I would not have been responsible for my actions and no judge would have convicted me I reckon!

They played a savage set and came back for an encore which, I know ye won't believe this, they weren't supposed to do coz they were getting on the plane to Japan at 5am!! But the buzz was so good they did the encore and then headed for the 'Land of the Rising Sun'.

It was a great night. Dandelion were great to us all with their student-friendly drink prices and their friendly doormen – apparently! The amount of people who came up to us to tell us the doormen were really friendly was ridiculous.

Keep an eye out over the next week or two . . . we may be back there again for a blow out before ye all get right stuck into the study!

The **RAG Ball** on Tuesday was a spectacle of all things great on the indigenous Irish music scene at the moment. **Dirty Epics** opened up and it's quite evident why they're rated so highly! They're a wicked live act and were jetting off to SXSW in Texas afterwards – always a pinnacle for an up and coming band.

Joining them on the night, and coincidentally at SXSW too, were **Fight Like Apes**. WHAT a performance! They rocked the place and even had time to call us all some rather unsavoury words too! Bless MayKay she does know how to control a crowd, I'll give her that! Did ye see here rolling around upstairs on the floor during Bluemoose's set?! She must be a serious fan of the lads!

Speaking of **Bluemoose** – they, of course, wowed us all as usual. Isn't listen to them at the end of the night SO much better than just your standard DJ?! Oh. . . speaking of Djs – and NON-standard ones specifically – on the other floor on the night **Hystereo** and **Le Galaxie** kept the party going along with **DIT DJ Soc**. All 3 went down really well with a lot of the crowd happy to spend the majority of their night in there. Happy days!

Wednesday night was the unexpected (well, Dermot Julian, the VP, definitely expected it!!) massive success of the week. **The Farmers Ball** returned in style!! Seriously. They were still clearing hay off of Dorset St. the following morning at 7am – we sh1t ye not!! We wrecked that place and they were delighted to let us! The advance tickets sold out in no time and then people were queueing from 7pm outside the Big Tree to buy more tickets. We ended up turning away almost as many



people as we let in that night – such was the demand for craziness! Revenge made the party happen and DJ Soc carried it on late into the night. There was lots of messin and stuff, but sure, HAY (get it!?!?), that's what it's all about!! Oh – well done on the outfits too!!

Farmers Quiz in Bodkins on the Wednesday evening very much set the tone for the evening ahead – many thanks to the lads in DIT Comedy Soc for putting all that together!

Night time mayhem aside, the sponsored swim in the 40ft on the Monday of RAG saw us actually turn ppl away (sorry!!) from the bus as it was full and we even had people getting trains up from the country to join us out there! The event raised a load of money as usual and was some craic. The locals out there think we're mad. They're probably not wrong actually. . .

Tuesday was the bungee jump in Aungier St. Ok. We definitely had our most nekkid of jumpers EVER this year with one of the intrepid more mature students doing it in a thong, while also making a political statement against reintroduction of fees and also raising loads of money – talk about multitasking!!

Tuesday was also the day of our street collection in Templebar in aid of Console. We had over 100 DIT students volunteer on the day and we made a good bit of money for Console down there! Many thanks to all involved. Thanks for the signs Gav!! Loads of highlights during the week – I'm surely forgetting some stuff – sorry if I offend anyone by doing so!!

At the end of the day (said in best Roy Keane impersonation), all the fun was with a view towards raising money for **Console** to help them with the important work they do.

The dust hasn't ALL quite settled with bits and bobs still coming in but it looks like we'll have raised €12,000 for console during the week. Console are delighted and so are we. We had more volunteers than ever before and all did their best. The recession and George Lee's dire predictions for doom and gloom were evidently in effect during the Street Collection but it still brought in a lot of money and Console are delighted with the total!

On a slightly related note – congratulations to DIT Fashion Soc and the Societies Office on the Fashion Show. It was on during RAG Week this year (nobody's fault – well, maybe Vicar st. and Harry Crosbies's but not ours or Fashion Soc's!!), on the Wednesday night, and by all accounts was a brilliant event! We're only sorry we couldn't make it. . . but we were knee deep in hay at the time!!

Over the next few weeks there'll be a few things going on. . . there may be a gig or two to round out the year. . . there may be some free ice cream if the good weather keeps up. . . there may be a few day-time events to help ye all through the stress of study. . . who knows what'll happen!

Keep your eyes peeled and your ears to the ground!

DIT Socs News

Latest Societies Updates...



Best Society
Kevin St.
Games
Soc.

Best Society
Aungier St.
Cumann
Gaelach

Best Society
Rathmines
Music
Ensemble

Best Society
Overall
Games
Soc.

Best Society
Mountjoy Sq.
Design
Soc.

Best Society
Cathal Brugha
Environ-
mental
Health

Best Society
Bolton St.
FreeStyle
Soccer

And the winners are.. All the results are in from the Societies Awards 2009.

The annual DIT Societies Awards took place in the Burlington Hotel on the 2nd of April. This much anticipated event was well attended by students and staff alike, and we had the pleasure of Mary Davies as guest speaker on the night. Mary herself is known for her excellent work in the voluntary field and made a great speech about the importance of students getting involved and working together for the better of the general society in the current economic climate.

The Societies Office would like to thank Frank McMahon for his attendance at the event, after a very long day at the office. He made a very relevant and interesting speech. It was much appreciated by staff and students alike.

This night is a night to celebrate all who have been involved in societies throughout the year and that have made a huge contribution to the atmosphere and "Campus Life ethos" throughout all DIT campuses.

Like most awards ceremonies it was hard singling out any one particular person and any one particular society for an award, this unenviable task was done by the local and overall Social and Cultural Committees.

The winners on the night were as follows:

Best Society DIT Aungier St - **Cumman Gaelach**

Best Society DIT Kevin St - **Games Soc**

Best Society DIT Rathmines - **Music Ensemble**

Best Society DIT Mount Joy Square - **Design Soc**

Best Society Cathal Brugha St - **Environmental Health Soc**

Best Society Bolton St - **FreeStyle Soccer**

Most Improved Society - **Breakdance Soc**

Best Event By On-Site Society - **Skillsmaster 3, Breakdance Soc**

Best Event - **Fashion Show**

Best Fresher - **Jess Elms (LGBT)**

Best Individual - **Liam Stewart (FreeStyle Soccer/BAM)**

Best New Society - **BAM**

Best Poster - **Environment Soc**

Best Photo - **Intercambio**

Outstanding Contribution Awards -

- | | | |
|-----------------|-------------------|-----------------|
| - Billy Norman | - Physics Society | - John Barrett |
| - Rachel Mahon | - Graham Dempsey | - Jill O Lone |
| - Declan Doohan | - Brian O Connell | - Kevin Byrne |
| - Richie Buttle | - Niamh Dillon | - Mark Smith |
| - Trevor Seery | - Ian Mullin | - Aisling Ellis |
| - Gavin Mooney | - Peter Keegan | - Niamh Foley |
| - Elaine Murphy | | |

GAA Round-Up

Ulster Bank Colleges All-Stars

DIT had four players selected on the 2009 Ulster Bank Colleges All-Star Team.

After reaching the final for the first time, it came as no surprise that the college obtained the second most amount of recipients in the country.

The players who were acknowledged were:

Eoin Somerville: Goalkeeper (Construction Management) (St. Oliver Plunketts Eoghan Ruadh, Dublin)

Michael Burke: Corner Back (Retail Management) (Longwood, Meath)

Paul Flynn: Full Forward (Plumbing Apprentice) (Fingallians, Dublin)

Kevin McManamon: Corner Forward (Msc Strategic Management) (St. Judes, Dublin)

The awards night, where both the hurlers and footballers will be honoured, takes place on April 20th at the Ulster Bank's headquarters, on Georges Quay.

Mens Football AGM

DIT Men's Gaelic Football Club held their AGM recently in Bolton Street, with a large crowd present on the day.

The officers of 2009 looked back on the year gone by and it was viewed, by all, as a year of progress. The highlight, of course, was the Senior team reaching the Sigerson Cup final for the first time ever and although CIT ensured their quest for success ended in failure, they will be doing everything they can to try and go one step further next year.

Away from the Sigerson team, there was plenty more action with six teams competing in 24 matches over the course of the year. The Senior B's were crowned Leinster Champions, while the Intermediate's topped the Division Three league. The latter's achievement means they will be up against mainly Trench Cup opposition next year in the league and that will be a big challenge for them.

Also at the meeting, it was decided that next year's membership fee to join the Men's GAA Club will be set at €10.

After much discussion, the officers for next year were decided and they are as follows:

Chairman: James McEvoy (Crosserlough, Cavan) Property Economics

Secretary: Kevin Diffley (Ballymahon, Longford) Accounting & Finance

Treasurer: Darragh Smyth (Bective, Meath) Accounting & Finance

PRO: Alan O'Mara (Baileborough Shamrocks, Cavan) Journalism

Registrar: Ciarán Hickey (St. Sylvesters, Dublin) Engineering

Ulster Bank Rising Stars 2009- Football

1. Eoin Sommerville (DIT and Dublin)
2. Michael Burke (DIT and Meath)
3. Ray Carey (Cork IT and Cork)
4. Conor O'Driscoll (Cork IT and Cork)
5. Tom Waberton (UCD and Westmeath)
6. Aidan O'Sullivan (Cork IT and Kerry)
7. Gareth Bradshaw (NUIG and Galway)
8. Paul O'Flynn (Cork IT and Cork)
9. Declan McKiernan (St Pats and Cavan)
10. John Connellan (NUIG and Westmeath)
11. Paul Kerrigan (Cork IT and Cork)
12. Shane McCarthy (Cork IT and Cork)
13. Daniel Goulding (Cork IT and Cork)
14. Paul Flynn (DIT and Dublin)
15. Kevin McManamon (DIT and Dublin)

Rugby News



Northside-v-Southside RAG Challenge

On the Wednesday of RAG Week an old DIT tradition that had fallen by the wayside in recent years was brought back to the fore. The Northside-v-Southside Rugby Challenge took place out at Grangegorman. You see- there is some DIT related activity going on out there!

The DIT Rugby club split loyalties for the day, and it says wonders for the popularity of the club that they were able to field two strong sides, complete with substitutes. After a game which ebbed and flowed it was the Southside who emerged victorious by the slimmest of margins.

The winning captian was then presented with the DITSU Presidents Perpetual Trophy by our very own Martin Dunne. The trophy will have pride of place in Southside SU offices until RAG Week next year, when the Northside will have the chance to wrestle it back! Well done to all involved.



**All featured clothes
from WaWa
Aungier Street.**

Main Image:

T-shirt - €3
Skirt - €5

**Opposite Page:
[Left]**

Lace top - €5
Blue skirt - €5
Shoes - €10

[Top-right]

Blouse - €3.50
Gold bag - €5

[Bottom-right]

Shirt - €4
Shoes - €10

Photography:

Maebh Horan-Murphy

Stylist:

Maebh Horan-Murphy

Model:

Sarah Standing

Fashion for the Street

Swing into Spring!



Él Parco de Croker

St. Patricks Day, as seen from the stands...



photo: Maebl Horan-Murphy

WORDS: ROBERTO MARTINEZ CARRASCO

No sabíamos quién iba a jugar, y tampoco teníamos la pasión de alguien nació-pa-ser-fan. Sin embargo, pasar San Patricio en Croke Park gracias a la SU fue simplemente genial. La multitud de personas salía de todos los lados y se dirigían al estadio en uno de los días más cálidos del mes. Creedme, soy español, el sol en el día de San Patricio me hizo la persona más feliz del mundo. Algunos de ellos buscaban atajos inútiles para evitar el tráfico. No hay atajos en San Patricio, love. La verdad es que nos lo pasamos de lujo viendo los partidos aunque, si soy sincero, seguíamos teniendo problemas con las reglas del hurling. De todos modos, había miles de razones para ir al partido. Como dijo mi mejor amiga --Yo sólo he venido para ver hombres en pantalones cortos corriendo y sudando la camiseta. En fin, cada uno a lo suyo. San Patricio en Croke Park estuvo más que bien: la SU se marcó un punto al pensar en los estudiantes internacionales para los partidos.

We didn't know who was going to play, and we didn't have the passion of a born-to-be-a-supporter lad. However, spending Paddy's day in Croke Park thanks to SU was simply great. There were thousands of people from everywhere heading for the match in one of the warmest days in the month. Believe me, I'm Spanish, the sun in Paddy's Day really made my day. Some of them were just looking for mythical shortcuts to beat the traffic. No shortcuts that day, babe. We had a great time watching the matches, although, to tell the truth, we still had some problems in understanding the rules of hurling. Anyway, we all had lots of reasons to attend the matches. As my best friend said --I'm here just to see men in shorts running and sweating. Fair enough. Paddy's Day in Croke Park was simply grand; it was really nice that SU thought of international students for the matches.



Down on the Farm

International students get a taste of country life...



photo: Maebh Horan-Murphy



Over forty DIT International and Erasmus students set off from Dublin city centre on Saturday April 4th bound for Causey Farm, County Meath. The morning was filled with activities on the farm- everything from Ceili Dancing, milking cattle to Bread making, Bodhran classes and an exciting trip to the local Bog. Everyone embraced the activities and got a real feel for what it is like to live and work on a farm.

“We enjoyed a tasty bowl of soup along with the bread that we prepared”

The staff and local farmers were very friendly, and the farm was located in a very scenic area surrounded by rolling fields of green. Many different animals were located around the farmyard, everything from three day old kittens, new spring lambs and a thirty four year old donkey. The sun was shining and everyone was in great spirits throughout the day. We enjoyed a tasty bowl of soup along with the bread that we prepared earlier in the morning.

We hit the road for Newgrange at lunchtime, and after a few wrong turns, some native songs and jokes, we eventually visited the Knowth site and then the Newgrange visitors centre. We watched an audio visual display at the Bru na Boinne centre which interprets the neolithic monuments of Newgrange, Knowth and Dowth. The centre included a replica of the chamber at Newgrange.

The great weather continued to lift every ones spirits and we made a group decision to pursue our journey to the Hill of Tara on the way back to Dublin. At 6pm we arrived and the sky's were extremely clear and everyone could not help but roam and run the rolling green hills at the site of the Hill of Tara.

The entire day was enjoyed by everyone who attended and we wish to thank everyone who took part and helped to make this day happen. We look forward to the next trip!

Beating Unemployment Woes

Nevin: Often controversial, always worth reading...

WORDS: CIARAN NEVIN

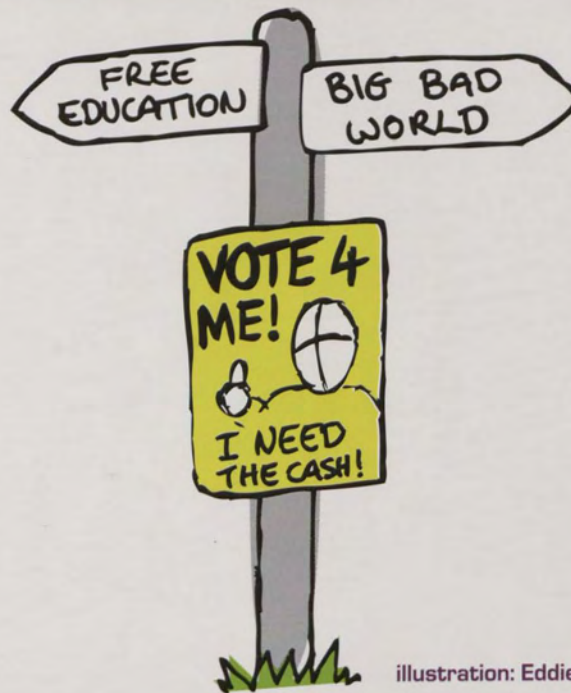


illustration: Eddie Corr

Finding summer work that is at all fulfilling is usually like trying to find an All Ireland All Star in Leitrim. This year the same can be said for any summer job at all. Gone are the days when there was always room for another labourer on a building site or waitress in a restaurant. The ironic thing is that work experience seems less relevant now than it did before – last time I checked you didn't need work experience to be unemployed. They tell us that things are slowly starting to pick up again, the markets are on the up, and Jade Goody finally did the right thing, but I'm not convinced. So as students, what options do we have going forward, whether its summer work or employment after graduation.

Condom Manufacturing – Sales are up quite a bit. This could be because more people are staying in, or simply because people can't afford another child and are doubling up on the safety gear.

Film Making – DVD rentals have increased as a result of the economic downturn. Again this may be because people are staying in more, so get your camcorder and start filming! Sex sells, but this is Ireland, and everyone knows somebody you know, so just be prepared when even your granddad is remarking that he could keep it up longer than you. Blame it on exam stress all ya want.

Debt Collection – Obviously as money is circulating much more poorly than it was, people want to collect the money they are owed. If you play hurling for club or county and want to finally earn a few bob for your stick skills simply get in touch with your local money lender and they will tell you all you kneed to know. This is also open to camogie players as hitting above the waist will generally not be necessary.

Story-Selling – While our ancestors were famous for storytelling, nobody quite does story-selling like British celebs. Why not give them a run for your money by going on radio, saying something outrageous about some minority, then marrying a member of that minority and selling the wedding to a magazine. It's sure to generate revenue, as there is always an abundance of half-wits willing to pay their hard earned dole to read about the lives of other half-wits.

Compo-Claims – Purposely injure yourself and then reap the benefits of free healthcare, and soft compensation laws. This is inspired by an incident my girlfriend witnessed. Where a female junkie tripped and head butted a bus, causing bleeding on her forehead. "Ahh me fucking head, me new runners are fucking covered with blood, I'm going to make a claim" she exclaimed as the poor unfortunate boarded the bus. So if you have good enough accuracy to head-butt a stationary bus and a bad conscience to claim, you will be rolling in it, new runners will never be an issue again.

Prostitution – It has been around for as long as women have used the headache excuse, and its not going to go away. Current franchises are offering recession busting offers, but as students it should not be hard to undercut them. So if you are particularly fond of the Phoenix Park, Politicians or Sexually Transmitted Diseases, this one is a winner. Job flexibility is required and manual labour is a major part of the job description, however job-sharing is an option.

Local Government Politics – Local Elections are coming up. You may have noticed that there is a certain order to the above list, with a steady build up to Irelands dirtiest jobs. Well here is the bottom of the barrel. With politicians amongst the highest paid public servants, it is a very good option. Simply run in your local constituency, win yourself a seat on your local council and the rest is robbery. As with a previous job option, you may frequent the Phoenix Park, however it is best not to claim expenses on this activity and to burn all receipts, particularly if re-election is sought.

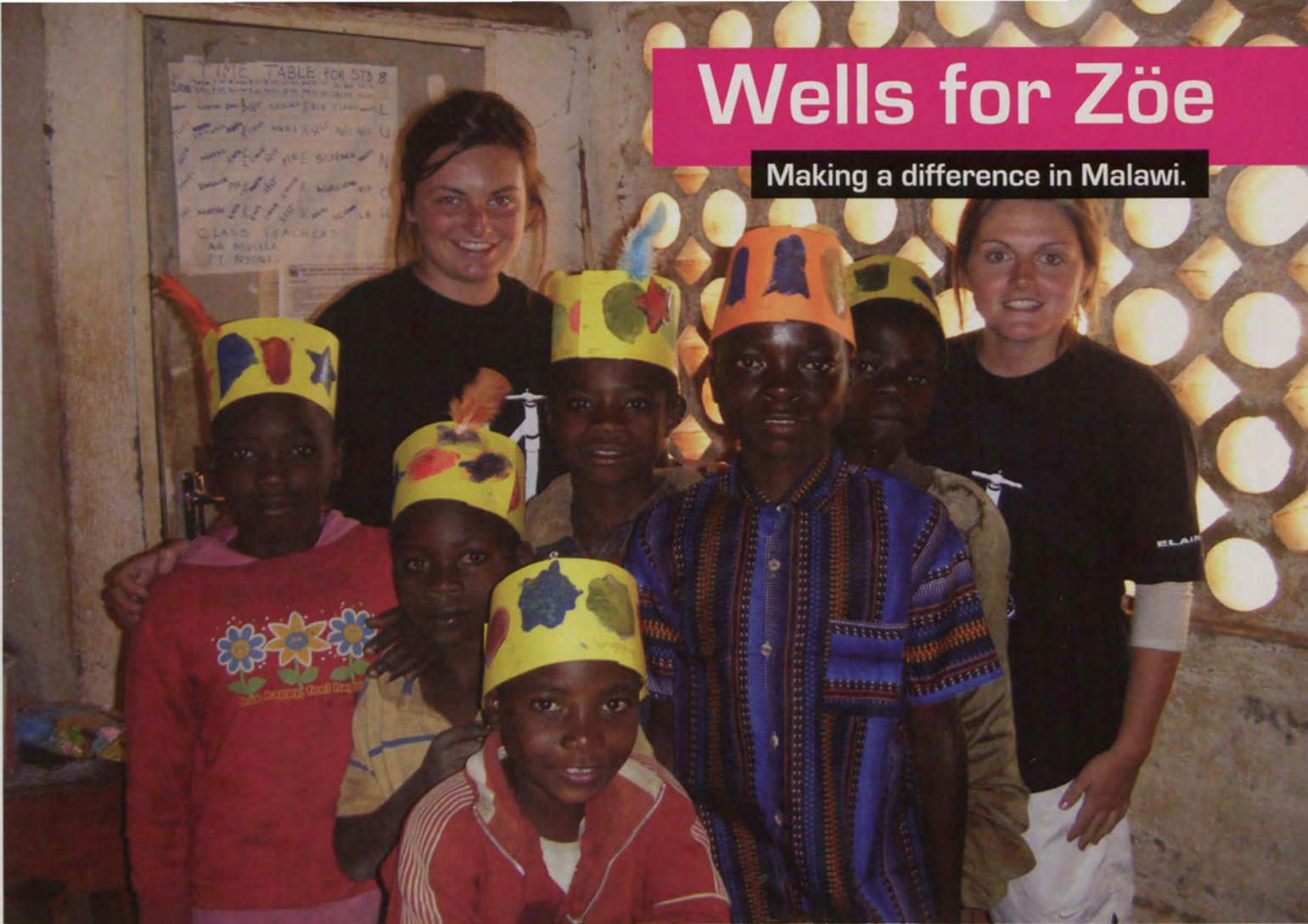
So all in all there are few reasons to be down, unless you choose prostitution or compo-claims. This recession is only an opportunity to let your entrepreneurialism shine. **CN.**

* Please note that Ciarán Nevin in no way endorses any of the activities listed above, however do feel free to send him a 5 percent consultation fee from all profits made.

**Do you have anything to say on this issue?
If so respond to toast @ditsu.ie**

Wells for Zöe

Making a difference in Malawi.



Elaine Bolger tells us about what it's like to make a difference volunteering abroad for Irish charity Wells For Zoe.

Wells for Zoe is an Irish charity organisation, set up in 2005 by Mary and John Coyne, concentrating on low cost, small scale, appropriate and sustainable water technology. It has been calculated that a single euro can provide water for life to an individual. Water is the source of life, and it is the philosophy of Wells for Zoe that clean safe drinking water is the most important starting point for all development. Firstly, it is a basic need of any healthy community. Secondly, its local availability will mean that the women and children will not have to get up before dawn to search for and carry water for miles. A local water supply will benefit the community, as the children can attend school and the women will have more time to tend and irrigate the much-needed crops, along with all their many other tasks.

Since it was founded, Wells for Zoe has also moved into helping in other important areas, including schools, farming, orphan centres and more. Wells for Zoe helps the people of Malawi by giving a hand up, not a hand out. This means they can learn how to help themselves and not be so dependent on aid from others.

Malawi is a small country bordering Zambia and Mozambique, with a population of just over 13million. Life expectancy is about 41 years. According to the government here, the HIV/Aids infection rate is about 14%, whereas hospitals would suggest this figure is closer to 40 – 60%. Wells for Zoe works primarily in an area of Northern Malawi, called Mzuzu. I will be travelling out there on April 5th for the third time, along with a group of 15 others from DIT. The work done over there is incredible; there is nothing like the feeling of going out to work in the villages. Last March, 10 students including myself travelled over with the aim of doing three simple things: Inspire, Educate and Challenge.

Our major task was to complete a three-classroom school in a village called Luvuvwe within just two weeks....a mission that was miraculously completed. We did very little, really, but our help went a long way – we provided the materials necessary for the work and offered guidance and the motivation to achieve. The local people did everything else. The spirit of community was truly amazing; everyone helped, from children aged as young as four to adults as old as sixty. Women carried bricks on their heads, the men plastered, laid bricks, while even the children did all they could to give a hand and be a part of the project. They themselves could not believe the work they got done in two weeks. Along with completing the school, a garden was created, and a youth group and a HIV support group were formed. This shows the huge impact that you can have on a single village. I cannot describe the fulfilment one gets from being involved with a community that wants to help themselves. The people are so friendly and are constantly smiling, regardless of the troubled lives many of them live.

The newly built orphan day care centre will be the main focus of our trip this year. The centre provides the children with a good meal – for many, the only one they will receive in any given day – and cares for more than 420 orphans each day. We will be bringing large quantities of clothes, toys and materials for the children so as they have something tangible to take from our visit over. I am counting down the days to set off again and I'm sure it will not be my last visit. To return to the same villages on every trip and be greeted by welcoming smiles, handshakes and hugs make all the organising, long flights and injections worthwhile. It is truly an experience that will last a lifetime, one that offers both enjoyment and a great sense of fulfilment.

The one question I am asked over and over by friends and family is 'Is it sad?'. But my simple reply is 'It is not sad unless you make it that way'. You can stand back and pity the poor or you can get so involved that you don't even notice the difference in your lives.

Summer Blockbusters

Our very own Eve looks ahead to a big Summer of cinema...

Anticipation Rating: ★★★★★☆

Star Trek XI

08 May

Where // Outer Space
Who // That evil chap from 'Heroes'

It's hard to talk about this one without falling into cliché hell. Brought to us by J.J. Abrams, the guy who set LOST on the world, it has been much blogged about since the start of production way back when. The relatively unknown actors are all young and shiny, there's a guy from Heroes and Simon Pegg (Hot Fuzz). The film chronicles the early days of James T. Kirk and crew on the USS Enterprise. The buzz has been pretty good on this one and my thinking is if you like any of the Star Trek franchise you should definitely see this.

Anticipation Rating: ★★★★★☆

Cheri

08 May

Where // Paris. (Not the Hilton one...)
Who // Michelle Pfeiffer

If you worried that you'd be surrounded by sci-fi all summer, don't fret. Cheri is the perfect anecdote. Set in pre WWI Paris, it is the story of the relationship between young Cheri (Rupert Friend) and older Lea (Michelle Pfeiffer). It's a classic tale of love, separation and growing up. It is being marketed to be cheery and funny but with a bit of tear jerking thrown in for good measure. Directed by Stephen Friars (The Queen) and written by Christopher Hampton (Dangerous Liaisons) this one promises to satisfy the rom-com/drama crowd.

Anticipation Rating: ★★★★★☆

Terminator: Salvation

03 June

Where // The near-future. Great Scott!
Who // Michelle Pfeiffer

So this one is in post-apocalyptic 2018. John Connor (the mouthy Christian Bale) is the man fated to lead the human resistance against Skynet and its army of Terminators. But the future Connor was raised to believe in is altered in part by the appearance of Marcus Wright (the very yummy Sam Worthington). The trailer leads us to believe that this will full of explosions and special effects, it looks pretty damn good, but can it live up to T1 and T2? No Arnie unfortunately, he's busy trying to become King of America or something.

Anticipation Rating: ★★★★★☆

Night at the Museum 2

22 May

Where // A Museum. D'uh!
Who // Starsky & Hutch

I'm going to go out on a limb here and say if you've seen the first one, you'll probably enjoy this. Security guard Larry Daley (Ben Stiller) is back and this time he's at the Smithsonian trying to rescue his inanimate friends Jedediah (Owen 'one trick pony' Wilson) and Octavius (Steve 'Alan Partridge' Coogan). Expect much running around and crazy antics and Ben Stiller, unfortunately being Ben Stiller. File under last resort.

Anticipation Rating: ★☆☆☆☆

Harry Potter. Again...

17 July

Where // Someplace magical
Who // That young lad, with glasses...

Is anybody else getting a little sick of this franchise now? Only me, ok then. It's Harry's sixth year at Howarts and lo and behold, things get complicated for the Harster. He continues his fight against the Dark Lord and well as the usual ups and downs of adolescence. It's directed by David Yates, who has been a Harry Alumni as he directed the last instalment HP and Order of the Phoenix. Won't disappoint Harry's fans I'm sure.

DITSU SHITZU SAYS:

Our next issue will be the last of the year, but it will be a good one!

We will feature a look back at the year in pictures, as well as a look at the highlights on your campus. See ya then!



**Best of Luck in
your exams from
all here in DITSU**

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