DIT Student Union

1992-9

Edit, Student's Union Handbook, 1992 - 1993

Students Union

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There's nothing we enjoy more than people enjoying our beer.
DEDITED

Handbook of Dublin Institute of Technology Students' Unions

Lámhleabhar Aontais na Mac Leinn Institiúid Teicneolaíochta Bhaile Átha Cliath

Dedicated to all the nameless people whose lives are spent in the pursuit of justice, liberty and equality.

FOREWORD

I would like to welcome you to the Dublin Institute of Technology and to Students Unions.

Going to college is going to be a big change for most people. We hope that to help you adjust this Handbook will be of benefit.

There is information on all Welfare issues and on your Students Union and how it operates. If you need any information on anything don't hesitate to call into your local Union and they will be glad to help.

Thanks to all contributors to the handbook and to all who helped produce it and its advertisers.

Finally, I would like to wish you all the best of luck with your College years ahead of you and that you succeed in your studies.

DOUG SCULLY
CHAIRPERSON,
DUBLIN INSTITUTE OF TECHNOLOGY INTER STUDENT COMMITTEE (DITISC)

CREDITS

This handbook is published by the DIT Students Union Publications Committee

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Buíochas le Eanna for the token Gaeilge
Thank you to everyone concerned with the production of this mammoth project. You have our collective undying admiration.
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The working and control of your Students' Union is as follows:

**Union General Meeting**

This is the supreme governing body of the Students' Union. Union General Meetings are held once a term and need 10% of the student body to be present to pass policies of the Union. It is here where you can question the Union on any of its activities.

**Class Representatives**

The next decision making body is the Class Representatives, here every class elects a representative and all Class Representatives meet every two weeks to discuss any issues affecting the Students' Union. It is important therefore that all classes elect a Class Rep as soon as possible.

**Executive Committee**

The next decision making body in the line of command is the Executive Committee of the Students' Union. This committee consists of the elected officers of the Union and meets weekly and deals with the running of the Union on a day to day basis.

Then comes the President of the Students' Union with whom responsibility for any actions taken by him/her on behalf of the students stops. He represents, to the best of his ability, all the members of the Students' Union on various committees both within the college and outside the college.

**DITISC**

Dublin Institute of Technology Inter Student Committee is the body which links the five DIT Students Unions. It is an important body especially now with the passing of the DIT Bill which unites the five DIT colleges into one institute.

**Structures**

DITISC is made up of the five Presidents and the five Deputy Presidents with one vote per union. The General Secretary also attends meetings of DITISC.

**Purpose**

The main purpose of DITISC is to act as the co-ordinating body between the five DIT Students' Unions. The five presidents elect representatives onto the boards of

1. City of Dublin Vocational Educational Committee (CDVEC),
2. Student Services Council
3. Academic Council
4. DIT Governing Body
5. Chairperson DITISC

This year's Students'
Representative on the various boards are made up as follows:

**Chairperson DITISC**
Doug Scully (Bolton St)

**CDVEC**
Deiric O’Broin (Rathmines)

**Student Services Council**
Deirdre Moran (Cathal Brugha St)
Mark O’Donohoe (Kevin St)

**Academic Council**
Deiric O’Broin (Rathmines)

**DIT Governing Body**
Deirdre Moran (Cathal Brugha St)

Each Representative reports back to DITISC and from there each President keeps his Executive and students informed on what’s happening.

**DITSU Ltd.**
The Dublin Institute of Technology Students Union Limited is a company brought into being in 1986. It has 3 principle objectives

1. To provide professional management services to support and develop all aspects of the delivery of Student Union administrative services and to co-ordinate and develop the commercial trading activities of the 5 student union shops

2. To directly recruit, employ and be responsible for all staff and related staffing matters throughout the students unions and the trading outlets

3. To administer the smooth delivery of the students unions share of the capitulation money and to negotiate in this regard on your behalf with the DIT/VEC.

The General Secretary of DITSU Ltd. works closely with the 10 sabbatical officers on a day to day basis to ensure that the company is at all times responding to and reflecting the views and needs of its students in all the dealings the company has been with suppliers, college authorities or the DIT/VEC itself.

**USEFUL NUMBERS**

**BOLTON ST. STUDENTS UNION**
Tel 727177

**CATHAL BRUGHA ST. STUDENTS UNION**
Tel 741768

**COMAD STUDENTS UNION**
Tel 563044

**KEVIN ST. STUDENTS UNION**
Tel 781231/783154

**RATHMINES STUDENTS UNION**
Tel 970409

**DITSU LTD**
Tel 782732

**Board of Directors**
(5 DIT SU Presidents + 3 non-student directors)

**DITSU Ltd General Secretary**
Student Union Managers
Shop Managers
Secretarial Staff
Trading Staff

Dave Carmody, General Secretary

---

**What happens at Hodges Figgis is fairly academic**

---

**STORE DIRECTORY**

**Basement:** Bargain Books

**Ground Floor:** Biography, Children’s Department, Classics, Drama, Fiction, Irish Department, Poetry, New Titles, Spoken Word.

**First Floor:** Art, History, Leisure Subjects, Literary Criticism, New Age, Philosophy, Reference, Religion, Travel.

**Second Floor:** Astronomy, Biology, Business, Chemistry, Computing, Economics, Education, Engineering, English, Geography, Languages, Law, Linguistics, Management, Mathematics, Medicine, Nursing, Physics, Psychology, Sociology.

Ireland’s largest Bookstore is at 57 Dawson Street, Dublin, 2.
Telephone: 774754

Open 7 days a week and until 8.30pm on weekdays
On behalf of the Officers of the National Union I would like to welcome you to college and to USI. I would also like to take this opportunity to congratulate you on securing a place at third level when competition is high and when many of you will be facing great expense.

Over the summer USI have been working hard on your behalf. In early July all the lobbying and campaigning of previous years paid off. The Government raised income thresholds for grant assessments by 50% for those of you who are just beginning your Higher Education it will make a great difference, financially, to your time at college. In conjunction with the Irish Mature Student Association we also won grants for all mature students over the summer months. Both of these victories are evidence of how students, when organised, can affect change in Government policy.

The battle, however, is far from over. There are still many anomalies within the system of finances for education which must be addressed. High tuition fees, the Government’s Green Paper and over-crowding are the next issues to be tackled.

North and South students face poverty and many young people cannot afford to take up their right to 3rd level education. We will be in contact with many of you over the coming year to assess in which areas of our lives poverty is most prevalent. USI believe that your education is an investment in the future of this country. In pursuit of that belief we shall be pressing ahead with our plans to ensure that college is accessible and affordable to all, whether you have children, are disabled or you simply can’t afford it.

By the time you will have received this handbook we will have been back to court over the issue of abortion information. The right to information on all pregnancy options is a fundamental right that USI are dedicated to. We hope to have the issue settled by the end of the year. If not in the Irish Courts then in the forthcoming referendum.

You may also have heard that USI are intending to open the only National Student Centre in this country by the end of the first term. We would hope that you will use the Centre at some time during your period in college. It is after all your centre, purpose built for you.

As you can see USI is a very broad organisation with many areas of work. Throughout your time in college you may come up against many problems. Personal problems, a late grant, a leaky roof in your flat or even an academic appeal. Whatever it is you local Union and USI are here to help.

But we aren’t just about the nasty things in life. We place great emphasis on making college enjoyable. Your social life, political discussion and debate and student orientated travel through USIT our travel company, are just as important to us as they are to you.

Whenever we can help, we are willing to listen. I look forward to meeting many of you over the coming year and I wish you the very best of luck in the forthcoming year.

Yours sincerely,

AONTAS NA MACLEINN IN ÉIRINN,

[Signature]

Máiréad Brady,
President.

USI OFFICERS FOR THE ACADEMIC YEAR 1992 - 1993
USI AND THE IRISH EDUCATION SYSTEM

USI is working continually for improvements to the Irish Education system. USI advocates:-
- An expansion in places to allow access to all young people who can benefit from higher education.
- Improved courses and transfer mechanisms.
- Exam appeal system in all colleges.
- Greater spending on libraries, canteens, computer centres and other support services.
- The abolition of tuition fees paid by students and continual improvements in the maintenance grants system.

USI AND INDIVIDUAL RIGHTS

USI supports the provision of a basic level of income for all young people, be they at college, training or unemployed.

USI works to protect student welfare, for improvements in accommodation, greater access for young people with disabilities, for the rights of women.

As a concerned representative of young people USI is involved in national issues. To this end we favour greater availability of condoms (including vending machines), the introduction of divorce, the provision of information to women on pregnancy and improvements in legal aid. USI is working towards the promotion of greater understanding about the conflict in N. Ireland, and opposes violence as a means of reaching a solution.

USI AND YOUR UNION

USI allows your Union a national platform to formulate student policies, and experienced officers and staff to represent your views to the department of Education and other relevant bodies.

USI provides a host of briefings and reports to your Union on all aspects of student affairs, as well as a comprehensive welfare manual on all aspects of student welfare. A wide variety of training and student conferences are held throughout the year.

USI STUDENT CENTRE

USI plans to open the National Student Centre in Temple Bar, Dublin from January 1993. This will feature new offices for USI, a drop-in information centre, a club bar and a concert hall area. Membership of the club can be purchased for 50p from any USIT office or other ISIC Card outlet.

The opening of this centre marks a new departure for USI as it will enable the national Union to help local Unions in the development of their commercial student services.

USI AND YOU

USI is your representative voice while at College. Please use us - your initial point of contact is your local Students' Union, but the annual USI Congress is open to all students (find out when your local Union delegation is elected).

USI provides a newspaper, Micléinn le Chéile, six times a year which is distributed free to all students.

AMONG OUR SUCCESSES HAVE BEEN:

- Increasing grant income thresholds by 40 to 50%.
- Extending grants schemes to mature students (including those already at college).
- Extra income allowances for grant applicants from families with more than one student at college.
- Acquisition of a new building in Dublin to be used as a student entertainment complex.
- Introduction of examination appeals through the National Council for Educational Awards - NCEA (of which USI is a full member).
- The adoption by many local authorities of USI policies on housing and accommodation.
- Index linking of all grant payments.
- Abolition of the '4 honours rule' on grants.
- Campaigning with other groups for condom law changes.
- Exemption for law graduates from the law society entrance exams.
- Earlier grant payments through national lobbying of local authorities.
- The right in law for two students to sit on RTC and DIT Governing Bodies, and the right for one student to sit on academic councils.

USI FACTS

32 Member Unions all over Ireland

MEMBERSHIP

Full-time 61866
Part-time 52059
Total 113925

Founded 1959 33 years serving students

PERSONNEL

Six full-time elected officer & One shared with NUS(UK)
Three full-time and one part-time staff & Two shared with NUS(UK)

COMMITTEES

Education + Tech Sector
University Sector +
Art & Design Sector +
Teacher Education Section +
Womens' Rights +
Gaéilte +
Gay & Lesbian Students +
Finance +
Welfare

FAMOUS PAST PRESIDENTS

Joe Duffy (RTÉ) + Pat Rabbitte(TD) +
Eamonn Gilmore (TD) +
Trish Hegarty (Irish Times) + Gordon Colleary (MD USIT) +
John Murray (Former Attorney General) + Howard Kinlay (Deceased) (Irish Times)
On behalf of Bolton Street Students' Union I would like to welcome you back to College and to extend a special welcome and congratulations to all first years on their success in obtaining a place in College.

The Students Union is your Union and is here to work for you. Upon enrolment into College you are automatically a member of the Students Union. The function of the Union is to represent and fight for the rights of all its members. The best way that the Union will work for you is if you get involved. It doesn't take much, attend meetings, elect a Class rep or just call down and tell us what you think.

The Students Union also provides a range of services. The Student Union Shop, which is located in the common room, provides a wide range of products at good prices. There is also the pool tables, video games, photocopying, cloakroom and Entertainments.

Going to College is not just about just studying in the library and going to lectures, it's much broader than that. It's also about meeting people and enjoying yourself. The Entertainments organised by the Union is one way of enjoying yourself.

There is also the Sports Clubs and Societies. There is a whole range of Clubs and Societies to choose from. If none of these are what you're into, come down to the Union and set up your own club or society.

Going to college is a whole new experience for most people. You maybe living out of home for the first time and having to fend for yourself. With this new found freedom comes added responsibility, you are no longer being sheltered under your parents wing, your life is now in your hands and your destiny is decided by you. There will be new encounters from alcohol, sex and drugs so it is important to get your head together and don't be ignorant about any aspect of life. The Union provides a Welfare Service so if you need to know anything just call in and we will help you. There are two full-time Student Union Officers at your disposal so use them.

Just remember to try and strike a balance between your studies and all the parties. So get involved in the Students Union and make it work for you!

Looking forward to seeing you all.

Doug Scully
President
Hello and Welcome to Bolton Street College of Technology.
Welcome back to all the chancers who passed their exams and a special welcome to all who are entering the college for the first time.

As Deputy President it's my job to ensure your stay here is an enjoyable and exciting as humanly possible (Blackouts and the DT's included F.O.C.). Freshers' Week and the Freshers' Ball is the start of something big with a year of entertainments never seen before.

If you have any questions about the upcoming events or just want a chat drop into the Union and most importantly get involved.

So join a club, lease a locker and get your stool in the Yarn Hall.

See you around.

Patrick Delaney

---

Union Executive

President: Doug Scully
Deputy President/ Welfare Officer: Pat Delaney
Secretary: Clare White
Chairperson: Chris O'Reilly
Entertainments Officer: Ronan Dunne
Womens Rights Officer: Melissa Rosenberg
Public Relations Officer: Fiona Kelly
Sports Officer (To be elected)
The Union Manager

The Union Manager is Maura Cunningham, who has responsibility for the Administration of the Students Union, namely setting budgets, controlling expenditure and overseeing the Union staff i.e. shop and cloakroom staff. Maura also helps the elected officers improve and develop the services that are available to you, the student.

Welfare Information

A host of information leaflets are available in the Union office dealing with student welfare. Whether it is a shortage of money or a troublesome landlord, call in and see the Deputy President, Pat Delaney and he will do all he can to help. He also organises lunchtime lectures on Welfare issues and they are well publicised and normally well attended.

Cloakroom Service

The Students Union operates an all day cloakroom service for the safekeeping of coats, bags and so on. For just 50p a day it is well worth knowing that your belongings are being well taken care of. You can take items from and replace your gear as often as you like for no extra charge. Also there is a Dye Line Printing service available here which will save you trekking all over town to get your prints done.

USIT Student Cards

International Student Identity Cards are sold through the Students Union by Maura. These are necessary if you want to get a student bus/train Commuter Ticket or wish to travel abroad with USIT - the Student Travel Company.

Photocopying

The Union provides a Photocopying Machine which is located in the Common Room. Cards to operate the machine are sold in the Student Union Shop.

Union Services

area in the new building. It is open from 8.30a.m. to 9p.m. five days a week. It stocks a very broad range of goods. The shop is very popular for people who just want a cup of coffee and a chat during a break. In addition to confectionery, minerals, newspapers it also sells a very large amount of course related goods i.e. tee-squares, set-squares, biros, leads, refill pads etc., at very competitive prices. Here calculators are by far the cheapest in town.

The Shop also sells bicycle lamps, rain gear, CIE Commuter Tickets in addition to film processing.

Shop Manager, Jimmy Kane and staff: Caroline, Kathy, Susan, Marcella and Georgina are very helpful. It is well worth checking out.

Students' Union Offices

These are located just off the Common Room. Here the two full-time student officers are based and are available all day to answer your queries on any problems you may have. Also based here is the Union Manager, Maura Cunningham.

Common Room

This is the large area adjacent to the shop. It is well furnished and very comfortable. It is where most people arrange to meet. It also contains, three pool tables and a great selection of video games as well as a CD Juke Box.
The College Library is of a very high standard and is based on the second floor of the new building. All first year groups are taken for a visit and an explanation of its workings by Peter Callahan, the Librarian.

College Canteen

Based in the new building, first floor, a spacious venue though a bit pricey. Standard of food is good and the Manageress, Grainne Tubridy, is always willing to help. It is run by Campbell Catering, an external private company. There is also a college run restaurant in the Trades Building across the far side of Bolton Street - helpings are notoriously mountain like.

Student Counsellor

All students come across problems during their three or four year struggle. The Dublin Institute of Technology (D.I.T.) provides a counsellor for the five D.I.T. Colleges. The Counsellor is Susan Lindsay who is based at the headquarters of the D.I.T. in Mount Street - phone 611134. Susan can be contacted here or in Room 366 in college where Susan normally is for one day a week. If you have any problems be it academic, emotional, financial or social you should consider talking to Susan.

Continental Languages Courses

The college runs, at a nominal charge, language courses in French and German during the year. All grades are catered for and lessons are catered for.

College Facilities

First Aid Post

This post is operational all day, every day and is a great benefit. It is there to help whether you injure yourself on a machine, fall down a stairs or have suffered the effects of a rough Rag Week. It is located along the corridor adjacent to the Students Union area.

Bicycle Shed

The bicycle shed is located beside the college car park. It is monitored all day by a college security person. However, if you do plan to cycle into college please buy some decent locks. They are a good and unfortunately a necessary investment.

College Gym

This is situated at the top of the School of Trades Building (Linenhall) which is across the street and up past the Yarn Hall Pub. Here Michael Whelan knocks out some of the best sports people in the Institute. Everything from Karate to Weight Training is catered for.

Chaplains

There are several chaplains based in Room 136 and Room 151. These include Sr. Rosemary Mc Gowan, Fr. Michael Foley and Fr. Brendan Kearney. Mass is celebrated regularly in the college. Watch the noticeboards for details.

Medical Facilities

Two Doctors are now available at a student rate. One of these Doctors visits the College twice a week. Further details can be obtained from the Students Union. This is indeed a welcome service and is hoped to be extended.

Placement Officer

We are hoping to get a full time person to fill this position next year.
Ladies Basketball
Karate Club
Mens Basketball
Kung Fu Club
Canoeing Club
Mountaineering Club
Diving Club
Orienteering Club
Equestrian Club
Rugby Club

Architectural Students Association (A.S.A.)
Amnesty International
Student Society of Architectural Students (S.S.A.T.)
Auctioneers Society
Automobile Club
Building Maintenance Technician Society (B.M.T.S)
Cairdeas
Cultural Appreciation Society
Chartered Institute of Builders (C.I.O.B.)
Christian Union
Civil Engineering Technician Society (C.E.T.S.)
Comhaltas Ceolteoiri Eireann
Construction Technician Society (C.T.S.)
Dance Club
Drama Society
European Architectural Students Assembly (E.A.S.A.)

Fishing Club
Sailing Club
GAA Football
Soccer Club
Golf Society
Swimming Club
Handball Club
Table Tennis
Hang Gliding
Tae Kwon Do
Hurling Club
Volleyball Club
Hockey Club
Windsuring Club

Environmental Engineering Technician Society (E.E.T.S)
Fajne
Film Society
Geo-Surveying Society
Green Death
Historical Society
Home Brew
Information Society
Jazz Society
Mechanical Engineering Technician Society (M.E.T.S.)
Student Society for Motor Industry Management (S.S.M.I.M)
Photo Society
Publication Society
Property Economics
Printers Society
Roleplay Society
Romanian Response
Sochultanna
Society of Student Engineers (S.S.E)
Womens Group
Cycle Users Club
Aeronautical Engineers Society
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MAPS, BOOKS & TRAVEL GUIDES

usit
Hello to all you happy-go-lucky students, welcome back and a special welcome for all 1st year students. I hope you all will have many happy years here in Kevin Street.

Let me introduce myself to you. I’m Mark “The President”!! WOW I here you all say!! my job is to make sure the Students Union office runs smoothly and effectively as possible. My job also consists of helping all students who have any problems. Whatever the problem please come and talk and I’ll help in any way possible, even if it’s just a shoulder to cry on, we all need that sometimes.

For a lot of you it’s your first time away from home and you will find yourself going home every weekend, that will soon all change and you will go home less and less until it gets to be a chore to go.

At the moment the Students Union in Kevin Street has been given a mandate to supply information on all pregnancy options, including abortion. We will be holding another referendum before Christmas and we hope the right to information will be upheld in Kevin Street.

Most of you will associate college with mad parties, drunken binges and bad, bad hangovers. Happily this picture of college life is quite apt. It is important to remember that education is not purely academic but it also has a social side. College life provides an opportunity to mix with people you would not have met otherwise.

College life offers a unique opportunity for personal development and building strong lasting friendships. It offers independence freedom and choice.

My advice, having wandered through college for the last few years is to get involved everywhere you can and make the most of it. A past President once said that “These are the best days of your life”. Happily this is true so make the most of them.

Best of luck for the coming year and I hope to have the opportunity to meet all of you at some stage during the year.

Mark O’Donohoe
President
Deputy President's Address

First things first I'd like to welcome all you first years to our happy little family here at Kevin Street and to congratulate you on reaching third level which is no mean achievement in this day and age. Also I'd like to welcome everybody else back for another year. As this year's Deputy President/Welfare Officer I will be here to try and sort out any problems that you may have such as spending all your money on beer and having none left to pay the rent or your landlord is being, let's say, a bit difficult.

All welfare matters are dealt with in the strictest confidence.

My office is situated on the first floor of the annex opposite to the Students Union, so if you have any problems just drop in, we're here to help.

Finally remember that college isn't just about going to lectures and studying, it's about doing your own thing, meeting new people, getting pissed on a Thursday night (or any night), getting involved and enjoying yourself.

Is mise le meas,

David Kierans
Deputy President

---

Union Executive

President: Mark O'Donohoe
Deputy President: Dave Kierans
Education Officer: Lesley Kavanagh
Womens Rights: Grainne King
Ents Officer: Helen Smyth
Treasurer: Ray Sinnott
Communications Officer: Rory Quinn
Apprentice Officer: Joe Hayden
The Word Shop

The word shop is located at the end of the corridor beside the shop. **Marie Donohoe** is the secretary of this service and can provide you with previous years exam papers for all courses. Exam papers can be purchased between 12 and 2 pm Monday to Friday. Marie also provides an excellent typing service and will word process and laser print anything from a C.V. to an entire project at very good rates!

Photocopiers

The Students Union has two photocopiers for the use of the students and these are located in the games room. They are operated by photocopy cards which can be purchased from the shop at a price of £1.30 for 20 copies, £3.60 for 50 copies.

Marie Donohoe

Christy O'Connor

---

Union Services

The Students Union Shop

The shop is located in the foyer of the new building. **Theresa** and her staff will sell you anything from CONDOMS to COMPASSES and whatever else you may need. The shop is open from 9am to 9pm Monday to Friday.

Teresa Sheridan

Passport Photos

A passport photo machine is located in the foyer of the new building beside the union shop. This is ideal for your college i.d. card and U.S.I.T. CARD, the latter of which can be purchased from the students union office.

Ann Pouch

Secretarial Services

**Ann Pouch (Pouchy)**

Ann is the tower of strength in Kevin Street's Union. She is our Communal Mammy. Ann is always on hand to supply USIT cards, advice or anything you need. She can be found in the General Union Office sitting behind her lovely new counter.

All in all she's a Smasher! Good Egg!

PS She dictated this herself!
Sports Facilities

Swimming Pool:
This is a fully supervised service and is available to the students usually from 12pm onwards. The timetables are posted at the start of the college year and beginners classes are supervised by Cyril Hardy at lunchtimes.

Gymnasium:
This is situated over the Swimming Pool and the college PE teacher, Seamus Byrne organises many sporting activities during the college year. Both of these facilities are accessible from under the arch and the classroom block of the old building.

First Aid Officer

The Order of Malta nurse Betty Ryle can be found on the second floor of the old building and is available to deal with any simple injuries or health queries. Although she works to the best of her abilities what the college needs is full medical facilities.

Library

This is on the second floor of the new building. First years should approach the librarians to show them the ropes. The library opening hours will be posted outside the library. One can find course-related materials ie. journals and books and there is a large area to study available to the students.

College Facilities

Student Counsellor

A professional counselling service is available to all students. The staff involved in providing this service are Susan Lindsay, full time counsellor, Linda Mackin, Ann O'Reilly, Jennifer Rylands and Donna Good (part-time counsellors).

A counsellor helps students with a wide range of concerns and difficulties ranging from personal, social matters to financial and academic difficulties. But you don't need to have enormous problems before you seek a counsellors help. A counsellor provides students with the opportunity just to talk over worries or concerns in confidence and enable them to develop more effective ways of coping with everyday stresses or demands in life. The counselling service also provides very practical help to any student who wishes to improve upon their study skills and examination techniques.

Appointments can be made by phoning 611134 or 727177 ext: 366. (Thursday or Friday). The counselling service is also available on a regular basis in Kevin Street but please phone 611134 for further details of times and the location.

Canteen/Snackery

The Canteen and Snackery are found on the ground and first floor of the new building. The Canteen provides a meal service including vegetarian meals at a very reasonable rates, and the Snackery provides drinks, cakes and a selection of snacks.

Student Bank

There is a branch of the Bank of Ireland situated on the ground floor of the new building opposite the Students Union Shop. Marjorie Shaw the Student officer can help you out on many financial matters. She provides a full comprehensive banking service which is available to all students. The bank is open in the mornings and is extremely handy for payment of grants. There are special incentives for all freshers wishing to open an account.
Third level education entails not only academic learning but can also provide a good social life and many cultural or sporting activities. Under the Central Sports and Cultural Council (financed from your capitation money), many sports clubs and many societies have been established. Whether your interest is reading, basketball, photography, leap frogging or whatever, you may be sure there is a club for your interests. Watch out for these and others on Freshers day. These are organised through Seamus Byrne, the college P.E. teacher lecturer whose office is situated on the first floor of the new building. If you have an idea for another club or society feel free to set it up. The Students Union will help in any way possible.

Basketball Club | Literary Society
---|---
Canoeing Club | Social Action Group
Tae Kwon Do Club | Bakery Society

**Clubs & Socs**

Judo Club | Traditional Society
---|---
Badminton Club | Gay & Lesbian Society
Hockey Club | Iota
Gaelic Football Club | Computer Society
Hurling Club | St. Vincent de Paul
Caving Club | Nutrition Society
Volleyball Club | Game Society
Sub Aqua Club | Folk Group
Fencing Club | Christian Action Group
Rugby Club | Amensy International
Swimming Club | Drama Society
Soccer Club | Engineering Society
Mountaineering Club |  
Orienteering Club |  

and many more that are not listed here.
Nobod) offers you a better coach service from Dublin.

Special student monthly return fares

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<th>Destination</th>
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Choice of services

Our new timetable gives you the best service coming and going. It's a timetable that's designed to suit your timetable, and it's much faster than before.

Travel in style

No doubt you've seen our award winning coaches, why not travel in one of them? They're superb.

You've never had more reason to travel Expressway. You can rely on Bus Eireann, the fully licensed operator.

Ask about reductions on other services with USIT Card.
O f all the services DITSU provide, the Welfare Services is one of the most important. With 23,000 students struggling through third level education with all its difficulties, differences and downfalls it's not surprising that there are so many assorted problems and crises to deal with. When you're faced with a crisis, it's often difficult to know where to turn. That's what the DITSU Welfare officers are for.

But are they trained Counsellors?

No. None of the DITSU officers or staff are trained counsellors. You may feel a bit uneasy going to an 'amateur' such as these with your welfare problems but there is no need to worry. None of the Welfare Officers will try to give you counselling. What they are trained to do is to listen to your problems and point you in the direction in which you can get proper advice or help.

What if they tell their friends all about me?

All Welfare problems are treated with the utmost confidentiality. You can rest assured that your situation will not be discussed with anybody.

I wouldn't feel comfortable talking to a man

If you would prefer to talk to a woman then this can be arranged. There are women officers in all the unions who can deal with your problems.

How can they help, they're only students?

Exactly, they're students like yourself they've lived through the problems. They know how it feels if your grant is late, if you can't afford the rent, if your period is late, if you've failed your exams. Many people actually find it easier to talk to another student than to talk with people 10-20 years older.

Along with all this comes the incredibly large amounts of information available to the Welfare Officers about everything from morning after contraception to Social Welfare entitlements. This Welfare Section is designed to give you easy access to as much of this information as possible. If you have any further questions don't hesitate to contact the Students' Union. The door is always open.

Briefly, the Welfare Service encompasses:

1) Comprehensive, approved accommodation
2) Limited welfare loan service
3) Access to Students' Union solicitor
4) Provision of condoms
5) Comprehensive information service
6) Referral to outside organisations

This Welfare Section was brought to you by the letters D and S and the numbers 6,794,700 and 10.

The producers would like to thank the following people, products substances and inanimate objects......

-damian "linus" o'broin
-dave "big long stick" kierans
-shauneen "soup drinker" armstrong
-marie "timeshare" gorman
-helen "midnight swim" o'sullivan
-joe "pats pal" hayden
-deirdre "mary " moran
-the usi welfare manual
-durex condoms
-mr. snuffufafagus
-mac "intosh" classic
-brainwave
-asthma society of ireland
-irish cancer society
-icos
-ifpa
-well woman
-women's info network
-the blue nile

and of course we'd like to thank the government for making such a fuck-up of education in the first place.
The first problem faced by students living away from home is finding somewhere to live. At present Dublin is suffering an acute housing crisis which reaches its worst point each year as students arrive to start college.

Because very few public sector housing is being built (i.e. Corporation or County Council) more people are being forced to live in privately rented accommodation. This has caused a landlords' market to develop. Landlords can pick and choose their tenants and rent is steadily increasing. Many landlords don't want students - they prefer people with a regular income or people who intend staying longer than 9 months. Many landlords think of students as trouble-makers. For this reason, the best quality accommodation is not available to students. In many cases students are left with the flats that no one else will take.

This section aims to give you a guide to the different types of accommodation available, helpful hints about flat hunting and a brief run down on tenants rights and responsibilities.

**Lodgings (Digs)**

Generally known as digs, lodgings entail living with a family, normally with your own, or a shared, bedroom.

**Advantages**
- Breakfast and evening meals are normally provided along with a packed lunch.
- Living in digs can soften the shock of moving away from home for the first time and having to fend for yourself.
- Laundry facilities are often provided.
- Budgeting can be easier as food is provided as are electricity, gas etc.
- A front door key is normally provided so you can come and go as you please.

**Disadvantages**
- Many don't offer week-end accommodation.
- Some don't allow friends to visit and few will allow them to stay over.
- Some impose curfews - a specified time that you must be in by.
- Mealtimes can be strict, which doesn't allow for flexibility.
- You normally have to share a bathroom.
- Privacy can be a problem.
- There is a lack of freedom compared to living in a flat.

**Flats/Houses**

Flats/Houses allow greater freedom and independence. You can come and go as you please. You can have friends over to visit/stay whenever you want.
- You cook and eat whatever whenever you like.

**Disadvantages**
- Can be very expensive.
- Electricity and gas are often extra.
- Food is not provided.
- Laundry facilities are rarely available.
- Deposits can be very expensive.

**The Helpful Hint List**

If you're coming to Dublin for the first time to look for accommodation, be prepared for a long search. There are a number of things you should do.

1) **Buy a street map of Dublin** - these can be got in newsagents, or tourist offices.

2) **Get a bus timetable** - available from Dublin Bus in O'Connell St or from most newsagents. Familiarise yourself with bus fares and important bus routes.

3) **Dublin is divided into postal districts** - odd numbers on the northside, even on the southside.

**Where do you look for accommodation?**

1) The Students' Union accommodation list.
2) **Local and national newspapers.**
3) **Word of mouth from friends, relatives.**
4) **Ads in shop windows.**
5) College notice boards.

DIT Students' Unions run an accommodation list in conjunction with the CDVEC. This is available from all Student Union offices free of charge. Unfortunately it contains mostly digs.

The best place to look for accommodation is in newspapers, both local and national. The Evening Press is considered to be the flat hunters bible. The Press goes on sale at about 12 noon from their offices in Burgh Quay. Buy it early. Make sure that you have plenty of change for phone calls or better still a phonecard. Phonecards are available in most newsagents. Don't be afraid to ring before the time stated on the ad.

Sometimes you can find...
accommodation from friends who know of places or who have just vacated flats themselves, keep your ears open.

Local shops often carry ads for accommodation. You should check with the shopkeeper as to when the ad was placed.

The Union noticeboards in the college will regularly have accommodation notes on them. Often people looking for someone to share a flat will advertise this way.

When you find somewhere you’re interested in, get out to view it early, as queues develop very quickly. It is usually necessary to have money for a deposit (normally about two weeks rent) plus the first two weeks rent in advance. Some landlords may want references.

**Inspecting a flat**

- Always check the neighbourhood. Is it near bus/DART routes? Do you feel safe?
- **Are there shops, launderettes nearby?**
  - Are there any signs of dampness - peeling wallpaper, dark marks on walls? It’s easier to see damp in daylight. Check if cupboards furnishings are dry. Is there any signs of mould?
- **Check fire extinguishers and fire escapes.**
  - Check the ventilation, especially in the bathroom and kitchen. Do the windows open?
- **Will it be easy to heat?** Big rooms and high ceilings are hard to heat. Check for insulation. What sort of heating is there? Paraffin heaters can be dangerous. Bottle gas heaters need ventilation. Who pays for and controls the heating? Does it work?
  - **Check that cooker, fridge are working.** What kitchen utensils are provided.
  - Check bathroom facilities. - Dripping pipes, damp around shower. Is there adequate washing facilities and hot water. Do you have to share bathroom or kitchen.
  - **Are there enough electrical sockets - what sort of sockets are they?** Do they work? Is there adequate lighting? Is there facilities to study.
  - How do you pay for electricity, gas, telephone. Do you need to pay a connection fee, a deposit, or get a guarantor? Check the settings on any meters.
  - **Is there piped TV?** How is the bill paid?
  - What are the arrangements for cleaning shared areas.
  - **Do you have access to the garden and clothes line?**
  - What are the arrangements for rubbish disposal?
  - **Is there car parking, storage for bikes, prams etc?**
  - Establish the amount of rent, when it is to be paid and how. Find out exactly what it covers. Ask about a rent book.
  - **Get a receipt for any deposit.** Does anyone else have keys to the flat? Establish under what circumstances the landlord may have access to your flat - to collect rent, repairs, emergencies.
  - **Clarify which repairs will be the responsibility of the landlord and which yours.**
  - Get a contact address and phone number for your landlord or his agent.
  - **Ask for a written agreement.**
  - Make an inventory of the contents of the house and get the landlord to sign it.
  - **If you sign a lease for a fixed period, you are committed to staying there for that time.**

**Tenants' rights and responsibilities**

### 1. Deposits

A tenant should ensure to get a rentbook in which all payments including the deposit are recorded. They should also insist on a receipt for any deposits paid. If the landlord does not provide a rentbook or receipts he is probably dodging tax. But it also means there is no proof of any agreement. If this happens, rent and deposit etc should be paid by cheque as this will constitute a legal proof of payment. Tenants may forfeit some or all of their deposit:-

If they do not give proper notice, or leave before the end of the tenancy agreement.

For damage to the landlord’s property over and above normal wear and tear

For unpaid bills or rent owed.

The letting agreement should be checked for other more specific arrangements. Every year many students face problems in trying to get their deposit back so they must be clear of the conditions at the start and get them in writing from the landlord.

### 2. Inventory of Contents

At the start of a tenancy a list of contents and their condition should be drawn up and a copy should be agreed and held by both the tenant and the landlord.

### 3. Privacy

All tenants have a statutory right to quiet and peaceful possession as long as they pay the rent. Nobody (including the landlord) has the right to enter a flat without permission. A tenant is entitled to refuse the landlord permission to enter a flat where a request is unreasonable. Here it is important to note that a landlord is entitled to enter for one purpose only i.e. to survey the flat and to ensure that it is being maintained or alternatively to read any meter that may be installed there and under his supervision. A landlord is not entitled to prowl in a tenant’s flat to satisfy himself that the moral character of the tenant is up to his own.

If the landlord needs to carry out repairs or inspect the premises, it should be by prior arrangement. Tenants are entitled to invite anyone they feel like to stay in their flat subject to any other prior condition imposed in the agreement, whether written or oral by the landlord and agreed to by the tenant.

A tenant may enforce the right to refuse a landlord permission to
enter by changing the lock and informing the landlord of so doing and in future informing the landlord that access will be given, as and when reasonable, provided request is made in advance. If this is not satisfactory, a tenant can seek an injunction to restrain the landlord from entering unjustifiably without the tenant’s permission and seek damages for trespassing where the landlord has done so against the express request of the tenant.

4. Repairs/Maintenance

It should be established from the outset, when the tenancy agreement is made, what the landlord’s maintenance responsibilities are. A tenant's responsibility is generally to maintain the interior of the dwelling and is subject to any other express provisions that may be laid down in a written agreement. The landlord is obliged to maintain the exterior, in particular the roof and outer walls. The windows are generally maintained by the tenant.

Any repairs needed should be done before the tenant moves in. Any maintenance problems should be brought to the landlord’s attention, as the tenant is not responsible for any repairs due to ordinary wear and tear. If these are being ignored then an offer can be made to have them done and the cost deducted from the rent. This should be agreed first with the landlord in writing as if the rent is held back for repairs without an agreement then the tenancy may be put at risk. There is provision under the 1966 Housing Act to bring application to the Court to force the landlord to carry out essential repairs. A tenant must get the landlord’s permission to redecorate the flat. This expense would be the tenant’s responsibility unless otherwise agreed normally.

5. Rent Increases

Generally, the landlord can increase the rent at will. If there is a written lease this may not be possible. It depends on the terms of the agreement. If the rent is paid weekly then the landlord must give a week’s notice of an Increase, on a monthly rent, a month’s notice. If a tenant refuses to pay the rent increases the landlord can issue a ‘Notice to Quit’.

6. Tenancy Agreements

The two types of agreement between landlord and tenant are:

(a) Written Contract known as a Lease.
(b) Oral Tenancy or Tenancy at Will.

(a) LEASE

Before signing such agreements, the terms should be read carefully. The terms of such an arrangement govern the contract and the tenant is bound by it. It is always advisable to get the landlord to sign a tenancy agreement as it can eliminate hassles and leave both parties sure of their position (the tenant should always get a copy of the lease), it avoids and gets rid of the situation in which tenants are basically subjected to the will of the landlord and where their tenancy can be terminated by a simple Notice to Quit without reason.

It is advisable that a tenant should always seek legal advice before signing a lease as they are generally of a cumbersome nature and require explanation at least. A copy of a standard lease issued by the Incorporated Law Office should be available in the Welfare Office for inspection.

Renewing a Lease

Normal leases will have a renewal clause for one year and never any further. The reason for this is that if there is an unrestricted right to renewal a tenant could rely upon it indefinitely and then after 7 years in business use or 20 years continuous occupation be entitled to a new tenancy under the 1980 Landlord and Tenant Act. Thus after expiration of the two year period, being the one year in occupation plus one year renewal, a new agreement should properly be entered into. However, often this is not done and tenants just continue on in occupation under the understanding that they are still tenants under the original lease. If this is not so, they would then become tenants subject to the mode of payment as was the practice in the past. In areas of conflict, a Court would normally construe the original terms of the Agreement as being still binding upon the parties, should they continue on in possession beyond the period.

Independent Arbitration on Matters of Dispute

There is no independent arbitration but in some leases the parties can agree on an independent arbitrator e.g. a representative of the Law Society of the Auctioneers' and Valuers' Association. Ultimately, the only other arbitrator is the Court.

(b) ORAL TENANCY

An Oral Contract of Tenancy is as good as a Written Contract of Tenancy with regard to the general rights and obligations of a tenant. An Oral Agreement is that where there is a dispute as to the terms of the Agreement and the obligations or rights thereunder. The court must decide as a matter of fact on the evidence.

Should a landlord decide to end a tenancy which is not in writing and has served a valid Notice to Quit, the tenant has no defence with regard to termination of the Agreement. All other rights as would exist under the normal landlord and tenant relationship exist for a tenant in an Oral Agreement situation.

7. “Notice to Quit”

A landlord can give a tenant a notice to quit, without having to give a reason, unless there is a tenancy agreement which says otherwise. It can be written or given verbally, but the tenant is entitled to a minimum period of notice from one rent day to the next. Thus if rent is paid weekly then the tenant is entitled to a week’s notice, if paid monthly then a month’s notice.

If a tenant refuses to leave then the landlord may seek a Court Order for Eviction which can be defended by the tenant. A notice to Quit, however, means tenancy is terminated and the tenant who stays beyond the expiration date risks having to pay costs incurred by the landlord in obtaining the Court Order. A tenant who decides to plead the Court Order must continue paying “mense rates” this means that they are still liable for rent even though the landlord may not be collecting it.
It should be held in a separate post office or bank account. If the Court finds for the landlord, he/she cannot remove the tenant from the premises but must arrange for bailiffs to do it. An appeal can be lodged against a court decision to eject which can take more weeks. This means that the whole court proceedings can take up to six months which gives plenty of time to get a new flat or finish your exams before moving out. It may also leave the tenant with a hefty legal costs bill.

8. Electricity and Gas

Slot meters are installed in many flats for gas and electricity. The tenant should ensure that the electricity meter is fixed at the correct setting and has not been tampered with by the landlord. The setting can be checked with the ESB or Gas Co. A landlord is not entitled to disconnect the power or water supply.

9. Insurance

It is strongly advised that tenants take out a policy to insure the contents of their flat against theft or damage, since this is not the landlord’s responsibility.

10. Harassment

Useful Addresses

Threshold
Tenants Rights Advice Centre
Church St.
Dublin 7
Tel 726311

Focuspoint
Out of Home People
14a Eustace St.
Dublin 2
Tel 712555/776421

DIT Accommodation Service
70 Morehampton Rd.
Donnybrook
Dublin 4
Tel 601802/600539

In the event of the landlord intimidating, harassing or threatening to evict a tenant, a High Court injunction may be sought to restrain him or her. If successful the landlord would be liable to pay the legal costs. A tenant can prosecute a landlord for attempted or successful illegal eviction. Legal action, however, can be very long and drawn out in some cases and is potentially very expensive.

11. Conclusion

If a student is taking private rented accommodation it is best that she/he gets a formal lease signed by the landlord and herself/himself. This would solve a lot of problems faced by the tenant securing her/his tenancy. The above gives general guidelines to problems faced by students and if there is no lease and problems arise it is vital that the person gets expert or professional advice. Contact can be made with your local FLAC centre. Students’ Union solicitor, or USI Head Office.

A REST FOR THE WICKED!

If you feel like a bit of 'devilment' in Cork or Dublin or simply a well deserved weekend away – treat yourself to a break in Kinlay House Accommodation Centres. High quality accommodation from £7.00 per night*. Ideal venues for societies, sports teams and groups with city centre locations, no curfew and 24 hour reception. Contact Kinlay House, Shandon, Cork Tel: 021-508966 or Kinlay House, Christchurch, Dublin 2 Tel: 01-679 6644.

* Discount available for ISIC holders

Kinlay House Accommodation Centres, Cork & Dublin
"O
yly a small number of women are battered or abused in
their homes"
In 1990 103 families availed of the refuge in Rathmines. The refuge deals with an average of 10 advice calls per day and 7 advice visits per week. In a 4 month period the gardaí answered 4000 calls from women in domestic violence situations

Given that many women do not know of the services provided by the refuge and many more for the reasons listed above, choose to stay silent and put up with the abuse and violence, these figures must be regarded as extremely conservative.

Domestic violence is by no means a rare event. Indeed in a society such as ours, which glorifies the use of violence as a way of solving problems and which portrays violence as entertainment throughout the media, the experience or the threat of violence is part and parcel of everyday life for every woman.

It's just the odd domestic tiff

Women who come to refuges have usually been severely beaten or threatened with it on many occasions. Many battered women experience violence which includes rape, having their hair pulled out, being punched or hit on the face and body, having their throat squeezed or just being so abused as to sustain serious injuries such as cuts and bruises, broken bones or even internal injuries.

Such physical abuse is usually accompanied by mental abuse in the form of continual harassment and humiliation such as being locked in a house, being denied sleep, being told she is ugly, stupid and useless and being denied money. For many women this can be more damaging in the long term than actual physical violence. No behaviour which so degrades and violates a human being can be dismissed as "just the odd domestic tiff".

She must ask for it or she'd leave

Women stay with violent men because it is extremely difficult for them to leave. Until recently, there were no refuges and therefore women had nowhere they could go. Even now the numbers of women being turned away due to lack of refuge space or exceed the numbers we can provide refuge space for. Many women still do not know refuges exist. Women worry about how the disruption of leaving will affect their children, how they will provide alone for their children, how they will manage as parents on their own. Even if no move is involved, the change of status can equally worry a woman. Marriage is still seen as an achievement, separation as a failure. The prospect of poor housing, lack of day care facilities, poor employment opportunities and poverty are all reasons why women stay.

Leaving the home is bad for the children

Many women only leave their home when they realise the effects of the violence on their children or when the children themselves are threatened. In our experience children are more damaged by remaining in a violent situation than by leaving to go to the safer and secure environment provided by a refuge. Indeed we have seen the physical and mental/emotional health of many children actually improve and blossom during and after time spent in a refuge.

Nobody has the right to interfere in the domestic affairs of man and wife. Thousands of women have come forward to seek help from Women's Aid and they have been relieved to find someone cares about what has been happening to them within their relationship. Both criminal and civil law in this country make it possible for the courts to intervene in cases of domestic violence. 25% of reported violent crimes inflicted on women in the home. Domestic violence is a social problem, not a private affair. The abuse of any human being by another is everyone's business.

All men who are violent to women come from a violent background

Whilst it is true that some men who are violent to women do come from a violent background, the family is not the only formative influence on behaviour. Many men who abuse women do not come from violent backgrounds and some men who do come from an abusive background do not abuse women. They choose to deal with their problems in a non-violent and constructive way.

Alcohol causes battering

Alcohol does not and cannot make a man abuse a woman but it is frequently used as an excuse. Many men drink and do not abuse anyone as a result. On the other hand many men abuse women when they are sober. It can be easier for some men and become more when men believe that the violence would not have happened if drink had not been taken.

Battered women batter their children

Hundreds of battered women and thousands of children have come to Women's Aid since it first opened. We have no evidence to suggest that the children of battered women receive any more violence than the children of other women. Indeed it is out of a sense of responsibility to their children that many women come to refuges.

Many women only make the decision to leave when they realise the hostile and violent environment at home is beginning to affect their children. The problems of battered women and battered babies or child abuse are fundamentally different in many crucial ways and should not be automatically lumped together under the same social problem.
In order to study properly and do well in your exams and more importantly in order to go out and enjoy yourself while in college, it is important to be HEALTHY.

Medical cards

Joe Duffy spent a week in Mountjoy trying to protect students' automatic right to a medical card in 1984. Unfortunately he failed and now in order to get a medical card while you're a student you must:

1) be a dependant of persons with medical cards.
2) have entitlements under EC regulations or
3) be in receipt of a disabled persons maintenance allowance.

If you apply for a medical card and don't fall into one of these categories you'll have a greater chance of success if you:

1) can prove independence from parents.
2) live separately from parents.
3) worked before commencing college.

Application forms are available from your Students' Union office. Completed forms should be sent to the local office of your health board, stating your income from all sources and any other relevant circumstances so that the board can decide on your entitlement.

A medical card entitles you to the following health services free of charge.

1) general practitioner services.
2) all in-patient hospital services in public wards.
3) specialist services in out-patients clinics.
4) dental, ophthalmic and aural services.
5) The supply of prescribed dental, optical and aural appliances and prescribed drugs, medicines and medical and surgical appliances, including wheelchairs.
6) A maternity cash grant of £8 for each child born to a mother in this category.

DIT Health Services

The DIT health 'service', if you could call it that, is under-funded (your capititation money pays for most of it) and treated as unimportant by the people in power in the Dept of Education and CDVEC.

Doctors are available at a reduced cost in or near the colleges at certain times. Contact the Students' Union for details and appointments. Cathal Brugha St and Kevin St also have a nurse available for first aid.

Diet

Eating a balanced and nutritious diet contributes to good health. In order to maintain normal weight and good health, the energy derived from the food we eat must balance the energy we use during exercise and daily activities. Cigarette smoking and excessive alcohol consumption are also harmful to health and aggravate the effects of an unbalanced diet.

Principles of a Balanced Diet

1. Choose from a wide variety of foods.
2. Eat normal size portions of all foods.
3. Regular meals are important - three small meals are better than one big one.
4. Include a source of protein at each main meal - choose from fish, poultry, lean meat (including offal), eggs, cheese, milk and pulses (peas, beans and lentils).
5. Discard excess fat on meat. Grill or bake rather than cook or fry with fat.
6. Include generous helpings of vegetables, cooked or raw and use salads frequently.
7. Include fresh fruit frequently.
8. Use sugar and sweet foods sparingly - fresh fruit satisfies the need for sweetness.
9. Include either wholemeal bread, wholegrain cereals or potatoes at each meal.
10. For the overweight, eating less is essential.
11. Use salt moderately in cooking and avoid adding it at the table - herbs and other seasonings can be used instead.
12. If you drink - do so in moderation - remember that alcohol and soft drinks are fattening.
13. Regular exercise is also helpful in maintaining good health (and that doesn't just mean doing arm exercises down in the pub). A 30 minute cycle or a brisk walk will do you more good.

Now we all know that being a student means a lack of funds to spend on the shopping list so it is also important to plan ahead.

Firstly make a list of all important items and buy those first. Try to think ahead and avoid wastage and to make sure there is no need.
to go to more expensive shops outside normal opening times. Share shopping trips with friends and neighbours to make better use of transport.

Be careful not to buy bruised or damaged fruit or vegetables as, although these may be cheaper they deteriorate more quickly and the vitamin content is lower. It is also useful to remember that shopping last thing in the afternoon (especially on Saturday) often means the price of perishable goods is reduced.

How much to spend

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Milk</td>
<td>50%</td>
</tr>
<tr>
<td>Bread and Cereal</td>
<td>20-25%</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>10-15%</td>
</tr>
<tr>
<td>Fruit and Veg</td>
<td>20-25%</td>
</tr>
</tbody>
</table>

You can also save money by being sensible in the kitchen.

- £ Use leftovers in stews and soups.
- £ Look out for special offers on seasonal fruit/veg and cheaper cuts of meat.
- £ Cook extra and store carefully for later use.
- £ Cook all the food for one meal by the same method to reduce fuel costs.

What to Buy

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver (Lamb’s)</td>
<td>Once a week</td>
<td>Lean and Nutritious</td>
</tr>
<tr>
<td>Oily Fish</td>
<td>1-2/week</td>
<td>(Including tinned fish)</td>
</tr>
<tr>
<td>Chicken</td>
<td>Always good value</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Once a week</td>
<td></td>
</tr>
<tr>
<td>Dark Green Leafy Veg</td>
<td>1-2/week</td>
<td>(Cabbage is the cheapest)</td>
</tr>
<tr>
<td>Other Veg</td>
<td>Fresh is best, then frozen tinned and dried</td>
<td></td>
</tr>
</tbody>
</table>

Canteen Delights

Most of you will eat in the canteen at least once and for many it will become your regular eating place. Be sensible and try to choose your food carefully.

Look at the food before choosing and ask for a lean piece of meat that you like.
Try to have potatoes instead of chips at some of your meals. Occasionally have a salad or some soup and wholemeal bread which is just as nutritious.
Also remember that eating a full meal at lunchtime is cheaper than at teatime in the canteen.

Save Time and Energy

- Eat more raw fruit and vegetables.
- Cook veg very rapidly in a small amount of water.
- Grill tender lean meats rather than stewing tough fatty meats.
Sharing meals with friends and neighbours cuts costs and increases social contact.

Stress

Everyone suffers from stress at some stage of their life. Whether it is at work, at college or at home. Stress can be caused by changes in routine or by a loss of control over your environment. Entering college and leaving college, are times of great change in a person’s life. This, together with the often heavy workload in third-level leaves students susceptible to stress. It’s important to know how to recognise when you’re suffering from stress and to know how to reduce stress.

Physical Symptoms of Stress

1. Lack of appetite
2. Craving for food
3. Frequent indigestion or heartburn
4. Constipation or diarrhoea
5. Insomnia
6. Constant tiredness
7. Tendency to sweat for no good reason
8. Nervous ‘tics’
9. Nail biting
10. Headaches
11. Cramps and muscle spasms
12. Nausea
13. Breathlessness without exertion
14. Painting spells
15. Frequent crying or a desire to cry
16. Impotence
17. Inability to sit still without fidgeting
18. High blood pressure

Psychological Symptoms of Stress

1. Constant irritability with people
2. Feeling unable to cope
3. Lack of interest in life
4. Constant or recurring fear of disease
5. Feeling of being a failure
6. Feeling of self-hatred or being ‘bad’
7. Difficulty in making decisions
8. Feeling of ugliness
9. Loss of interest in other people
10. Awareness of suppressed anger or inability to show true feelings
11. Difficulty in letting go and laughing
12. Feeling of being the target for other people’s animosity
13. Feeling neglected
14. Dread of the future
15. Feeling of being a failure as a partner or parent
16. Feeling of having no-one to confide in
17. Difficulty in concentrating
18. Inability to finish one task before moving on to the next
19. An intense fear of open or enclosed spaces
20. Intense fear of being alone
How to reduce stress and take care of yourself

1. BE GENTLE WITH YOURSELF
2. Work no more than ten hours a day
3. Have at least one and a half days a week free from normal work routine
4. Plan one 'away from it all' holiday each year
5. Allow at least 30 minutes for each meal
6. Eat and chew well
7. Examine your eating habits and balance your diet
8. Cultivate the habit of listening to relaxing music
9. Practise relaxation or meditation twice a day (ideally 3 times) for no less than 15 minutes
10. Find a 'hermit' spot use it daily and do not allow interruptions
11. Take at least 10 minutes daily for physical exercise, preferably in the open air
12. Have a regular massage or join a yoga class
13. Cultivate a creative, non-competitive hobby and spend time on it e.g. gardening, painting, music etc.
14. Actively cultivate the habit of walking, talking and moving at a slower pace
15. Smile and respond cheerfully whenever meeting anyone
16. Give support to others and learn to accept in return
17. If emotional and/or sexual relationships are upsetting, seek advice
18. Avoid the tendency to dwell on the past - concentrate on the present
19. Express your feelings openly without antagonism or hostility
20. Finish one task before moving on to another
21. Do not accept, or give yourself, unrealistic deadlines. It can always be done tomorrow
22. Change your routine as often as practicable
23. Say 'Thank You' to yourself whenever you have finished something that you feel satisfied with
24. Before you go to sleep, remember three good things that have happened during the day
25. Avoid 'shop' talk during breaks and when socialising with colleagues
26. Say 'I choose...' rather than 'I should, ought or have to ...' 'Say 'I won't' rather than 'I can't'
27. Accept personal responsibility for your life
28. If you never say 'No' what is your 'Yes' worth?

Breast Cancer

Breast Cancer is one of the commonest cancers in women.

Regular self-examination of the breast can lead to earlier diagnosis of breast cancer and increase the chances of a cure.

Most doctors advise that breast self-examination should be carried out every month by every woman over 17 years of age. This takes very little time and ensures that you get to know your breasts and makes it easier for you to spot any changes early.

When?
The best time to examine your breasts is the seventh day after the start of your period. This is the time when breasts are at their softest.

If you no longer have periods the easiest way to remember is to examine your breasts on the first day of the month.

Because the breasts are made up of tiny fatty glands it is normal for them to feel a little lumpy. However, the lumps are felt to be the same size throughout. It is only by regular examination and becoming familiar with your own breasts that you will be able to recognise changes in how they look or feel.

What to look for

- Any unusual increase in the size of one breast
- One breast lying lower than the other
- Puckering or dimpling of the skin
- A rash on or around the nipple
- Recent turning in of the nipple
- Fluid or blood escaping from the nipple
- A persistently painful area in the breast (not related to pre-menstrual pain)
- A lump not noticed before
- Enlarged glands under the skin of the armpit

How to examine your breasts

Undress to the waist and stand or sit in front of a mirror in good light. Remember that you are looking for anything unusual, a recent change in the appearance of your breasts - looking is just as important as feeling.

1. When standing upright in front of the mirror look at your breasts carefully.
2. Is there any change in the size of your breasts? Is one breast lower than the other? Has one breast changed recently?
3. Now look at the nipple area. Has one nipple turned in, up or down recently? Is there any scaling or a crust on the nipple? Is there any fluid or blood coming from the nipple - staining on your bra or nipple?
4. Is there any puckering or dimpling of the skin? Is there any rash or change in skin texture - open pores? Raise your arms above your head to examine the undersurface.
5. Clasp your hands behind your head and press them forward against your head. Watch your breasts - is there any swelling or skin dimpling?
6. Put your hands on your hips and push them in. Bow towards the mirror with your shoulders and elbows forward. Look for any change in outline, pulling in or dimpling of the skin or retraction of the nipple.
7. Now examine the breasts. Lie down on your bed with a pillow or rolled towel under the right shoulder. Place right hand under your head and use the left hand to examine the right breast using the soft pads of your three fingers keeping your hand flat.
8. Think of the breast as the face of...
Testicular Cancer

What is cancer of the testis?

A 'growth', 'tumour' or 'cancer' develops in one of the testicles, the male reproductive glands.

Is Testis Cancer Important?

Yes, for two reasons.

First, almost all cases can now be cured by simple treatment, if found early. The risks are greater if the condition is discovered late, but even then we hope to cure three out of four.

Secondly, this is the commonest type of cancer in young men and many have young families and big financial commitments.

Who is at risk?

Young men especially get the disease, but the risk is much greater if one testicle is missing or has not come down into the scrotum (the "bag"). If you have noticed this condition, see your doctor because it can be corrected easily.

What might you notice?

The first warning is generally a swelling, or lump, on one of your testicles. This may be painful, but usually it is not.

Early discovery allows the simplest treatment and almost guarantees cure.

What can you do?

Early discovery means certain cure - you must examine yourself once a month. The best time is after a warm bath or shower.

Gently roll each testicle between the thumb and fingers using both hands. Make a habit of doing this simple test - it only takes a minute.

If you notice any lump or hardness, see your doctor. It may be harmless, but only a doctor can decide.

Treatment

A small operation is performed. If disease is discovered late, then X-Ray treatment or special drugs may be given.

Cervical Cancer

Cervical cancer - cancer of the neck of the womb or uterine cervix is one of the most common causes of premature death of women. It can occur at any age in a woman who is sexually active. There are no symptoms - it may go undetected for a considerable time and can only be detected by a cervical smear.

Cervical Smear

Every woman once she becomes sexually active should have a cervical smear done every two years. The smear itself is a painless procedure, involving a gentle rub of the cervix to get cell tissue. It obviously cannot be done during a period so bear that in mind when making an appointment. Cervical cancer is a very slow growing cancer taking anything from 5-20 years to become invasive. A regular smear therefore can eliminate the chances of cervical cancer developing. Caught at its very early stages when there is a typical cell growth present, the remedy is very simple. Laser treatment. A painless X-ray type procedure is often all that is required. Sometimes a cone biopsy will be needed. This simply involves surgically removing a cone of cervical tissue. Caught in its early stages, it is therefore 100% curable.

At present there is a long delay of up to six months before the results of the smear come back. If for any reason, you have to have a repeat smear, or the result indicates the need for treatment, you would be contacted by the clinic. If you need a result quickly, either because you have had a previous result showing a typical cell growth or because you wish to become pregnant, please inform the clinic and the smear can be marked urgent.

Smear Tests are available at:
The Dublin Well Woman Clinic
The IFPA Clinic

Cystitis

Cystitis, a problem for many women, is characterized by a desire to pass water frequently, up to a couple of times an hour and a severe burning pain when doing so. It is the most common symptom of a urinary tract infection or is caused by trauma or inflammation to the urinary tract. This tract starts with the ureters which takes the urine from the kidneys to the bladder where it is stored until the amount builds up (generally to about 250cc) before being emptied down the urethra which has a tiny opening just above the vagina. The infection is caused by bacteria the most common being E. coli present in the excreted faeces which are often introduced into the urethra by wiping your bottom from back to front. Lowered resistance to bacteria can be caused by bad diet, being run down, emotional upset. Trauma to the urinary tract can be caused by vigorous or prolonged sexual intercourse which can damage the urethra wall which lies beside the vagina. Women having sex for the first time often get cystitis - hence its old name as...
"honeymoon disease". Sexual hygiene and proper lubrication are therefore important. Any inflammation will be exacerbated by spicy foods, vaginal sprays etc.

**Diagnosis**

An initial urinary analysis can give an indication of the presence of an infection. This is done simply by dipping a lab stick in the urine. To find out the specific cause of the infection and antibiotics that the bacteria are sensitive to, it is necessary to send a mid stream sample of urine to the laboratory for analysis.

**Treatment**

Early and effective treatment is important as chronic cystitis could lead to complications like kidney trouble, high blood pressure or premature babies. Doctors quite often prescribe a once off dose of Gantrasin. This involves swallowing a full bottle of liquid which gives immediate relief as well as being effective in killing the bacteria. Other antibiotics can be used in this one off dosage.

**Prevention**

1) Avoid strong or spicy foods, also tea, coffee or alcohol especially if symptoms have started.
2) Drink enough bland liquid to urinate several times daily as this helps to flush out the bacteria before they build up.
3) Make sure that your partner’s hands and penis are clean.
4) Using a condom during intercourse can help and always ensure that the vagina is adequately lubricated, using KY jelly if necessary (available at the chemist without a prescription). It helps if you urinate after sex.
5) Have a flannel cloth to wash the peritoneum - the areas between your legs. This cloth should be boiled regularly in plain water only, to keep it clean.
6) Wear cotton pants and avoid tights and tight trousers as they can create an environment favourable to the growth of the bacteria.

If you suspect that you are about to get an attack of cystitis and especially if you have just had fairly vigorous sex or eaten spicy food, then test your urine with litmus paper, alkaline level in urine is 4.5 to 5.0 and if the litmus paper shows the alkaline level is too high you should certainly drink one pint of water and try to flush the infection out before it becomes painful. You could also dissolve 1 tsp of bread soda in a glass of water and frisk it. This should change the alkaline level.

**Emergency Treatment**

If you feel an attack coming on the following measures can help:

a) Drink a pint of water to help flush out the infection - one cup of coffee can help as a diuretic.
b) Go to bed with two hot water bottles - one for tummy and one for your back and take some painkillers.
c) Over a 3 hour period, drink one glass of water every half hour. Every second glass should have 1 tsp of bread soda dissolved in it. Only do this once in a 24 hour period.
d) If well enough sit in a warm bath to which you have added one tablespoon of bicarbonate of soda.

**Asthma**

If you’ve been diagnosed as having asthma the first thing to remember is that you’re far from being alone - there are almost 250,000 people in Ireland with the condition. The important thing about asthma is that for most people, the correct use of modern medicines allows them to take it in their stride and get on with living!

**At What Age does Asthma Affect You?**

Of the 250,000 asthma sufferers in Ireland, about three-quarters develop it in childhood, or during their teenage years. However, a quarter of patients do not experience their first asthmatic attack until after the age of 35 (this is called adult onset or late onset asthma). Asthma is the commonest long-term illness in children. It is estimated that one in eight of all children may develop asthma at some stage.

**What triggers Asthma?**

The factors that can trigger an asthma attack are usually described as either allergic, or non-allergic. Allergic factors are things like dust, pollen, mould, animal hair and certain foods and drinks. Non-allergic factors also take in a wide area - exertion, smoky atmospheres, cold and damp, chest colds and infections. However, in the majority of cases asthma is caused by a whole variety of factors, including both allergic and non-allergic, some of which are easily identified and avoidable and some of which are not.

**What causes it?**

We cannot pin-point exactly what causes asthma, but we do know it runs in families. It may be associated with childhood eczema or hay fever and it can also be brought on by certain other factors.

**Epilepsy**

Epilepsy is a tendency to have recurrent seizures. The seizure may take many forms, differing from one person to another, but the reason for it is always the same. It is due to an altered chemical state within the brain.

About one in every twenty people will have a single seizure at some
time during their lives.

However, about one in every two hundred people will have a tendency to have recurrent seizures, which means that there could be as many as 20,000 people in Ireland who have epilepsy. In more than half of all cases no cause can be found. The person with epilepsy is apparently healthy in every respect and there is no underlying illness, disease or damage causing them to have seizures. This kind of epilepsy is sometimes called primary or idiopathic epilepsy. It would seem that some of us just have a greater propensity than others to have seizures.

Sometimes a cause for the epilepsy can be found. Anything that damages or injures the brain can result in epilepsy. Some of the common causes of epilepsy are head injuries, strokes, brain infections, like meningitis or encephalitis and birth injuries. Other rarer causes are brain tumours and some genetic conditions, like tuberous sclerosis.

Is Epilepsy ever contagious?

No, there is no way you can catch epilepsy from another person. There are many different kinds of seizures but they are usually divided into two categories - generalised or partial.

A Tonic-Clonic Seizure is a major convulsive seizure. It is what most people think of when they think of epilepsy and it used to be called 'grand-mal'.

The whole brain suddenly malfunctions and the person loses consciousness immediately and falls to the ground. Sometimes the person may appear to cry out as he or she falls. This noise is caused by air being forcefully expelled from the lungs. The body stiffens briefly (the tonic phase) and then starts jerking (the clonic phase). Breathing may get very shallow and even stop for a few moments causing the skin to turn a bluish colour. Saliva may gather in the mouth and occasionally, bladder or bowel control may be lost. The jerking movements slow down and the seizure usually ends naturally after a few minutes. On returning to consciousness the person may feel confused and sleepy but many people are able to resume their normal activities after resting for a short while.

An Absence is another type of generalised seizure. It looks like a short staring spell that lasts for a few seconds. This type of seizure is most often seen in children.

The child is momentarily completely unaware of what is going on around him or her, but very quickly returns to full consciousness without falling or loss of muscle control.

Can you remain conscious and have a seizure?

Yes, if you have a simple partial seizure.

During this kind of seizure a person may experience jerking in an arm or a leg, which they cannot control, but they know what is happening and are aware that they are having a seizure.

What is a complex partial seizure?

This type of seizure usually results from a malfunction in the part of the brain known as the temporal lobe. It is also sometimes called a temporal lobe or psychomotor seizure. A typical complex partial seizure can start with a strange sensation - a feeling of fear, perhaps, or a sudden sick feeling in the stomach or maybe seeing or hearing something that is not really there.

The person may stare blankly and make chewing movements. He or she may make strange gestures, pull at clothing and walk around in what appears to be a dazed state. Although not aware of things and people around him or her, a person having this kind of seizure may follow simple instructions if they are given in a calm, friendly voice.

It may be some time before the person returns to full awareness and he or she will have no memory of what happened or what he or she did during the seizure.

For most people there is no single thing that triggers a seizure - it just happens. However, seizures may happen more often if a person gets very tired or hungry or forgets to take their medication. Commonly people find that alcohol or getting over-stressed can bring on a seizure but no two people are alike and what affects one person may have no affect on another. There is no need to move the person unless they have fallen in a dangerous place like up against a hot radiator or at the top of a staircase. Never put anything into the person's mouth. If you try you may harm the person's teeth or jaw.

Most importantly you can minimise any embarrassment by staying calm and making sure that others don't fuss around the person.

You only need to call an ambulance if the seizure lasts for more than ten minutes or for longer than is usual for the person or if one seizure follows another without the person regaining consciousness in between or if the person has injured him/herself.

Ocular Health

Your Eye Examination

It is recommended that you have an eye examination once every two years. This eye-examination will include all or most of these special features:

1. General visual assessment, including notes of any medication and any previous ophthalmic prescription. Any history of ocular disease including Glaucoma or diabetes is investigated.
2. Retinoscopy - an examination using a hand-held instrument allows the practitioner to observe the way in which you see and should it be necessary, the type of lens correction you require.
3. A Subjective Test in which the patient reads a letter chart allows the practitioner to "fine-tune" his vision.
conclusions if a lens correction has been indicated.
4. Near vision assessment to determine the accuracy with which your eyes work at close range.
5. Colour vision. An optional check, of importance especially for young people whose intended career will involve accurate colour discrimination.
6. An ophthalmoscope enables the practitioner to look at the back of the eye through the pupil. This is regarded as the most important part of an eye examination, since it allows for a thorough inspection of the interior of the eye. Age related changes and eye conditions like glaucoma and cataracts, as well as indications of the general state of health, can be observed, including possible evidence of diabetes and hypertension.
7. Depending on the practitioner's findings, other tests may be carried out. These may include a check on peripheral vision (the extent to which the eye sees around its main point of focus); and examination of the front surface of the eye; a check to determine the pressure within the eye - vital in the detection of glaucoma.

VDU Testing

Any work that involves continuous concentration can cause eye strain and fatigue eg. study/reading/VDU work, so it is advised to have regular eye check ups and to wear corrective lenses if necessary.

Health Board Benefit

Medical card holders may be eligible for Free Sight Tests. Make enquiries when you visit an Optician.

Contact Lenses

Contact lenses have numerous advantages, for example sport, night life, day wear and much more. There are three different types, hard, soft and gas permeable. If you already wear contact lenses it is advisable to adhere to the following guide-lines.

Do's and Don't's

1. Do remember that the health of your eyes is essential for good sight. Don’t put it at risk through negligence or vanity.
2. Do remove your lenses and consult your practitioner if any eye reaction occurs, such as pain, redness, burning sensation, excessive watering, increasingly blurred vision, coloured haloes around light sources and or sensitivity to light.
3. Do attend your routine follow up appointments - these are essential to monitor the health of your eyes. Symptom-free wear does not necessarily mean that your lenses are not causing undesirable side effects.
4. Do comply with your practitioners guide to wearing schedules. Over wear can have serious consequences.
5. Do keep your nails short - long nails harbour bacteria and a scratched eye is vulnerable to infection.
6. Do remove your lenses before going to sleep (unless otherwise advised by your practitioner).
7. Do replace lenses if they become damaged/scratched, or if they have deposits which cannot be removed.
8. Do wear make up if you wish, inserting your lenses first. Remove your lenses before you take off your make up.

Fibre free mascaras and oil free types are best.

1. Don’t ever use household products (eg. Dettol) with your lenses. They can seriously damage your eyes.
2. Don’t wear your lenses when using eye medications or eye drops (unless advised to do so by your practitioner).
3. Don’t use saliva to wet your lenses - this is teeming with potentially harmful bacteria. It is not true that 'your own' bacteria are safe.
4. Don’t allow hair lacquer or other cosmetic aerosols to come into contact with your lenses.
5. Don’t wear your lenses in the presence of noxious or irritating fumes.

For further information on eye care, contact Optimeyes Opticians, Head Office, 4 Cavendish Row, Dublin 1. Tel: 745244

USEFUL ADDRESSES

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<thead>
<tr>
<th>EASTERN HEALTH BOARD</th>
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</tr>
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<tbody>
<tr>
<td>Services HQ</td>
<td>Carmichael Hse.</td>
</tr>
<tr>
<td>138 Thomas St.</td>
<td>Nth. Brunswick St.</td>
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<tr>
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<td>Tel 719222</td>
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<td>VOLUNTARY HEALTH INSURANCE</td>
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<tr>
<td></td>
<td>VHI House</td>
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<td>Dublin 1</td>
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<tr>
<td></td>
<td>24 Anglesea St.</td>
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Dublin 7
Tel 721191

Dublin 1
Tel 724449

Dublin 2
Tel 716551

Dublin 4
Tel 681855

Dublin 4
Tel 681855

Dublin 7
Tel 721191

Dublin 1
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Dublin 2
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Dublin 4
Tel 681855

Dublin 7
Tel 721191

Dublin 1
Tel 724449

Dublin 2
Tel 716551

Dublin 4
Tel 681855
There is a great mystery surrounding students and that is with all the costs of going to college how do you make the money last. Well, within this section there are a few tips.

Firstly work out how much money you will have to spend per week until your next grant/allowance/salary and then allot it accordingly.

If you are living away from home put the money aside for your rent. Also make sure you put aside a couple of quid for electricity/ heating etc. Next always make sure you put aside a couple of quid for electricity/ heating etc. Next always make sure you put some money aside for food. It will do you no good if you run yourself into bad health.

If you are living some distance from the college work out how much you will spend commuting. Bus commuter tickets are available from the Union Shops with a weekly bus ticket setting you back £8.50 and a monthly bus/suburban rail ticket costing £36.00. Note you must have a ISIC card with a travel save stamp (£12.50 from your students' Union). If you live relatively near try and get your hands on a bike.

Now, after all this if you have any money left spend it on whatever your heart desires.

Grants

There are three types of grant:

Higher Education Authority Grants (HEA).

This is awarded by your local authority, eg County Council/Corporation.

If you live away from home you will be entitled to a maximum maintenance grant of approx £1300.00. If you live at home you will get about £520. In both cases the college fees are paid directly to the college.

How do you get it?

1. Usually you would apply the year you are sitting your Leaving Cert.
2. You must have at least four honours and have passed five subjects.
3. You must claim in the area that your parents live.
4. The grant is means tested so the amount you will get will depend on which bracket you and your parents combined income falls into.
5. You must be 17 years of age as of the 1st January 1992.
6. You must have applied for a course that will last no less than two years. You will usually get the grant for the duration of your course.

Vocational Education Committee Grant (VEC)

The value of this grant is the same as the HEA grant.

How do you get it?

1. As in 1, 2 and 3 of the HEA.
2. You must get at least two honours (two A's in pass papers) and pass at least three.
3. This grant is annually renewed on the recommendation of the college Principal. Note that attendance and progress is taken into account so don’t get caught out.

Should your circumstances change during the year e.g. one of your parents was made redundant then you should present your case to the relevant authority. If you have any queries about these just drop into the SU and ask. You can appeal a grant decision to your Local Authority but it is the Minister for Education who will make the final ruling. Normally the authorities stick to the letter regarding rules and make no provision for hardship cases.

European Social Fund Grants (ESF)

Well you should all be aware of the furor that surrounded this issue in recent months so here is the situation at present. This grant is now being means tested. Even at this stage it has not been disclosed as to how the system is to be worked so I'm warning you now be ready for late grants this year and if they are late get out there and support your local Union because students should not have to bear the consequences of the government's inadequacies.

Anyway, how do you get it?

1. You must be at least 16 years and 6 months old on 1st October, 1992.
2. You will receive the grant for 36 weeks, although it’s usually paid in blocks of 4 weeks.
3. The grant is given based on your attendance record. So if you’re sick get a doctor’s cert to claim back lost days.
4. If you live 15 miles or more away and you are not able to...
commute daily then you will receive approx £38.00 per week.
If you live within 15 miles you will get approx £15.00 a week.
Note that the fifteen mile rule is only a guide-line so if you find you're getting the lower grant and you feel you should be getting the higher one then get some sort of proof that you can't travel each day, e.g. a letter from your parish priest or local guards. If you still have problems then come see your Students' Union Welfare Officer.
5.Due to campaigning, mature students can now apply and they will be assessed on their own personal income rather than their parents income.
6.This grant is usually payable to students on 1, 2 and 3 year courses.

Covenants

These are a very handy way of getting money if you don't qualify for a grant or even if you do. Some people feel this whole system is very complicated: it isn't, but read this carefully. Here we go:-

A covenant is a legally binding agreement to make a series of gratuitous payments between two people. For example a parent to his/her child. The beauty of this agreement is that the person giving the money can get full tax relief so long as certain conditions are met.
-The covenant must be capable of lasting more than 6 years.*
-If the covenant is from a parent or grandparent to a child or grandchild then the payment must be restricted to 5% of the parent or grandparents' income.
-A son or daughter must be over 18 for the parent to get tax relief.
-The word "capable" can be got around and you can terminate the agreement in one of the following ways:-
-If the payment is from a parent to an adult student (over 18) then this special covenant may be terminated once the student finishes his/her full time education.
-If both parties agree to terminate the agreement provided this has not been agreed at the outset of the agreement.
-If there was a third person named in the agreement then the covenanter may end the agreement with this person's consent.

Organising the Covenant

You can obtain the deed of covenant along with the relevant tax forms at your local tax office. If you wish you may get a covenant kit to help you fill out these forms for around £16.00 from the taxation advice bureau. You can also get all the relevant documents from Easons in a covenant pack at a much cheaper price so it's worth a look.

How Does it work

Now this is the tricky bit. Let's say John is donating £1000 to his daughter Mary without a covenant and let's say John is paying tax at 48%, so, when he is giving her this money he must first pay the Tax Man (let's call him Mickey) £480 which leaves only £520 for Mary. Not good!

Let's now say John is donating £1000 using a covenant.
-Firstly he takes away tax at 30% and keeps this £300 and gives Mary £700. When John completes his annual tax return the Tax Man (Mickey) will reduce his taxable income by £1000, thereby reducing his tax bill by £480. The tax Man will then take into account the £300 retained by John and will then refund John a further £180 which is the difference between the £480 reduction in his tax liability and the £300 John deducted from Mary. So, finally should Mary's income for the present tax year not exceed her income tax threshold she can claim the £300 back directly from Mickey (the Tax Man) so realistically she has £1000 and John is now £480 better off than if he had directly given it to Mary or kept it. Easy!

Student Hardship Fund

This is a fund that has been around for a while and it is administered from the VEC offices in Morehampton Road. To avail of this fund you must first plead your case to your local Welfare Officer who will discuss it with you and relevant people. If your case is found worthy then you will receive a once off payment of which the amount is decided by the administrator.

Taxation

A lot of students work part-time so here's a few pointers about tax. If you're working in a job that pays cash in hand then the chances are that your employer has not declared you to the Tax Man so you will not be paying tax. Should you be in a job that you are paying tax then you need a PRSI number, if you have worked before then you probably have one but if not when you start work you must fill out a P45 form and send it to your tax office. If you don't you will have to pay emergency tax which is quite high. They will in turn send you your tax free allowance and your RSI number. Once you finish work you may claim back tax provided you have not exceeded your tax free allowance for the year. You must wait 4 weeks after finishing employment before you can claim tax back. Your tax free allowance will probably be in the region of £60 per week.

Remember that money from a covenant is taken as income when claiming tax back. If you want any more information on tax contact your Students' Union.
Forward-looking and fun-loving.
Flexible, easy-going and open-minded.

So are their bank accounts.

ASCENT
A MORE INTERESTING CURRENT ACCOUNT

COLLEGE PACK
Free ISIC Card - 24 hour Cash Interest on Credit Balances No transaction charges

TO FIND OUT MORE CONTACT YOUR LOCAL BANK OF IRELAND STUDENT BRANCH

Bank of Ireland
The whole Social Welfare system is a minefield to the non-experienced student and even to the experienced student. So here's a short little guide to try and alleviate the confusion that surrounds the social welfare area.

There are 3 types of Social Welfare services.
1. Universal services, such as free travel and child benefit, that don’t depend on PRSI or means.
2. Non contributory payments which are made to anybody provided the claimant satisfies a means test.
3. Contributory payments which are made on the basis of PRSI payment records and each payment depends on a certain number of payments.

The Means Test
This is where a social welfare officer, or in the case of supplementary welfare allowance, a community welfare officer will work out your means or income.

What counts as means?
The main items that count are:
- Cash income.
- Income from employment
- Any property you have (but not your home)
- Any investments or capital you have.
- For unemployment assistance or single woman’s allowance the value of any benefit or privilege enjoyed such as board or lodgings or living with parents.

Note: The officer may call out to you to assess your means. You will receive notice as to when this visit will take place. So be there.

How to qualify for Social Welfare payment
For most benefits you must first have a certain number of PRSI contributions. This means that you must have worked and paid a certain number of PRSI contributions for that said number of weeks. You must have paid 39 weeks PRSI AND 39 weeks paid PRSI in the governing tax year.

These weeks do not have to be continuous and can have been paid at any stage during your working life.

Short Term Benefits
To qualify you must have paid 39 weeks PRSI in the governing tax year, this is usually the last complete tax year before the benefit year in which you claim. The benefit year runs from the 6th April to 5th April.

For a claim made:
- The governing tax year is 1992
- The benefit year is 1990/1991
- The benefit year is 1991/1992

If you don't have enough weeks PRSI paid you may qualify for social assistance payment.

Qualifying for social assistance payment
To qualify for this you must first satisfy a means test. In general if your means are less than the payment for which you apply you will get it.

Unemployment Benefit
First things first. To qualify you must:
- Be under 66.
- Be capable of work.
- Be available for and genuinely looking for work.
- Be fully unemployed for at least 3 days out of 6 consecutive days.
- Satisfy PRSI contribution conditions.
- Live in the state.

How much can you get?
Personal rate.............£53.00
Increase per child...£12.50

Note: If you are a student you are unavailable for work! But, if you are repeating externally and not attending classes then technically you are available for work.

Unemployment Assistance
You can qualify for this if:
- You are aged between 18 and 66.
- Are capable of work.
- Are available for and genuinely looking for work.
- Are unemployed for 3 days out of 6 consecutive days.
- Satisfy a means test.
- Live in the state.

The first thing to do is apply for a qualification certificate which is simply a statement of your means. Do this a while before you know you will be unemployed so this will speed up your claim. You may be asked to produce bank statements but they can’t check building society accounts.

What can you get?
Your payment is a personal plus a supplement should you have any
dependants.* The amount you will get will depend on your means again.

Payment of both unemployment benefit and assistance can be obtained at your local social welfare services office (Ring 748444 and ask for information as to where your local office is).

* Dependants: You can claim an extra allowance for each child dependant £12.50 per child.

Lone parent's allowance

You can claim lone parent's allowance if you are:
- Widowed
- Separated
- Deserted
- An unmarried parent
- A prisoner's spouse

AND
- Have at least one child dependant living with you.
- Are not living with someone as husband/wife.
- Satisfy a means test.
- Live in the state.

How much do you get?

Again this is a personal rate plus a supplement for each child dependant.

Payment is made by a book of payable orders which can be cashed at any post office. You will keep getting this payment for as long as you satisfy the criteria.

Rent Allowance

You may be entitled to this if you are living away from home.

You will qualify for this if:
1. You are getting a payment from a health board
AND
Your income after paying rent is less than the supplementary welfare allowance rate appropriate to your family size less the specified amount.

Here's an example:
Say you're getting £43 SWA and £12.50 for a child, and you're paying £25 rent per week then your income is £43 + £12.50 = £55.50.
Take away £25 rent leaves you with £25.50 which is less than £55.50 so you would be entitled to rent allowance. Note in this example there is no other source of income.

Note: All maintenance parts of grants are taken as means over the whole year. This means that say you’re getting a £1,000 maintenance grant for 34 weeks this is spread over the whole year so it will cause you to technically have an income during the summer or other holidays.

Note: a covenant also counts as income.

Studying and benefits

There is now a pilot scheme set up for students but to take part you must:
- be 23 or over
- have been getting unemployment payment for at least 13 months.
- have a place in 3rd level education.

What do you get?

You will get a cheque for the same rate as your unemployment assistance for the duration of your course but again if you are getting a grant the maintenance part is taken as means.

USEFUL ADDRESSES

DEPT. OF SOCIAL WELFARE
Aras Mhic Dhíarmaida
Dublin 1
Tel 748444
Let's be honest, sex is a large chunk of most of our lives. Looking forward to it, looking back on it, doing it, not doing it, dreaming about it, talking about it, joking about it, singing about it, reading about it. Sex is an expression of love, a moment of relief, a way of reproducing, beautiful, frightening, exciting, dangerous, violent, gentle, tender, meaningful or casual. It can be kissing, stroking, squeezing, touching, holding or just plain old fashioned intercourse. Sex can be fun, but it must be approached in a responsible mature way and it is important that partners in a sexual relationship be fully aware of what they are undertaking, and what the consequences may be. But anyway, we'll start at the beginning.

Sexual relationships can take place between:
(a) Two men
(b) A man and a woman
(c) Two women

Some people are attracted to people of their own sex, some people are attracted to people of the opposite sex while others are attracted to people of both sexes.

Relationships between people of the opposite sex are called HETEROSEXUAL, while relationships between people of the same sex are termed HOMOSEXUAL.

Because we live in a heterosexual dominated world, when most people talk about 'sex' (fuck, screw, bang, shag, bonk), they mean vaginal intercourse. This is the insertion of the man's erect penis (prick, dick, cock, willie) into a woman's vagina. (fanny, crack, pussy, twat, muff). Foreplay normally precedes intercourse. Foreplay involves kissing, touching, holding, rubbing, licking etc. of your partner's body. The purpose of foreplay is to increase pleasure and to make the penis erect (so it can enter the vagina) and to moisten the vagina (so it is lubricated enough to accept the penis without hurting the woman). Intercourse normally continues until one or both partners reach orgasm - the moment of highest pleasure which involves muscle spasms and for men, the ejaculation of semen (cum, spunk). Vaginal intercourse can result in pregnancy. It is therefore advisable to use a reliable method of contraception to prevent this (unless of course you want a baby).

There are of course other types of sex. Oral Sex for instance, which involves mouth to genital contact. The penis and scrotum (balls) can be licked, kissed or sucked and similarly, for women, the vagina and clitoris can be kissed licked and caressed with lips and tongue. Oral Sex can be very pleasurable and has the added benefit of not causing pregnancy. However, some people aren't too keen on the taste.

Then there's Anal Sex where the penis is inserted into the partner's anus (hole, arse). You could of course try masturbation (wanking, jerking off, fingering). This you can do on your own or with a friend. For women it involves stroking the clitoris or inserting fingers into the vagina. For men it means stroking the penis. This is entirely free from the risks of pregnancy and sexually transmitted diseases. But there are many more ways of having a sexual relationship, the above is just a sample. Every couple will have their own favourite activities.

**Contraception**

If you are involved in a heterosexual relationship whether it is casual or constant, it is important - assuming you're not planning a family - to use some form of contraception.

Contraception should not be considered solely the responsibility of one or other partner. Sex has the power to create life and must be approached responsibly. If you don't feel able to discuss contraception or safe sex with your partner, you shouldn't be having sex in the first place. Unprotected sex can result in pregnancy, AIDS or death. The choice is yours.
Apart from condoms and spermicide all other forms of artificial contraception must be prescribed or fitted by a doctor.

The Condom
Effectiveness (with careful use) 85%-98%

The condom is a rubber sheath which covers the penis and collects the sperm after ejaculation, stopping the sperm from reaching the vagina. Condoms are at present available from chemists, family planning clinics and Students' Unions. Recent legislation will allow them to be sold in shops, pubs and nightclubs. Spermicides should be used with condoms to improve their effectiveness. Spermicides are chemicals which are inserted into the vagina and act both by killing sperms and by forming a thick barrier to stop the sperm from swimming into the womb. They come in four different forms; jelly, cream, pessaries (tablets inserted into the vagina) and foams. The jellies and creams are inserted into the vagina with an applicator. Spermicides are not effective on their own, but should be used as a back-up for condoms and other barrier methods of contraception.

Directions for use of condoms

1. The woman should insert whatever spermicide she is using into her vagina.
2. Be careful not to allow the penis near the entrance to the vagina before the condom is on. Sperm can be released long before ejaculation and can travel quickly up into the vagina and into the womb.
3. The condom can only be put on after the penis has become hard and erect.

If you do not withdraw quickly after ejaculation the condom may slip off the penis completely and stay in the vagina after the penis is withdrawn. Some couples get a fright when this happens, worrying about how to remove it. Using your long finger you should be able to retrieve it. It is not a cause for alarm - if you yourself can't get it, it's a simple matter for a nurse or doctor.

Do's
(i) Most condoms are lubricated. If you get one that isn't, or you need further lubrication, use KY Jelly, Never use Vaseline or any oil based lubricant as these may destroy the condom. Insufficient lubrication can cause the condom to tear.
(ii) Always check the condom after you have taken it off the penis to make sure that there are no tears or leaks.
(iii) Always check that the condoms carry the British Standard kite symbol.

Don'ts
(i) Never use the condom more than once.
(ii) Never unroll the condom before use, or put water into it as a check for leaks.
(iii) Never use after the date on the packet.

Advantages
1. Condoms are easy to obtain and use.

1. There are no harmful physical side effects to worry about.
2. Condoms offer protection against sexually transmitted disease and can help prevent AIDS.
3. For men who have a tendency to ejaculate too quickly, the reduced sensitivity can delay this.
4. Condoms offer protection against sexually transmitted disease and can help prevent AIDS.
5. Unlike the coil or the pill it does not involve constant use of birth control. This can be an advantage if the instances of sexual intercourse are not very regular.
6. If failure occurs, it is generally evident and you can use morning after birth control.

Disadvantages
1. Condoms may slip off and have a quite high failure rate if used improperly. If used carefully, according to instructions and with a spermicide, they have a theoretical failure rate of 4%. However, in practice condoms have a use failure rate of 20%. Therefore
(i) always use a spermicide.
(ii) Always be careful when unrolling it down the penis.
(iii) Always check afterwards for bursts and leaks.
2. Some couples don't like the interference with spontaneity, or the reduced sensitivity.

The Diaphragm or Cap
Effectiveness (with careful use) 85%-97%

A diaphragm is a dome of soft rubber which is held in place in the vagina by a flexible spring. The diaphragm must always be used with spermicidal cream or jelly. The cream/jelly is the important contraceptive and the diaphragm exists only to hold them in place. It works by holding the spermicidal cream or jelly over the cervix so the sperm are killed before reaching the womb. The diaphragm can be put in hours before intercourse, for example before going out for an evening. If you have intercourse more than two hours after insertion, the woman will need to use a pessary or more spermicide without removing the cap.

The first fitting must be done by a doctor or nurse and the user will be able to see her/him as often as she wishes until she feels happy.
THE FACTS

CONDOMS HELP PREVENT PREGNANCY, HIV AND SEXUALLY TRANSMITTED DISEASES.

HOW MUCH DO YOU KNOW ABOUT CONDOMS AND SAFER SEX?

Condoms can help to reduce the risk of HIV infection.

- TRUE □
- FALSE □
- DON'T KNOW □

The best guarantee of condom quality is the BS Kitemark.

- TRUE □
- FALSE □
- DON'T KNOW □

Durex condoms exceed the requirements of the BS Kitemark symbol of quality.

- TRUE □
- FALSE □
- DON'T KNOW □

Using a condom makes you irresistibly attractive to the opposite sex.

- TRUE □
- FALSE □
- CHANCE WOULD BE A FINE THING □

Heterosexual sex is the commonest route of HIV infection worldwide

- TRUE □
- FALSE □
- DON'T KNOW □

Durex condoms can hold up to 40 litres of air, equivalent to 9 gallons of water, before bursting.

- TRUE □
- FALSE □
- DON'T KNOW □

Being on the pill protects against HIV.

- TRUE □
- FALSE □
- DON'T KNOW □

Last year 5 million condoms were sold in Ireland.

- TRUE □
- FALSE □
- DON'T KNOW □

Durex have been making condoms since 1932.

- TRUE □
- FALSE □
- DON'T KNOW □

The spermicide nonoxynol-9 has been shown to be active against HIV.

- TRUE □
- FALSE □
- DON'T KNOW □

Condoms can help to prevent cervical cancer.

- TRUE □
- FALSE □
- DON'T KNOW □

Putting on a condom can be part of foreplay.

- TRUE □
- FALSE □
- NEVER THOUGHT OF THAT □

A FREE GIFT – TO REMIND YOU ABOUT SAFER SEX

Durex have provided us with a combined keyring/condom-holder for the first 100 students to complete and return this form. If you’re one of the lucky hundred you can collect your free gift from the Students Union Shop from 1st November on production of your I/D card.

NAME: __________________________________________________________________________

ADDRESS: _______________________________________________________________________

COLLEGE: ________________________________________________________________________

STUDENT I/D CARD NO: _______________________________________________________________________

SEND YOUR ENTRY TO: DUREX INFORMATION BUREAU, P.O. BOX 33 DUN LAOGHAIRE, CO. DUBLIN.

HOW DID YOU DO?

10/10 – Well done! You should be let out! 7/10 – You can look after yourself – and your partner!

Correct answers: 11111111111 12/12 – You can look after yourself – and your partner!
about insertion and removal. Insertion is very simple, much like inserting a tampon and most women need only a return visit to show that they have mastered the technique.

Advantages
1. There are no harmful physical side effects. A woman may have a reaction to a particular brand of spermicide but she can try other.
2. Very reliable if used correctly.
3. No interference with pleasure for either partner during intercourse.
4. No ‘artificial’ substances remain in the system.
5. May give some protection against cancer of the cervix.

Disadvantages
1. Cap must be fitted by doctor/nurse.
2. Some people find insertion and care of the cap troublesome.
3. A check must be made every six months that the cap is the right size.
4. A weight change of more than 3 kilos (7 pounds) may necessitate a new cap as the size of the vagina may change.

The Pill
Effectiveness (with careful use) 99%
The contraceptive pill is the most effective reversible method of birth control available now. For many women the pill is exactly what they want. It is simple to use and does not interfere with making love.

How does the pill work?
When a woman is pregnant certain hormones in her body stop the release of an egg cell each month. The pill contains substances which have the same effect. This is why a woman taking the pill regularly does not become pregnant. The most widely used type of pill is a combination of two hormones, oestrogen and progestogen. It is taken for 21 days followed by a break of seven days during which monthly bleeding occurs. The packets are designed so as to make the regular use of the pill as simple as possible.
1. The pills used most commonly nowadays contain the lowest amount of hormones which will prevent pregnancy occurring. In these pills the proportions of the two hormones are constant for the 21 days of pill taking.
2. In another type of pill, the ‘triphasic pill’, the ratio of the particular progestogen to oestrogen used is changed during the 21 day course, according to the phase during the menstruation cycle. This means that a lower dose of progestogen is taken each month, still combined with a low dose of oestrogen.
3. A third type of pill sometimes called a 'mini pill' contains only progestogen and is less reliable than the combined pill, but is useful in some cases where oestrogens may be hazardous for the woman.

Advantages
1. Very reliable.
2. Regularises and lightens periods and relieves menstrual cramps and pre-menstrual syndrome in some women.
3. It does not intrude on lovemaking.
4. It has many non-contraceptive benefits.

Disadvantages
1. A woman who both smokes and is on the pill runs a serious risk of suffering from heart and lung disease.
2. There are some unpleasant side-effects: depression, nausea, headaches, breakthrough bleeding, weight gain and loss of libido are common. These should disappear in the first few months. If these symptoms persist a woman should see her doctor immediately.
3. It is important to have regular cervical smears as the relationship between cervical cancer and the pill is not yet known.
4. The pill can increase blood pressure - it is important for a woman who is on the pill to have her blood pressure checked regularly.
5. Women on the pill run 3-5 times the risk of getting a heart-attack.
6. Thrombosis - all women on the pill should use an alternative method of contraception. In the first check-up should be 3 months after taking the pill, thereafter every 6 months.

Who should Not Take the Pill?
(a) Those with a history of blood clotting.
(b) Those with some forms of cancer.
(c) Those over 45 - (unless no side effects reported and other birth control methods pose a serious health problem).
(d) Heavy smokers.
(e) Women menstruating for less than 3 years.
(f) Diabetics unless supervised by a Hospital or Gynaecologist.
All women who take the pill should do so under medical supervision. The first check-up should be 3 months after taking the pill.

Mini Pill
Effectiveness (with careful use) 98%
Unlike the combined pill it does not contain the oestrogen hormone and only minimal doses of the progesterone hormone. It is therefore a useful method of contraception for women who cannot take oestrogen such as older women, diabetics, heavy smokers, women who are very overweight and breast feeding mothers.
It is slightly less effective than the combined pill. To enhance the effectiveness of this method one may use either a spermicidal cream or pessaries mid cycle. Although it is taken in pill form it is a completely different form of contraception from the combined pill in that it does not usually inhibit ovulation. Instead it creates changes in the cervical mucus making it hostile to sperm. It also can make the environment in the womb unfavourable to implantation.

Advantages
1. Useful for older women as there is less risk of blood pressure and blood clotting problems.
2. It is easy and convenient to use.
3. Suitable for use while breastfeeding.
4. Does not interfere with lovemaking.

Risks and Side Effects
See a doctor if you show signs of any of the following:
* Severe pain in your leg.
* Swelling of either leg.
* Sudden and severe chest pain.
* Changes in vision with blurring or spots before the eyes.
* Shortness of breath.
The Coil or Intra Uterine Device (IUD)

Effectiveness 96-99%

The coil is a small, white plastic device which is inserted in the womb by a doctor or a nurse. It is still unclear how the IUD prevents pregnancy but it is thought to work mainly by preventing the egg and sperm meeting, or by delaying the egg coming down the fallopian tube, or by preventing the egg from settling in the womb. The IUD must be inserted by a trained doctor, the best time for insertion is during a period as the entrance to the womb is open. It is necessary to use spermicides for the first 3 months following insertion and thereafter mid cycle. It is necessary for the IUD to be checked 4-6 weeks following insertion to ensure that no infection has occurred and that it is still in place. It is possible for a woman to check herself that the IUD is in place as the string of the IUD will hang down in the cervix. IUD’s can be kept in for a few years depending on the type used. Those with copper must be replaced every 5 years. Removal is quick and easy and must be carried out by a trained doctor. If a woman intends having her IUD removed she should abstain from intercourse or use a condom for 7 days prior to its removal.

Advantages
1. Very reliable.
2. Works from the moment of fitting.
3. Does not interfere with love-making.
4. The coil/IUD can be used for long-term use.
5. It is more suitable for older women.

Disadvantages
1. Most women experience severe cramping for a few days following insertion.
2. Periods become heavier.
3. Danger of Pelvic Infection which may spread to the fallopian tubes and cause infertility. This is less likely in a woman with previous pregnancies. ANY UNUSUAL PAIN OR DISCHARGE SHOULD BE IMMEDIATELY INVESTIGATED.
4. Occasionally the IUD can be expelled without the woman realising it.
5. If you become pregnant with a IUD there is a possibility of this being an ectopic pregnancy. (This is when the fertilised egg settles outside the womb, usually in a fallopian tube and starts to grow).

Women who cannot have IUD inserted
1. Women who are pregnant.
2. Women who have a history of pelvic infection.
3. Women who have previously had an ectopic pregnancy.
4. Women who have abnormality of the uterus including fibroids.

Sterilisation
As these operations are usually irreversible, they are undertaken after careful thought by both partners. For this reason a counselling visit to a clinic is needed. The most common method for a woman involves blocking the fallopian tubes by tying, sealing or clipping the tubes. For the male, vasectomy involves the severance of the tube which carries sperm from the testicles to the penis. The operations make no physical difference whatsoever to your health or sex life. On the contrary, by removing the fear of pregnancy it often makes for a happier sex life. It is 99.8% effective. Vasectomies are available in family planning clinics. Female sterilisation is only available at 4 hospitals in Ireland.

Morning After Pill
For this treatment a higher dose of hormones is required than is contained in the normal daily dose of the pill and therefore needs to be prescribed for this purpose by a doctor. In order to be effective the treatment has to be started AS SOON AS POSSIBLE after sexual intercourse and at least within 72 hours after intercourse, although some doctors consider that it should be used within 48 hours. 50% of women experience nausea for a few hours after treatment. You are given 2 anti-sickness pills to counteract this. Another side effect is breast tenderness. Both the nausea and tenderness should disappear within 25 hours. The morning after works in a number of ways, it can delay ovulation it creates hormone changes in the lining of the womb so that the fertilised egg cannot attach itself and passes unnoticed out of the body in the menstrual flow, it may slow down the passage of the egg through the fallopian tube.

Risks
1. There are risks of thrombosis (blood-clotting) associated with the morning after pill. Thrombosis can be fatal, however the risk is very low although there are factors which increase the risk such as age, smoking, weight. Women who ought not to take the pill are obviously much more at risk.
2. Since there has been little or no research into the possible effects of the Morning After Pill on a pregnancy should the treatment fail, medical opinion remains uncertain as to the risk of foetal abnormalities in such circumstances. Evidence from studies done on the Contraceptive Pill has been put forward to suggest a possible risk of congenital hearing effects and limb deformities when women continue to take the pill while pregnant.

After Sex Birth Control
'Morning After' contraception should be used in emergencies only; after unprotected sexual intercourse or if another method of contraception has failed.

Morning After Coil
The Morning After Coil is exactly the same as the coil used for continuous birth control.

The Coil is suitable for women who are too late for the Pill and it will be inserted up to 5 days after
unprotected sex. *However the nearer to the time of unprotected sex that the coil is inserted, the greater the chance of success. *It is necessary to have a Pregnancy Test before insertion of the coil.

**How does the Morning After Coil work?**

If the coil is inserted into the womb within 5 days of unprotected sex, it can prevent the implantation of a fertilized egg.

**Advantages**
- Many studies show no failures.
- Women who have had children can keep it in for future birth control.

**Disadvantages**
- Insertion can be painful and unsuccessful.
- There can be heavy bleeding and cramping after insertion.
- Women who haven't had children can run a risk of pelvic infection, especially if the coil is left in for future birth control.

*Unsuitable for women who have had vaginal infections in the past. *Unsuitable for some other women, this can be discussed with the nurse and doctor.

**Note:** Any woman using post coital (after sex contraception will have to sign a consent form. She should be sure she fully understands all the risks involved in the form of contraception she is taking before she signs the form and she should read the form carefully.

**USEFUL ADDRESSES**

<table>
<thead>
<tr>
<th>IRISH FAMILY PLANNING ASSOCIATION</th>
<th>IRISH FAMILY PLANNING ASSOCIATION</th>
<th>WELL WOMAN CENTRE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Cathal Brugha St.</td>
<td>59 Synge St.</td>
<td>73 Lr. Leeson St.</td>
</tr>
<tr>
<td>Dublin 1</td>
<td>Dublin 8</td>
<td>Dublin 2</td>
</tr>
<tr>
<td>Tel 727276/727363</td>
<td>Tel 682420/780712</td>
<td>Tel 610083/610086</td>
</tr>
<tr>
<td>Mon, Thur, Fri 10am-8pm</td>
<td>Mon 12-2.30, 4-6.30</td>
<td>35 Lr. Liffey St.</td>
</tr>
<tr>
<td>Tues, Wed 10am-6pm</td>
<td>Tues, Thur 10-1.30, 4-6.30</td>
<td>Dublin 1</td>
</tr>
<tr>
<td>Sat 10am-4pm</td>
<td>Wed 4-6.30</td>
<td>Tel 728051/726095</td>
</tr>
</tbody>
</table>

**HERE'S THE Deal...**

**STUDENT £8.50**

- WEEKLY + BUS

**STUDENT £36**

- MONTHLY + BUS & RAIL

Valid With Your U.S.I.T. Travel Card and CIÉ Travelsave Stamp

Dublin Bus

59, Upper O'Connell St. Dublin 1. Tel 734222
Everytime you have sexual intercourse without using some form of contraception you are at risk of becoming pregnant. Some are lucky, but many find themselves in the desperate position of having an unwanted pregnancy. If you are in this position, the important thing to remember is that there are plenty of people and organisations who can help you. Reading this section here may be of some help but you can also see the Welfare Officer in the Union and they can offer advice or at least put you in touch with someone who can help you. Your visit will be treated in total confidence.

In the case of an unwanted pregnancy it is important to take your time when making your decision (unless you wish to have an abortion). It is important to remember that the decision rests ultimately with you. An unwanted pregnancy is not the end of the world, despite what you may think!

**Pregnancy Test**

If your period is 14 days overdue then you should go for a pregnancy test. You simply need to bring an early morning urine sample to your doctor or a maternity hospital. Once the pregnancy has been confirmed you are in a position to fully explore all the options open to you.

“How now that I am pregnant, what are the options open to me?”

1. Continue the pregnancy and keep the baby.
2. Go ahead with the pregnancy and give the baby to another family, either temporarily (foster home) or permanently (adoption).
3. Terminate the pregnancy.

**Keeping the Baby**

**Medical Care**

Once you discover you are pregnant and have decided to keep the child you should go to a hospital or doctor for a checkup. Regular check-ups are important to make sure you and your baby stay healthy. Be sure not to miss any visits. You should book into hospital for delivery early in your pregnancy. Drugs, alcohol and tobacco can damage your baby.

**Accommodation**

While staying at home is nearly always best for you, some women may find themselves homeless as a result of pregnancy. If this is the case you need to find somewhere to live as quickly as possible. The Welfare Officer may be able to help or alternatively you could contact CURA who have mother and baby homes and can provide you with a place to live.

**Finance**

It is important to find out all your benefits and grants entitlements e.g. child benefit and single parent allowance from the Department of Social Welfare. If you do not have a Medical Card you should contact your local Health Centre and apply for one, as most single pregnant women with insufficient income are eligible. Single mothers can claim the Unmarried Mothers Allowance from the Department of Social Welfare. This allowance is means-tested and varies depending on the mother’s income and financial situation. As a student you may be eligible for a DIT Special Scholarship - contact your Welfare Officer.

Also, if you have previously had an application for a grant refused, you...
Registration of Birth

Within three months of your child's birth, he/she must be registered. You and the child's father must decide whether the father's name is to be entered. Once entered it cannot be removed so you should take time to decide on this.

Childcare

It is sadly ironic that while the DIT has a large pre-school facility in the Dublin College of Catering, Cathal Brugha Street, there is at present not one single childcare facility within the DIT.

As the various colleges that make up the DIT are from now on being recognized as being one large college it defies comprehension that no provision has been made to make childcare facilities available to the 24,000 students, not to mention the staff in the DIT. This is a blatant discrimination against the DIT taking into account that most of the major colleges and universities around the country have childcare facilities. There is also another form of discrimination involved here and that is sexual discrimination. Do the relevant authorities not realise that just because a woman has a baby she may want to continue working or studying? Do they not realise that, strangely enough, students do have children!

We, in the DIT are forced to make our own arrangements as what to do with our children whilst we work or study so here are a few pointers to those who find themselves in this situation.

There are 3 options open to you:
1. Leaving your child with your family or friend.
2. Putting your child into a nursery or creche.
3. Taking your child to a friend's or family's house.

Things to look out and ask for are:
- How much is it? Prices can vary from £30.00 upwards.
- What are the opening hours?
- What age range do they cater for?
- How many staff are there? A recommended guide-line is one staff member to every 8-10 children over one and about half that for each under one.
- Do they provide meals or must you provide them? Do they provide nappies etc?
- Do they take the children away on little trips and must you bear the cost of this? If they bring the children on little visits make sure that you are told first so they don't suddenly hit you for the cost of it. Another thing is if you don't want to let your child go, i.e. maybe you can't afford it. Will there be somebody there to still run the creche?
- Make sure you have a look around, see if there are outdoor play areas etc.

Finally it wouldn't be a bad idea just to ask what qualifications the staff have. The main ones are a Diploma in Childcare, Montessori Diploma, Childrens' Nursery qualification, or some other nursery/playgroup qualification. Note that legally in Southern Ireland you don't have to have any qualification to work in a creche.

Adoption

Adoption is a process where you continue with your pregnancy and give the child up to a family. A permanent legal relationship is created between the adoptive parents and the child. If you are considering this option it is important to talk to a social worker about it early in the pregnancy. After the baby is born you will be asked to sign the consent form. Sometime after the baby is placed, the adoptive couple will apply for an Adoption Order. After that you will be asked to sign the final consent to the Adoption Order. You will be in contact with a Social Worker whose job it is to make sure you are placing your child for adoption of your own free will. Once you have signed the order, all your duties and rights cease with respect to the child.

Abortion

You may decide for a variety of reasons not to go ahead with the pregnancy and to have an abortion. This can be a major decision in your life. You may sometimes feel you have to make it in secrecy and in a hurry, however, it is advisable to give it time and consideration. If you decide to have an abortion there are certain conditions which must be satisfied. The 1967 Abortion Act in Britain, does not give women the right to terminate their pregnancies on demand.

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Foster Care

This is an option sometimes taken by women who are unsure about the option of adoption but unable to look after the child at that particular time. It involves the placement of a child with a family or individual who would provide for the needs of the child but the natural parent retains parental rights. It usually involves some sort of financial arrangement. It can be arranged through the Health Boards or privately although the local health board must be notified.

A lot of women find fostering to be an ideal temporary solution. It can be especially helpful during the first few months allowing the women time to decide about keeping the baby or to sort out problems like accommodation.
The usual method is the vacuum abortion. Most clinics will not operate after 22 weeks. Women must obtain counselling before they consent to the abortion. Most clinics will not operate after 22 weeks.

Abortion Medical Procedures

8-12 weeks
The usual method is the vacuum suction or dilation and evacuation method, where the cervix is dilated to 7-9mm to allow a tube to be inserted into the womb. The contents are then removed by suction. The procedure is simple, carries few dangers. This takes at most 5 minutes.

12-16 weeks
The D & C Method (Dilation and Curettage) is used, whereby the cervix is dilated to 11-12mm and a curette is inserted into the womb to remove the contents. This is also a safe and simple method which takes 10 minutes, some clinics perform this up to 18 weeks.

16-24 Weeks
After 16-18 weeks and up to 24 weeks, it is considered safer to induce a miscarriage which may be done by inserting a needle through the lower abdominal wall into the womb, draining the amniotic fluid and replacing it with a solution of urea and postaglandin. This injection painlessly kills the foetus and induces contractions which usually begins about 10-15 minutes after the injection. After 8-24 hours of labour the foetus is delivered in a 'still birth'. This method means that you would have to stay another 24 hours in the clinic.

Please Remember
1. Make arrangements for the operation before you go to Britain. Do not go on spec unless you have plenty of time at your disposal.
2. Prices vary depending on the method of abortion and on the clinic.
3. The quickest period over which you can have an abortion is now 3 days.

Day 1: Counselling session, visit to doctor (called consultation)
Day 2: Operation and stay the night in Clinic.
Day 3: Discharged - you travel home this day.

Before the Operation
Do not eat or drink from midnight before the operation. Bring a nightdress and plenty of sanitary towels. (You cannot use tampons for 4-6 weeks after operation).

The Operation
It is performed under the general anaesthetic. When you wake up you may experience cramps which are similar to period pains. They are caused by the womb contracting into place.

After the Operation
You will bleed afterwards for anything from a week to three weeks. Do not use tampons or have sexual intercourse until you have your 6 week check-up as this can cause infections. All Irish women are given antibiotics before leaving.

When you are discharged
For 24 hours after the operation, do not drink alcohol or drive. Try to rest as much as possible. There is no safe period after an abortion - you can become pregnant immediately.

Post Abortion Check-up
It is very important to have a check-up 6 weeks after the operation. This is completely legal and very important. A sympathetic doctor or the Well Woman will do it for you.

Accommodation
As you have to make your own arrangements for the 1st night, we have included B & B numbers.

Liverpool
Redcroft B & B
12 Parkfield Road
Sefton Park
Liverpool
England
Tel: 0044 51 7273723

London
B & B
2 Stanhope Terrace
Heathfield South
Twickenham
England
Tel: 0044 81 8912093

Escort

Escort is a service in Liverpool that was set up to help Irish Women travelling for an abortion. They will meet you at the airport, take you to and from the clinic, put you up in their home for the first night and bring you back to the airport. While you have to pay for your operation and travel yourself all other expenses are met by ESCORT. This can be arranged through the Students' Union. Contact the Welfare Officer for help and remember your visit will be dealt with in complete confidence.

Irish Women's Abortion Support Group
Like ESCORT, this is an informal group of Irish Women in London who offer the same help to women travelling to London although they cannot help financially, they can offer accommodation etc. again contact through your Students' Union.

Post Abortion Counselling

"How will I feel afterwards?"
After an abortion most women feel relief, some a little sadness because in other circumstances, they might have welcomed the pregnancy. Also hormone levels change during pregnancy and are altered suddenly by abortion which may cause some women to feel depressed until their hormone levels get back to normal. Some women feel more upset than they can cope with alone and may need help from an understanding friend, a relative or a professional counsellor. Post abortion counselling is available from the Dublin Well Woman.

Menstruation

Your next period will occur 2-6 weeks after the operation. Many women find that they suffer from severe PMT before their first period after the operation. This is nothing to worry about and it is a sign that your body is adjusting to not being pregnant.
KEEPING THE BABY

CURA
Mother & Baby Homes
83 Eglington Road
Donnybrook
Dublin 4
Tel 693273

CHERISH
2 Lr Pembroke Street
Dublin 2
Tel 682744

UNMARRIED MOTHERS ALLOWANCE SECTION
Department of Social Welfare
Phibsboro Tower
Dublin 7
Tel 786444

FISC
87/89 Pembroke Road
Ballsbridge
Dublin 4
Tel 682044
FISC is an organisation which is well worth contacting in relation to financial matters in general.

FREE LEGAL ADVICE CENTRE
19 South William St
Dublin 2
Tel 794239

CHILD BENEFIT SECTION
Department of Social Welfare
Oisin House
212-213 Pearse Street
Dublin 2
Tel 711911
For maintenance from the father contact:

GOVERNMENT LEGAL AID BOARD
47 Upper Mount Street
Dublin 2
Tel 615811

USEFUL ADDRESSES

ADOPTION & FOSTER CARE

BARNARDO'S ADOPTION ADVICE SERVICE
244/246 Harold's Cross Road
Dublin 6
Tel 960042
(Tuesdays 2.00-6.30pm)

ADOPTION BOARD
Hawkins House
Hawkins Street
Dublin 2
Tel 715888

CHALLENGE
Sion House
Sion Road
Kilkenny
Tel 056-21653

HELP GROUPS & COUNSELLING LINES

WELL WOMAN
Non-Directive Pregnancy Counselling
72 Lower Leeson Street
Dublin 2
Tel 610083/610086

WOMENS INFORMATION NETWORK
Tues/Wed/Thur 7.00pm-9.00pm
Saturday 3.00pm-5.00pm
Tel 6794700

ULSTER PREGNANCY ADVISORY SERVICE
719 Lisburn Road
Belfast BT9 7GU
N Ireland
Tel 080232 381345

ABORTION CLINIC NUMBERS

BRITISH PREGNANCY ADVISORY SERVICE
20 Rodney Street
Liverpool
L1 2TQ
England
Tel 004451 709 1558
Up to 12 Weeks £223
Up to 15 Weeks £253
Up to 19 Weeks £410

PREGNANCY ADVISORY SERVICE
11-13 Charlotte Street
London WIP IHD
England
Tel 004471 637 8962
Up to 12 Weeks £260
Up to 15 Weeks £320
Up to 18 Weeks £380
Up to 22 Weeks £500

BRITISH PREGNANCY ADVISORY SERVICE
7 Belgrave Road
Victoria
London SW1
England
Tel 004471 222 0985
Up to 12 Weeks £255
Up to 15 Weeks £290
Up to 19 Weeks £350

London BPAS is the only BPAS Clinic to use D & C method up to 19 weeks, this means if you are seeking a late abortion it won't be as traumatic as the medical induction method. (See earlier for more details.)
Sexually transmitted diseases are a problem that has plagued the human race for eons. Basically they are diseases that are passed on from one person to another during sexual contact or some other form of contact. Below are listed the main ones. STD's are not the end of the world but if you suspect that you may have been exposed to them make sure you go to see a doctor. Anyway here's what to look out for

**GENITAL HERPES**

This manifests itself as sores that appear around the external genital areas, inside the the vagina, thighs, or near the anus or buttocks. These sores may rupture and be quite painful. They usually show up within 2 - 3 weeks. It's advised to have them treated so as to ensure that their nothing else. There is no cure for this condition but treatment will possibly ensure that there are no further outbreaks.

**MONILIASIS**

(Thrush)

If yeast like organisms in the vagina are disturbed by various things she may find a thick curd like white discharge from the vagina along with an unbearable itching of the vulva. An infected males penis may be very itchy and small ulcers appear atop his penis, a discharge may occur. Women seem to suffer more than men. As before see a doctor. Right!

**NON-SPECIFIC URETRISIS**

Is not a very common disease and it mainly affects men. Within 10 - 30 days of infection a slight discharge may come from the penis, the pain may not be severe and this is why a lot of people don't seek treatment. Neglect may cause long term damage; see the doc.

**SYPHILIS**

Luckily this is a rare one. In this case a small pimple like sore (chancre) appears on the penis or on the women's external genitals (vulva), around the mouth after oral sex or anus after anal sex. In the women's case the symptoms may be internal which hinders detection. The sores which last 2 - 3 months are hard around the edges with clear fluid in the middle as it becomes an ulcer. At the same time the lymph glands in the groin swell up giving another noticeable symptom. Left untreated they clear up as the primary stage is over following this may be a rash, headaches, nausea, loss of hair, and feverishness. After this second stage is over there is a third stage which may occur years later with the results possibly being intense pain, tumours, harm to unborn children, death etc. Please don't ever let it go this far when it is so easy to treat.

**WHAT TO DO AND WHERE TO GO**

You can go to the college doctor who is usually available at certain times throughout the week. Times and places can be got from your local students union. A second possibility is to go to a STD clinic.
The following clinics that offer free advice and treatment are:

**MATER HOSPITAL**

<table>
<thead>
<tr>
<th></th>
<th>Tuesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>4pm - 7pm</td>
<td>3pm - 4pm</td>
</tr>
<tr>
<td>Male</td>
<td>5pm - 7pm</td>
<td>5pm - 7pm</td>
</tr>
</tbody>
</table>

**ST. JAMES HOSPITAL.**

Rialto gate

- Either sex
  - Monday 9.30am - 11.30 am
  - Friday 9.30am - 11.30 am
  - Tuesday 1.30pm - 3.30pm
  - Thursday 1.30pm - 3.30pm

You should note that if you wish to visit a clinic, then as with a doctor, your records will not be released to anybody even if they enquire i.e. any advice and treatment that you receive is completely confidential.

### AIDS

**Ways to reduce personal risk**

- Always use a good quality condom properly.
- The fewer sexual partners you have the less chance you have of catching the disease.
- Talk about safer sex with your partner. Which would you rather be dead or embarrassed mention condoms!
- There are many enjoyable sexual activities that are safer.

**AIDS AND DRUGS**

While using drugs is never safe there are ways to reduce the risk of catching the HIV virus.

- If you inject, don't share needles.
- If you must share clean the works every time. You can do this by placing them in boiling water for 15 minutes and/or washing out with bleach then wash them out with water.

**WOMEN AND AIDS**

There are some special points that apply particularly to women.

- Women are generally more susceptible to STD's leaving them more prone to HIV.
- The body's immune systems are naturally suppressed during pregnancy. For those who are HIV positive this increases the risk of developing AIDS.
- There have been no cases of the virus being transmitted through lesbian practices, but this does not mean that lesbians are immune.
- Because of the violence and force often involved, women who have been subject to sexual assault may have a high risk of infection. It cannot be overly stressed that victims of sexual assault should contact the Rape Crisis Centre where they will find information, support and advice.

**TESTING FOR THE VIRUS**

There is no test for AIDS. However, there is a test for HIV. There are strong arguments for and against the test. If you are particularly anxious it may improve your quality of life to have the test done. You must be prepared to accept the possibility that the test might be positive - a difficult result for anyone to cope with. For this reason, pretest counselling is essential.

- Whether you take the test or not, always have safer sex just in case.
- It takes twelve weeks from the moment of infection for the virus to show up in the test.
- In Ireland the test is confidential but not anonymous. You can make it anonymous by giving a false name.
- Don't be pushed into having the test. Think it over carefully and talk to a doctor at the STD clinic or discuss it with AIDS Helpline/Gay Health Action.

**WHAT IS AIDS?**

AIDS (Acquired Immune Deficiency Syndrome) is a breakdown of the body's system for fighting off infection. It is caused by a virus called HIV (Human Immunodeficiency Virus). A person with HIV does not automatically have AIDS but must take particular care of their health. We do not know what proportion of those with the virus will go on to develop full AIDS - some never do. People can live with full AIDS for many years and enjoy a good quality of life.

### STUDENTS AND AIDS

AIDS is now a serious threat to all young people who are sexually active or who use intravenous drugs. AIDS is not a gay disease.

Remember (at parties, etc) that alcohol or drugs may encourage the loss of your sexual inhibitions while lessening your motivation to practice safe sex.

If going abroad for the summer, take care to balance the delight of being freed of the Irish sexual ethic (ie no sex is good sex) with the serious resolution to practice safe sex.

With a little care and knowledge you can still enjoy sex and be sure of staying healthy. Be on the safe side - ALWAYS CARRY A CONDOM...or two.

### HOW DO YOU CONTRACT THE VIRUS

The HIV virus dies quickly outside the body. It only survives, in any significant quantities, in blood, semen, or vaginal secretions. No one has contracted the virus from saliva or tears.

The main modes of transmission are:

- Having unsafe sex with an infected person i.e. that which involves the exchange of sexual fluids: semen (cum, spunk, ejaculate), vaginal fluids (juices, cum, melt) and menstrual (period) blood.
- Sharing needles and/or syringes (works) for injections.
- From a woman with HIV to the foetus (in the womb or during birth) or to an infant through breast milk.
- Absorbing infected blood into your blood system (all blood for transfusions is now screened and HIV free).

### HOW DO YOU NOT CONTRACT THE HIV VIRUS

The virus CANNOT be passed by:

- Touching, hugging, kissing, coughing, sneezing, sharing bathrooms, touching toilet seats of
door knobs, sharing cutlery, dishes, communal cup, cigarettes, clothes, food or glasses, saunas or jacuzzis.

* HIV is not passed on by everyday contact with someone who has the virus. Their blood, semen or vaginal fluids must enter your body for the virus to be passed on.

**HOW YOU CAN CONTRACT AIDS**

Some actions are particularly dangerous:

* Vaginal or anal intercourse without a condom.
* Sharing any unsterilised device which punctures the skin (including needles, syringes, ear piercing and tattoo needles).
* Any practice which draws blood in the vagina or anus.
* Sex during menstrual period.
* Sharing sex toys (eg vibrators).
* Urinating into someone's mouth or open cuts and rimming (oral to anal contact).

### USEFUL ADDRESSES

**DUBLIN AIDS ALLIANCE**
Avoca Hse.
189 Parnell St.
Dublin 1
Tel 733799/733480/
733065

**MATER HOSPITAL**
Tel 301935

**ST. JAMES HOSPITAL**
G.U. Clinic
Hospital 7
Rialto Gate
Dublin 8
Tel 535245/537941
ext 2161

Some actions are a minimal risk and are ‘safer’:

* Oral sex ie cunnilingus (mouth to vagina), fellatio (mouth to penis).
* Finger contact with vagina or anus if there are open cuts, sores or rashes on hands.
* Fisting (hand inserted in vagina or rectum).

Some actions are safe:

* Masturbation, either mutual or solo.
* General body contact (kissing, stroking, massaging and body kissing).
* Orgasm of semen onto partner's body.
* Sex toys (not shared).
* Bondage and other activities that do not involve the exchange of sexual fluids or blood.

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**SMOKING CAUSES HEART DISEASE**

Irish Government Warning
Rape, sexual assault and harassment constitute a major health hazard for women. It is a threat which all women come under at some stage or other.

Women are often told that they provoke male violence and it could be avoided by not wearing certain clothes, not going certain places, not travelling alone, not fighting back. This is rubbish. VIOLENCE AGAINST WOMEN IS A RESULT OF SOCIETY'S OPPRESSION OF WOMEN.

Safety first

The following points may help you to be safe, but remember, women have as much a right to travel the streets at night and walk home alone as men do. It is not women who should be restricted in their actions.

Public Transport

-DO try and avoid isolated bus stops.
-DO try to sit near other women, the driver, or guard on a bus/train, if there are few people about.
-Do make a fuss straight away if you are bothered.
-DON'T be afraid to pull the emergency cord on a train.

Hitch Hiking

-DON'T hitch-hike alone.
-Remember that the police tend to be very unsympathetic if you do get in trouble - their advice to women is NEVER to hitch-hike, alone or not.

Violence against women

On The Street

-DON'T ignore anything you think just might mean danger, assume the worst and react accordingly.
-Even if you are cold and tired DON'T walk with shoulders rounded, head down. Look alert and stay alert. Look and listen carefully for any signs of danger.
-DON'T take a short cut to danger. Be prepared to walk the long way round if it means avoiding dimly lit, deserted streets.
-DON'T use a torch. It attracts attention and you will be unable to see past its limited pool of light. It is better to accustom your eyes to the dark.
-DO steer clear of doorways, bushes and alleyway entrances when walking on the pavement, but be alert for cars drawing up beside you.
-If you think you are being followed and see a pub or other public premises open, go in and phone the police and/or friend. Tell the publican/cashier or anyone else who may be able to help.
-DON'T scream! Yelling "No" or "Fire" will arouse more interest from passers-by than the traditional cry for "help".
-Be prepared to bang on the door of lit houses if you think you are in danger and explain the situation.

-DO carry keys in your bag - keep them on your person. They can make a useful weapon to shove in an attacker's face. Have them ready to use when you arrive home so you don't have to hang around on the doorstep.
-If you are unfortunate enough to have your keys stolen, get your locks changed as soon as possible - your assailant may know where you live.
-Think about what you carry. Avoid anything too heavy or bulky - a shoulder bag, placed across the body is best, leaving your hands free.
-DO carry more than you have to - items of sentimental/high value, personal documents, excess money, cheque book, credit cards etc. Only take what you know you will need. If the worst happens and you have to drop your bag to avoid an attack, you will at least be losing less.
-DO think about what you wear - sensible shoes that you can run in or ones that you are prepared to kick off in order to escape attack. It is often advisable to pick shoes that make little noise, so you can move quietly, should you need to. Avoid also impeding garments, eg tight skirts, that may prevent you moving swiftly.
-DO carry a personal rape alarm and have it readily accessible.
At Home

- **DO** use only your initials and surname on your doorbell.
- **DO** check your locks are secure - door chains and spy-holes are a good idea.
- **DO** ask callers to identify themselves.
- **DO** draw blinds or curtains after dark.
- **DON'T** enter your house if you see that locks or windows have been tampered with. Phone the police immediately.
- **DO** get out of the house immediately if you think you have an intruder. Phone the police straight away and go to a neighbours house to wait.
- **DO** try and contact any women in similar situations in your neighbourhood and set up a Community Watch Scheme.

Sexual Harassment

Sexual Harassment can be broadly described as unwanted and usually persistent sexual comments, looks, suggestions or physical contact which the harassed woman finds objectionable or offensive. It can seriously worsen a woman's health, living, social and working conditions and affect her job or academic performance.

Sexual Harassment should not be tolerated from lecturers, staff, students or anyone else.

Many people say that women who complain of sexual harassment are making a fuss about nothing, that they don't have a sense of humour and that they want to take all the fun out of life. The type of behaviour we are talking about is not asked for, wanted or reciprocated hence the term harassment.

Very often the type of behaviour we are describing has nothing to do with attempting to establish a personal relationship - it is a way of asserting power over a woman and sexual harassment is one of the most insidious ways in which men unconsciously impose and reinforce their power. It is often suggested that the victim is to blame in cases of sexual harassment because of provocative dress, behaviour etc. This is simply not true. The harasser is the guilty person.

What to do if you are being Harassed

1. Confront the harasser and inform them that the attention is unwelcome.
2. Keep a written record explicitly describing the incidents of harassment with date, time, place, witnesses and your response.
3. Look for witnesses, other victims and further evidence.
4. Talk to other women in the college or friends to find out if they have had similar problems.
5. Complain formally to the Students' Union or to the college itself. Students' Unions should also be able to put you in touch with a female member of staff to help you deal with the problem. The Student Union and college should guarantee confidentiality. Use your witnesses to substantiate your complaints.
6. If necessary call a legal service agency, the Employment Equality Agency or Equal Opportunity Commission.

Sexual Harassment Is not a trivial issue. It affects all of us, both women and men. It has its roots in a society which is sexist and anti-women, a society which makes men the bread winner and warrior and woman the home maker and sex object. Until these attitudes are challenged and changed sexual harassment will remain with us. Men must learn to change how they think and women must educate men.

Remember: Don't take shit from anybody.

Rape

Rape is a crime of violence, which uses sex as a weapon. It is not committed out of a desire for sexual gratification. The motivation behind rape is anger, power and control. Rapists are not sick/mentally ill; most rapists lead very normal lives. Rapists are the products of a male-dominated, violent society which views women's bodies as objects which are there for men to use and abuse. Society's views on women perpetuates rape and this is illustrated by the manner in which society deals with the rapist and the victim through the legal system.

Driving on Your Own

- **DO** lock your car carefully when leaving it.
- **DO** have your keys ready when approaching your car.
- **DO** lock doors and close windows when sitting alone in a car at night.
- **DO** try and avoid isolated car parks.
- **DON'T** give lifts to men.

Reality of Rape

1. Rape is not a sexual act. It is a violent aggressive act, mostly used against women. Force rather than sexuality is the overriding feature of rape and the act of rape completely removes a woman's will power. Even where physical force does not occur, unwanted sexual intercourse is horrifying, brutal and psychologically disturbing.
2. Most rapes are planned and over half the cases reported happen indoors in either the woman's home or that of her assailant.
3. Most rape victims are known to their assailants and can often be a close friend or relative, so that the victims often conceal the identity of the assailant.
4. Women do not ask to be raped. Women are frequently blamed for provoking rape, either by dress, or behaviour. International research findings conclude that men do not rape out of need for sexual gratification, or because a woman attracts their sexual desires, but in order to humiliate and degrade the woman.

eDT/51
Rape or Sexual Abuse can be one of the most distressing and damaging human experiences. The effects on the victim can be devastating and may take years to come to terms with. Because of the very negative attitudes still existing in society towards victims of rape, incest and sexual abuse, most victims carry with them a great sense of guilt - believing they are somehow to blame for the abuse perpetrated against them.

Possible (common) immediate effects

Hysteria or withdrawal
Vomiting - sometimes for a number of days
Inability to eat and/or sleep
Bruising and soreness, especially around the genital area
Fear of going outdoors
Tendency to dwell on details of rape

Possible long-term effects

Lack of trust in men and unwillingness to be alone in the company of men, even those she knows
Problems in relating sexually to partner
Total disorganization - many women analyse why they are raped, often blaming the attack on their dress, behaviour
A fear of being alone at home in the dark, or in unfamiliar social situations
Depression, embarrassment, anger, humiliation and other confused feelings.

The Legal Definition

There are at present 4 categories of sexual assault. Rape, as originally defined in our law involved the penetration of the vagina by the penis without the consent of the woman. Recent changes in legislation have made the penetration of the anus or mouth by the penis, or the penetration of the vagina by an object being held by an attacker also classifiable as rape under section 4. These offences, together with aggravated sexual assault - that is sexual assault with serious violence - carry a maximum sentence of life imprisonment. 'Ordinary' Sexual Assault carries a maximum penalty of 5 years imprisonment.

Reporting the Rape

Do report any assault, no matter how trivial it may seem. If you don't wish to go to the police, report it to the Women's Officer/Welfare Officer, this can be done anonymously in writing, if you so wish. It could be useful to the police in establishing a pattern and maybe tracking down a criminal.

If you decide to report the attack to the Garda/RUC, it is entirely your own decision, it is worth contacting the Rape Crisis Centre in your area as they will be able to help and support you at this time and will accompany you to the police.

Police Procedure

The woman herself does not take the case against the assailant, so she does not have to employ a solicitor. Since rape is considered to be a crime against society, the State prosecutes on her behalf through the offices of the Director of Prosecutions and the Chief State Solicitor.

You will be at the station for several hours, during which the following will take place:
- You will be asked to make a written statement which will be taken down by a Police Officer. Make sure you read it carefully and change it if necessary before you sign it. You can ask for a female Police Officer.
- You will be asked intimate questions.
- A medical examination, external and internal will be made. You can ask for your own GP or a woman doctor.
- You may be asked to look at mug shots, accompanying the police to the scene of the crime, or identify your assailant/s.
- You can ask that your name is not read out in court.

Medical Examination

Any woman who has been raped or sexually assaulted should have a medical examination as soon as possible after the attack (whether or not she is going to the police), to be examined for injuries, infections and possible pregnancy. If she is going to the police the forensic evidence will only be present on the woman's body for a short time after the attack. The woman is entitled to have a friend, relative or counsellor present during the medical examination.

Sexual Assault Treatment Unit

A sexual assault treatment unit has been set up at the Rotunda Hospital in Dublin. It is open for 24 hours a day and you can just walk in or make an appointment. The unit caters for all victims of rape and sexual assault including male/female child victims. The doctors and nurses are all female and have been trained by the Rape Crisis Centre in the basics of counselling for victims of sexual assault. All necessary medical treatment is available at the unit as are forensic examination and venereal disease tests. A Bandaid will be available if requested, and a nurse can call the Rape Crisis Centre, if their presence is requested. All services are entirely free and confidential.

Services of Rape Crisis Centres

The Rape Crisis Centres offer counselling to women both at the time of the assault and at any time afterwards. Often, because of the stigma attached to being a rape victim, women do not speak out about rape for a long time, months or even years. The Rape Crisis Centre is still open to any woman who has ever been the victim of rape or sexual assault. The Rape Crisis Centre also provides a telephone counselling service with back-up legal, medical and emotional support and information for women who have been raped.

Sexual Abuse

The experience of Child Sexual Abuse is something we carry with us right through our lives. The repercussions may be more or less severe depending on how well we
have been able to block out the hurt we have experienced.

To many, the crime of sexual abuse is perceived as something which is sex based, it is not. What it is, is a misuse of power - a complete betrayal of trust, very often by those who are supposed to love us most.

Blocking out the hurt is the only means we have had of coping with the experience. It is a survival tactic, the only way we have come through with our sanity intact.

But blocking is destructive to ourselves. Our pain and anger have to be confronted. This can be done in a constructive way and in a safe environment. Counselling is a means of allowing yourself to feel. To explore the feelings, to confront the hurt, to vent the anger and to regain a sense of trust in people.

If you have been abused, you owe it to yourself to get counselling. Whether you are young or old, male or female, the Rape Crisis Centre provides a counselling service. Unfortunately, because there are so many survivors of sexual abuse there is a waiting list, but they will see you as soon as they can.

Phone them today, you deserve it for yourself.

**Pornography**

Pornography is not just degrading to women, it is a form of sexual abuse. It is defined as a sympathetic practice of exploitation and subordination of women through pictures for the purpose of sexual arousal or titillation that depicts women, or parts of women’s bodies, as objects, things or commodities, or in sexually humiliating or degrading poses or being subjected to violence.

The word Pornography is a combination of two Greek words ‘pomea’ and ‘graphos’. ‘Pomea’ was the name given to a particular group of prostituted slave women who had no status, no names and no rights. They were kept in cages like animals. ‘Graphos’ means graphic depiction. Therefore, the literal definition of pornography is the graphic depiction of whores.

Pornography depicts women in a degrading or humiliating way, sometimes with violence and nearly always with the message that women secretly want to be abused and enjoy sexual abuse. It is threatening to women, and promotes, legitimises encourages and sanctions sexual violence, there is actually more correlative evidence to link pornography with sexual violence than to link smoking with cancer.

The aim of pornography as with other forms of sexual violence against women is to control women and to exert male power over women by using women’s sexuality against themselves.

Pornography needs to be tackled in this country, because it undermines women’s right to safety and equality and distorts male sexuality. It encourages abuse of women and children sexually and emotionally.

Pornography is a denial of civil rights and censors women and children by viewing them not as people but as sexual commodities to be used by men.

**USEFUL ADDRESSES**

**DUBLIN RAPE CRISIS CENTRE**
70 Lr. Leeson Street
Dublin 2.
Tel 6614911
(9.00-5.30 Monday - Friday)
Tel 614564
(After 5.30 & Weekends)

**SEXUAL ASSAULT TREATMENT UNIT**
Rotunda Hosp.
Parnell St.
Dublin 1
Tel 748111

**WOMENS AID REFUGE**
P.O. Box 791
Dublin 6
Tel 961002

DON’T wear make-up. If you do he’ll call you a slut.
DON’T wear make-up. He’ll call you a slob.
DON’T ask your friends round. He won’t want the house full of chattering females.
DON’T ask your friends round. Are you ashamed of him or something?
DON’T have dinner on the table when he gets in. He’ll think you’re getting at him for being late.
DON’T let dinner be late. The least a man deserves when he gets in after a long day is to have his dinner ready on the table.
DON’T let the children get in his way. He’ll be too tired to be bothered with a lot of screaming kids.
DON’T send them to bed before he gets there. Do you want them to forget their father?
DON’T ask him what sort of day he’s had. You should be able to see by just looking at him that it’s been dreadful.
DON’T forget to ask him how his day was. A woman should show some interest in what a man’s doing.
DON’T tell him about your day. He doesn’t want to hear a lot of complaints.
DON’T tell him about your day. Are you hiding something from him?
DON’T put on a sexy negligee at bedtime. You look like a whore, and anyway, whose money do you think you’re spending?
DON’T go to bed in your pyjamas. A man needs something attractive to sleep with occasionally.
DON’T put your arms round him in bed. When he wants it, he’ll ask for it.
DON’T turn over and go to sleep. Are you frigid, or what? And lastly
DON’T fight back when he hits you. It might make him worse.
DON’T, whatever you do, don’t be scared. It’ll make him feel guilty, so he’ll hit you more.
Most of us are badly informed when it comes to knowing our basic rights under the law and especially what procedures to follow if arrested or detained by the Gardaí. We have a vague idea that we are entitled to a phone call and the attendance of a solicitor, but what is the reality at present. The Criminal Justice Bill dramatically extends the powers of the Gardaí to arrest and detain ordinary citizens. Basic rights such as the right to remain silent, are being reinterpreted under the new Bill and the implications of arrest under the new Bill will be far more extensive than at present.

LEGAL AID

There is a State scheme of civil aid which makes the services of solicitors and, if necessary, barristers available to persons of modest means at little cost. The service includes anything from writing a solicitor's letter on your behalf to representing you in court proceedings.

The civil legal aid scheme does not cover criminal cases. In these cases, the Criminal Justice (Legal Aid) Act 1962 applies. If the case appears at the District Court, legal aid is granted. The District Justice believes (a) a person could not afford to pay legal costs and (b) that "by reason the gravity of the charge or in exceptional circumstances it is essential in the interests of justice that he/she should have legal aid". Essentially (b) is on the whim of the individual District Justice.

In the case of a trial on indictment heard before the Circuit Court or the Central Criminal Court, an application should be made to the District Justice when the accused is returned for trial from the District Court for Legal Aid (Trial on Indictment) Certificate. This entitles the accused to a solicitor and a barrister (two barristers in murder cases). Other legal aid certificates exist for appeals to higher courts.

You should contact a law centre for further advice on legal aid.

Qualifying for Legal Aid

The staff at any of the law centres will assist you in filling out a statement of means to determine whether you qualify for legal aid or not. Qualification depends on "disposable income" ie what is left after certain allowances are made. Similarly, under the Criminal Justice (Legal Aid) Regulations 1965, a statement of means is required for free legal aid in the case of criminal cases. An application form is needed to show financial commitments of applicants (eg rent, mortgages, dependents, etc) also the applicant must declare any money or assets which could be deployed to enable him/her to pay his/her own legal expenses.

If the applicant is under 21, parents or guardians will be requested, if they wish, to provide or assist in providing for legal costs.

It should be noted that in criminal cases, there is no right to have any solicitor of your choice from the legal aid panel but the court will usually take into consideration representation made by the accused.

The Cost

Again this depends on your disposable income. It may be as little as £1 for advice or £10 where you have to go to court. The scheme is administered by the Government appointed Legal Aid Board, 46 Upper Mount Street, Dublin 2. Based on the original FLAC system, a Citizens' Legal Advice Service is also available through existing local and national Community Groups and organisations.

For a full outline of the scheme you are referred to the document laid before the House of the Oireachtas in December 1979 by the Minister for Justice.

CRIMINAL LAW

The aim of this section is to provide some basic information on a person's rights when arrested or stopped in the street by Gardaí and some advice on what to do. Contrary to popular belief, the Gardaí can only act within certain powers which they derive from two sources - common law (judge made law) and statute law (Acts of the Oireachtas and Regulations passed
Arrest

Arrest is merely a process by which a Garda can bring a person before a court at the earliest opportunity. There are no general powers to detain “for questioning” or “to help the police with their enquiries” and no one is obliged to “accompany a Garda to the station” unless she/he has actually been arrested.

Arrest with Warrant

Gardai may arrest by obtaining a warrant from a District Justice. The Garda swears information before a District Justice and if it discloses a criminal offence, the Justice may, in the exercise of his/her discretion, issue a warrant. If the Justice believes a summons will suffice to ensure attendance at court, then he/she should issue a summons. Given that few crimes are anticipated in advance, it is unusual for someone to be arrested with a warrant.

Arrest without Warrant

Gardai may also arrest persons under their common law powers where a felony (serious offence) is committed in his/her presence or for a breach of the peace.

Most arrests are carried out under specific statutory powers. There are many powers and the important thing is for the arrested person to ask under what power he/she is being arrested and for what offence.

Under the Criminal Justice Act (1984), a person arrested on suspicion of an offence punishable by five years imprisonment, he/she may be detained without charge for six hours (12 hours if authorised by a Superintendent) to allow for “proper investigation of the offence”. If an arrest is late in the evening, the periods of questioning may be split to allow for sleep. Thus the section allows Gardai to arrest merely to question someone.

Under Section 30 of the Offences Against the State Act (1939), a person arrested is obliged to give his/her name and address. Under Section 52 of the Act the Garda are entitled to question him/her about any offence including that for which he/she has been arrested. No more than 24 hours can elapse without specific charges being brought for 48 hours if authorised by a Chief Superintendent.

WHAT TO DO IF ARRESTED?

There are a number of things that a person should do if arrested in the street.

(a) Ask to see the Garda’s identification or get his/her number. Try to memorise their names.

(b) Ask under what power and for what offence you are being arrested.

(c) You are not obliged to say anything once arrested (see Offences Against the State Act).

(d) Do not resist arrest.

(e) Once in the station ask to phone a solicitor. If you do not know one, ‘phone the Students’ Union or a friend. The Garda must allow you to consult with your solicitor out of the hearing of the Garda. There is no right to a solicitor under the free legal aid scheme while in custody.

STOP AND SEARCH

Gardai also have a number of powers by which they can stop people and search them either in the street or if they are in a vehicle. The three main such powers are given below.

*S30 Offences Against the State Act (1939)

Gardai may stop and search any person suspected of involvement in offences to which the act applies.

*S8 Criminal Law Act (1976)

A garda acting on reasonable suspicion may stop a vehicle and search both the vehicle and its occupants with a view to ascertaining whether they are involved in murder, manslaughter, fire, armed offences, burglary, malicious damage or explosives offence.

*S2 Misuse of Drugs Act (1977)

A Garda acting on reasonable suspicion may search any person whom he/she has reasonable cause to suspect is in possession of a controlled Drug.

IN THE STATION

Where a person is arrested and informed of his/her right to object but does not do so, he/she may be photographed, measured and fingerprinted on the application of an inspector. If he/she does object he/she may nevertheless be photographed, measured and fingerprinted with the authority of the Minister of Justice or if an Inspector makes an application to a District Justice or the Commission or Deputy Commissioner of the Garda Siochana. If a person is released from custody or acquitted in subsequent court proceedings all such photographs and prints must be destroyed or returned to the person.

Under the Offences Against the State Act (1939), where a person is arrested he/she may be photographed or have his/her palm prints or fingerprints taken. In addition Gardai may make forensic tests to establish if a person has been in contact with firearms or explosives. Under the Criminal Justice Act, similar demands may be made with additions of possible swabs of skin or hair samples or any other test may be taken which may show contact with explosives or firearms and detainment for testing of any possession may take place.

Questions

The Gardai are entitled to ask questions but you are not required to answer them, except under the Offences Against the State Act and Criminal Justice Act. If the Gardai have evidence to connect you with a specific offence they must charge you and caution you. Ask to phone a solicitor or friend. Do not make any statement unless your solicitor tells you to. Persons under 17 must be notified of their right to consult a solicitor and his/her parent or guardian must be informed of the detention.

Food and Sleep

You are entitled to be treated well and be provided with food, refreshment and opportunity to sleep.

Remand in Custody

If arrested and charged you must be brought before the District Court
Failure to account for firearms and/or property

Under the Criminal Justice Act, where a Garda finds a person in possession of a firearm or property which the Garda believes to be stolen, the Garda can require the person to give an account of why he/she has the firearm or the property. Failure to comply, or giving false information may lead to a fine of £1000, 12 months imprisonment or both.

EVIDENCE

(a) If a Garda finds any object, substance or mark on a person's clothing or in his/her possession and the person fails to account for such object, substance, or mark, the court is entitled, in a subsequent trial, to draw inferences from his/her failure to account, and to use any failure to account as corroboration for any other evidence.

(b) If a person is detained at the scene of a crime and a Garda believes his/her presence is due to their participation in the crime and the person fails to account for their presence there, the court is entitled in a subsequent trial to draw inferences from this and to use any failure to account as corroboration for any other evidence.

Bail

The sergeant or other person in charge of a Garda Station is empowered to admit to bail any person who is brought in custody to the station, providing there is no warrant outstanding against the person in question. Remember to ask for bail as the Gardai will not volunteer the information.

Statements

Do not sign any statement, no matter how much pressure is placed on you. Ask to be advised of your rights. Do not be taken in by the hard/soft approach. Ask to see your solicitor immediately and try to get the names of the Gardai who questioned you.
Your Student Union Shop

Take a look at the services we bring you, saving you time and money.

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Films Developed 24hr service
Trade Manuals
Trade Exam Papers
T Squares-Lab Books
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There are about 350,000 gay and lesbian people in Ireland. Who are we? You will find us throughout the country. We're students, lecturers, nurses, lawyers, cleaners, bar staff; any occupation and none. Some of us vote for Fianna Fail, others for Fine Gael, the Greens, Sinn Fein, Labour, Democratic Left, the Progressive Democrats, or independents. Some of us don't vote at all.

We jog, swim, play golf, tennis, football and hurling. We hike and hang-glide. Some of us are plain lazy and hate sport of any form.

In all respects but one we are no different from any other large group of people.

There are lesbians and gay men in your class. About 10% of any population is exclusively gay. So there are about 2,500 among the DIT population. Many more are somewhere between the extremes of 'gay' and 'straight' on the continuum of human sexuality and may appreciate relationships with both men and women. The lesbians are unlikely to have masculine' hairstyles, deep voices and be men-haters. Nor in the same respect are the gay men likely to be limp-wristed, frilly shirted and lisping yes dear' at every opportunity. The vast bulk of us don't fit these stereotypes (although some of us do, as do some straights'!).

What is Homosexuality?

So, what is homosexuality anyway? In John Hart's book, referred to below) it is suggested that a simple answer to this question is difficult to find. For the moment we'll use the following: "A person who prefers the continuing company, the emotional and physical contact of persons of his or her own sex and preferentially responds erotically to a person of the same sex."

Sadly, the fact that you might be gay or lesbian can cause problems. Problems with self-esteem and sense of worth, problems with your relationship with your family. The media censors us, the churches condemn us, the law outlaws us and all decent, right thinking people "know" we are child molesters, perverts, genetically damaged, hormonally Imbalanced and generally disgusting.

Odd though, that 95% of child molesters are not gay. Also odd is the fact that medical researchers consistently find there is no genetic defect, hormonal imbalance or psychiatric disorder linked with homosexuality.

Despite the negative images and oppression more and more os us are "coming out." We are accepting our sexuality and are refusing to hide it. We're refusing to pretend we are something we're not.

Coming out is frequently a difficult process

"What will Mam say?"
"My brother once said that lesbians are disgusting. Will he stop me from seeing my four year old niece if I tell him I'm a lesbian?"

And the fears are not restricted to the emotional, or to the effect on relationships with the family.

How can I find out more?

Help and advice is easily available. The Students' Union has a collection of texts on various aspects of welfare and the following may be borrowed in confidence from the Deputy President/Welfare Officer:

So You Think You're Attracted to Members of the Same Sex by John Hart, (Penguin, 1984). This deals with a number of vital issues and looks carefully at the benefits and costs of 'coming out'.

Out For Ourselves, Women's Community Press, 1986 contains a number of personal accounts and has chapters on health, violence, the law, marriage and children (yes, there are married gays and lesbians and many have children!), politics and parents;

Equality Now for Lesbians and Gay Men. Irish Council for Civil Liberties, 1990 provides a general account of the campaign for the reform of the laws which criminalise homosexuality.

The monthly gay and lesbian newspaper Gay Community News is available free from the Students' Union.
How can I meet other gay or lesbian students?

Your local Union will have information on Gay and Lesbian groups within their colleges. Gay and Lesbian societies have been set up in 4 of the DIT colleges in the last two years. Regular meetings and social events are organised. Some of these are open, others were confined to members. Events are advertised on college noticeboards.

USEFUL ADDRESSES

GAY SWITCHBOARD
Carmichael Hse.
Nth. Brunswick St.
Dublin 7
Tel 721055

Sun-Fri 8-10pm
Sat 3.30-6pm

GAY HEALTH ACTION
P.O. Box 1890
Sherriff St.
Dublin 1

LESBIAN LINE
Tel 613777

GAY AND LESBIAN EQUALITY NETWORK
Hirschfeld Centre
10 Fownes St.
Dublin 2

SMOKEY BACON BURGER

BUY ONE GET ONE FREE

FREE Smokey Bacon Burger for Students with this voucher. Valid only at our O'Connell St. branch. Offer ends Nov. 30th.
Third level institutions in Ireland provide one of the best educations that can be obtained in the world. For this reason students come to Ireland from every corner of the world to study for and achieve qualifications of varied descriptions.

There are presently over 3,000 overseas students participating in full time third level education in Ireland. The majority of these students are under graduates who are studying mainly medicine and the arts; with the remainder distributed among business studies, engineering and science. About 25% of the overseas students in Ireland are post graduates of whom one third study both arts and sciences with the remainder studying medicine and engineering. Although there are overseas students in all the DIT colleges they are mainly concentrated in Kevin Street, Bolton Street and Rathmines as would corroborate the above statistics. The number of overseas students is continuing to increase due to the development of the European Community’s student exchange programmes.

United Nations and EC programmes such as Erasmus, COMETT, LINGUA and TEMPUS are specially designed to promote inter-relations. Although some scholarships funding and sponsorships are available the majority of overseas students are privately funded.

**Finances**

Financial hardship can occur quite easily without accurate advance information on the cost of living and planned effective budgeting. Unpredictable political or economic changes in the home country can also upset financial arrangements. The cost of college fees for overseas students varies hugely with that of a national or EC member student. The average DIT course costs about £600 for a national student and £2,200 for a non EC member student. Medicine in Trinity costs about £2,000 p.a. for a national student and over £11,000 p.a. for an overseas student. For these reasons colleges are making moves to recruit more full cost fee overseas students.

**Problems**

Overseas students have to face the same problems that Irish students face but with many more added on and without the backup service (family and understanding the culture) that may be available to national students.

Overseas students have to deal with a climate very different from home, learn how to behave in a different society, deal with language barriers, unfamiliar food and lifestyles as well as having to adopt to a new academic environment whose teachings and learning styles may be far removed from those they are used to.

**ICOS**

The Irish Council for overseas students provide advance advice as well as continuing information to overseas students wishing to or already studying in Ireland. College of Commerce, Rathmines, DIT, Bolton St and DIT, Kevin St are all affiliated to the ICOS and have specific senior academics nominated to the council who are available to assist in resolving specific difficulties within the college.

**Legal Aliens?**

All overseas students staying more than three months are required to register with the aliens’ office soon after arrival. Under Department of Justice regulations non EC students may not take up paid employment. If students are in Dublin they should register with the aliens office in Harcourt Square, Dublin 2.

If studying in any other area of Ireland they can register in the local Garda Station.

**Regulations**

Everyone coming from abroad to study in Ireland has to fulfil the regulations concerning permission to stay and registration of residence. Overseas students can often find the regulations confusing and the procedures time consuming. The regulations are usually applied strictly so students need to have clear information about what they must do.

Students requiring visas to enter will usually come with a “letter in lieu of visa” which has to be presented along with passport, to the Consular Section of the Department of Foreign Affairs, St Stephen’s Green or (outside Dublin) to the local aliens officer within three working days after arrival. The visa stamp will then be affixed to the passport.

All except UK students need permission to stay as a student in Ireland. Permission for an Initial...
short period of time is usually given by Immigration officials at the airport or seaport, but the student will also have to go to the Department of Justice or local aliens office for permission for the full period of study. It is not given for more than 1 year. The student must present: their passport, evidence of their financial support.

Students staying more than three months need to register their residence. They are required to submit to the relevant aliens officer: a lengthy document giving full details of themselves and their family, four passport photographs and evidence of their college place and financial support. Passports may be held for checking and at busy times this can take up to a few weeks.

All the above mentioned offices are very busy and have restricted opening hours. Overseas students are advised to go early and if a student's English is poor to go accompanied by someone with good English!

Work permits are not given to students who are not EC citizens unless arranged in some special cases in advance of arrival.

Medical Services

There are charges for all medical charges in Ireland and provisions must be made for medical costs during a students stay.

Hospital Emergency system: A charge of £10 is made for each visit to the hospital out patient casualty/accident and emergency department.

Students from EC countries are entitled to hospital services provided they have a form EI09. You must choose a doctor affiliated to your local health board.

Students who already have health insurance cover in their home country are advised to extend this to cover their stay in Ireland. If not they can join the Irish Voluntary Health Insurance scheme, which, however has a waiting period of thirteen weeks.

Personal Insurance

It is difficult to obtain personal insurance while living in rented accommodation. Extension of existing insurance is advised.

What does ICOS do?

ICOS provides a general advice and information service on all matters relating to overseas students studying in Ireland.

ICOS makes specific arrangements with colleges, training bodies and sponsors for the provision to support services including:
- Reception and orientation courses for newly arrived students and trainees.
- Accommodation and welfare services.
- Monitoring of academic progress.
- Social and cultural programmes.
- Financial administration of grants, salaries and stipends.
- Travel arrangements.

ICOS seeks to encourage the formation of constructive national policies on the recruitment of overseas students and trainees. It provides up to date information on the participation of overseas students in Irish third level education.

ICOS maintains close links with relevant government departments, academic and training staff, student services personnel, overseas student societies and others responsible for overseas students.

USEFUL ADDRESSES

IRISH COUNCIL FOR OVERSEAS STUDENT 4 Morehampton Rd Dublin 4
TEL 353-1-605233 Fax: 353-1-682320
There are over 5000 apprentices in the DIT at present. In fact the first students in the DIT were apprentice students over 100 years ago. Because they fall between the departments of Labour and Education, apprentices often get a hard time.

Obligations during apprenticeship

The Legal Position

An apprenticeship is considered to be an agreement or contract entered into by an employer and a young person (with the consent of a parent or guardian where necessary) for a fixed period of time during which the employer undertakes to employ the apprentice at a trade and training him/her in the skills, knowledge and techniques of that trade. The apprentice, on the other hand, undertakes to work for the employer and to endeavour diligently to learn the trade. In the case of statutory trades, the Period of Apprenticeship is specified in the Apprenticeship rules. The apprenticeship agreement may be a written formal agreement or an indenture, or it may be an oral agreement. Apprenticeships in the statutory trades are governed by these rules. It is an offence not to comply with these rules and where an offence is proven, penalties are provided for in the Industrial Training Act.

Training Act 1967
- Minimum Age of Entry Rule
- Educational Qualifications Entry Rule
- Period of Apprenticeship Rule
- Training Rule
- Prohibition of Premium Rule
- Dismissal Rules

All apprenticeships in the statutory trades are governed by these rules. It is an offence not to comply with these rules and where an offence is proven, penalties are provided for in the Industrial Training Act.

It should be noted that other labour legislation e.g. the Unfair Dismissal Act, the Social Welfare Acts, the Redundancy Payments Act, the Protection of Young Persons Employment Act and the Employment Equality Act, also applies to apprentices.

Duties and responsibilities of Employer

An employer must obtain the consent of FAS before employing an apprentice. The apprentice selected must be over 15 years of age (or an exemption must have been granted by FAS and must have the minimum educational qualifications). The employer must notify FAS within two weeks of the date of commencement of employment, of the relevant particulars in relation to the apprentice. The employer is required to train the apprentice in accordance with the training rules, in the skills, knowledge and techniques of the trade. This training includes release without loss of pay for the appropriate period of day and/or block release course.

The employer must give the apprentice the opportunities to learn the full range of work of the trade. The apprentice must be paid an appropriate wage depending on the year of apprenticeship, as agreed between employers and trade unions or between the employer and the apprentice (or the parent or guardian). FAS officials must be allowed access to the apprentice in the place of employment to monitor the training being given.

The Duties and Responsibilities of Apprentices

Apprentices are obliged to work for the employer to the best of their ability and to protect the employer’s legitimate interests. They must apply themselves diligently to learning all aspects of the trade and must undertake any work appropriate to the trade allocated by the employer. They must be well conducted and disciplined in their employment. Apprentices must attend all day or block release classes for which they are released and through study, test and examination qualify themselves in the trade.
The Role of FAS

FAS's role is to ensure that an employer who intends to recruit an apprentice has the necessary equipment, skilled personnel and work-flow before giving consent to the employer to employ an apprentice. Where consent has been given and when an apprentice has been recruited, FAS will ensure that the apprentice complies with the statutory entrance requirements before registration is effected.

Subsequently FAS will make arrangements for off-the-job training and for day or block release courses for the apprentice and will also monitor the training with the employer. FAS Advisers are available to assist apprentices and employers in any problem with apprenticeships. A Training Adviser may be contacted either by use of the pre-paid postcard or by telephone.

TERMINATION OF APPRENTICESHIP

On Completion of Apprenticeship

An apprenticeship is automatically terminated when the full period of apprenticeship has been served. On completion of the apprenticeship period there is no obligation on the part of the apprentice to remain with the employer or on the part of the employer to offer employment to the former apprentice.

During the Probationary Period

Any employer or an apprentice may terminate an apprenticeship during the probationary period if within the first six months from the commencement of the apprenticeship. In the case of misconduct or wilful disobedience the employer may dismiss the apprentice without notice at any time. In all other cases the apprentice must be given the appropriate notice.

By Mutual Agreement

An apprenticeship may be terminated at any time by mutual agreement between the parties to the apprenticeship i.e. the employer and the apprentices (or the parent or guardian).

By Approved Transfer to Another Employer

An apprenticeship with an employer may be terminated with the consent of the apprentice and the approval of FAS. The duties and responsibilities of the original employer are transferred to a new employer. However, employers and apprentices should note that if an apprentice leaves an employer to continue the apprenticeship with a new employer without obtaining the approval of FAS, FAS will not recognise the apprenticeship with the new employer unless with the consent of the previous employer.

The Unfair Dismissal Act and Apprentices

The dismissal of an apprentice is now governed by the Unfair Dismissals Act. In the case of apprentices, every dismissal, except those during the six months probationary period, is deemed to be unfair and the onus is on the employer to prove that it was fair. Where apprentices consider that they have been unfairly dismissed they can appeal in the first instance to the Rights Commissioner or to the Employment Appeals Tribunal. The appeal must be in writing and must be lodged within six months of the dismissal. A copy of the appeal must be given to the employer by the apprentice also within six months. An apprentice who has been dismissed subsequent to the probationary period, is entitled to receive, on request, from the employer, within 14 days, a written statement setting out the reasons for dismissal.

To justify a dismissal under the Unfair Dismissals Act an employer must show that there were substantial grounds justifying the dismissal or that it resulted wholly or mainly from one or more of the following:

(a) The capability,

(b) The conduct of the apprentice.

(c) The redundancy of the apprentice.

(d) The apprentice being unable to work or continue to work in the position held without contravention of a duty imposed by or under any Act or Statutory Instrument.

If, on appeal, the dismissal is held to be unfair, the Rights Commissioner of the Employer Appeals Tribunal may order the reinstatement of the apprentice in the old job, or re-engagement in another suitable position by the same employer or may order compensation for any financial loss incurred by the apprentice not exceeding 104 weeks pay. Persons requiring further details of the Unfair Dismissals Act should apply to the Department of Labour for a copy of the Explanatory Leaflet for Employers and Employees on the Unfair Dismissal Act 1977.

COMMON LAW REMEDY FOR WRONGFUL DISMISSAL

An apprentice may also have the right to sue an employer and recover damages at Common Law for wrongful dismissal. Such proceedings are taken by way of action in the courts. However, if an apprentice institutes Common law proceedings, he/she may not seek re-dress under the Unfair Dismissals Act and vice versa. Note: Where an employer ceases to employ an apprentice for any reason such employer is required to notify FAS to this effect within two weeks.

REDUNDANCY PAYMENTS AND TERMINATION OF APPRENTICESHIP

Apprentices who are otherwise qualified to receive redundancy payments are not entitled to receive such payment if they are made redundant within one month after the completion of their period of apprenticeship.

PROCEDURES
APPRENTICES AND “1992”

In 1986 the White Paper on Manpower Policy described the present system of apprenticeships as “costly, inflexible and inefficient”. From this the objective was set for a more cost efficient system which ensured a satisfactory supply of apprentices and also one which was based on standards achieved rather than time served. Guidelines were then laid down for the following:

(a) The setting up of a National Apprentice Committee to advise FAS on policy, standards, curricula, levels of intake, regional quotas etc.
(b) New delivery of training which breaks the apprenticeship up into 6 modules. Four of these would be spent in off-the-job training.
(c) Competency Tests can be taken at any time, when it has been agreed that the apprentice has reached the required standard.
(d) Cost to the Exchequer will be reduced.
(e) Special provision is proposed for the following groups:
   (i) Social Guarantee Entrants
   (ii) Mature Entrants to Apprenticeship
   (iii) Disabled Persons
   (iv) Women

Systematic training on-the-job should be implemented very soon unless the apprentices and employers take action.

USEFUL ADDRESSES

FAS
27 Upr. Baggot St.
Dublin 4
Tel 685777

DEPT. OF LABOUR
65a Adelaide Rd.
Dublin 2
Tel 765861

PROCEDURES AND GUIDELINES FOR UNEMPLOYED APPRENTICES

Apprentices whose apprenticeship has been terminated or who have been notified of the employer’s intention to terminate the apprenticeship should:
(a) Contact Apprenticeship Services in FAS immediately.
(b) Actively seek alternative apprenticeship employment.
(c) Register with the local office of FAS.
(d) Keep in touch with their former employer so that they may resume their apprenticeships if conditions improve.
(e) Continue to attend day or block release classes.
(f) Obtain from the employer a written statement setting out the reasons for the termination of the apprenticeship and a character reference to assist in obtaining alternative employment.
(g) Contact their local trade union for advice.
(h) Find out their entitlements under the Redundancy Payments acts, the Unfair Dismissals Act and the Social Welfare Acts.

Note: FAS will not normally give consent to an employer to recruit new apprentices until satisfied that apprentices made redundant have been re-employed either with the original employer or with another.

APPRENTICES AND GUIDE UN EMPLOYERS

Having recruited an apprentice, an employer has a legal responsibility to ensure as far as possible that the apprentice has the opportunity to complete the apprenticeship. Inevitably situations such as closure, bankruptcy, etc will arise where apprenticeships will have to be either temporarily or permanently terminated. Where this happens an employer should:
(a) Endeavour to have the apprenticeship continued in another branch of the firm or alternatively arrange for another suitable employer to take on the apprentice.
(b) Give adequate notice to the apprentice and encourage and assist in seeking alternative apprenticeship employment and advise him/her to register with the local office of FAS.
(c) In the event that the closure or lack of work is of a temporary nature, advise the apprentice to this effect and undertake to offer re-employment at the first opportunity.

Note: FAS will not normally give consent to an employer to recruit new apprentices until satisfied that apprentices made redundant have been re-employed either with the original employer or with another.

(d) Notify Apprenticeship Services, FAS or the FAS Training Adviser for the firm. It may be possible to allocate the apprentice a place on a course in a FAS Centre or on a block release course as an interim arrangement.
(e) Give the apprentice a written statement setting out the reasons for the termination of the apprenticeship and a character and work reference to assist in seeking alternative employment.
(f) Notify the trade union concerned.

PROCEDURES AND GUIDELINES FOR
No one can possibly go through life without having an experience of drugs at some point or another. You may have only taken an aspirin for a headache, had a cup of tea or even smoked a cigarette. As much as you may not consider these drugs, that is what they undoubtedly are. On the other hand you may, during your student life, encounter less affable drugs, such as acid or even speed. If you are at a party and someone passes you a cigarette like object or you are offered a 'tab' of acid, what will you do? How much do you know about it and what harm can it do to your health?

**Tobacco**

Most tobacco is sold in the form of cigarettes. Cigarette smoke consists of droplets of tar, nicotine, carbon monoxide and other gases. Over 100,000 premature deaths are contributed to by smoking each year in the UK through heart disease and lung cancer.

Nicotine is a stimulant and smokers can use smoking to maintain performance in the face of monotony and fatigue. The effects are immediate but decline rapidly encouraging frequent use. The more a person smokes, the more likely it is that their health will be severely affected.

10 Benson & Hedges cost £1.16

**Alcohol**

Alcohol abuse is easily one of the largest drug problems. Alcohol is a depressant and reduces the efficiency of certain brain functions. It affects your judgment, self-control and skills like walking and driving. You become accident prone and are more likely to embarrass yourself. Moderate use (1-2 drinks a day) present no serious health problems to healthy individuals, however, long term heavy drinking increases the drinkers chance of suffering lasting impairment of physical and mental functioning. Psychological and physical dependence can occur and may be severe. Students are very susceptible to alcoholism because their social life revolves around alcohol and it is a good idea occasionally to take on record of how much you drink in a week. You become accident prone and are more likely to embarrass yourself. Moderate use (1-2 drinks a day) present no serious health problems to healthy individuals, however, long term heavy drinking increases the drinkers chance of suffering lasting impairment of physical and mental functioning. Psychological and physical dependence can occur and may be severe. Students are very susceptible to alcoholism because their social life revolves around alcohol and it is a good idea occasionally to take on record of how much you drink in a week. Alcohol and socialise sensibly and you'll enjoy yourself much more in the long term. A pint of Guinness costs about £1.72

**Cannabis**

Cannabis is widely available in social circles and is used mainly for the intoxicating effect it produces. It is usually smoked in hard-rolled cigarettes, or in pipe like devices either in its grass form, resin or in the form of cannabis oil. It has many names ranging from hash, gangbang, smoke, draw, pot, blow, dope or week. When smoked it affects the users mood and thinking patterns with the obvious affects like dulling of attention, loquacious euphoria or happiness and sometimes a considerable increase in appetite called 'munchies'. Cannabis is not physically addictive though it can be argued that it is psychologically addictive and plays havoc with your short-term memory. Some of the main concerns about this drug is the 'I'll do it tomorrow' syndrome which has led to many young people dropping out.

While many famous people campaign for the legalisation of cannabis, it is still illegal and if you are caught by the police in possession of cannabis you can get a hefty fine for breaking the law.

**LSD**

(LSD)

LSD is one of the most powerful mind-affecting substances there is. Though not physically addictive, it has been known to cause severe mental disturbances and in some cases, brain damage.

After taking 'a tab' the affects can usually be felt around 1/2 hour later and the affects can last for 6-8 hours.

A person under the influence of LSD will experience what is known as a 'trip' during which the person is out of touch with reality. They may feel capable of doing extraordinary things. A 'flashback'
can occur anytime, years after taking acid which could be disturbing.

A 'trip' consists sometimes of acid, such as heart palpitations and serious implications when using strikingly audible whereas normally it would be ignored. There are serious implications when using acid, such as heart palpitations and hallucinations that could give the user a 'bad trip'. Acid can be cut with other drugs like strychnine (rat poison).

Since the advent of Raves, acid has become widely acceptable when users should be very wary of it. It costs about £5 a tab.

**Ecstasy**

'TE' like acid has become widely acceptable when again it is a very dangerous drug. Many deaths have resulted after the user taking only 1 tablet.

The effects of 'TE' are increased euphoria, the user will experience rushes through their body and the urge to be doing something (ie dancing madly). It is important to ensure that if anyone in your company is using 'TE' to make sure that they do not dehydrate as that could be dangerous.

Not only is 'TE' a very expensive drug (about £20 a tablet) the effects of the drug make it appealing to some people, who do not know the full dangers of the drug.

**Amyl Nitrate**

(poppers)

This basically started out as a Gay Drug and the purpose of taking it is to relax the anal muscles. It is taken by sniffing it a few times through each nostril. Poppers give you an instantaneous rush making you extremely giddy for a few minutes. A small bottle costs £10 and will last a whole night. Poppers is a very strong stimulant. It increases heart rate resulting in a frightening thump in your jugular. Poppers are legal.

**Amphetamines**

(speed)

Speed is a stimulant to the nervous system. They are known for their ability to combat fatigue and sleepiness. The drug works directly on the user's central nervous system causing an increase in excitement and feeling generally regarded as being 'hyper'. Depression after 'coming down' off the drug is a common facet of its use and feelings such as aching bones and a disquieted sleeping pattern are regular.

Speed is highly addictive and as with other drugs it is dangerous to mix with other drugs such as alcohol.

**Magic Mushrooms**

Psilocybin is a drug contained in the mushroom 'Teo nanactyl' which grows in parts of Ireland. When eaten they produce a hallucinogenic affect. Eating magic mushrooms isn't illegal but preparing them (any attempt to boil dry) is illegal and regarded as preparation of an illegal substance.

One of the big dangers of magic mushrooms is if the picker isn't sure of what they look like, they could pick a dangerous toadstool.

**Cocaine**

(coke)

This drug is snorted or injected. A much over-rated drug whose effects include increased alertness, sleeplessness, loss of appetite, high anxiety states and occasional euphoria. It lasts about 1-2 hours. If you were caught in possession of cocaine, it is a Class A drug and the punishment would be severe. Cocaine is addictive.

**Heroin**

(smack, horse)

Initially the user will experience a feeling of intense pleasure, reduction of worries and pressure. On the other side an overdose will kill, or regular usage will have serious physical and psychological addiction. Heroin is a drug to keep well away from, the side affects far outweigh any other feelings.

---

**First Aid**

The person suffering ill-effects from drugs needs to be helped and handled with both a sympathetic ear and a practical head. There are certain useful pointers which should be remembered. Upon identifying the danger, one should:

1. Seek medical help immediately if it is practical to do so.
2. Attempt, if the need arises, to diffuse any anxiety or tension the person may exhibit. Do not leave them alone if possible.
3. Try to elicit as much information as possible from them.
   a) What drug have they taken.
   b) How was it taken, eg snoken, orally etc.
   c) How long since it was taken.
   d) Did they mix it with another drug and if so what drug.

4) If unconscious you should place the person in the normal first aid recovery position, ensuring ease of breathing and loosening tight clothing, belts etc.

All the above are important in ensuring the quick diagnosis and treatment of the person in question. The person should lastly be constantly observed and accompanied, as especially with an hallucinogen like LSD they could do themselves physical damage in addition to the anxiety they might experience.

This section is not intended to encourage you to experiment with drugs, it is however, useful to know the full implications of anything you might want to try. If you do decide to try any of the above drugs, make sure that you buy them from a reliable source, preferably a friend or someone you can trust.

---

**USEFUL ADDRESSES**

**NARCOTICS ANONYMOUS**

Dublin 1

Tel 300944

**RELEASE**

Drug advice centre

Tel 0044 71 7299904
# How Many Units in Your Drink?

<table>
<thead>
<tr>
<th>Beers and Lagers</th>
<th>Quantity</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ordinary Strength Beer or Lager</td>
<td>1/2 pt</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1 pt</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 Can</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Strong Ale or Lager</td>
<td>1/2 pt</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 pt</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>1 Can</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ciders</th>
<th>Quantity</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Cider</td>
<td>1/2 pt</td>
<td>1 1/2</td>
</tr>
<tr>
<td></td>
<td>1 pt</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Quart</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Bottle</td>
<td></td>
</tr>
<tr>
<td>Strong Cider</td>
<td>1/2 pt</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 pt</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Quart</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Bottle</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spirits</th>
<th>Quantity</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Short</td>
<td>1 1/2</td>
<td></td>
</tr>
<tr>
<td>1 Bottle</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table Wine</th>
<th>Quantity</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>(including ciderwine)</td>
<td>1 Glass</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1 Bottle</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>1 Litre</td>
<td>10</td>
</tr>
</tbody>
</table>

*These figures are approximate

## What's a Sensible Limit?

<table>
<thead>
<tr>
<th>For Women</th>
<th>For Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 14 units spread throughout the week</td>
<td>Up to 21 units spread throughout the week</td>
</tr>
</tbody>
</table>

But remember there are times when even one or two drinks can be too much e.g. if you drink before driving or operating machinery. It can be dangerous to take alcohol when on certain medication, if in doubt consult your doctor.

### How Much is Too Much?

<table>
<thead>
<tr>
<th>For Men</th>
<th>For Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>36 or more units in a week.</td>
<td>22 or more units a week.</td>
</tr>
</tbody>
</table>

If you drink more than this, then damage to your health is likely. If you drink more than this, then damage to your health is likely.
L.H.P.

We Hire
*PA Systems 500W-50K
*Disco & DJ's
*Lighting Systems
*Backlines
*Event Production Services

Telephone: 970871 or 088-584470

Roadshow Rentals
Sound & Lighting Equipment Hire
Backline Specialists

22 Eustace Street, Dublin 2.
Tel: 797686/772235

Sound people for DIT ENTS
On behalf of the Students' Union I'd like to welcome everyone to Cathal Brugha St, a college which it is rumoured has the highest real estate value of any college in the country. The source of this rumour has obviously chosen to ignore the existence of Trinity, but it sounds impressive all the same. Now away from trivialities and down to some of the more serious aspects of starting or restarting college.

Student life can be frightening and traumatising what with maybe moving away from home, having to manage finances or lack of them and coping with meeting loads of new people. Your Students' Union is here to help you cope with any of the problems you will encounter over the next 1, 2, 3 or 4 years so don't hesitate to drop into the office at any time.

The implementation of the means testing of ESF grants for the first time this September is going to have dire consequences for first year students starting college. So if you are one of the students who has been affected by the means testing come and talk to me or one of the other officers.

As well as defending your educational political and welfare rights your Students' Union also provides a wide variety of services including providing an on-going entertainments service, a fairly good accommodation list, an SU shop and a full Welfare and Information service.

Another important point to keep in mind during your stay in CBS is the fact that the college is situated in one of the most dangerous areas of the city. You should never walk around the areas surrounding the college alone especially after dark, as the crime incident rate concerning students has risen dramatically in the last 12 months.

On a more optimistic note the college is due to start another phase of a major face lift this year. The Marlborough Street annexe is to be totally rebuilt and joined onto the back of the main college. This new extension is to accommodate a new student area, anew changing and locker rooms a snackery as well as new labs and classrooms. So let's hope the end (slightly improved college facilities) justifies the means (a huge reduction in class room for an indefinite period of time).

So although you now have increased liberation from parental influences you also have a responsibility to yourselves. Don't spend all your money carrying out irreparable damage to your liver and your reputation, save some for necessities such as food and prerequisites for practising safe sex (if the situation arises).

Make the most of college life and your Students' Union by getting involved!

Is mise le meas,
Deirdre Moran
President
Hi,

I'm Jason McNally, this year's Deputy President/Welfare Officer of your Students' Union.

I'd like to take this opportunity, both to introduce myself and welcome all students, new and old to our college. I hope we all have a happy and successful year.

My job as Deputy President/Welfare Officer will basically consist of assisting Deirdre (President) in all matters. I will also deputize for her in her absence. As Welfare Officer I am here to deal with any problems in the strictest confidence and provide you with all relevant information.

I am downstairs in the Students' Union (beside Common Room) at all times.

Looking forward to meeting you all soon.

PS - Mines a Guinness.

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**Union Executive**

**President:** Deirdre Moran

**Deputy President/Welfare Officer:** Jason McNally

**Employments Officer:** Brian Aherne

**Sports Officer:** Hugh McAtamney

**Entertainments Officer:** Gillian Byron

**Club & Socs Officer:** Wade Murphy

Both the Apprentice Rep and the Chairperson of the Class Reps is elected in October, so if you're interested let us know.
DIT Cathal Brugha St has been increasing rapidly in size over the last decade and has had to branch out into many different buildings in the surrounding areas. At present there are four of these buildings (called annexes). One is situated around the corner in Marlborough St, although there are plans for this building to be joined onto the main building one is situated at the back of Clery's in Sackville Place, one is halfway down Sean McDermott St and is called the White House, a lot of the labs are situated in this building and one is situated in Denmark Street.

With such a large degree of segmentation communication becomes difficult and segregation can occur. This is one of the areas I plan to spend a lot of time on this year because this is in my opinion a very serious problem. Some students spend their whole academic day away from the main college in the annexes and soon begin to feel isolated and out of touch. The feelings of these students have in the past been justified so this year I hope we can all work together and improve communications.

Union Services

Union Secretary/Manager

Gay Dalton is the full-time secretary for the Union who also has the job of Union Manager. She is responsible for the running of the shop as well as the office. Gay is available during office hours for any general queries.

The Shop

The Shop Manager Maurice McCabe is the proud manager of our small but compact Union Shop. You can buy anything from chef hats and hair clips to hot soup tea and coffee.
The good news is that every registered student in the college is already a fully paid up member of the Students' Union and we are here to represent your rights as a student and as an individual. It's your Union and it's up to you to make us work for you.

The running of the Students' Union is carried out on strict democratic levels to ensure the full potential is reached.

Students' Union Executive
These are elected every year before Easter by the students. Any member of the Union is entitled to run for and be elected to a position on the Students' Union Executive.

The Executive Committee
This committee is made up of nine officers two of whom are full time and two whom are elected in October. They are responsible for the day to day running of the office. Follows

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Union Structures

Level 1: The General Student Body

General meetings are held at least once a term and students are encouraged to attend and participate in these meetings. It is at these meetings that policies and campaign issues for the year are decided upon.

Level 2: The Class Representative Assembly

This is made up of the class reps which are elected at the beginning of every academic year. The idea is to increase communication between classes and the Executive.
Competition: Prize £75

Dear First Year,
Each Student Union is, or is about to produce a regular college magazine, we have decided that it is time to update the names of the various magazines and we need your help. We want you to suggest a new name for the Student Union magazine in your college. The winning suggestion in each college will receive £75.

The conditions of entry are as follows:

1) You must be a registered 1st year DIT student.
2) You may only enter this competition in your own college.
3) You must hand your suggested new name along with your own name, class and student number into your local Student Union office. Placing it in the competition box provided.
4) The judging panel will consist of the local Student Union executive members whose decision is final.
5) The winning name becomes the magazine name from the next issue.
6) Your entry to reach your local Students' Union office no later than Friday 23rd October 1992.

Good Luck,

Dave Carmody
DITSU Ltd
Abortion Information and USI

by Maxine Brady

Given the times that we live in it's hardly surprising that USI often appear to be a single issue organisation, hardly surprising at all that our controversial stance on abortion information has grabbed the headlines of every National Newspaper and news programme.

For those of you who are new to the strange and often surreal world of student politics it is worthwhile here trying to explain the background and reasons why USI is so committed to the right to information.

USI have had a specific pro-information and pro-choice policy since 1986, after what is now known colloquially as the "Hamilton Ruling". Following the 1983 referendum campaign SPUC took Dublin Well Woman and Open Door Counselling to the Irish High Court and applied for a perpetual injunction preventing both organisations from providing an abortion referral service. Justice Liam Hamilton agreed with SPUC the Injunction. Open Door Counselling closed and became Open Line Counselling, which still operates. Dublin Well Woman ceased abortion referrals and provision of information. A subsequent appeal to the Supreme Court failed and the case is now before the European Court of Human Rights.

"USI often appear to be a single issue organisation"

Following the effective closure of both these services, Student Unions and USI began to publicly break the Injunction. We had always provided information but had never really publicly announced the fact.

In 1988 SPUC made their first move against the students. Four officers from UCD SU were brought before the High Court where Justice Mella Carroll refused SPUC's application for an injunction on the grounds that they were not the appropriate body to take such legal action and that UCD had not as yet published. An appeal to the Supreme Court by SPUC was successful and costs of over £6,000 were awarded against the 4 students.

In July 1989 the 6 officers of USI, 4 from UCD and 4 from Trinity received letters from SPUC asking us to give an undertaking not to publish or distribute information on abortion. In line with our policies at the time all 3 unions refused.

SPUC then initiated proceedings in the High Court, Mary Robinson SC requested that the issue be referred to the European Court of Justice, Justice Mella Carroll agreed and referred the question to Luxembourg.

SPUC were very unhappy with this and appealed to the Supreme Court where a temporary, or interlocutory injunction was granted. During this time they also attempted to have contempt of court proceedings taken against Trinity SU, Mella Carroll refused the application on the grounds of insufficient evidence.

Judgement from Europe was delivered on October 4 1991, all 12 of the member state justices heard the case, which is something of a rarity in Europe and ruled against the students on the grounds that there was no commercial/economic link between the information provided and the British Clinics included in our publications.

In the intervening period UCD had a referendum which overturned their pro-info policy and Trinity left USI membership.

The case came back to the Irish High Court on July 17 when SPUC applied for a permanent injunction. The trial lasted a week
and judgement was delivered by Justice Fred Morris on August 7th. Justice Morris granted the injunction, awarded costs and referred the case to the Director of Public Prosecutions for investigation, which could lead to prosecution for criminal contempt.

"a decision made in panic can often be a bad decision"

of Court. The dependents and USI are considering a further appeal to the Supreme Court on the basis of the guarantees given by the Government in the Solemn Declaration which we heard so much about in the Maastricht Referendum Campaign.

It is often misunderstood why we continue to break injunctions and to appear to flout the law so blatantly.

It is not a case of merely trying to cause controversy, or of breaking the law simply for the sake of it.

In essence we break the law because without such civil disobedience thousands of women would make lonely and traumatic decisions without discussing all of the options. A decision made in panic can often be a bad decision. When a choice has such a profound effect upon your life, regardless of the choice you make, then it must be well thought out, once you take an option and it must be certain, there is no going back.

Secondly we do it because the majority of USI's membership has asked us to. Every year USI Congress reaffirms our right to information and right to choose policy. As long as the students mandate is to continue to distribute information on abortion we shall continue to defy the injunction.

Dear Student,

I am writing this letter to ask for your help with the Student defence Fund

The SDF was set up a few years ago to raise money for the court case that SPUC (Society for the Protection of the Unborn Child) took against student union leaders

The student leaders were mandated by their students to print information on where women who were facing a crisis pregnancy could receive non-directive pregnancy counselling. These students and the unions for the court costs, which at present stand at £22,900 but this is before the European and High Court costs are added. The final amount could be around £100,000.

The students raised an issue of great public importance, one that has a clear mandate from the students in membership of USI.

You can help by supporting any benefit gigs, freshers week events or rag week events your Students Union will organise or by helping to raise money. Alternatively you could also donate money to

USI Student Defence Fund
16 Nth Great Georges St.
Dublin 1

or

Bank of Ireland
Rotunda Branch
a/c number 159 67 150
branch number 9/00/68

Thank you for all your help and support so far and I hope you can help again this year

Yours Sincerely
Shauneen Armstrong
USI Womens Rights Officer
WHY FUMBLE IN THE DARK?

THE DUBLIN WELL WOMAN CENTRE HAS A FRANK AND HONEST CONTRACEPTIVE ADVICE SERVICE - WE SUPPLY ALL FORMS OF CONTRACEPTION INCLUDING "MORNING AFTER" CONTRACEPTION.

WE PROVIDE A COMPREHENSIVE AND CONFIDENTIAL HEALTH SERVICE FOR WOMEN OF ALL AGES. OUR COUNSELLING SERVICE COVERS AREAS LIKE PREGNANCY, RELATIONSHIPS AND POST-ABORTION, TO HELP YOU TO HELP YOURSELF THROUGH A LONG TERM PROBLEM OR SIMPLY COPE WITH A PARTICULAR CRISIS.

WE PROVIDE A PREGNANCY TESTING SERVICE AND CLINICS FOR INFECTION TESTING AND PRE-MENSTRUAL SYNDROME AS WELL AS FACILITATING TALKS AND WORKSHOPS ON ALL ASPECTS OF HEALTH AND SEXUALITY.

The Dublin Well Woman Centre

73 Lower Leeson Street, Dublin 2. Tel. 610083, 610086
9am - 8pm, Mon - Fri., 10am - 5pm, Sat., 10am - 1pm, Sun.
35 Lower Liffey Street, Dublin 1. Tel. 728051, 728095
9am - 8pm, Mon - Fri., 10am - 5pm, Sat.
Welcome one and all. I would particularly like to welcome and congratulate all those who were successful in their Leaving Certificate and gained a place in this glorious institution of ours.

My name is Kilian Boushel and I am the President of your Students Union for this year. This is my fourth year in the College, two years spent studying for a Certificate and last year as Deputy President of your Students Union.

As President of the Student Union, it is my responsibility to represent your interests at College Council, and on a broader scale through our membership of USI, the national union of students of Ireland.

To help me do this, I will be hindered by my Deputy President, Fred, and hopefully assisted by the 6 part time officers on the Executive. The Executive are students in the College and their part time positions in the Student Union cover such areas as Entertainments, Clubs & Societies, Welfare, Publications, Women's Rights, and Education. (a brief intro. to each of them on the following page). To help me represent your interests, a Class Rep. system operates within the College. What happens is that each class elects one person to act as their Class Rep. Class Reps. then meet with the Student Union Executive on a regular basis to discuss issues, both academic and social occurring both within College and at a National level.

Once a term a Union General Meeting will take place. This meeting is called by the Union Executive and attended by all students. Now that you have been bored out of your mind let me just tell you a little more of what the Union has to offer.

The Union offers a vast range of services, details of which can be seen overleaf. The Union also offers a plethora of entertainments, the likes of which you have never seen. If, for any reason you have any quibbles about them you have my full permission to beat the living crap out of Fred!!! (only joking Fred, you have a lovely personality)

Enough of all that nonsense, and back to you.

Hope this publication is of some use to you. We hope we have answered at least some of your queries but we are always available in the Student Union office to lend an ear and help in any way we can. So feel free to call down any time.(after all, it is your union). Enjoy your time in College, join as many clubs as you can, eat, DRINK and be merry. Once again congratulations on getting a place. Oh yes, don't forget to study.(as I did!). Try to strike a good balance.

Enjoy your time here and I will see you during the year.

Kilian Boushel
President
To all first years I say HELLO to all 2nd years etc. I echo the thought “it’s September already?”. I’ve been told to write a page introducing myself and explaining to you what I do so bare with me as I bore you to tears.

My name is Fred Garvey and I am your Deputy President. My job basically is to help students in their day to day problems. If you should find yourself lost in the commotion of being in college not knowing what to do where to go be it socially or simply what class your meant to be you will find me in my office in the common room, (which is for those of you who don’t know is below the car-park) waiting their ready to help you in whatever way I can. I would like to make it clear that in winning the elections (Thanks to you!), the only ability I gained was that of representing you in whatever capacity you want me to. I have shown in the past that if you the student body wish me to I will voice your opinions in what ever corridors neccessary but this can only happen as I said if you come talk to either myself or Killian.

In the past couple of years the Union has become more more open to students especially last year thanks to Gerry Higgins and Co. so in that same vain myself and Killian want to ensure that the Union is your Union and not that of the “Chosen few”.

Most students on their journey through college spend a lot of their time enjoying the nightlife of Dublin and having a few sociable pints with their friends. This form of lifestyle is recommended by many including myself but it should be noted that the pub is not one of the many listed places of study, quite similar but still not recognised. Should some students decide after the year that they wish to return to college there is some stipulation with regard to passing some exams. It’s best to ask the porters for details so just keep that in mind. Finally on that note see you during the year and hopefully we’ll both be having a good timelil

Fred Garvey
Deputy President

Union Executive

President: Kilian Boushel
Deputy President: Fred Garvey
Entertainments Officer: Mick Glynn
Clubs & Socs Officer: Nick Geoghegan
Education Officer: Emmet McSweeney
Publications Officer: Ger Moloney
Welfare Officer: Orla Sheridan
Women’s Rights: Caroline Stynes
The Student Union is situated in the Basement of the College beside the Canteen area and provides a large range of services to all students.

General Union Office

It is here that the everyday business of the Students Union is conducted. The President, Killian Boushel and the Union Manager, Vivienne Byrne are based here on a full time basis. The office provides services ranging from the issue of Student Identity Cards (ISIC), Accommodation information, and Welfare. Also, if you have any queries, we will do our best to assist.

Photocopying Service

There are two photocopiers available, one outside the Union area and the second available at present on the first floor Design Area. These copiers operate on a Flexicard system and cards can be purchased in the Student Union Shop.

Union Services

Student Union Shop

This is next door to the Canteen and is managed by the newly appointed Shop Manager, Paul McEvoy. Congratulations, Paul. Paul is ably assisted by Yvonne. The Shop opens from 8.30 am until 9.00 pm. The shop stocks an extensive range of items both course related and other. These items range from Stationery, Art materials, Photocopying Cards, Newspapers Bus Tickets, Computer Discs, Calculators, Teas, Coffee, Confectionery, Sandwiches etc. etc. If you think there are any new items we could provide, please let us know.

Common Room

The Common Room is situated underneath the Car Park in the Basement. This is an O.K. place to spend some free time and bash a few balls round the Pool Tables or twiddle the knobs on the Video machines. Speaking of knobs, this is also where you can find our Deputy President, Fred. Fred’s job is to provide services to the students, (fnarr fnarr!), ranging from binding, providing a limited cloakroom area and hopefully a comprehensive second-hand book service.

Perhaps you have some ideas of your own. If so, tell us about them.

Photocopying Service

There are two photocopiers available, one outside the Union area and the second available at present on the first floor Design Area. These copiers operate on a Flexicard system and cards can be purchased in the Student Union Shop.

Lockers

The good news is that we now have bigger, better and brighter lockers available (anybody want the old ones) These can be rented for the year through the Student Union.

Medical Service

A medical service was provided for students for the first time last year. This was very successful. Information can be obtained from Fred in the Common Room. Medical Card Forms and Hospital Services Forms will also be available.

Bikes

A bicycle parking area is available underneath the railings at the front of the College. It is fitted with an electric gate to ensure security. Keys are available from the General Office for a small fee.
On the social side of the college, the Student Union runs entertainments during the year to give students a chance to meet outside the classroom and hopefully have mad ‘craic, caint agus ceoil’. FREE beer is a major ingredient which ensures a good time and hopefully there will be plenty of that going around! As soon as you all return you will be accosted by ‘Freshers Week’ and later on in the year by ‘Rag Week’.

‘Freshers Week’ is designed to give everybody a chance to get to know each other and have a good time. Gigs, pub quizzes and Clubs & Societies day are all to be found.

Speaking of clubs & soc’s, it is very important that you get involved, so join as many as you can. If you don’t find any that you like why not set up your own by contacting the Student Union Office. Throughout the rest of the year there will be millions of Ents organised, so keep your eyes on the noticeboards. All the Ents during the year culminate in ‘RAG WEEK’, which takes place sometime in February. This week entails major liver pounding, drunken debauchery and basically a great week for everyone.

At this point it must be said that no matter what you do it is very important to bear in mind your studies and pace yourself throughout the year. As the great Fred said himself, “If you can’t stand at 9, you can’t drink until 11”.

So there it is, all you have to do now is get involved, have fun, don’t drink too much and wear a condom. LONG LIVE DAVEY SPILLANE

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**Clubs & Ents**

- Basketball Club
- Equestrian Club
- GAA Club
- Golf Club
- Hockey Club
- Hurling Club
- Rugby Club
- Orienteering Club
- Pool Club
- Rock Climbing Club
- Self-Defense Club
- Soccer Club
- Swimming Club
- Volleyball Club

- Administration Soc
- Arts Soc
- Club 100
- Communication Soc
- Display Soc
- Designers Soc
- Dead Poets Soc
- Debating Soc
- Drama Soc
- Environmental Soc
- Film Soc
- Theatre Soc
- French Soc
- German Soc
- Graphics Soc
- Gay & Lesbian Soc
- Marketing & Advertising Soc
- Marketing Communicator Soc
- Print Soc
- Music Soc

These are some of the clubs which were operating in the college last year. If you feel you would like to set up your own club or society, feel free to do so. There are no constraints, so call into the Union and Kilian or Viv will tell you how to apply and get your hands on the money.
Within the College a system of communication operates between the students, the Union and the College management.

The following is a rough guide to the system so that you have a general idea of how it works.

College Council

College Council meets on a monthly basis and is attended by the College Principal together with the Heads of Departments within the College, the President of the Student Union, and other members nominated from both within and outside of the College. The Council discusses a wide range of issues relating to the management of the College and its students and the President of the Student Union can raise any issue arising from the Union General and Class Rep. meetings.

UNION STRUCTURE

Union General Meetings

The is the supreme governing body of the students Union. A Union General Meeting is held every term and it needs at least 10% of students before it can take place. Anyone can put forward a motion to be discussed as long as it is submitted 24 hours before the meeting. The first General Meeting will be held early in the first term to pass the previous years accounts, discuss the budget for the new year and hear the Executive’s programme of work for the coming year. If you want to know where your money is going and what is being said and done in your name, go along and ask questions.

Class Rep Meetings

Because the General meeting only takes place once a term, there is another system to help the Students Union work. This is the Class Rep Meeting. These meetings take place on a regular basis and can meet at short notice if required. In order for this system to work, it is vital that all classes elect their rep. as soon as possible, and notify the Union.
The all new DIT SU Constitution

With the passing of into law of the DIT Bill, the ground was laid for the amalgamation of the six colleges of the Dublin Institute of Technology.

"The individual students unions are to become one big happy family"

This will create the largest third level institute in the island with a total of twenty three thousand full and part time students and will also sound the death knell of the distinguished histories of the individual colleges.

Since the colleges are to be subsumed by the overpowering might of the Dublin Institute of Technology the individual students unions are to become one big happy family. Luckily the individual unions saw the probability of such a scenario way back in 1985 and formed responses to the whims of our overall masters.

When the DIT Bill loomed its ugly head about eighteen months ago the DITISC set up a sub-committee to draw up a new constitution which would enable the new union to function in the new environment of a single Institute. The committee had very few precedents to work from and so has broken a lot of new ground that other colleges may well learn from. The University of Ulster and the Belfast Institute of Further and Higher Education have both gone through similar birth pangs and growing pains but both are distinctly different in ethos and orientation and as such could not really be used as effective role models for the new Dublin Institute of Technology Students Union.

"the overall structure should contribute to the unity of DITSU"

The DIT may be the first such amalgamation of such magnitude in the south but the lessons of the University of Limerick and Thomond College have been well learned. The main problems facing the sub-committee were:

1. The degree of autonomy to be remain in the constituent college unions.

2. The whole concept of an overall president.

3. That the overall structure should contribute to the unity of DITSU while allowing the constituent colleges a voice in the government of the overall union.

4. The thorny issue of capitation, as it stands apprentices have all the rights of full membership yet they pay no capitation.

The sub-committee met many times since it was set up and a lot of arguing and compromising have helped us produce a draught constitution which was submitted to Dublin Institute of Technology Inter-Student Committee on July 8th. The draught constitution was accepted with minor amendments and copies of the constitution will be available for your perusal from September. The draught constitution is not the final item and any ideas will be gratefully accepted. The constitution will be put to a referendum throughout the DIT early in the second term.
Welcome (or welcome back) to the College of Commerce or as we’re soon to be called D.I.T. Rathmines. For me anyway, “Messages from your President” tend to be the same basic message full of the same basic cliches and it with this in mind that your friendly Students Union presents a new improved message that will undoubtedly clear away the greasy stains that no other messages clear away.

Enough of the bad jokes, it’s about time the truth about life in third level education or Rathmines leaked out. If you’re a first year, you have just entered the most underfunded, overcrowded college in the 26 counties. This academic institution has the smallest library in the country, the worst canteen and the year 1991/92 was the first year we had access to a Common Room. If you’re returning to your beloved Rathmines then you already know the problems facing students here, so I won’t depress you any more by reminding you of the very small and very overcrowded reading room and neither will I mention the fact that the majority of students spend their time in old and rather dilapidated prefabs. (which get very cold in the winter months)

Usually rants of this type spend a page telling you that during your time in 3rd level education you’re going to come across many problems that you won’t be able to solve on your own but that the Students Union can help solve. Unfortunately for those that despire the idea of Student Unionism this is very true and that is why myself, Declan Feely and the rest of the Executive and Staff will be here ready to help in any way we can.

This year will be especially important for both Rathmines and your Students Union as we prepare to move to our new college in Bishop Street which should be ready for students in September 1994, it is planned that the College of Marketing and Design will move in to Stage 2 of the building in 1997, give or take a decade. The Bishop Street site and in general the whole concept of moving to a new college has been used as an excuse for many a long year for not spending a shilling on student facilities. The only fly in the ointment seems to be the College of Marketing and Designs reluctance to move from its Northside squator to Southside opulence.

More importantly with the passing of the D.I.T. Bill in July, we are now free from the gombeen politics of the City of Dublin Vocational Education Committee and all the bureaucracy and politics that it entailed. This is also supposed to mean that within a year or two the D.I.T. will be granted its own degree awarding powers, so in effect we will be a university with a funny name. This will have two very important side effects, firstly the degree courses already in existence will have their awards validated by the D.I.T. this should cause some palpitations to existing D.B.S. students not to mention those courses awaiting degree status. It also means that Rathmines Students Union will cease to exist and that unfortunately I will be the last President of this illustrious place, my successors will be replaced by Conveners who shall in turn report to an overall D.I.T. President.

The purpose of the Union is to defend your interests and in order for it to function effectively you must become involved. If you want to take an active part in your Union why not run for election as a class representative? The Student Representative Council of which all class representatives are members is the main policy making body in the Union.

Finally, the Union is your Union, so use its’ services and if you have any ideas or opinions or if you just want have a chat, feel free to call in and say hello.

Is mise le meas,

Deiric O’Broin
President
Deputy President’s Address
Declan Feely

Welcome to the College of Commerce, Rathmines, glad you could make it. To returning students, I hope the year ahead will be a productive and enjoyable one. To incoming students, congratulations are in order, on making it into Third Level in face of intense competition.

As Deputy-President, I am primarily responsible for student welfare and I also act for or on behalf of the President, Deiric, during his absence.

Your time in college will probably be the most enjoyable time of your life, so make the most of it!

That said, life as a student may also have its difficulties. Whether you are new to the college or not, you may at some stage develop problems, be they academic, personal or social. Hopefully I can offer you a sympathetic ear and practical advice. If I myself cannot help, I will put you in touch with individuals who can help.

You don’t need enormous problems before you seek help. No matter what problems, big or small, feel free to call in for a chat. All problems referred to me will be dealt with in an informal and confidential manner.

I hope all students will use the welfare services provided by your Student Union. If you have any questions or problems don’t hesitate to call and ask because that’s what we are for. Many students, especially first years, may perceive the Executive as being a tight-knit elitist group. Fortunately this is not true, call in and we’ll show you otherwise.

Hope to see you soon!

DECLAN FEELY
Deputy President

Union Executive

Entertainments Officer’s Address
Matt O’Donoghoe

As entertainments officer my duty is to keep you, the punter entertained during your year at college. For the coming year we hope to avail of the new improved, non-biological, odour free and ozone friendly national entertainments structure to bring you bigger name acts from both Ireland and Britain, while continuing with the old reliables such as lunch time gigs, balls, trad nights quizzes, beer promotions, drama, comedy, battle of the bands and trips etc.

This year will also see the opening of the new U.S.I. Student Centre in the Temple Bar, the centre will cater specifically for students and has 2 bars and a large live music venue. This centre will be a regular for the D.I.T. colleges and it should provide a welcome respite from the monotony of the Olympic.

I also promise that next year’s “Rag Week” will be the most enjoyable ever and will make even more money for worthwhile charity. Last year’s annual dress dance was a major success and I know that next year’s will be bigger and better. Your support can actually improve the range and quality of ents. so get involved in the ents provided.

Finally, would those who don’t get involved, kindly refrain from the revered chorus “there’s nothing happening and nothing to do here”.

Hope to see you enjoying yourself during the year.

Matt O’Donoghoe
Entertainments Officer

The following Officers are to be elected in October:

Education Officer
Womens Rights
Clubs & Socs Officer
Careers & Employment Officer
Public Relations Officer
Welcome to Rathmines Student Union, the most user friendly union in the D.I.T. You're lucky enough to be served by two full time staff: Deirdre Tyrell the union secretary and Seamus Murphy the effervescent union manager.

Together with the union officers they co-ordinate the unions' many and varied services. These include the shop, photocopying facilities, a typing service, second bookshop, post, fax, the new minitel service and much more, all of which are detailed below.

Photocopy Service

The S.U. provides a photocopier for students use. Situated in the Union area it operates on a card system. Cards can be purchased in the shop.

Union Services

If you have any queries, problems or suggestions feel free to call in for a chat over a cup of coffee. Remember the union is there to assist you so avail of it.

The Shop

The shop is located in the Student Union area and is open from 8.45 am.

Stock includes confectionery, stationary, calculators, computer disks, newspapers, photocopy cards, freshly brewed coffee and sandwiches, the list is endless(almost) and all at prices you can afford. It is a service provided by the Union for you its' members and has no connection whatsoever with the Canteen.

Second-Hand Books

Considering the price of new books nowadays, its well worth checking out what's available in the Union. If you have books to sell take them to Deirdre in the Union, fill in the form and she'll get you the best price for your books.

Postal Address

This means you can have any post sent to you, care of the S.U. If you are in digs or a flat and you're concerned about the privacy or safety of your letters or if you might be changing address use the Union and your post will always get to you. Each day a list of names of people who have post waiting for them will be placed on the main notice board.
Notice Boards

Which brings us to those big bright coloured things which people tend to ignore. Read them always as you could miss something vital - like when the next reception is on.

Welfare Loans

These are for students in extreme financial difficulty. Small interest free loans are provided but remember they are loans and the sooner they are repaid other hard pressed students can avail of the limited welfare budget.

Union Services

Student Cards

The USIT card is a must for reductions in shops, restaurants, cinemas and especially on trains and busses. Call into Deirdre, fill in the form and have a photo ready.

Photo Service

Which brings us to our new service, our photo booth. 4 colour photo's, no hassle, no looking for a booth and all for €2.50.

Accommodation Service

The students union have produced, in cooperation with the Student Service Office, an accommodation list. This is a list of Digs, Flats and House shares. A fair proportion of which has been inspected as to standards, bus routes etc. Call in for a copy of the list and check a few places out. Do look around. If you do take a place off our list, we would appreciate if you would tell us so we can strike it off. And remember if you have any problems with your accommodation contact the Union at once. That's why we're here.

Welfare Information

A very important aspect of the Union we have leaflets and addresses in abundance
30% of the capitation paid by each student, including part time students is used to fund clubs and societies in the college. The following list of clubs and societies has been active in the college over the last two years and will hopefully continue actively.

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<th>Mixed Hockey</th>
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<td>Basketball Club</td>
<td>Political Society</td>
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<td>Ladies Soccer</td>
<td>Public Relations Society</td>
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<td>Horse Racing</td>
<td>Photogrphy Society</td>
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<td>Golf Club</td>
<td>Communications Society</td>
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<td>Class Soccer</td>
<td>Film Society</td>
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<td>Rugby (Bashers)</td>
<td>Drama Society</td>
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<td>Squash</td>
<td>Cumann Gaelach</td>
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**Clubs & Socs**

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<th>Adventurers</th>
<th>Journalism Society</th>
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<td>G.A.A.</td>
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<td>French Society</td>
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<td>Lesbian &amp; Gay Society</td>
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<td>Amnesty</td>
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<td>Womens Society</td>
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<td>Historical Society</td>
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<td>Astrological Society</td>
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Feel free to set up a club or society if you don’t find one that fulfils your needs, the Students Union will be distributing a booklet entitled "How to get your hands on the dosh" to enable students to make the most of their money. During Freshers’ Week the Students’ Union will be organising a Stands Day to allow students to join or set up a club or society of their choice.
Logo Design Competition: Prize £125

It has been decided that DITSU Ltd needs to update their letter head design and to this end we are running a competition amongst DIT students for this new design. The new letter head must contain all the information contained in the present one but must now be bi-lingual. The letter head can be any colour or colours but the fewer colours used the better. The judging panel will consist of the Directors of DITSU Ltd and their decision is final. It will not be possible to return any designs submitted for this competition. All entries must be sent to David Carmody, General Secretary, DITSU Ltd, College of Technology, Kevin St, Dublin 8 to arrive no later than Friday 23rd October 1992. The winning entry will receive a cheque for £125 provided that the entrant is a currently registered DIT student.

Good luck,

Dave Carmody
DITSU Ltd
The DIT Bill

by Deiric O'Brien

Hopefully this little article will hopefully explain the upcoming implementation of the D.I.T. Bill and the effects its introduction will have on the students of the D.I.T.

But first, a little history lesson is required to explain the labyrinthine background of the DIT. A sub-committee of the City of Dublin Vocational Education Committee, aptly named the DIT Governing Body, was set up in 1979 to work towards the development of a unified institute comprising the six third level colleges of the CDVEC.

The original intention was to house most of the DIT on a site in Glasnevin, now occupied by DCU. This proposal originally known as the Ballymun Project was delayed by internecine warfare between academics, politicians and VEC "apparatchiks". The outcome of this childish behaviour was that in 1984 the Minister for Education set up a committee to develop the site as an independent institute and to decide which DIT courses would be transferred to it. The CDVEC resisted this as an attempt to break up the DIT and as a direct result NHE Dublin was born.

The changed nature of activities of the VEC third level colleges over the years has led to concern over the limits placed on them by the 1930 Vocational Education Act. This Act, since it relates primarily to second level education, is inappropriate to third level institutions in the way they must operate in the academic environment of the 1990's. Principally this concerns activity research consultancy and other business linked areas. The lack of proper statutory provisions to allow the DIT to engage fully in these activities represents a serious limitation.

The Bill as introduced by Mary O'Rourke and just recently passed, seeks to address this problem in two ways:

Firstly it attempts to strike a balance between greater freedom and autonomy for the DIT while maintaining traditional links with the CDVEC.

Secondly it will enable the DIT to pursue research & development and consultancy work for business and industry and will also allow the DIT to set up limited companies to exploit the result of this work.

Unfortunately both government and opposition T.D.'s joined in an unholy alliance to criticise plans to reduce the role of the VEC's in running the "States Technical Colleges". The politicians seemed to believe that the Bills, both the DIT and RTC Bills, will make it harder to enter third level education. As Brendan Howlin(Lab. Wexford) said in the Dail on November 21 "we still have a very elitist third level sector with a national participation rate of only 1.2%" he went on to say that he disagreed fundamentally with the proposal to take away local control from the Colleges and transfer it to the Department of Education. The more likely explanation for political opposition to the Bills was the fact that they prohibit T.D.'s, County Councillors and M.E.P.'s from sitting on College Governing Bodies. It is of course understandable to be a little upset at being locked out of a cushy, not to mention lucrative, sinecure, where for years they stifled the growth of the most progressive sector of Irish third level education.

The DIT under the new Act now has the statutory recognition and allows for growth. Authorisation by the Minister of Education to allow the DIT to award it's own undergraduate and post-graduate degrees would allow the DIT to evolve into a Technological University similar to those found in Europe, where technological education is available from apprentice to doctoral degree level within a single institution.

The main argument for this move is that the DIT is the largest third level institute on this island and it has already proved itself well capable of providing all manner of educational courses to the highest international standards. The DIT has already been providing supervision in Masters and Doctoral degrees and as such has proved more than capable of continuing to do so for its own awards.

Hopefully Seamus Brennan or his successor will allow the DIT to evolve fully even if it does annoy the universities. As a de facto university the DIT should take its place as the nations' premier research and educational institute. The downside to this argument and one of the main concerns of students, is that existing degree courses currently validated by Trinity will be in the future validated by the DIT Academic Council and the allure of the Trinity name will be long gone. Will the DIT still attract such large numbers of applicants? Will the Public Relations battle be won by the new private colleges which have created a growing market for their wares? The answer is "nobody knows" or if they do they're not saying.

IF ONE WANTS TO READ THE D.I.T. BILL, THERE ARE COPIES IN YOUR STUDENTS UNION.
McCarthy’s
93 Upper Rathmines Road

One of the only locals pubs in Rathmines. If you want a nice quiet pint without being accosted by fellow students this is the place to be. The beer is good and it’s extremely peaceful.

Street’s
12 Rathmines Road.

In the old days the Public Relations class descended “en masse” on a Tuesday night to take part in “Starmaker”. Many a Rathmines student fell in lust on a Tuesday night, unfortunately the P.R. girls have been replaced by hairdressers and Des Kelly carpet salesmen and students no longer visit. Many a white stiletto heel has been broken on the path outside.

Hynes’
2 Rathgar Road

A friend of mine once said that it was the worst hole he’d ever had the misfortune to enter. Unfortunately he was stone-cold sober at the time so his judgement was definitely impaired. This particular outpost of the Hynes empire is decorated in a rather shabby early 1980’s style. Upstairs is even worse, watch out for the chrome armrests. It is the sort of pub where you’d expect to meet a rather hairy-chested man wearing a medallion. This however doesn’t prevent it being packed to the rafters during the academic year. Also caters for Slatterys rejects.

M & B Slattery’s,
Rathmines Road

This is a great old spit-on-the-floor pub. The Guinness is excellent and a cocktail has never been heard of here. Extremely popular with Rathmines Student union “heads” (you can usually spot them in the snug upstairs) and also a favourite watering hole of business studies students and ex-D.B.S. students. One of the only drawbacks is the pubs small size but the atmosphere is very conducive to the drinking of inordinate amounts of Guinness. The bar staff are friendly, helpful and extremely witty or sarcastic depending on your outlook, by the way it is probably the best pub in Rathmines. The other major drawback is that the staff are very selective about who they serve. Over 23’s only. I’m afraid.

Madigan’s
Rathmines Road

Undoubtedly the most unfriendly pub in Rathmines, the bar staff are curt and aren’t overly enamoured with students. The best idea is to avoid it and go elsewhere.

Curtin’s
196 Lower Rathmines Road

Many of Rathmines students drank their first pint in what was then known as the Lancer, they probably threw up soon after. Thankfully the new owners of this tavern have improved the quality of the beer dramatically and the introduction of hot lunches is very welcome if a bit expensive.

All Rathmines students visit it sooner or later and some stay to regale their friends with tales of the bad old days of the Lancer. You either stay or go, it’s a free world.

The Rathmines Inn
82 Lower Rathmines Road

This is a modern, luxurious place with carpeted floor and pleasant decor. I’ve yet to go into a pub with such a wide selection of draught beers and the best feature is its’ highly regarded happy hour which is actually two and a half hours in duration. Check out the draught Eichbaum on a long, balmy evening. The Rathmines Inn also serves excellent food but, by Christ, do you pay for it? £4.50 for roast beef on Friday is a bit too much for the locals, who usually just look at the working people eat.

Richard Crosbie’s
Ranelagh

One of the most famous pubs in all of flatland, used to be renowned for finding parties on a Saturday night but now, due no doubt to the large influx of UCD Ag. students, it has become slightly less friendly and not so much fun. One of those pubs you’ll either love or hate.

Russells of Ranelagh

A certain “olde worlde” charm is probably one of the best descriptions. Russells is small, very well kept and usually packed. However the clientele is made up of the 25-30 age group. Not a tot of students but well worth a visit.

The Sandford House
Sandford Road, Ranelagh

Not a very studenty pub but worth a visit if only to see the chairs the manager reserves for the local OAP’s. Well out of the way for DIT students but if you’re in the locality give it a try.

O’Brien’s
Upper Leeson Street

Not a very studenty pub except in
the month of May and in late August when Rathmines students sit their exams around the corner in Wesley Hall. Nice small, neat pub with good beer. Worth a visit before going on a binge in town after finishing those exams.

The Leeson Lounge
Upper Leeson Street
Just down the road from O'Briens but can't be compared, this pub is covered in GAA momentos and photographs of the famous Leitrim hurling team of 1911. Unless you want to buy a toasted sandwich and a cup of tea before your exams my advice would be to go elsewhere.

The Portobello
Richmond Street
Very large and airy pub with a good large conservatory type area but unfortunately seems to be full of Institute of Education type people during the day. Luckily at night it seems free of this malaise and it is definitely worth a visit. Sunday mornings are one of this pubs' prime times.

The Lower Deck
1 Portobello Harbour
Up until a year a go Rathmines students were barred from here because of a particularly fine Freshers week in 1989. Some of the older students still talk about Black Monday as it's affectionately remembered. Fortunately all the fences have been mended but unfortunately the Institute of Education moved in along with a myriad of overdressed students with money to burn. It's okay if you're in the mood but I'm not sure anybody feeling that depressed should allowed out by themselves.

J O'Connell's
Richmond Street
A very small and quiet pub that seems to have gone unnoticed by the hordes of students that regularly pass its' doors. The stout is excellent and you maywell be surprised and decide to linger for a while.

Bambrick's
11 Richmond Street
Probably one the most underrated pubs in the Rathmines/Kevin Street area. Its large and comfortable and is a must on any meaningful pub crawl of the vicinity. There's also a great music session on a Monday night.

Gleeson's of Harcourt Street
Not exactly a student type pub but worth a visit to see some off-duty Uzi carriers in action, the swiftest elbows in the west. The Gardai puzzle palace around the corner provides much of the clientele so be careful of what you say or smoke.

The Bleeding Horse
Richmond Street
Used to be known as the Falcon and used to be avoided by any one with at least half a brain. The Bleeding Horse, where did they find the name?, has been gutted and rebuilt. It now boasts one of the best interiors of any of Dublins pubs. Well worth a visit, if only to see the decor.

Cassidy's
42 Lower Camden Street
A long narrow pub. Cassidy's is well endowed with extremely comfortable armchairs and good toasted sandwiches. A usual starting place for pub crawls which end in Rathmines but of infinitely more values the petite function room at that back which is very handy for the odd party.

Cons' Pub
Camden Street
A rather small pub but of great interest to traditional music lovers in Kevin Street. They run gigs regularly during the year so why not call and have a pint.

The Vintage
6 Lower Camden Street
An extremely small and narrow pub frequented by a few porters from Kevin Street and a very few discerning students. The beer is okay and it's just the pub to go for a pint and a quiet chat.

Clarke's
11 Wexford Street
Another pub frequented by Kevin Street students, Clarkes has a pretty good lunch menu and the beer is okay. Watch out for the quiet, unoccupied table at the back, the main reason it's usually unoccupied is that it's just beside the entrance to the gents toilet.

Whelan's
Wexford Street
This pub/venue opened to tremendous publicity about three years ago and for a while seemed to be the only venue on the Southside that actually looked good on the inside. The interior in
Whelans is excellent, especially considering the nasty little incident in Kevin Streets in 1990 Rag Week, when this great pub was decimated by the combined forces of Kevin Street and Rathmines. All this is long gone and best forgotten and once again Whelans provides great music to all and sundry. Excellent place and most definitely worth a visit.

**The Wexford Inn**  
**Wexford Street**

The only time you'll ever see students in this pub is when some college is running a gig upstairs or a student is so drunk he thinks he's in his flat watching Zig and Zag. I doubt any money has been spent here since Kildare won a Leinster title, the interior has to be seen to be believed. Stay away in droves from downstairs where entertainment takes the form of badly sung Brit bashing songs. Upstairs on the other hand is as bad but due to the fact that most people are drunk before they even cross the threshold they don't have any lasting emotional scars. Only go if a college is holding a gig there.

**Ryan's**  
**92 Lower Camden Street**

Definitely the best pub serving the interests of Kevin Street students. It's a little small but the atmosphere alone more than justifies its' existence. The pub lunches are probably the best in Dublin, watch out for the excellent toasted sandwiches and minestrone soup. Rumour has it that the whole Kevin Street maths department lives here.

**The Junction**  
**40 Wexford Street**

It's likely that here you will find the greatest congregation of Kevin Street students outside the Snackery. Up until recently students were meant to 'drink in "Einsteins Loft", as upstairs was affectionately/stupidly called, but now they can drink anywhere and they do. The beer is okay and the bar staff are exceedingly friendly. Watch out though, as students have been accosted by Bible Thumpers asking silly questions about faith, religion and assorted sky pilot stuff. Apart from that the Junction is the most popular of all of Kevin Streets pubs.

**The Aungier House**  
**43 Aungier Street**

A locals pub just down the road from Kevin Street but reports occasionally tell of students venturing inside. Nice pub, good for quiet pint and very little chance of being accosted by people you're trying to avoid.

**The Swan**  
**Aungier Street**

See the Aungier House, only more so.

**I J Smythe's**  
**Aungier Street**

Reputedly the haven of students from the Accountancy and Business College so my advice would be to steer clear and go find somewhere without the brash sound of Foxrock accents.

**Charlie's/ Caddies/The Rock Alley**  
**2 Aungier Street**

One of Dublin's best small bands venues and definitely worth a visit. If your lucky you might see Smiley Bolger being carried upstairs to review a band. The doormen are frighteningly polite and the choice of imported beer is extensive.

**The Long Hall**  
**South Great Georges Street**

Truly one of the best kept secrets in Dublin, this pub is utterly brilliant. The beer is of a very high standard and the interior has to be seen to be believed. Not so much a student pub but more a young persons pub, I can't recommend this pub highly enough and it is most definitely worth calling to.

**The Stags Head**  
**1 Dame Court**

One of Dublin's most famous student pubs and rightly so. Apart from the large Trinity crowd, NCAD and other assorted students that frequent the place, the Stags Head attracts a varied crowd of rich and shameless. The main bar gives it a deceptively small appearance but the back bar and basement serve to absorb the crowds. You never know who you may meet? Highly recommended.

**The Dame Tavern**  
**18 Dame Court**

One of the most unknown quantities in Dublin pub circles, standing as it does opposite the Stags Head. Unfortunately its' secret existence isn't protecting any treasure of national importance. The interior is rather tatty and not exactly the most conducive to drink and conversation. The pint of stout is okay but the management have an unfortunate tendency to play Nell Diamond over the pub sound system. Beware the large mirror as you approach the bar as it can confuse and give the impression of a much larger pub.

**The George**  
**South Great Georges Street**

A small pub just on the corner of Dame Street and Georges Street. It's small and dark and frequented by students from the College of Management studies on Dame Street. Not much else to say really.

**The Crane**  
**20 Crane Lane**

Very close to the Olympia, a nice small pub that's extremely popular with people using it as a meeting place before going to the Olympia and more recently it's being used by fans of Punk Off to meet before going down to the Waterfront. A good pub that's well worth a visit.
The Oak
81 Dame Street

Nice pub and due to it's location, well worth a visit before entering the depths of the Olympia.

The Foggy Dew
Townes St

Close to the extremely ugly Central Bank, the Foggy Dew is the place to meet the up and coming, down and going, hang on and liggers of Dublin's Rock 'n' Roll world. It also seems to attract the most unsavoury of Dublin's nightlife i.e. UCD and Trinity students slumming it with the great unwashed. Be careful as you leave as you might trip over Fred Garvey. A word of warning to all those who intend to use the toilets, they are extremely manky.

The Banker's
16 Trinity Street

This pub caters for the salaried person rather than humanity in general, as pubs go the atmosphere is as exciting as lawnbows and the beer is not the best in Dublin. If you take my drift. The biggest drawback however is the clientele, they wear grey suits, drive grey cars and undoubtedly lead grey lives. John Major where are you?

The International Bar
Wicklow Street

This is a very hard pub to describe, I know at least 10 people who have completely different opinions of the International. I personally like it, there's good music and there is always a good mixed crowd. Wednesday night is comedy night and is most definitely worth visiting. Give it a try and form your own opinion.

The William Tell Lower
Stephen Street

Home to a multiple of unwashed bikers complete with grimy denim and leather. The William Tell throbs to the malignant tunes of Anthrax et al. A real haven from the harsh reality of life for many "easy rider" lookalikes. Worth a visit if only for curiosity value.

The South William
39 South William Street

Nice pub even if downstairs is a bit small, very now and then an impromptu music session will erupt and it's worth being there to see it.

Sheehan's
Chatham Street

Yuppified south city pub, the beer isn't the best and it's definitely best to avoid it. It's only interesting feature is the trap door behind the bar, many a customer has spent the evening wishing the bar staff would fall into the open hole.

Grogan's
South William Street

A strange bar with an even stranger mix of customers, the beer is very good and the bar itself is worth a look. As a friend of mine once said "go there to score" I'm was never sure what he meant but go along. Grogans is definitely worth a visit.

Sinnot's
St Stephen's Green

Unfortunately this pub has the dubious honour of possessing a doorman devoid of the essentials of civilised behaviour or dress sense. To ensure entry into this establishment be sure to wear your £15.95 chinos and not your £39.95 Levis. If you're unlucky enough to get past this paragon of good taste be prepared to be overcome by the lack of atmosphere. The pub physically resembles "Cheers" but I'm afraid that's where the similarity ends. A rather boring pub.

Bennigan's
South King Street

The haunt of many a trainee beautician or hairdresser. For women, hot pants and a dyed blonde corkscrew perm are de riguer. The main entry requirements for men seem to be a small pencil moustache, 750 grammes of scented hair gel, a black polo neck (resplendent with chronic dandruff) and to crown the outfit, a burgundy blazer. Oops, I nearly forgot to mention that approximately 10 square centimetres of jewelry must be worn as visibly as possible. Most importantly the price of drink is outrageous. Avoid it purely out of self-respect.

The Chicago Pizza Pie Factory
St Stephen's Green

This bar/restaurant is frequented mainly by packs of fresh faced youths and hen parties drinking anything from strawberry daiquiris to Tequila Sunrises especially during the so-called happy hour. Watch our for the toilets named strangely enough, Elton John and Olivia Newton John. Another interesting feature of the Factory is the staff dancing on the counter doing their impression of Saturday Night Fever and the crash of broken glass as the staff try to emulate their heroes from "Cocktail". Definitely worth a visit but remember to avoid drinking the draught as it's not up to much.

The Zoo Bar
Molesworth Street

The decor, barmen and music are all loud and flashy and unless you're a dab hand at sign language, forget about the art of conversation. Full of second
level students spending their mamas’ money and trying to impress each other. A good place to stop for Happy Hour cocktails, especially Long Island Iced Teas, but not worth spending the night here.

Bruxelle's
Harry Street
Lively, friendly atmosphere with a weird mixture of young and not so young. You can hear conversations ranging from how to fix the camshaft on a Kawasaki 650 to how to fix a horse. Watch out for the Mojo boots every second person seems to wear.

Mc Daid's
Harry Street
The pub of the literary set in the 1950’s, it still manages to survive on it links with better days. It was renovated a few years ago and seems to target our American cousins staying at the Westbury. Any place that serves a pint of Guinness with a shamrock design on the head is to be avoided. Brendan Behan and his associates are probably turning in their graves.

The Bailey
Duke Street
Now we're talking pretension, one of these pubs where they ask for your postal district before serving you a Ballygowan. Don’t bother unless you’re writing a thesis on the decline of Dublins’ pub culture.

The Dawson Lounge
Dawson Street
Claims to be the smallest pub in Dublin but apart from that I have never been able to find anything else to recommend it. If you’re feeling agoraphobic give it a try.

O'Donohue's
Merrion Row
Entry requirements for men seem to be a red, Guinness streaked beard, a rather ragged Aran sweater with Guinness stains and a stringed instrument of some sort. These musicians play cultured tunes to the assembled masses of fellow members of the European Community. Well worth a visit on week nights to drink a few pints and relax to some good music.

Pub & Restaurant Guide

Kehoe’s
South Anne Street
Another establishment for the beautiful people. Contingents from Trinity, Southside Belfield lads and lassies regularly park their arses here. Good pub despite such drawbacks, but be very careful of going to the toilets as the entrances are rather treacherous.

Davy Byrne’s
Duke Street
Home of upwardly mobile air-conditioning engineers, budding models and other aesthetically disadvantaged persons. A Tricot Marine sweater is almost obligatory as is a bad attitude to life in general. A pub with literary pretensions but at its most literary it would barely make the Ladybird Book of Best Forgotten Pubs. Don’t bother.

See Davy Byrnes, only without the literary pretensions and with a nicer interior. Also known for the hordes of staff from the insurance offices on Dawson Street, need I say more?

The Norseman
Temple Bar
If you happen to venture into this delightful establishment it’s likely that you’ll bump into the long haired lead guitarist from some band with a silly name or maybe some acting type person out to settle his/her nerves before that vital performance at the Project. Good beer and highly recommended for a City Centre pub.

The Temple Bar
Full of people who consider themselves the people to be seen with, but this funny enough isn’t enough to make you want to put up with the sycophantic clones you’re likely to meet here. Since it has recently become the trendiest pub in the northern hemisphere there is usually standing room only.
The Palace Bar
Fleet Street

This used to one of the great literary pubs Dublin was supposedly famous for. The back section in the bar is great and the lounge upstairs is quite cozy. Politically correct lobby won't let you drink here anymore because they don't serve travellers. The Palace was just unlucky enough to be caught, it's doubtful if any of the other pubs on this list would serve them either.

Boves
Fleet Street

Right opposite the bus terminus and so few people know about this gem. Ideal for a pint when in the city centre as it's only a minutes' walk from O'Connell Bridge. One of the best pubs in the area and well worth a visit.

Mulligan's
Poolbeg Street

Great pints of Guinness and the place is always packed with Irish Press journalists trying to solve the world's problems or why Con O'Houlihan is paid so much. This delightful watering hole is usually frequented by students and those who need a "cure" for their poor heads.

O'Neill's
of Suffolk Street

A great pub up until about 8.30 pm when crowds of Trinity types descend on this great pub. One of the best interiors of any pub in Dublin and a very wide selection of drink is held in secure quarters behind the bar. If you're in the vicinity call in and grab a pint. You won't be disappointed.

The White Horse
Georges Quay

A bit off the beaten track for a lot of students but well worth a visit for the music played upstairs. A varied crowd of dockers and professionals from the IFSC compete with students to get the best seats. Thanks to an "early house" license the White Horse has extremely long opening hours and seems to be much in demand for those who need a "cure" for their poor heads.

The Ha'Penny Bridge Inn

An extremely busy pub of late populated mainly, I'm reliably informed, by members of the Socialist Workers Movement. A nice pub, it's just a pity about the pseudo-revolutionaries that drink there. If you feel like talking to 30 clones of each other, give it a visit.

Madigan's
North Earl Street

In the not too distant past this pub was an old fashioned, men only bar. Adorned with mahogany and marble fittings this long bar has an unpretentious custom and provides a fitting atmosphere to take a quiet drink during the annual Christmas shopping binge.

Mc Grath's
O'Connell Street

No matter what I say about this pub it's going to be packed anyway. Most carbon based lifeforms find it repugnant and a bit of a klip but that doesn't seem to stop our northside brethren spending hard earned cash and E.S.F. grants buying beer and assorted spirits. If you have any dignity left, conserve it by avoiding this "hotspot".

Conway's
Parnell Street

A dead comfy pub at three in the afternoon, go there for lunch at your own risk as you may not make it back to work. It fills up with Sinn Fein in the evening but it's still worth a visit, just remember to leave your Union Jack t- shirt at home.

The Shakespeare
Parnell Street

A must for all aspiring Union hacks, once every six weeks this pub boasts the biggest collection of Union Officers in the country. Nothing to boast about I'm sure you'll agree, but nonetheless USI National Council brings them in from all around the country and then they escape to the "Shakey" for a lot of beer. Unfortunately it's unlikely that you'll meet Maxine Brady there. You pay your money and take your chances.

The Welcome Inn
Parnell Street

Well that's enough said about that. If the highlight of your day is watching Neighbours on TV at lunchtime this is the place for you!

The Peacock
ICP Car Park
Marlborough Street

But a stones throw away from the main door of Cathal Brugha Street, this strangely enough has become THE College of Catering pub. Decor and atmosphere are okay but the pub is usually so packed with students you notice neither. A good time can be had by all every night of the week in this pub.

Fibber Magee's

Actually called the Gate Hotel. La Mirage and Fibber Magees. This is not actually a usual student haunt. Its main concession to students being the fact that so many colleges use it for their Christmas Ball. The other youth related activity Fibber Magees is associated with is The Anarchy Night Cafe, a strange collection of crusties and...
DIT Ents

other social undesirables led by Jim Davis who hold court there on a Thursday night. Not exactly the best place on the Northside but you could do worse.

**The Avondale**
Parnell Street

The only reason I can think of to come here is to spy on all the S.P.U.C.ers whose office is upstairs. If you're interested in fascism go along and see those who are trying to bring it back.

**Joxer Daly's**
Dorset Street

Serves a good pint and the lunches are some of the best to be had. The inside of this famous hostelry is interesting and for all non COMAD students this is probably one of the better pubs to start a pub crawl across the city.

**It's much more fun to visit them than read about them!**

**Hill 16**
Middle Gardiner Street

Another C.O.M.A.D. hot spot though not as popular as it used to be, not a bad pub but not really in the same league as some of its' local competitors.

**The Goalpost**
Cathedral Street

Okay pub, seems to attract some Cathal Brugha Street students, but then again what pub doesn't? Notable for having one of the smallest dancefloors in Christendom.

**The Big Tree**
Dorset Street

Pleasantly decorated with loads of room. Another pub that's good for a change of scene. Good starting point for a north side DIT pub crawl.

**Quinn's**
Drumcondra

This industrially sized pub is ideally situated in the middle of the north side flatland and if you're ever looking for a party then this pub is a good starting point. A definite student oasis on the northside.

**Creaven's**
Hill Street

Frequented mostly by C.O.M.A.D. students, previously known as Tony Burke's, this pub has everything students could ever ask for. Good beer, a friendly landlord and good craic. It's advisable that all DIT students visit Creavens and see what they're missing.

**The Flowing Tide**

This pub only seems to attract the custom of students when they've just finished a protest outside the Department of Education in Marlborough Street. A pity really because it's a good pub without any pretensions, unlike so many other city pubs, well worth a visit.

**The Plough**

By its geographic position you'd guess this pub had a theatrical background, unfortunately unless the average age of Irish actors is 16 this is untrue. A strange alliance of Jason & Kylie and Sean O'Casey seems to be the best description. Cider and cheap European lager are extremely popular here as is the bus home to mammy. Only if you're going to the Abbey and want a quick drink and don't know anywhere else.

**The Yarn Hall**

This is a rather spacious pub which can usually mean people either love it or hate it. As an ex-president of Bolton Street once said 'it's a kip, stay away from it.' The stout is okay but unfortunately for the current president of Bolton Street's SU they have no draught cider. Another friendly warning would be to stay away from the toilets as they're not up to much.

**King's Inn**
Bolton Street

A small, snug pub frequented by legal types, Bolton Street students and locals in equal amounts. Old people sit in the bar mythologising over weighty topics while young folk sit in the alcoves fantasizing of graduating to the bar. 'We'll be like that when we grow up' they say to themselves. Great atmosphere, if you feel like meeting some Bolton Street people, though only God knows why, then visit and be happy.

**The four Seasons**
199 North King Street

This pub has reputedly got the cheapest draught cider in Dublin, the pool table upstairs is a lifesaver and many a peaceful night has been spent in its environs. Unfortunately there is no fire escape but apart from that this traditional pub is most definitely worth a visit.

**Barnstormers**
Lower Abbey Street

'Don't go unless you ride a Harley Davidson', is one way of describing this little treasure. It's probably more accurate to say 'don't go unless you dream about owning a Harley Davidson', a good pub with great music and well worth a trip.
across the river.

**Slattery's of Capel Street**

One of the best pubs on Capel Street, renowned for its music and craic. The beer is very good and this is one pub all students should consider visiting while in college.

**The Earl Grattan**

165 Capel Street

One of the most established small band venues on the north side and probably one with the youngest clientele. All the bands seem to exist solely on the goodwill of the drummers' daddy. Upstairs is definitely one of the best venues in Dublin, it's extremely small and painted black which gives the area a great atmosphere. The bands are rarely worth seeing but take a saunter in some night just to go upstairs. By the way, be wary of the toilets.

**The Fox and Pheasant**

3 Great Strand Street

A must for all trash and speed metal fans. In fact it's possibly the only place these fans can meet in the open.

**The Brazen Head**

Bridge Street

Reputedly Dublin's oldest pub, this alehouse has been located here in one form or another since the thirteenth century. Unfortunately the owners now seem to think that yuppies and visitors are more important just because they spend a lot more money. Unless you want to meet some tourists or plastic people, stay away and go to another pub.

**O'Shea's the Merchant**

Lower Bridge Street

"Well known for the bog warrior waltz" as a good friend once described it. If you're into traditional music and dance then this is the pub for you. The beer is good but beware of the hideous red plastic chairs, talk about an offence against good taste.

**Alfie Byrne's Chancery Place**

Used to be known as the Tilted Wig, frequented by members of the legal profession and some felons, they seem to rub shoulders without too much friction, which says a lot about the Irish judicial system. The beer is okay but watch out when you're going to the toilets as this pub is the proud possessor of the steepest steps I've ever seen.

**The Clock**

Thomas Street

The Clock seems to be the spiritual home of NCAD students and has a great deal to recommend it, not the least being its renowned toasted sandwiches. Worth a visit if only to see the art student in his/natural environment i.e. unemployed and in a pub spending his/her dole.

**The Liberty Belle**

If you're ever going to the Tivoli this pub is definitely worth a visit. Within a hundred metres of the theatre, the Liberty Belle has everything you could want from a small local pub.

**Mother Redcaps Christchurch Lane**

Situated right across the road from Christchurch this pub is large, friendly and has a great interior. Once the hang out of Century FM, Mother Redcaps now boasts an even stranger mix of locals, bankers from Woodchester Investment Bank and aficionados of traditional music. Watch the ceiling undulate as the "Siege of Ennis" is re-enacted upstairs.

**The Lord Edward Christchurch Place**

Not much can be said really, nice pub and if you're in the immediate vicinity why not call in and check it out?

**The Castle Inn Christchurch Place**

Once one of the best pubs in Dublin, the Castle Inn was recently gutted and refurbished, it's fair to say that there has been a slight change of character. But still definitely worth a visit.

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Restaurants

Bad Ass Cafe - Temple Bar
Situated in what has quite blatantly become the rive gauche area of our fair city the Bad Ass is a very lively and interestingly decorated pizza restaurant. Although it's definitely worth a visit for the experience the food is not the Mae West value for money, but everything is freshly prepared and cooked in view of the customer.

Bewley's
Westmoreland St, Grafton St
Georges St & Mary St
Although a wee bit pricey, a single cup of coffee in Bewley's will relax and calm you down more than 24 valium. Brilliant opening hours from early morn to well into the late hours. Good choice of hot and cold meals but as mentioned before a bit out of the average students price range. Good place to go and read a book or news paper or meet old friends and flames for some nostalgic chitchat. Avoid at rush hours 1-2 and 5.30-6.30 as at these times it's just not worth the effort.

Powerscourt Townhouse
Experience how the non poverty stricken ie non student population of Dublin lives. Sit on the balcony try not to think of how much money you have just spent on your rather meagre lunch and watch the world to by. The restaurant is based on a New York type theme which is actually quite original and works well. Nice for a head long dive into bourgeoise Dublin.

Marx Brothers
George's Street
Home of the best avacado and prawn sandwich in town and probably the only avacado and prawn sandwich in town Marx Bros is the business! and in a class of its own as regards originality and value for money. With an emphasis on vegetarian food Marx Bros produce the most ecologically and nutritionally sound menu in town. Try to get there before one or after two because the queue tends to stretch halfway down Dame Lane between these times.

Coffee Inn
South Anne St
One of these places that relies on the fact that it has become a rather trendy place to be seen for its reputation. Well it didn't get a good reputation for its food or furnishings!

Cafe Kylemore
O'Connell St
Really good value breakfasts and salady type things. Soup and hot main courses not bad but not really anything special at all. Sticky buns and cakes are also a house speciality. Food along the lines of Bewleys but better value for money. Decor nothing like that of Bewleys but I've certainly seen worse.

The Lion's Den
Cathal Brugha St
Not for those of us hoping to experience a hedonistic meal experience, or hoping to experience any sort at all should frequent. The only reason I've mentioned it is because it is the haunt of oh so many College of Catering students. One would presume they would have more taste but they don't.

Montague's
Marlborough St
Scrummy home made soup and the best rolls in town, they also do a BTL worth dying for worth the extra few pennies as the food is really class A. Stay well away between 1-2pm as the seating arrangements...
do not lend themselves to overcrowding, unless you are into krypton factor type obstacle course.

**The Village Cafe**  
**Rathmines**

Probably the most asthetically pleasing coffee shop I’ve ever seen with some of the most wholesome and healthy food in the world.

**The International Foodcourt**  
**O’Connell St**

A variety of separate theme counters make up an interesting pot-pourri of wonderful food. Chinese, Pizza, Trad Irish and Beshoff’s fish and chips. A good idea which is slowly but surely catching on. Tasty but small portions and a bit on the expensive side. Keep an eye out for week day special offers!

**Tea Time Express Coffee**  
**Dawson St**

It looks like something out of a Hans Christian Anderson fairy tale book. It’s frilly fussy and serves a range of tea time express cakes. It’s nice when the sun shines as you can sit outside.

**The JCR**  
**(Trinity)**

A Mad Spot!

**Judge Roy Beans**  
**Nassau St**

The restaurant is situated at the back of the bar so you have to way load your path through people giving you enquiring glances which ask “pray tell us what you are doing here. You don’t look half suitable to be associating with nous!” The food is very good very ethnic with a good choice of Mexican dishes. The portions are too small though and not great value for money.

**Munchies**  
**Exchequer St (Off Grafton St)**

An upper class sandwich bar with the most extensive range of fillings in the world. gorgeous food but not the most comfortable of seating arrangements. Worth a visit.

**Captain America’s**  
**Grafton St & Dun Laoghaire**

As the name implies the theme is aimed at the states. Fast type food served slowly. The food is mostly frozen or pre-prepared. The atmosphere has a good buzz.

**Chicago Pizza Pie**

I think the pizzas are the best in Dublin (they’re the ones with a real thick base) with a good choice of toppings. The menu includes other normal pasta and burger meals. The mud pie is a must for dessert. Ideal for big groups.

**Little Lisbon**  
**Forbes St**  
**(beside the Central Bank)**

One of the best value speciality restaurants in town.

**Burdocks**  
**opposite Christ Church**

Has got a reputation for the best fish ‘n’ chips in the world. They are extra tasty but the queue usually is out the door.

**18th Precinct**  
**Suffolk St**

Very middle of the range restaurant, with what I would describe as a safe menu. Chicken Kiev, pasta and various burgers.

**Cornucopia**  
**Wicklow St**

A vegetarian restaurant with very good value and ultra fortifying nutritional food. Avoid at peak hours as the seating arrangements are not the Mae West.

**Well Ted Cafe**  
**Crown St**

Full of trendily untrendy people engaging in the art of exciting conversation. The atmosphere is lively and one of the best special discounts to students at off peak times. Mostly vegetarian food. A definite thumbs up and as it is a co-op it’s also ethically sound.

**The Rock Garden**  
**Crown Alley - Temple Bar**

Recently opened gig venue with a restaurant upstairs. Absorb the hip atmosphere while revelling in the culinary delights. Another safe mer, burgers, steaks and pasta.

**Taavera**  
**Wicklow St**

A Greek restaurant which serves huge portions for none too exorbitant prices. Very friendly staff and cosy atmosphere.

**Abrakishbabra**

You would usually be in a state of alcohol influenced euphoria when eating here. They open late (24hrs on O’Connell bridge) to accommodate this fact. The food is tasty and serves a purpose.

**Restaurants**
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