



IMPORTANT DATES

In UCC, the academic year is divided into two semesters. The following timetable shows the teaching periods, study weeks, and holidays for first year students. Pop them into your calendar!



SEMESTER 1 (2025)

- Autumn Semester Dates:** Monday 15 September – Friday 5 December 2025
- Study Review Week:** Monday 8 December - Friday 12 December 2025
- Winter (Semester 1) Examinations:** Monday 15 December - Friday 19 December 2025
- Christmas Recess:** Friday 19 December 2025 - 11 January 2026

SEMESTER 2 (2026)

- Spring Semester Dates:** Monday 12 January - Friday 3 April 2026
- Easter Recess:** Monday 6 April - Sunday 19 April 2026
- Study Review Week:** Monday 20 April - Thursday 23 April 2026
- Summer (Semester 2) Examinations:** Friday 24 April - Friday 8 May 2026

HAVE A QUERY?

| **ASK**UCC |

SCAN THE QR CODE



OR VISIT [ASK.UCC.IE](https://ask.ucc.ie)



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UCC GREEN CAMPUS

UCC WAS THE FIRST UNIVERSITY IN THE WORLD TO BE AWARDED A GREEN FLAG, AND THE GREEN CAMPUS PROGRAMME (WHICH NOW RUNS IN EVERY UNIVERSITY IN IRELAND) WAS DEVELOPED RIGHT HERE IN UCC. THE UNIVERSITY HAS A GOLD STAR RATING FROM THE ASSOCIATION FOR THE ADVANCEMENT OF SUSTAINABILITY IN HIGHER EDUCATION, AND NOW RANKS 4TH IN THE WORLD FOR SUSTAINABILITY IMPACT, AS MEASURED BY THE UI GREEN METRIC RANKING. ALL THESE ACHIEVEMENTS STEM FROM THE STUDENT-LED GREEN CAMPUS INITIATIVE, WHICH WAS ESTABLISHED BACK IN 2007.

UCC Green Campus Initiative is a committee of students and staff who work together to initiate campaigns and projects around the themes of **waste, energy, water, travel, biodiversity, food and climate change**. By bringing together students and staff from all backgrounds, great ideas can become reality.

Some green campus initiatives include:

- ✓ UCC Community Garden, which is open to students and staff, and was a student-led idea
- ✓ Vegetables served in the main restaurant supplied by UCC's local farm
- ✓ UCC's **plastic-free campus initiative** (bring your own reusable coffee cup and water bottle to prevent plastic waste, and save money!)
- ✓ Green Campus podcast
- ✓ No-mow areas on campus
- ✓ Climate Assembly and Mock COP
- ✓ Green Labs
- ✓ Improved cycling infrastructure

Joining the Green Campus committee meetings is a great way to meet like-minded people, and to participate in making the university an even more sustainable place in which to learn and grow. Through

advocating for green initiatives, you can improve and expand your skill-set, social network, and really make a positive impact. To reach UCC Green Campus, follow us on social media (@uccgreencampus) or contact greencampuscommittee@ucc.ie. You can also download the UCC Green Tour app on your phone to take a tour of green initiatives on campus.

The Greenshoots Programme is part of UCC Green Campus. This is coordinated by Irene Ní Shúilleabháin (inishuilleabhain@ucc.ie). The programme is designed to engage students with action for climate and biodiversity on campus. It facilitates students' connection with nature, for their wellbeing and for the environment of which we are all a part. The Greenshoots programme hosts a number of events on campus throughout the year that are student-focused. It prioritises the student voice, and Irene is always delighted to hear students' ideas for engaging the student community with sustainability and nature on campus.



GET INVOLVED!



greencampus.ucc.ie

GET IN TOUCH

UCC Green Campus

✉ greencampus@uccsu.ie

📷 [@uccgreencampus](https://www.instagram.com/uccgreencampus)

🌐 www.ucc.ie/en/greencampus

WELCOME!

WELCOME TO UCC

Begin your student life in UCC by fully engaging and fully immersing yourself in the creation and application of knowledge. You will have access to many learning and research opportunities. Seize them all. Explore, keep an open mind. Learn to listen to other views, to other ideologies, to other philosophies.

KNOWLEDGE ABOUT THE WORLD WILL ALLOW YOU TO UNDERSTAND IT, APPRECIATE IT, AND CHANGE IT FOR THE BETTER.

You have a critical role in advancing the Sustainable Development Goals (SDGs) which represent the most significant, most important and most urgent objectives of humanity.

We have over 4,000 international students who represent 200 countries across the world. Reaching a level of global understanding is going to be important. This is one of the essential goals of universities—to foster deeper, more integrated layers of understanding between communities, both those inside and

outside the wall of this university and those across the globe.

KNOWLEDGE IS REINFORCED WHEN YOU STEP OUTSIDE YOUR COMFORT ZONE.

Embrace diversity. Diversity enriches us, it expands our outlook and our way of analysing, understanding, and seeking solutions to problems. The university community celebrates and promotes diversity. We want you to enjoy a wealth of cultural experiences that will enhance your education and enrich your personal life.

You will soon find out there is always something to do on campus. Every day is packed with activities: late night events, movies, guest lectures, concerts, exhibitions, and sports events.

Explore who you are as a leader – whether on a team, an executive board, or with your classmates and friends – initiate new ideas and explore new interests. Get involved. There are more than 100 societies and 60 sports clubs on campus, so you have choices!

MAKE EACH DAY COUNT BY CONTRIBUTING TO THE WORLD – LEADING, SERVING, PARTICIPATING. AND STAY HEALTHY; STAY ACTIVE – INTELLECTUALLY, PHYSICALLY AND EMOTIONALLY. IT IS THE BEST RECIPE FOR A PRODUCTIVE AND HAPPY COLLEGE EXPERIENCE.

I look forward to meeting you at Orientation and the Freshers' Fest on Saturday, 13 September.

Have a great year!

GET IN TOUCH

Nóirín Deady
First Year Experience Co-ordinator, MA (Arts), MSc CBT, MA (Guidance & Counselling), PG Cert Coaching, Registered Mediator (MII).

✉ n.deady@ucc.ie



Nóirín Deady with Remi - one of our trained service dogs in the PAWS Programme.

WE'RE HERE FOR YOU

Monday to Friday, 9am - 5pm

All queries:
www.ucc.ie/en/ask/prospective/

ORIENTATION

THIS IS THE DAY THAT YOU OFFICIALLY BECOME A UCC STUDENT. WELCOME!

Your university life will begin with orientation which is compulsory for all new students. This includes a day on campus (check the schedule below to find out which day you must be on campus) with presentations hosted by students and staff, opportunities to get to know your classmates and a Library and Campus Tour. You will also meet your Peer Support Leader who will support you throughout your first year. This is also a great day to ask any questions you have

about starting in UCC - ask your Peer Support Leader where the best coffee is, check on the exam papers during your tour of the library and bring any forms you need stamped to Student Central in the Hub.

STUDENT ID COLLECTION

Don't forget to collect your ID card! Follow the instructions on

www.ucc.ie/en/student-records/id-cards:

- ✓ Upload your photo
- ✓ Book an appointment to collect the printed card from Student Records & Exams in Kampus Kitchen

Do not book the card collection for the same day as your orientation. Your on-campus orientation is compulsory and you must attend all scheduled activities. This is where you get to know your new classmates, learn about where you need to go on campus, and meet your Peer Support Leader, and we don't want you to miss out.

ORIENTATION SCHEDULE:

Friday 29 Aug	Graduate Entry to Medicine.
Tuesday 2 Sept	General Nursing, Children's and General Nursing (Integrated), Mental Health Nursing, Intellectual Disability Nursing, Midwifery, Food Science, Nutritional Sciences, Architecture, Engineering.
Wednesday 3 Sept	Arts (Music), Film & Screen Media, English, World Languages, Theatre & Performative Practices, Digital Humanities & Information Technology, Government & Political Sciences, Criminology, Anthropology, BEd Gaeilge, BEd Physical Education, Sports Studies and Arts, BEd Science Education.
Thursday 4 Sept	BA (Arts) CK101 and BA (Arts International) CK108.
Friday 5 Sept	Commerce, International Business with Languages, Law (Pathways), Law & French, Law & Irish, Law & Business.
Monday 8 Sept	Accounting, BIS, Finance, Applied Economics, Food Marketing & Entrepreneurship.
Tuesday 9 Sept	Biological & Chemical Sciences, Biological, Environmental & Geological Sciences, Genetics, Chemical Sciences, Agricultural Science, Biomedical Science, Computer Science, Mathematical Sciences, Physics & Astrophysics, Data Science & Analytics.
Wednesday 10 Sept	Medicine, Dentistry, Pharmacy, Occupational Therapy, Speech & Language Therapy, Public Health Sciences, Medical & Health Sciences, Dental Nursing, Dental Hygiene, Paramedicine.
Thursday 11 Sept	Social Science, Early Years & Childhood Studies, Applied Psychology, Psychology & Computing, BSocSc (Youth & Community), BSW (Social Work).

If you can't make the day you're scheduled for orientation, please attend on Thursday, 11 September.



FIND OUT MORE



www.ucc.ie/en/study/undergrad/firstyear/orientation/

FRESHERS' FEST

FRESHERS' FEST AND OPEN DOOR WELCOME

Freshers' Fest and Open Door Welcome for family and friends on **Saturday 13 September**.

SEPT
13
SAT

CHECK SOCIAL MEDIA FOR UPDATES ON FRESHERS' FEST



SKILLS WORKSHOPS TO GET READY FOR COLLEGE



MEET CLUBS AND SOCIETIES



BRING FAMILY AND FRIENDS TO OUR OPEN DOOR WELCOME



SUCCESS ZONE

The Success Zone Canvas space provides you with 24/7 access to information and learning materials that you will need while settling into and progressing through your time in college. Whether this is your first time in university, you are a mature student, or are studying at postgraduate level, the Success Zone is an invaluable resource.

You will find learning material directly from our website through The Kit, UCC's Skills Centre, Student IT, UCC Library, the Graduate Attributes Programme, the Bystander Intervention Programme, the Academic Integrity short course, and UCC Career Services. These interactive, and often downloadable, resources are accessible to you 24/7 and aim to help you develop academically, personally and professionally.

FIND OUT MORE ABOUT THE SKILLS CENTRE ON P23



MY TIMETABLE

You can create your own personalised academic timetable by using the **'MyTimeTable'** web application.

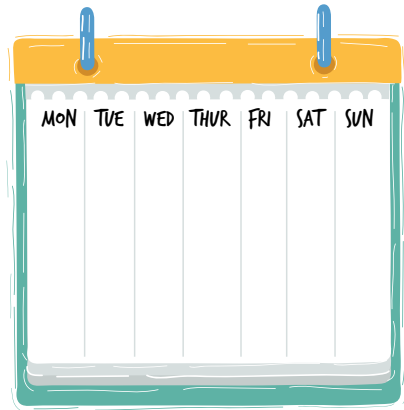
When you have received the details of your academic timetable from your department, you can create your own personalised timetable on **MyTimeTable** for the full academic year. Once set up, your personalised timetable will display details for the current week by default.

If there are any last minute changes to your scheduled timetable, e.g. change of location, cancellation, change of time – you will receive an email notification of this to your Umail inbox.

MyTimeTable timetables will always display the most up to

date timetable information as per departmental scheduling requirements.

Details of how to set up your personalised timetable on **MyTimeTable** are located here: www.ucc.ie/en/sit/timetable



FIND OUT MORE



mytimetable.ucc.ie



GRADUATE ATTRIBUTES AND VALUES

ATTRIBUTES

Attributes are traits that define our personality and how we approach different situations in our lives. UCC'S core graduate attributes are:

- Creators, evaluators and communicators of knowledge
- Independent and creative thinkers
- Digitally fluent
- Socially responsible
- Effective, global citizens who recognise and challenge inequality

VALUES

Your values are the things that you believe are important in the way you live, study and work.

- RESPECT
- COMPASSION
- AMBITION
- RESILIENCE
- INTEGRITY



YOUR COMPASS SELF ASSESSMENT

Receive a visual representation of your development of graduate attributes and values and access a suite of learning experience to support your growth.

Visit our website to learn more about Your Compass and our wide range of supports that will help you begin, belong, and become at UCC.



FOR MORE INFORMATION ON THE UCC GRADUATE ATTRIBUTES PROGRAMME AND HOW IT RELATES TO YOU, PLEASE CHECK OUT:

www.ucc.ie/en/graduateattributes/andme

WHAT YOU NEED TO KNOW

1

- PUBLIC TRANSPORT
- IMPORTANT CHECKLIST
- YOUR FIRST FIVE WEEKS
- GETTING STARTED / REGISTERING AS A STUDENT
- FEES
- GRANTS
- STUDENT ID
- FITNESS TO PRACTICE
- HEALTH SCREENING
- COST OF LIVING

PUBLIC TRANSPORT

UCC IS WELL SERVED BY SEVERAL CITY BUS ROUTES

www.buseireann.ie

Bus route 205
(every 15 mins)

Connects Campus to the City Centre and Kent Train Station, and to MTU and Bishopstown to the west.

Bus route 208
(every 10 mins)

Serves Western Road and connects Campus to Patrick St, St. Luke's and Mayfield (to the east), and to CUH Wilton and Bishopstown/Curraheen to the west.

Bus Route 220
(every 15 mins, 24hr service) and **220X express**
(hourly)

Offers links to Ballincollig or Carrigaline/Crosshaven via City Centre and Douglas.

Bus route 216
(every 30 mins)

Offers links towards the Douglas Road area, Rochestown/Monkstown, and stops near the UCC main campus on Bandon Rd/Glasheen Rd, at short walking distance.

BUS FARES

A single ticket in the city is €1.55 (adult) or €0.75 (young adult/student) if you pay by LeapCard www.leapcard.ie, which generally saves you 30% on cash fares. Avail of weekly or monthly tickets if you are traveling on a regular basis.

Avail of the 50% fare reduction (Young adults fare) by getting a student LeapCard. Plan your trip by bus, train or bike: www.a-b.ie Journey Planner.

GOCAR CAR-SHARING

If you need a car for short-term use, sign up for GoCar and rent a car on an hourly basis. There are about ten GoCar stations in Cork, one is just outside Main Campus. www.gocar.ie.

IRISH RAIL

Irish Rail runs frequent commuter trains from Kent Station to Cobh, Middleton and Mallow. Visit www.irishrail.ie

PARK+RIDE

UCC offers a free Park+Ride service, from its own P+R site at Pouladuff Road (all year) and Black Ash P+R (Term only). Shuttles run every 30mins (peak: every 15mins). See map for details. All information on commuting to UCC can be found at commuting.ucc.ie.

TFI BIKES

Public rental bikes (formerly 'Coke Bikes') are available at over 35 stations across the central parts of the city. The nearest stations are opposite the UCC Main Gates (at the Coffee Station), at the Gaol Walk entrance (close to Castlewhite), opposite the College Rd Archway and on Mardyke Walk (eastern entrance to Fitzgerald Park) and outside the Connolly Building. Annual subscription is €10, and the first 30mins of each trip are free: www.bikeshare.ie.

BIKE PARKING AT UCC

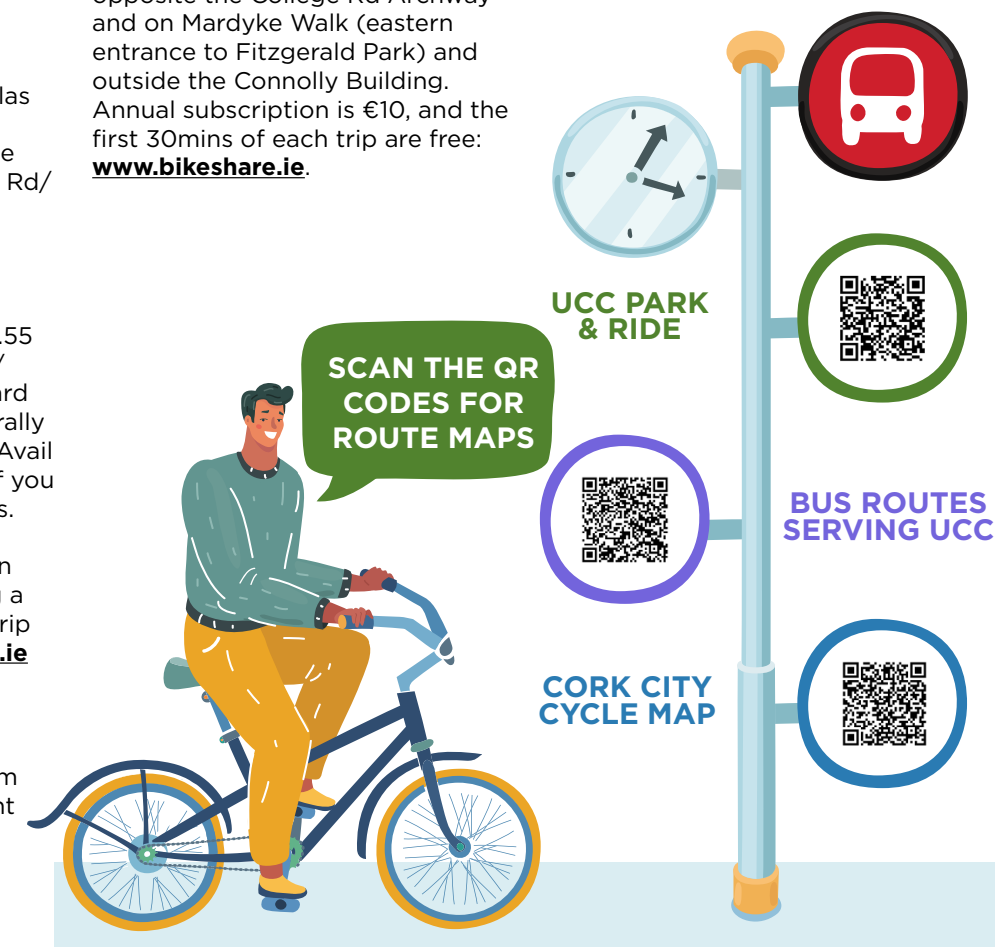
There are numerous locations for safe bicycle parking at most Campus buildings, and further extension of bike parking in UCC is in preparation. Changing facilities are available e.g. in the basement of the Kane Building. See commuting.ucc.ie.

GET IN TOUCH

commuting.ucc.ie

[f](#) UCC Green Travel Forum

PLEASE ALSO CONSIDER
BUS, COACH OR TRAIN
FOR YOUR WEEKEND
TRAVEL HOME



IMPORTANT CHECKLIST

ONCE YOU ACCEPT YOUR OFFER

- ☐ Check your emails for instructions on how to complete registration. You will receive 2 emails – a registration email and a student IT password email.
- ☐ Complete all steps of Registration, including Multi-Factor Authentication (MFA).
- ☐ Complete the HEA Equal Access Survey during Online Registration.
- ☐ Pay your Capitation Fee of €207.
- ☐ Pay your Student Contribution Fee (if you are not in receipt of a grant).
- ☐ Keep checking your email and www.ucc.ie/orientation for updates and next steps.



GET STARTED BY ATTENDING ORIENTATION

Get familiar with your new surroundings:

- ☒ Learn how to access all the resources, both academic and life skills.
- ☒ Attend Academic Induction.
- ☒ Introduction to the Students' Union.
- ☒ Get information on Clubs and Societies.
- ☒ Participate in campus and library tours.
- ☒ Introduction to professional student support staff.
- ☒ Meet your Peer Support Leader.
- ☒ Complete the Bystander Intervention Training.
- ☒ Introduction to Everyday Matters: Healthy Habits for University Life

If you can't make the day you're scheduled for orientation, please attend on Thursday, 11 September.

Explore the Success Zone on our Virtual Learning Environment, Canvas. We'll keep this open for you through the year to access anytime.

Need a letter proving you're a student for SUSI or the bank? You can now generate this yourself at <https://forms.ucc.ie/doc-self-service> - anytime, anywhere.

Unless you are registering for an online course, you should expect to be on campus for all learning and teaching activities related to your course.

Be cautious and book accommodation as soon as possible to avoid last-minute worries; you may also wish to speak to the landlord to find out what their cancellation policy is in the event of changes later in the year.

For help and advice on this go to: www.ucc.ie/en/accommodation/

YOUR FIRST FIVE WEEKS

1

- ☐ Start attending lectures.
- ☐ Join some clubs and societies.
- ☐ If you have a laptop, connect it to the wireless network (see p27 for support).
- ☐ Participate in activities organised during Freshers' Week.

- ☐ Contact Nóirín Deady, the First Year Experience Co-ordinator (n.deady@ucc.ie) if you think that you are in the wrong degree programme, or if you are finding it difficult to adjust.
- ☐ If you are in a course that requires Garda Vetting, please have your documents validated by Admissions Office.

2

- ☐ Ensure that you know how to access Library resources.
- ☐ Make sure you know your lecturers' names and know how to contact them.
- ☐ Know your academic mentor and know how to contact them.
- ☐ Have a budget plan/make an appointment with a Budgetary Advisor to put a plan together. www.ucc.ie/en/studentbudget
- ☐ Keep in touch with your Peer Support Leader.
- ☐ Revisit the Success Zone on Canvas if you are unsure about the academic supports available to you.

3

- ☐ Arrange a meeting with the First Year Experience Co-ordinator if you think that you are in the wrong degree programme, or if you are finding it difficult to adjust. Just so you know, the closing date for Change of Course is Wednesday, 2nd October at 5pm.

4

- ☐ Attend at least one Club and Society meeting or event.
- ☐ Attend a workshop on academic writing, study skills, or time management in the Skills Centre.
- ☐ Know the executive members of your Students' Union.
- ☐ Elect a Class Representative.
- ☐ Attend lectures, labs, and tutorials regularly.

5

- ☐ Make an appointment with Nóirín Deady (contact details are on p5) if you are finding it difficult to settle in to UCC.

ORIENTATION IS COMPULSORY FOR ALL NEW STUDENTS

HEA SURVEY

The HEA promotes equality of access to higher education for people with disabilities, mature students who did not previously have the opportunity to access higher education, those facing social and economic barriers and minority groups, including the Traveller community.

Please ensure that you complete the Equal Access Survey as part of your Registration process. The HEA wants to measure equality of access to education and use the data to allocate the resources needed to support students of all backgrounds and abilities.

GETTING STARTED / REGISTERING AS A STUDENT

Registration involves officially enrolling on your degree programme, paying fees, and uploading personal identity documentation. This is essentially your first step to becoming a UCC student. In UCC, Registration has a number of steps:

REGISTRATION

Registration begins when you secure your UCC student IT account with Multi-Factor Authentication (MFA) (unless you previously completed this as a past student).

You should then register online for your programme and modules, complete the HEA Survey (only if you have not previously completed it), provide biographical information, update your PPS Number (available from: www.welfare.ie), complete fee payment and download your Confirmation of Registration to your phone.

ONCE YOU'VE ACCEPTED YOUR CAO OFFER, KEEP AN EYE OUT FOR EMAILS FROM UCC (INCLUDING YOUR JUNK/SPAM FOLDERS). READ EACH EMAIL CAREFULLY!

You will receive two emails to enable you to complete registration - a registration email and a student IT password email, both of which will be sent to your **CAO email address**.

Your registration email outlines the steps involved in registration as well as details of your UCC student number and your UCC student email address (umail).

Your Student IT Password email provides you with single sign-on access to your student online services account.

Both emails will be emailed to you within 1-3 working days after accepting your CAO offer.

If you do not receive your Registration and/or IT Password emails please log this at: www.ucc.ie/en/ask/prospective/

If you experience difficulty with MFA, logging in to register or have any other IT issues please email: sit@ucc.ie.

Once you've completed online registration of your programme and modules, you should start using your student email (umail) address to communicate with us.

Please always quote your Student Number when communicating with UCC.

When you have fully completed your online programme/module registration in MyStudentAdmin, you will come to a Confirmation of Registration step. Here you will be able to access your Confirmation of Registration which you can download if required. Please note that this is the only Confirmation of Registration that is available.

You can find more information on Registration here: www.ucc.ie/en/student-records/registration/

GETTING STARTED / REGISTERING AS A STUDENT

REGISTRATION

Upload of Required Documentation

Once you have completed your programme and module registration, you must officially confirm your status as a student of UCC by completing the following steps:

Separately upload validated proof of ID and proof of address for courses requiring Garda Vetting

Programmes of study that include a relevant work placement, where students will come into contact with children or vulnerable adults, are subject to the UCC Student Garda Vetting Policy.

You will receive an email prompting you to complete vetting after you complete online registration and must upload the following documents:

Validated Proof of ID - One Document Required

- ✓ Passport
- ✓ Irish NDLS Driving Licence/Permit (new credit card format only)
- ✓ Irish Certificate of Naturalisation
- ✓ National Identity Card (EU/EEA/Swiss Citizens)

Validated Proof of Address - One Document Required

All certified proof of address documents must be in your name and dated within the last six months.

- ✓ UCC Letter of Attendance
- ✓ Letter of offer for course/programme (current address needs to be on it)
- ✓ Bank Statement (NVB does not accept Revolut / digital banking statements)
- ✓ Utility bill
- ✓ Credit Union statement
- ✓ Government Bodies (e.g. SUSI letter)

FIND OUT MORE



<https://www.ucc.ie/en/study/undergrad/studentgardavetting/>

Upload a photograph for your student ID card

In order to obtain your Student ID card please upload your photograph at: forms.ucc.ie/photoupload/. Details of the collection of your ID card will be available during the upload of the photo process. Any queries on photo upload should be submitted at: forms.ucc.ie/web-eng-reg-students

Upload of valid personal identity documentation for ID verification

This is compulsory for all students unless presented for a previous UCC programme registration. Students uploading ID documents for the Student Garda Vetting process must also complete this step. You will receive an email prompting you to do this within 8-10 days after registering.

See list below for accepted documents:

List of Valid Personal Identity Documents for ID Verification - One Document Required

- ✓ Birth Certificate
- ✓ Passport (photo page)
- ✓ Irish NDLS Driving Licence (new credit card format only)
- ✓ Marriage Certificate (if you wish to register under your married name)

Please note: If you are an **NUI graduate** and wish to register with details that differ to those on the Graduate Record (e.g. your married name, your gender, change of name by deed poll, etc.), you must first update your personal details at: www.nui.ie/services/document-services.asp before submitting your documents for the ID verification process.

FEES

FEES

Tuition: Students entering 3rd level education for the first time are eligible for free tuition fees.

The Higher Education Authority pays this fee on your behalf. Students who have already attended a 3rd level institution for any period of time may be liable for tuition fees. You will need to contact the Fees Office to check your eligibility for tuition fees or check the Fees Office website.

Student Contribution charge: This is €3,000 for all undergraduate programmes. This is payable by all students unless you are in receipt of a Student Universal Support Ireland (SUSI) grant. For details on how to apply for a SUSI grant please refer to: www.susi.ie

Capitation Fee: The fee is €207 for the 2025/26 academic year and is payable by all students. The fee is used to support certain student services and facilities.

UCC Student Fee Policy: All students should familiarise themselves with the University Student Debtor Policy. www.ucc.ie/en/financeoffice/fees/debtor-policy/

Payment of Fees is part of Registration and can be made during Online Registration, either by; Visa Debit Card, Credit Card (Visa, or Master Card). Your account is updated immediately when you pay online. Please ensure you have your credit card details or those of the person paying your fees to hand. Fees can be paid in two instalment, with the first instalment and capitation fee due on Registration.

Note: Payment of fees must be made during online registration.

Payment plans are available to full-time Irish/EU/EFTA/UK students. For more information, please see the Payment Plan webpage www.ucc.ie/en/financeoffice/fees/payment-plans/

Withdrawal
The withdrawal date for undergraduate students is from the date of registration up to and including 31 October. 100% of fees paid excluding Capitation fee will be refunded if withdrawal occurs during this time frame.

Withdrawal between the 1 November up to and including 31 January – 50% fees paid excluding Capitation fee will be refunded if withdrawal occurs during this time-frame. **No refunds will be processed until an official withdrawal has been completed.**

REFUND OF REGISTRATION FEES

a. If you complete Registration only and do not wish to continue on with your programme, your full Student Contribution charge and Capitation fee will be refunded.

b. If you complete Registration and then transfer to another 3rd level institution as a result of a higher offer, your full Student Contribution charge and Capitation fee will be refunded.

c. If you complete Registration and officially withdraw from UCC by 31 October, your full Student Contribution charge will be refunded.

d. If you withdraw after 31 January, full fees are owed.

ONLINE REGISTRATION MUST BE COMPLETED BEFORE YOU ATTEND ORIENTATION.

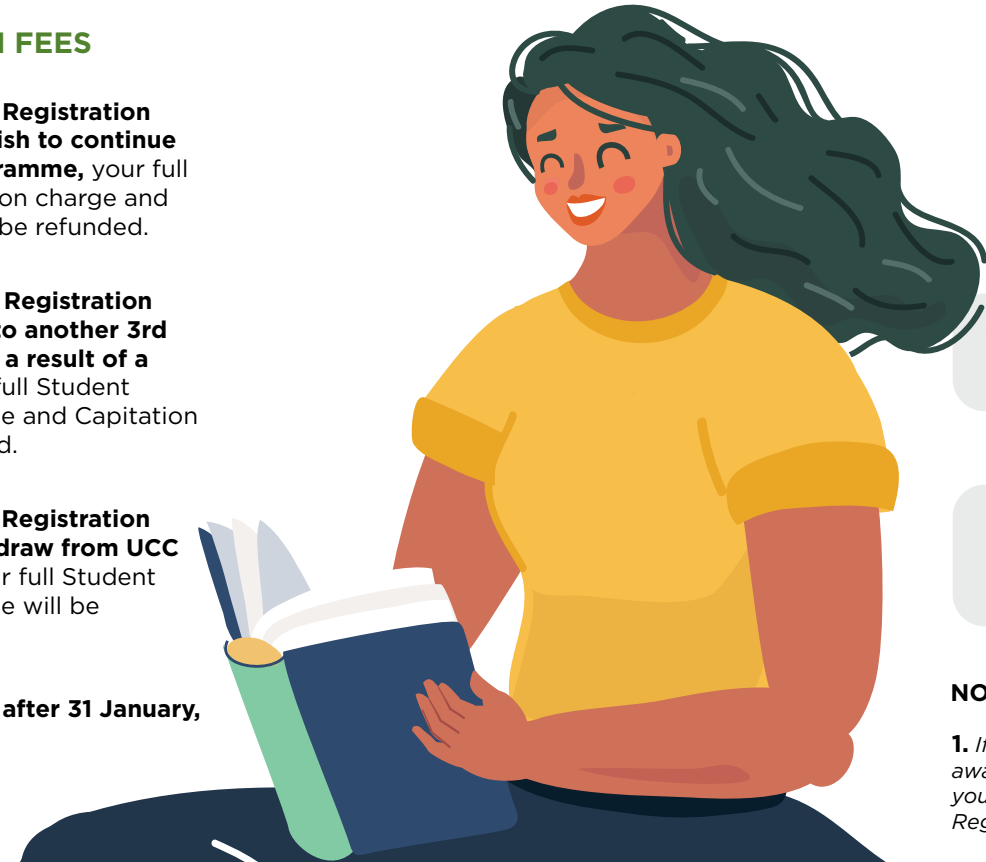
GET IN TOUCH

Registration Help Desk

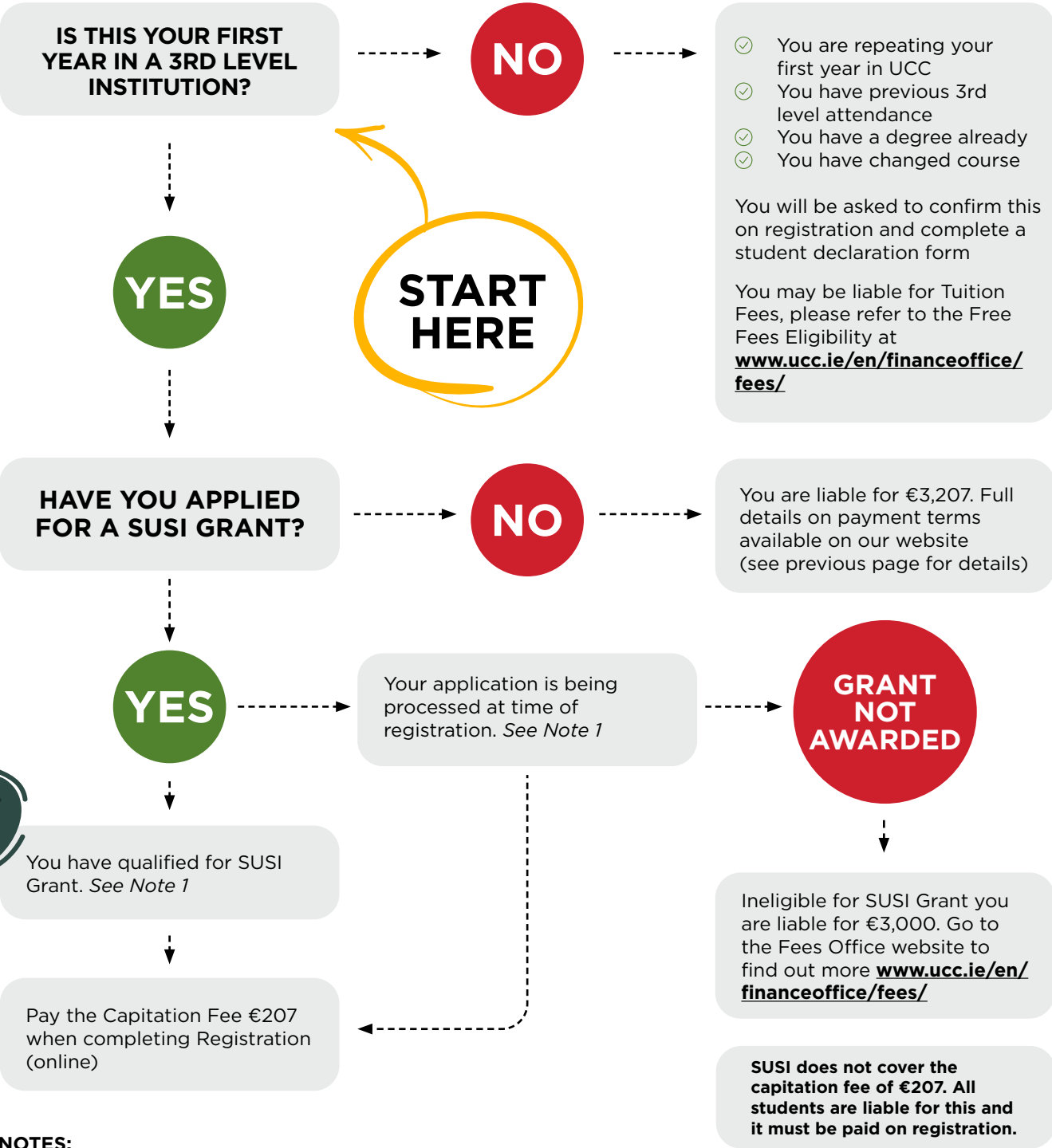
+353 (0)21 242 7409

www.ucc.ie/en/financeoffice/fees/

If you are considering withdrawing, please get in touch with Nóirín Deady (n.deady@ucc.ie).



HOW MUCH DO I NEED TO PAY?



NOTES:

1. If you have applied for or have been awarded a SUSI grant you must enter your SUSI Application number at Registration.

2. If you are unable to meet the scheduled payments please contact the Fees Office as soon as possible by submitting your query at www.ucc.ie/en/financeoffice/fees/faqs/.

3. You should familiarise yourself with the UCC Student Debtor Policy as failure to pay your fees may result in your ID Card being withheld or late fee penalties being applied.

GRANTS

STUDENT GRANT

Student Universal Support Ireland (SUSI) is the single awarding authority for all new grant applications.

The student grant application system is an online application system on: www.susi.ie

If you have applied for a SUSI Grant and are still awaiting a decision at the time of registration:

- ✓ Capitation fees of €207 must be paid as part of Registration and are never covered by a SUSI grant.
- ✓ If you have applied to SUSI, you will be asked to enter your SUSI application number so please have this to hand when completing Registration.

STUDENTS NOT ELIGIBLE FOR A GRANT

Students eligible for free tuition fees, but not eligible for a SUSI Grant are liable for the Student Contribution fee and Capitation fee of €3,207. Students may pay in two instalments. For further information on alternative payment arrangements please check the Fees Office website: www.ucc.ie/en/financeoffice/fees/feepayments

Repeat students, students who have changed course and students who already hold a degree are liable for Tuition, Student Contribution and Capitation fees. Repeat fees are calculated on a pro-rata basis. Student Debtor Policy: www.ucc.ie/en/financeoffice/fees/debtor-policy/

*Note:
If you pay the Student Contribution fee and Capitation charge and you are subsequently awarded a SUSI grant, any refund due to you will be issued by the University once payment has been received from SUSI.*

GET IN TOUCH

If you're running into difficulties or if you have any queries make sure to contact the Registration Helpdesk.

+353 (0)21 490 3000

www.ucc.ie/en/students/query

www.ucc.ie/en/financeoffice/fees/faqs/



FIND OUT MORE...

www.studentfinance.ie
www.ucc.ie/en/financeoffice

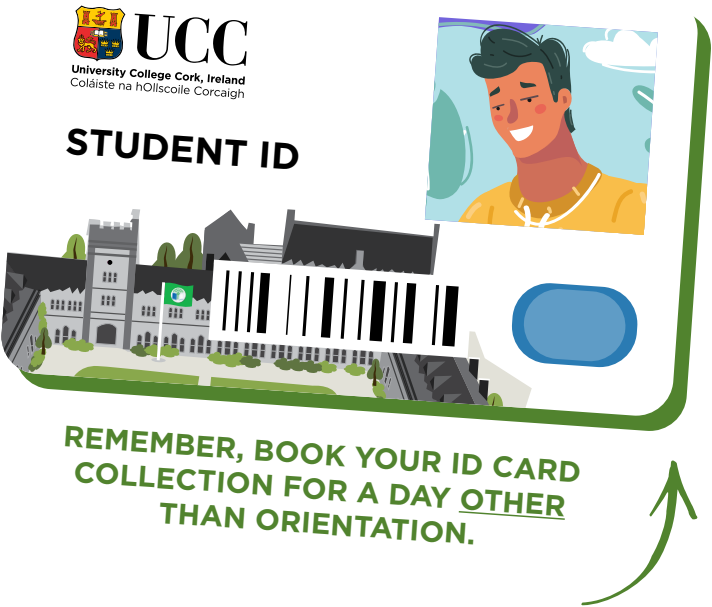
STUDENT ID

Look after your Student ID card as there is a replacement fee of €20 (you can request the replacement at the Student Records & Examinations Office).

This card will be your official identification card during your time in University College Cork.

Should you decide to withdraw from UCC before completing your degree programme, please return your card to the Student Records & Examinations Office.

Your Student ID card is part of the European Student Card initiative which allows you to access services in other European Universities. Visit <https://europeanstudentcard.eu>.



FITNESS TO PRACTICE

Are you taking a programme where you will undertake placement and training that involves dealing directly with patients, clients or service users?

If so, when you register online you will be asked to self-declare any health or criminal matter that could potentially impact your fitness to fully participate in your studies, clinical practice and/or placement.

Good health in the context of Fitness to Practice means that your health status is such that you are well enough to undertake safe and effective practice under supervision and will be able to work

as an independent practitioner on graduation. Good health does not necessarily mean the absence of any disability/specific learning difficulty or health condition.

A criminal conviction (or prosecution pending) prior to or during your enrolment at UCC will also need to be declared. These declarations will be addressed through Student Garda Vetting. Please see UCC's Student Garda Vetting Policy at:

www.ucc.ie/en/study/undergrad/studentgardavetting/

UCC will endeavour to support you during your studies.

You should not be afraid to disclose a condition for which you may need additional support.

Many students with health conditions, disabilities or specific learning difficulties are able to practice with or without reasonable accommodations to support their practice and you are legally supported in this. Further information including the full list of the programmes subject to this Fitness to Practise requirement is available at:

www.ucc.ie/fitnessstopractice

HEALTH SCREENING

Students on certain courses that involve placement in clinical setting are screened for and vaccinated against certain Infectious Diseases (IDs) if not already immune. These illnesses include Hepatitis B, Measles, Mumps, Rubella, Varicella Zoster, and Tuberculosis.

The ID screening and vaccination programme is provided by the Student Health Department, which is responsible for certifying your ID Clearance status prior to your placement in a clinical setting during the clinical component of your course.

It is essential that you fully comply with all aspects of the programme, to protect you, your future patients and the clinics and hospitals you will be attached to.

The Fee for this service will depend on what you are enrolling for and what vaccines you've had previously.

This fee must be paid by students in the following undergraduate programmes:

- ✓ Medicine
- ✓ Dentistry
- ✓ Pharmacy
- ✓ Clinical Therapies (e.g. Occupational Therapy and Speech & Language Therapy)
- ✓ Dental Hygiene
- ✓ Dental Nursing
- ✓ Nutrition

Fees are payable at the Student Health Department at each student's ID screening and vaccination appointment. You will be advised of how to register and pay for this service when you begin your course.

Nursing students are screened and vaccinated by the HSE and are not liable for the ID screening fee.

See www.ucc.ie/en/studenthealth/healthcare/incoming/ for more details.



COST OF LIVING



Many courses have essential requirements to complete modules such as laptops. The University provides a laptop scheme to assist those who may not be able to financially acquire a laptop. For information on eligibility please see: www.ucc.ie/en/sfsa

ASSISTANCE FUND

The Student Assistance Fund provides financial assistance for full-time higher education students who are experiencing financial difficulties whilst attending university.

The Student Assistance Fund provides a further source of funding for higher education students in addition to the Student Grant. All full-time registered students (subject to EU status), are eligible to apply for assistance from the fund. Students may be supported for one repeat year only. Further information: www.ucc.ie/en/sfsa

SOCIAL LIFE & ENTERTAINMENT

€250 per month

Social life and entertainment costs are subject to one's budget and interests. For guidance, streaming sites such as Netflix, Amazon Prime and Disney+ can be expensive and you could pay up to €35 per month for such services. Factor in Deliveroo (1 x €15 per week), online shopping (€30 per month), phone credit (€20 per month), Spotify (€5.99 per month) and at least two coffees a week at (€7 per week), cinema (€15 per month) and maybe a drink with a friend (€20 per month), you could have expenses of around €250 per month.



STUDENT ACCOMMODATION

Ranging from approx. €6,500 to €12,000 per academic year

The average cost of apartment style student accommodation is approx. €8,000 per academic year. Prices for apartment style accommodation may include utility bills and a lease can last from 37 to 42 weeks. Due to recent changes in Irish law, students who avail of student-specific accommodation may now request to pay their accommodation in monthly instalments. Check out our student accommodation options on p22.



GET IN TOUCH

Make an appointment to talk to the Student Budgetary Advisor about budgeting.

✉ studentbudgetingadvice@ucc.ie

🌐 ucc.ie/en/sfsa

FIND OUT MORE...



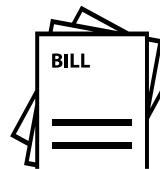
www.ucc.ie/en/sfsa/budgeting/

UTILITY BILLS

Approx. €100 per month

Utilities include bills such as internet access (approx. €20*), electricity/gas (approx. €70*), and bins (approx. €10*). It is, however, reasonable to assume a bit of leeway here as bills can vary across the city, with different suppliers, usage, number of people sharing the bills and can depend on the condition and age of the house.

**prices estimated are per month per student*



FOOD

€240 per month

We all have to eat, and students need to factor in a food budget. You should put aside at least €60 per week for a weekly grocery shop. Make sure to eat plenty of brain food (such as green veggies, berries and fatty fish) to supercharge your brainpower during your studies!



PRIVATE RENTALS

Ranging from approx. €600 to €800 per month

Cork has a vibrant rental market with availability in both private rental and purpose-built student accommodation. Rental costs can vary according to location, quality, and the amount of people you choose to live with.



TRANSPORT

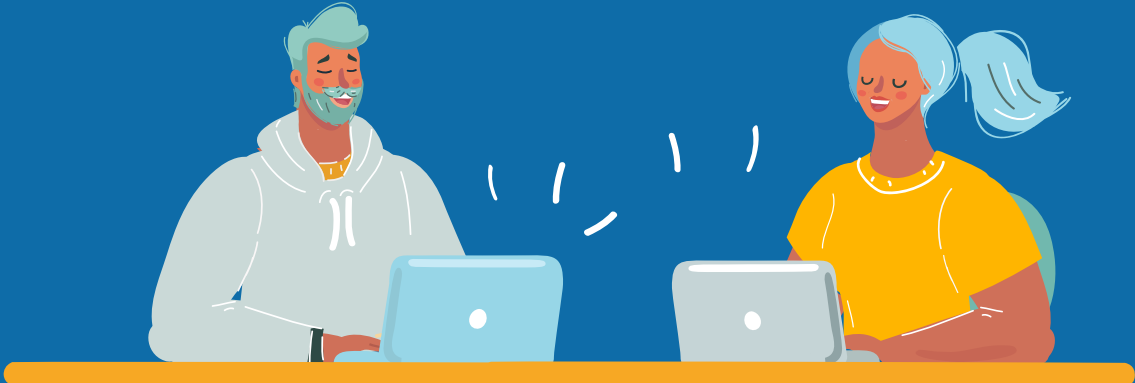
Can be as low as €0 per month

If you live in Cork city, then your daily commuting costs to college will be very low (see p11). With UCC being within 1km walking distance to most accommodation complexes and to the city, UCC's location allows you to walk, run or cycle to campus with ease. Zero cost, zero carbon commuting. A win-win situation all around!



STUDENT SERVICES

2



- ACCOMMODATION
- NITELINE
- CAREER SERVICES
- SKILLS CENTRE
- ACCESS UCC
- UCC LIBRARY
- CHAPLAINCY
- IT SERVICES
- UCC PEER SUPPORT
- STUDENT HEALTH AND WELLBEING
- STUDENT MENTAL HEALTH AND WELLBEING HUB
- STUDENT SUPPORT TREE

ACCOMMODATION

ACCOMMODATION AND COMMUNITY LIFE

The Office of Accommodation and Community Life provides an information service for incoming and current UCC students who are seeking safe and affordable accommodation throughout their academic journey.

We provide up-to-date advice on all types of accommodation in the local and surrounding areas: purpose-built and owner-occupied student accommodation (apartment style), private house shares (with other students) and digs (owner occupied homes).

GREEN LIVING, ALCOHOL FREE/SUBSTANCE AWARE AND QUIET HOUSING

We are delighted to announce that students attending UCC can now avail of Green Living, Alcohol Free/Substance Aware and Quiet Housing options in all UCC Campus Accommodation complexes.

Students who wish to live in one of these housing options must agree to adhere to Campus Accommodation UCC regulations in advance of occupancy commencing.

PARKING AT UCC

If you take up accommodation near UCC, we strongly suggest not bringing your car. UCC does not provide any overnight parking on any of its car parks. This is strictly enforced. On-street parking is very limited, costly and a regular cause of conflict. Unless you have a guaranteed on-site space for your car in your accommodation, we would encourage you to use public transport for commuting wherever possible.

GET IN TOUCH

To help with your search, or to understand your rights as a tenant, please check out our website or get in touch.

www.ucc.ie/en/accommodation

+353 (0)21 490 3849
+353 (0)21 490 3091

resservices@ucc.ie

CAMPUS ACCOMMODATION FOR FIRST YEAR STUDENTS

Victoria Lodge	+353 (0)21 494 1200	victorialodge@ucc.ie
Castlewhite Apartments	+353 (0)21 490 2867	castlewhite@ucc.ie
Áras Uí Thuama (University Hall)	+353 (0)21 490 2314	g.labh@ucc.ie
Victoria Mills	+353 (0)21 486 7615	info@victoriamills.ie
University Hall	+353 (0)21 481 8400	universityhall@ucc.ie

NITELINE

Niteline is a listening service run for students, by students. Niteline has two contact options for students, a Freephone number or an instant messaging tool. It is a 100% anonymous, non-judgemental, non-directive, confidential service.

It is run by UCC students who have been trained by the Cork Samaritans. The service is available to any student who needs someone to talk to about any issue or concern they may have.

Niteline runs Sunday – Thursday, 9pm-1am during term time. The Niteline number is 1800 32 32 42. You can access the instant messaging service and more information regarding Niteline at: www.ucc.ie/en/peersupport/niteline

CAREER SERVICES

CAREERS CONNECT

UCC Career Services offers all UCC students and recent graduates access to the Connect platform. Once signed in, you can register for careers events and browse part-time jobs, internships and graduate roles/jobs.

EVENTS

Engage with our team and employers from a whole host of sectors at webinars, career fairs and targeted events. Check the events calendar and look out for our social media posts. www.ucc.ie/careers

GETTING EXPERIENCE

Register on Careers Connect where you can find part-time jobs, internships and graduate roles. Set up your profile and select your job notification preference: careersconnect.ucc.ie

Find voluntary opportunities in non-profit organisations and UCC EmployAgility roles on our dedicated Student Volunteer website: www.studentvolunteer.ie/ucc

UCC EMPLOYAGILITY AWARD

The UCC EmployAgility enables students to receive formal recognition for taking part in extra-curricular activities both inside and outside of UCC.

The six pathways are:

- ✓ Internship Pathway
- ✓ Student Life Pathway
- ✓ Volunteering Pathway
- ✓ Entrepreneurship Pathway
- ✓ Innovation Pathway
- ✓ Open Pathway

CATCH UP ON WEBINARS

Catch up on webinars on topics such as Creative Job Searching, Creating your Online Brand, Networking to Access the Hidden Jobs Markets and more by logging onto our dedicated student-sign in Panopto space.

PROFILING FOR SUCCESS

Not sure of what career would suit you? Unsure of what truly motivates you? Access online psychometric questionnaires to enhance your self-awareness, help you to plan your career and make good career decisions. Profiling for Success will provide you with a confidential, personal report of your career interests, personality, motivation and learning style. www.ucc.ie/en/careers/areyouacurrentstudent/advice/profilingforsuccess/

GET IN TOUCH

Connect with a member of the Career Services team.

- UCC Career Services, 2nd Floor, The Hub, University College Cork, T12 YF78
- +353 (0)21 490 4802
- careers@ucc.ie
- www.ucc.ie/careers

SKILLS CENTRE

The Skills Centre helps you find your academic feet in UCC. Our approach is 100% student-centred, you are our main concern!

We can show you how to manage your assignments and navigate the academic challenges of university life. You can meet with our tutors (current postgrad students) face-to-face and virtually for advice on how to begin an essay, create a structure, establish flow, build an argument, and teach you how to edit and proofread your own assignments before submission. They can also assist with literature

reviews, planning final year projects, time management, managing your workload, help you create timetables, practice presentations, and more!

If you need help to familiarise yourself with the technology needed for university life, our Digital team can help, and since January 2025, the Skills Centre has also offered Sensory-Friendly writing clinics and academic study coaching 1-to-1s. Using different activities to suit all learning styles and needs, our team encourages you to improve your written and

verbal academic communication and study approaches to ensure you are on the pathway to success.

Remember, we are here whenever you need us to **#unlockyourpotential**. We cannot wait to meet you.

GET IN TOUCH

- Skills Centre**
- +353 (0)21 490 3839
- skillscentre@ucc.ie
- skillscentre.ucc.ie



ACCESS UCC



DISABILITY SUPPORT

Disability Support (DS) provides a confidential and professional service for students with disabilities, learning differences and or significant ongoing health conditions who need to avail of supports while in UCC. Students need to register with DS to avail of these supports. We call these supports reasonable accommodations.

We have a team of Advisors who are available to help ensure appropriate reasonable accommodations are put in place so you can thrive here in UCC! Students can register with Disability Support when completing their overall online university registration. Information on how to register with DS can be found in the Find Out More box.

Reasonable accommodations are identified during the registration process. These supports can include:

- ✓ Academic accommodation, such as, access to lecture recording.
- ✓ Exam Accommodations such as, extra time or a smaller venue.
- ✓ Additional supports in DS, such as, access to Occupational Therapy and Learning Support groups.

Access UCC is committed to creating an accessible, inclusive, and supportive learning environment for students. The Access UCC Team are here to support you on your journey through UCC. Please see further details of the services provided below.

**FIND OUT MORE**

www.ucc.ie/access

ANY QUESTIONS?

Come to a drop in, DS offers daily drop-in sessions where you can meet an Advisor to find out further information regarding the supports you need.

MATURE AND QQI FET SUPPORT

We are here to support you through your undergraduate journey. We can advise and direct you as you settle into student life, so make sure to reach out to us. We strive to make the transition to UCC as smooth as possible.

SUPPORTS INCLUDE:

- ✓ Pre-entry application support and guidance
- ✓ Dedicated Pre-entry Orientation Programme
- ✓ Advice and support on financing your studies
- ✓ Life coaching
- ✓ Tutorial support
- ✓ Events throughout the year



FIND OUT MORE

youtu.be/WmKafRGO2Kg



PLUS PROGRAMME

The PLUS Programme provides a variety of personal, practical, academic, and financial support to students who have entered UCC as part of the Higher Education Access Route (HEAR) Scheme. You can find out details on the HEAR Scheme on www.accesscollege.ie/HEAR

ACCESS UCC

STUDENT FINANCIAL SUPPORTS & ADVICE

The Student Financial Supports & Advice Office aims to support students through financial assistance, information, and advocacy. Financial support is available to students who experience financial difficulty while attending university.

The office also offers all students the opportunity to engage with our dedicated Student Budgetary Advisor. The advisor will support you with enhancing your money management and financial literacy, support you with any issues with your SUSI and offer sound advice on potential funding for your time at UCC.

Services which currently operate under the Student Financial Supports & Advice office are:

- ✓ Student Assistance Fund (Full Time Students only)
- ✓ Financial Aid Part Time Fund (Part Time Students only)

- ✓ Laptop Loan Scheme
- ✓ New Avenues to Teaching (NAT) Bursary (School of Education Students only)
- ✓ Student Budgeting Advice
- ✓ SUSI Support
- ✓ 1916 Bursary support, Department of Social Protection Queries, Educational and Rental tax credit queries

Please visit www.ucc.ie/en/sfsa for full details on all financial supports available to students.

**BOOK AN APPOINTMENT**

www.ucc.ie/en/sfsa/contact



GET IN TOUCH

+353 (0)21 4904807

1.45 First Floor, The Hub, Main Campus

Disability Support

dssinfo@ucc.ie

Mature Student Support

mso@ucc.ie

QQI Student Support

qqisupport@ucc.ie

PLUS Programme
uccplus@ucc.ie

Student Financial Supports & Advice

studentassistancefund@ucc.ie
studentbudgetingadvice@ucc.ie



UCC LIBRARY

The Library consists of the Boole Library on main campus and the Brookfield Health Sciences Library.

All registered students will receive a student ID card which you can use to access the Library and its electronic resources and borrow materials.

KEY SERVICES

- Free access to digital tools and technologies through the Digital Scholarship Studio such as virtual reality, 3D printing, the Library Studio, Podcast Studio and equipment borrowing. The Digital Scholarship Studio also provides access to a wide range of specialist software including software from the Adobe suite, video editing, sound editing, 3D rendering, 3D printing, scanning and more.
- Zoned study spaces on all floors for silent individual study or collaborative work, including the Creative Zone and Social Space with boardgames to encourage breaks from study on Q floor.
- Group study rooms and 4 Study Pods bookable online.
- Scan and Deliver, a free electronic document delivery service.
- 72 Chromebooks free to borrow and use anywhere on campus for up to 4 hours.

CHAPLAINCY - A HOME AWAY FROM HOME

ABOUT US

As a UCC Department for wellbeing & health, we support all UCC students & staff, of any gender, age, disability, family status, sexual orientation, marital status, religion, or ethnicity. We provide spiritual assistance for all faith cohorts and none.

We are delighted to welcome all in the UCC family to our vibrant and warm community where you can meet new friends, unwind between classes, and just be yourself.

We offer many opportunities for reflection, growth & support. Our Chaplains are always available to listen and to accompany you on your university journey.

The Chaplaincy Centre is located on College Road and open from 8am to 5pm Monday to Friday. Chaplaincy Annex for multi-faith events.

EVENTS & ACTIVITIES

- Free Tea & Coffee
- Confidential Listening
- Multi-Faith Prayer & Meditation Room
- Weekend Retreats & Walks
- Taizé Evening Prayer
- Spiritual Accompaniment & Direction
- Bereavement Support
- Study Week Stress Relief
- Pastoral Support
- Weekly Faith Formation programme
- Film & Book Discussions
- Bible Studies, Faith Sharing & More!

LE CHÉILE PROGRAMME

Le Chéile is a 6-week programme encouraging personal skill development for proactive

student-to-student assistance and intervention. The programme features expert speakers and scenario-based practice for situations involving mental health, active listening, suicide, bystander intervention, and drugs & alcohol. Contact us to learn more!
lecheile@ucc.ie

GET IN TOUCH

- Chaplaincy Centre
Iona House College Road,
Cork, Ireland T12 PY24
- +353 (0)21 490 2459
- chaplaincy@ucc.ie
- www.ucc.ie/en/chaplaincy
- UCC Chaplaincy**
- [ucc_chaplaincy](https://www.instagram.com/ucc_chaplaincy)



FAST FACTS!

- Over half a million books in print and access to 3,000+ print journal titles
- Access to: 141,500+ e-journals 1 million+ e-books & 250+ databases

GET IN TOUCH

- UCC Library**
University College Cork,
T12 ND89
- +353 (0)21 490 2292
- library@ucc.ie
- libguides.ucc.ie
- [ucclibrary](https://www.instagram.com/ucclibrary)
- [UniversityCollegeCorkLibrary](https://www.facebook.com/UniversityCollegeCorkLibrary)
- [@ucclibrary.bsky.social](https://www.bsky.social/ucclibrary)

IT SERVICES

IT SERVICES FOR STUDENTS

UCC Student IT Helpdesks are located in the Boole Library. These make up the nerve centre for Student IT Services in UCC, with over 450 computers, laptop docking stations and printing facilities. The other open access labs and dedicated departmental labs under IT Services control, contain approximately 600 further machines & laptop docking stations which are available to students.

IT SERVICES FOR STUDENTS

For a full list of locations and opening times please see: sit.ucc.ie.

Registered UCC students are welcome to use these facilities at any time during opening hours. Software available on the Student IT Centre computers includes the following:

- Internet Access
- MS Office
- SPSS
- Services - Printing, Network Access & Wireless

All students will need a Student IT Account to use the computers. Your Student IT Account password will be sent to you before Registration. If you encounter any problems logging into the network, take your valid UCC Student ID card to the Student IT Helpdesk in the Boole Library for assistance.

Some departments may also have their own computer rooms which their students can use. If this is the case the department will inform you about them. You may also bring your personal computer to university which you can connect to the UCC wireless network. Details on connecting laptops to the wireless network can be found online at:

www.ucc.ie/en/sit/new-to-student-it

EMAIL - STUDENT UMAIL ACCOUNT

A student email account is automatically created for every registered UCC student. Your account can be accessed from: sit.ucc.ie.

Please note that your student email (umail) account can take up to 24 hours to activate.

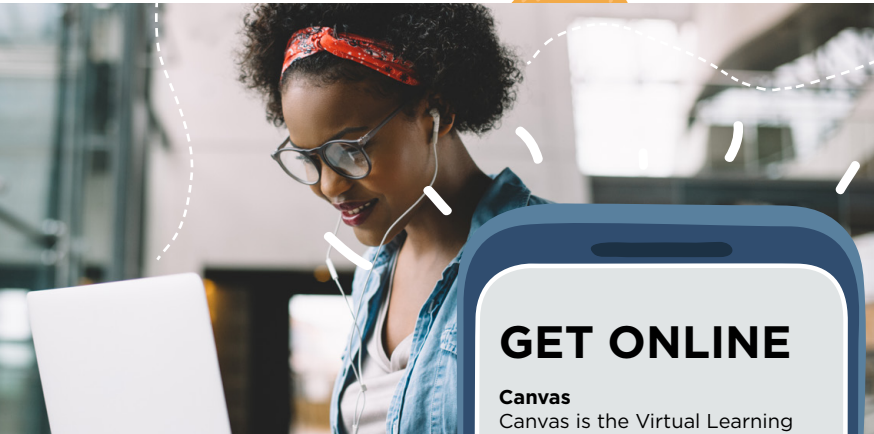
MS LEARNING PATHWAYS

UCC Microsoft Learning Pathways is a Microsoft-driven self-learn tutorial portal, which has been customised for use in UCC. This on-line training is available free to all UCC students & staff. Simply follow the link below, click on Student and log in with your UCC student credentials.
uccireland.sharepoint.com/sites/UCCM365

DON'T FORGET

During your time as a registered student you will receive very important communications related to your degree from the Office of Deputy President and Registrar (Admissions, The First Year Experience Coordinator, Student Records and Examinations) and the Fees Office.

Please ensure that you check your umail regularly.



GET IN TOUCH

- IT Services**
- Boole Library
- +353 (0)21 490 2120
- www.ucc.ie/en/sit/support

IT Student Helpdesk Hours:
Weekdays: 8:30am - 9:00pm
Saturdays & Sundays: 10:00am - 4:00pm

GET ONLINE

Canvas
Canvas is the Virtual Learning Environment used in UCC; enabling lecturers to create an online learning environment to supplement your coursework. A Canvas account will automatically be created for students following registration.

How do I log on to my Canvas account?
1. Go to sit.ucc.ie
2. Click on the Canvas icon.

If you have any queries regarding your canvas account please visit sit.ucc.ie for more information.

UCC PEER SUPPORT

Throughout your first year at UCC, you will receive support and guidance from your Peer Support Leader (PSL). Your PSL is an experienced UCC student, trained to assist you in transitioning into the University and becoming part of the UCC community. At orientation, a PSL will guide you through your first day on campus. You will also be assigned a PSL who will provide you with ongoing help and support throughout your first year. Peer Support Leaders are volunteers who come from a diverse range of backgrounds, life experiences, courses and years. Nothing is too small to talk to your PSL about.

WHAT CAN A PEER SUPPORT LEADER DO FOR ME?

PSLs are there to LISTEN to your concerns, INFORM you on resources available to you and LINK you to the supports you need on your first-year journey. They may

not be able to resolve every issue for you directly but they will know who in the University can help. They can meet you one-to-one, listen to your concerns and give you the benefit of their experience, either once-off or regular contact. PSLs won't judge you and anything you discuss will remain completely confidential.

They can offer practical help on things like timetables, locations, joining Clubs & Societies, becoming a class rep, accessing student services etc., or just provide a listening ear if you're finding things difficult.

HOW CAN I MAKE CONTACT?

Your PSL will email you during Freshers' Week to see how you are settling in and periodically throughout the year after this. Should you have any questions about the programme you can email the Peer Support office at

peersupport@ucc.ie. Your query will be treated confidentially. Contact with a PSL is on your terms.

If at any point during the year you cannot find your PSL's contact details in your email you can simply email peersupport@ucc.ie and we will provide you their details.

Peer Support is Peer Success

GET IN TOUCH

Peer Assisted Student Support
+353 (0)87 900 8872

peersupport@ucc.ie

Niteline
1800 32 32 42

www.ucc.ie/en/peersupport/niteline

STUDENT HEALTH AND WELLBEING

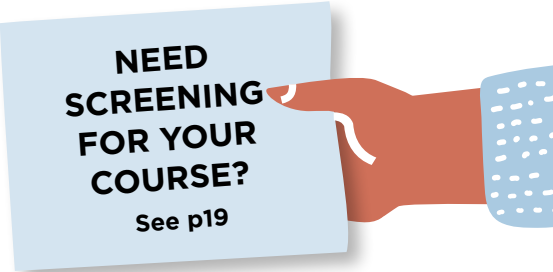
Entering university is a time of many changes, and for some this includes becoming sexually active for the first time. It is important that you make yourself aware of the risks associated with this and if concerned you should consider making an appointment to see the nurse or doctor at the Student Health Department.

Infectious diseases can spread easily on campus. You are advised to protect yourself and others by ensuring you have received all recommended childhood and adult vaccinations including vaccinations and boosters, especially the MMR booster this year to protect against Measles Mumps Rubella, given the recent outbreak of Measles in the UK and Europe.

The Student Health Department is not a General Practice (GP), cannot undertake home visits, or provide out of hours care in the evenings or at weekends. It is essential that you register with a GP nearby.

The Student Health Department offers a comprehensive contraception and family planning service (free to those aged 17-35), advice on safe sex and sexual health, a health screening and immunisation programme, travel immunisations and advice to students travelling abroad, as well as being available to deal with acute illnesses that occur in the student population.

An on-site physiotherapy service is available to students recovering from musculoskeletal problems and injuries, and a team of experienced mental health professionals are available to those suffering from mental distress or mental illness.



STUDENT MENTAL HEALTH AND WELLBEING HUB

The new Student Mental Health and Wellbeing Hub is located at 1-4 Brighton Villas on Western Road. It brings together in one place a range of supports which promote the mental health & wellbeing of our students, aiming to make UCC an "Early Interventions University", offering the right care, in the right place, at the right time.

The Student Health Department's Mental Health and Wellbeing teams are based in 1 Brighton Villas, and the Student Counselling and Development operate out of Brighton Villas 2, 3, and 4.

STUDENT COUNSELLING AND DEVELOPMENT

University College Cork provides a free confidential counselling service to help you with any concern which may affect your personal and/or academic progress while in UCC. Counselling offers a supportive, private space that can help you get a new perspective on an issue you feel stuck with, help you cope with an unexpected crisis and help you to develop healthy strategies to manage ongoing difficulties. As well as one-to one counselling (available online or in-person), Student Counselling & Development provides various workshops and programmes throughout the year including:

- Managing Stress/Anxiety
- Mindfulness
- Coping with Distress
- Harm Reduction & Alcohol Awareness
- Decider Skills
- Bereavement

See our website for how to avail of our services: www.ucc.ie/en/studentcounselling
Online self-help support programmes and further helpful information is also available on our website.

STUDENT HEALTH DEPARTMENT

The Student Health Department team located in 1 Brighton Villas provides a range of services including:

- Consultant Psychiatry
- Mental Health Nursing
- Occupational Therapy
- Stress management and mindfulness classes delivered by our Student Wellbeing Coordinator

Our consultant psychiatrist, mental health nurses and occupational therapist offer supports for students who require a higher level of professional assistance. If you would like a consultation, you can discuss it with the GPs at Student Health at the Crow's Nest and see if you are suitable for a referral.

Brighton Villas 1 is also home to Healthy Campus and Health Matters professionals working to improve staff and students' health and wellbeing. They help co-ordinate health promoting events/projects on campus, ensuring that UCC as a place of study and work is health-enabling and health-promoting.



GET IN TOUCH

Student Health Department
Crow's Nest, Carrigrohane Road

+353 (0)21 490 2311
www.ucc.ie/en/studenthealth

Opening Hours Daily From:
9.15am- 12.15pm
2.15pm - 4.15pm

Make an appointment in person at reception or by phone.

Student Mental Health and Wellbeing Hub,
Brighton Villas 2-4
University College Cork,
Western Road, Cork
T12 PY88

+353 (0)21 490 2289
<https://www.ucc.ie/en/studenthealth/>

Student Counselling and Development

counselling@ucc.ie
www.ucc.ie/en/studentcounselling

Reception for the Mental Health & Wellbeing hub is located in Brighton Villas No 3.

Emergency:
Dial 999 or 112

Pieta House
If you are at risk of self-harm, freephone: 1800 247 247

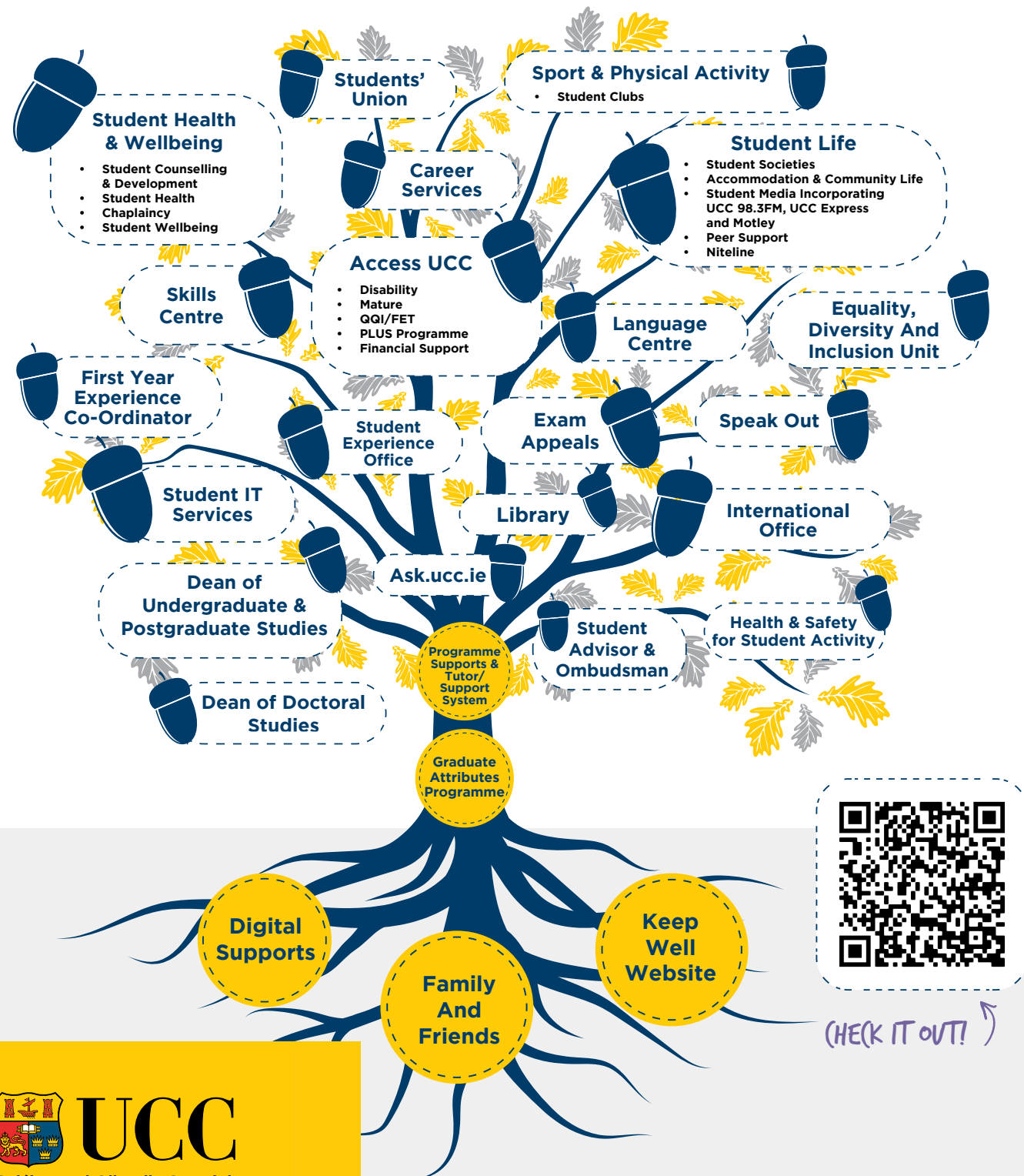
Hospitals:
Mercy Hospital A&E
Cork University Hospital A&E

Samaritans
For urgent support text UCC to 50808 to chat anonymously with a trained volunteer or freephone 116123.

SUPPORTING UCC STUDENTS

SUPPORT TREE SHOWING STUDENT SERVICES

The “Acorn to Mighty Oak” has come to symbolise students’ academic, personal and professional development journey throughout their time at UCC. In alignment with this rich metaphor, the support services available to students are presented in the form of a **Support Tree**. This tree depicts the support services currently available to students and provides links to further information about each service.



(CHECK IT OUT! ↗)

STUDENT

LIFE

3

- SOCIETIES
- CLUBS
- MARDYKE ARENA
- STUDENTS' UNION
AONTAS NA MAC LÉINN
- CORK - OUR HOME,
YOUR HOME
- EVERYDAY MATTERS



SOCIETIES

Dia Daoibh!

My name is Caoimhe Collins (she/her), and I'm your President for UCC Societies 2025/26.

Welcome to UCC! I really hope you enjoy your time here and make the most of everything on offer. We have 116 Societies at UCC, covering a wide range of interests - from academic groups like the Engineering Society to creative ones like the Choral Society. Our Societies are divided into eight main categories: Arts, Cultural and Debating, Business and Law, Charitable and Religious, Creative, Medicine and Health, Political and Activist, Science, Engineering and Food Science, and Social.

There truly is something for everyone - and if you feel something's missing, you even have the chance to start your own Society!

Societies at UCC are run by students, for students. All Society activity is supported by a team of eight elected students who help with everything from social media to welfare, ensuring Societies have the resources and guidance they need. Societies are a huge part of student life here - they create a welcoming, inclusive community where it's easy to make friends, build new skills, explore your interests, and get involved both on and off campus.

At UCC, the range of events is incredibly diverse. Whether it's movie nights in the Boole lecture theatres, volunteer trips with Surgeon Noonan to support hospitals in Africa, thought-provoking conferences like the Neurodiversity Society's ND Conference, or high-energy socials like the Pop Culture Society's Harry Styles Club Night, there's truly something for everyone. The Societies here offer an amazing way to get involved, and I can't recommend them enough.

My time in societies began in 2023, which was actually the 3rd year of my degree, when I became the Visual Design Artist of the Dramat Society and the Vice-Chairperson of the Pop Culture Society. I had no idea what I was stepping into, and how quickly I would become so involved. I then went on to become the Chairperson of the Pop Culture Society, winning Best Society in Ireland that year, and now I've become the President of Societies as a whole!

If you're thinking about joining a Society at UCC, social media is a great place to begin. Most Societies share their events and information on how to get involved through their social media pages. There's no limit to the number of Societies you can join, and membership is completely free. If you'd like to take a more active role, each Society also has a First Year Representative position on their committee, typically elected in October.

This is just a quick glimpse into what Societies at UCC have to offer - but if any of it interests you, don't hesitate to reach out and get involved! You can find out more by checking out our Instagram [@uccsocieties](#) or visiting our website at [www.ucc.ie/en/societies](#). If you have any questions or just want to learn more, feel free to email me at [president@uccsocieties](#).

Grá agus dlúthpháirtíocht,

Caoimhe Collins



I REALLY HOPE YOU ENJOY YOUR TIME HERE IN UCC AND YOU ARE ABLE TO MAKE THE MOST OUT OF WHAT UCC AND THE UCC COMMUNITY HAVE TO OFFER!

JOIN A SOCIETY

[societies.ucc.ie/about/join-a-society/](#)



SOCIETIES

Creative

- Choral
- Comedy
- DJ
- Drama
- Film & Photography
- Irish Traditional Music
- Knitting & Crochet
- Music
- Musical Theatre
- Orchestra
- Scribble

Science, Engineering & Food Science

- Architecture
- BEES
- Biochemistry & Biotechnology
- Biology
- Biomedical
- Chemical
- Computer Science
- Data & Analytics
- Engineering
- Food and Nutrition
- Genetics
- Maths
- Neuroscience & Neurology
- Physics
- Rocketry & Space Exploration
- Science
- WISTEM

Business & Law

- Accounting & Finance
- BIS
- Commerce
- Consulting
- Economics
- Enactus
- Entrepreneurial & Social Law
- Women in Business and Leadership

Medicine & Health

- AMSI
- Clinical Therapies
- Dental
- Dermatology
- Emergency Care
- GP

- Medical
- Medical Research and Technology
- Nursing & Midwifery
- Pharmacy
- Psychiatry
- Public Health
- Surgical
- Translational Medicine

Charitable & Religious

- Alzheimers
- Cancer
- Christian Union
- Engineers without Borders
- FLAC
- Friends of David Nott
- Friends of MSF
- Guide Dogs
- HOPE Foundation
- Islamic
- Jewish
- Simon
- Surgeon Noonan
- SÁMH

Political & Activism

- Co-Operative and Community Action
- Connolly Youth
- Environmental
- Europa
- Feminist
- Fianna Fáil
- Fáilte Refugees
- Global Justice
- Government & Politics
- People Before Profit
- Sinn Féin
- Vegan

Social

- African & Carribbean
- Bród
- Dodgeball
- Erasmus and International
- Fashion
- Horse Racing
- Indian
- Macra na Feirme
- Motorsports
- Netsoc (online gaming)
- Neurodiversity

- Pop Culture
- Sci-Fi
- Simpsons
- Slavic
- WARPS (gaming)
- Yoga & Meditation

Arts, Cultural & Debating

- An Chuallacht
- Ancient History & Civilisation
- Arabic
- Archaeology
- Art History
- Bangladeshi
- Chinese
- Criminology
- English Literature
- Folklore
- French
- German
- Hispanic
- History
- International Relations
- Italian
- Japanese
- Korean
- Pakistani
- Philosoph
- Planning
- Psychology



CLUBS

Hello!

My name is Tomasz Mrowca, and I am the Clubs' Executive President for 2025/2026. The Clubs' Executive is responsible for supporting and overseeing the daily operations of our 47 vibrant and active sporting clubs here at UCC. Together with the Department of Sport and Physical Activity (DSPA), I would like to extend a very warm welcome to you as you begin your exciting journey in UCC!

UCC is a vibrant hub of activity year-round, and our clubs play a central role in enriching student life. With 47 diverse clubs ranging from athletics and canoeing to rugby and soccer, there's truly something for everyone, whether you're seeking competitive sporting challenges or relaxed, beginner-friendly fun. From campus events to off-site adventures, clubs offer countless opportunities to connect, grow, and get involved. Whether you're a seasoned athlete or just curious to try something new, there's a club here with your name on it. A symbol deeply woven into UCC's sporting identity, the iconic skull and crossbones logo was first adopted by the university's rugby club in the late 19th century. Since then, it has grown into one of the most recognisable and respected sporting emblems in Ireland. Today, athletes across all UCC clubs wear it with pride, whether they're competing on local fields, national stages, or international arenas.

Sport at UCC isn't just about staying fit and healthy, it's also about the friendships and memories you make along the way. The sense of community within our clubs is something remarkable with teammates often becoming lifelong friends. Each club works hard to create a welcoming space where members can connect over a shared love for their sport. First year is the perfect time to dive in and try something new. Keep an eye out for taster sessions and freshers' training events kicking off in September, as there's no better time to get involved.

Before coming to UCC, basketball was my main sport for years. But when I arrived here, I decided to try something new, and that's when I discovered the UCC Volleyball Club. From the moment I walked into the hall, I was welcomed by an incredible group of enthusiastic and supportive people, and I instantly knew I had found my crew. Over the years, we've grown close both on and off the court, building a strong team spirit. We've taken part in countless competitions, from social matches to competitive leagues, intervarsities and even hosted our very own Munster Cup tournament, which attracts some of the best players from across Ireland. Beyond the games, the club's social events have created unforgettable memories that I'll cherish forever.

Each club is led by a dedicated student committee that manages everything week to week, from organising events and training sessions to selecting teams for competitions and handling all the behind-the-scenes work that keeps the club running smoothly. I first got involved with the volleyball committee in my second year as team representative, then served as club secretary in my third year, and finally as club captain in my last year. This journey was an incredible opportunity to develop my leadership and organisational skills, and I wholeheartedly encourage all of you to get involved.

At the heart of UCC's vibrant sporting scene are our state-of-the-art training facilities. The Mardyke Arena (T12 N1 FK) features a 25-meter swimming pool, three sports halls, an indoor climbing wall, and a variety of gym and studio spaces. All UCC students can easily access the blue, green, and red gyms simply by swiping their student card. Outdoors, the Mardyke offers fully floodlit soccer, rugby, and GAA pitches, along with a synthetic pitch perfect for hockey and other sports. Beyond this, our sports grounds, affectionately known as "The Farm", spans 52 acres of playing fields. These



outstanding facilities are used by clubs every week to train, compete, and bring their members together.

So once again, welcome to UCC, and I hope each one of you will enjoy your time here as much as I have. If you have any questions at all, please make sure to get in touch by emailing me at president@uccclubs.ie or calling up to see me on the first floor of the Hub building in the Clubs & Societies Area; my door is always open!

All the best,

Tomasz Mrowca

BOOK OUR FACILITIES



portal.sportskey.com/venues/university-college-cork

CLUBS

Archery
Athletics
Aussie Rules
Badminton
Basketball
Boxing
Canoe
Chess
Cricket
Cycling
Dance
Darts
Equestrian
Fencing
Futsal
Golf
GAA - Football, Hurling & Camogie

GAA Handball
Hockey
Inline Hockey
Judo
Kickboxing
Kung Fu
Ladies Gaelic Football
Men's Soccer
Mountaineering
Olympic Handball
Olympic Weightlifting
Orienteering
Powerlifting
Rover Scouts
Rowing
Rugby
Sailing
Squash

SubAqua
Surf
Swimming & Waterpolo
Table Tennis
Taekwon-Do
Tennis
Trampoline and Tumbling
Ultimate Frisbee
Volleyball
Women's Soccer



MARDYKE ARENA

WELCOME UCC STUDENTS TO OUR MARDYKE ARENA FAMILY

Just a short walk from campus, Mardyke Arena UCC is your student sports and fitness centre—home to top-class gyms, a pool, fitness classes, climbing wall, and more. As a UCC student, you get full access through your membership. Stay active, meet new people, and make Mardyke part of your student life!

WHAT DOES MEMBERSHIP OFFER TO UCC STUDENTS

- ✓ **Unlimited use** of Swimming Pool, Sauna and Steam Rooms
- ✓ **Unlimited use** of the Fitness Gyms
- ✓ **Free** Exercise and Fitness classes (subject to availability)
- ✓ **Free** access to Indoor Climbing Wall
- ✓ **Free** access to Squash Courts

ADDITIONAL SERVICES/ACTIVITIES

UCC Students can avail of discounted rates on the following services/activities:

- ✓ Fitness Courses – Pilates (Reformer & Mat), Yoga etc.
- ✓ Adult Swimming Lessons
- ✓ Adult Climbing Courses
- ✓ Children's Camps, Birthday Parties & Swimming Lessons

SCAN ME FOR MORE



GET IN TOUCH

+353 (0)21 490 4751
+353 (0)21 490 4760

info@mardyke.ucc.ie



- ✓ **Opening Times:**
Monday to Friday
07:00 - 22:30
(Last swipe: 22:00)
Saturday 09:00 - 19:00
(Last swipe: 18:30)
Sunday and Bank Holidays
10:00 - 19:00
(Last swipe: 18:30)



Mardyke Arena
UNIVERSITY COLLEGE CORK



STUDENTS' UNION | AONTAS NA MAC LÉINN

ABOUT US | FAOIN AONTAS

Run by students, for students, UCC Students' Union is the chief representative body for all students in UCC. We are an autonomous body run by an executive team of 6 full-time officers and numerous part-time representatives who are democratically elected by you, the student body, every year. Our offices and adjoining SU Common Room are located at the heart of UCC's campus at 54 College Road, behind the Boole Library and O'Rahilly Building (ORB).

When you become a UCC student, you automatically become a member of your Students' Union, and we work all year round to represent you and support you throughout your time as a student. It's our job to look after all of your needs and ensure you have a great student experience! This includes everything from giving advice on exams, helping you out with financial issues, and connecting you with mental health services all the way to organising the best events across the campus and city for you, as well as campaigning on issues that affect students and unionising to secure educational and social change.

HOW TO GET INVOLVED | CONAS PÁIRT A GHLACADH

As a first year, the easiest way to get involved is to become a Class Representative, either an Academic Rep or an Entertainments Rep. Each course elects their own representatives in the first few weeks of college.

YOUR SU REPRESENTATIVES | IONADAITHE AONTAS NA MAC LÉINN

Amina Baig (She/Her)
SEFS Rep
sefsrep@uccsu.ie

Cornelia Hauch Skovmand (She/Her)
Business & Law Rep
blrep@uccsu.ie

Kacper Bogalecki (He/Him)
Medicine & Health Rep
medandhealthrep@uccsu.ie

Sara Lovett (She/Her)
CACSSS Rep
artsrep@uccsu.ie

Mohammad Naeem (He/Him)
Equality & Diversity Rep
equality@uccsu.ie

It's an Academic Class Rep's job to represent the interests of the class they were elected by. This involves communicating with their course department if issues or problems arise for their course.

It's an Entertainments (Ents) Rep's job to organise class parties, nights out, trips away, and hoodies for their class, generally making sure everyone in their class has a fun experience and the chance to make new friends and memories in college.

Most importantly, both Reps get a vote at Student Council where they represent their course and give feedback to the SU Executive.

STUDENT COUNCIL | COMHAIRLE NA NDALTAÍ

All students are welcome to attend Student Council, which takes place monthly during the academic year. It is the main forum of discussion for the students of UCC and is attended by all class reps and the SU Executive. You can ask any of the SU Officers questions, submit and debate ideas on SU policies or actions that you want your SU to take, make your voice heard on any issue or simply find out what is going on in the university. Keep an eye out for posters, emails and social media updates for details, or contact the Council Chair Alison Ní Threasaigh at councilchair@uccsu.ie for more information.

COMMON ROOM | SEOMRA COITEANN

The Main Campus SU Common Room in the Students' Union building, behind

the O'Rahilly Building, is a great place for students to chat, have lunch, and just relax. It's a large open plan area with sofas, a pool table, and a kitchen with free tea/coffee-making facilities and a microwave. Brookfield campus also has an SU Common Room on the left before the main entrance, equipped with microwaves and a kettle.

Upstairs in the Main Campus Common Room is the Seomra na Gaeilge, an Irish language space for students! This is a welcoming space suitable for all students, regardless of their proficiency. Tá fáilte roimh gach mac léinn san Seomra fáilteach seo, beag beann ar chumas na Gaeilge acu. There are also new SU Common Rooms coming to the Western Gateway Building and the North Mall Campus soon, so keep an eye out!

RAISE & GIVE WEEK | SEACHTAIN NA ARDÚ & TABHAIR

Every year, UCC students come together to raise money for charities that students care about. In the second semester, UCCSU, Clubs and Societies collaborate for Raise and Give (RAG) Week to organise charity fundraising events, competitions, challenges and activities on and off campus. We raised a groundbreaking €47,000 in 2025. This year we want to try and surpass this figure again while putting on a wide range of events for all students to enjoy. To get involved in RAG 2026 by shaking buckets, suggesting events, and much more, email SU Commercial & Fundraising Officer Niamh Domoney at comms@uccsu.ie.

YOU CAN FIND OUT MORE AND FOLLOW WHAT WE'RE UP TO ON SOCIAL MEDIA

+353 (0)21 490 3218

UCC STUDENTS' UNION

UCCSU

UCCSTUDENTSUNION

YOUR SU REPRESENTATIVES | IONADAITHE AONTAS NA MAC LÉINN



Alex Fuertes Roper (He/Him), Communications & Engagement Officer | Oifigeach Cumarsáide & Rannpháirtíochta

A chairde, my name is Alex Fuertes Roper and I am the Communications and Engagement Officer for UCC Students' Union. My job is to ensure and manage all communications internally and externally of the Students' Union. This means managing our social media accounts, our website and liaising with journalists and the media! I also sit on various committees and forums across campus where I represent and amplify the student voice. During the big nights such as Freshers and RAG week you will find me behind the scenes managing the Student Community Support team. I can't do everything alone so I will be recruiting for a UCCSU campaigns crew so keep an eye out on social media/emails on how to get involved!

A big aspect of my role is ensuring that students are actively engaged with their Union so if you have any issues that you are passionate about and believe we should fight for or bring attention to - please get in touch with me. I will be working on multiple campaigns throughout the year with the team and we want to hear from you. My door is always open to you.

Welcome to UCCSU!
engagement@uccsu.ie
+353 (0)86 184 2658



Alex Angland (He/Him), President | Uachtarán

A chairde, my name is Alex Angland and I'm the President of the UCC Students' Union. I am the chief representative for the 26,000 students of UCC. Students are the largest stakeholder in the university and it's my job to make sure the student voice is heard and incorporated into university decisions. I coordinate all Union affairs and work to make the Union an effective advocate for all students.

This includes management of the 19 person Executive, with 6 full-time Officers and 13 part-time representatives, overseeing all campaigns and events, sitting on over 60 committees, and a bit of everything else. My role extends to all aspects of college life, from academics and welfare, to food and finances. We're here to represent and support you - the members of our Union. If you're having a problem with any aspect of your university experience, don't be afraid to reach out to one of the team! You can contact us via email or phone, or just by popping into our offices. Best of luck with the year ahead, and don't forget - we work for you!

president@uccsu.ie
+353 (0)86 855 4031



Anna Hrabovska (She/Her), Education Officer | Oifigeach Oideachais

A chairde, my name is Anna and I am your UCC Student's Union Education Officer.

My role centres on ensuring that your academic experience is fair, inclusive, and student-focused. I represent the student voice on a range of university boards and academic committees, where I work directly with decision-makers to influence key policies surrounding teaching, learning, assessment, placements, and academic support services. Whether it's advocating for wider access to lecture recordings, pushing for improvements to exam timetables, or ensuring that placement structures meet the diverse needs of our student body, my goal is to bring about meaningful, lasting change that reflects your lived experiences.

A core part of my role is overseeing class representative elections and providing comprehensive training. This ensures that class reps are fully equipped to gather feedback from their classmates and present a clear mandate at our Students' Union council meetings. These meetings guide the priorities and actions of the Students' Union Executive. With over 26,000 students as members of the Union, we are here to represent your interests. I highly encourage you to participate actively in our class rep elections later in an academic year - this is your opportunity to influence the changes you want to see across campus and in your academic experience.

If you ever have questions or need support regarding your academic experience or just to have a nice chat, please don't hesitate to contact me.

education@uccsu.ie
+353 (0)86 184 2699



Conor Taylor (He/Him), Entertainments Officer | Oifigeach Siamsaíochta

Haigh, a chairde! My name is Conor Taylor and I am your UCCSU Entertainment Officer for the year. My job is to provide events and entertainment to all 25,000 students here at UCC. My goal is for all of you to have the best and most enjoyable College experience possible. I plan on running a wide variety of events this year from Live music on campus during the day to nights out with clubs nights and concerts. Some of the major events which you will be able to look for are Freshers' week, Halloween, College Christmas, Arts ball, RAG week and much more which are in the works. If you would like to get involved in UCC entertainment you can run to be your Class Entertainment Rep or you can apply to be part of Ents crew which will be recruiting shortly into the upcoming semester. By joining these it will offer you a great experience and amazing opportunities to make friends and experience cirk night life from a different perspective as well as being rewarded with free tickets. Welcome to UCC and I hope you will let me take a page from Robbie Williams and let me entertain you!

ents@uccsu.ie
+353 (0)86 184 2701



Fergal Crowley (He/Him), Welfare Officer | Oifigeach Leasa

Haigh, a chairde! My name is Fergal and I am thrilled to be your UCC Students' Union Welfare Officer this year.

As Welfare Officer, my job is extremely varied and I cover all non-academic student support systems. Think of me as a one stop referral service. Any issue you may be having, I am here to help you - whether it be struggling to find or keep accommodation, having a hard time with your mental health, need some sexual health resources, condoms, period products or financial assistance - I will provide it or, at the very least, tell you who can. My door is always open, I'm always here for a chat and to be a listening ear if you feel like you don't have one.

I hope you enjoy your time here, and if there's anything I can do to help, don't be afraid to get in touch. Best of luck, and take care of yourself!

welfare@uccsu.ie
+353 (0)86 184 2697



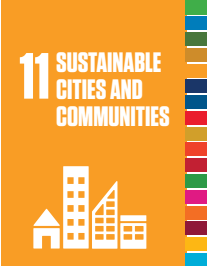
Niamh Domoney (She/They), Commercial & Fundraising Officer | Oifigeach Tráchtála & Tíomsaithe Airgid

Haigh, a chairde! My name is Niamh and I am your Students' Union Commercial and Fundraising Officer this year.

This position has two aspects, covering both the commercial and fundraising endeavors of the Union. The commercial side primarily involves reaching out to businesses to arrange partnerships. This includes social media advertising, Freshers Packs sponsorship, and vendors and brand activations on campus! The fundraising side primarily focuses on fundraising for RAG (Raise and Give) Week, which is our annual charity week in the second semester. If this sounds interesting, keep an eye on our Instagram page to get involved with our RAG Crew! This is a group of volunteers who help set up for events, bucket collecting, and much more.

Feel free to reach out or stop me on campus for a chat, and remember, we work for you!

comms@uccsu.ie
+353 (0)86 184 2701



11 SUSTAINABLE CITIES AND COMMUNITIES



CORK - OUR HOME, YOUR HOME

If you want to explore our home town, Cork's vibrant city centre is right on your doorstep and is only a 15-minute walk or 5-minute cycle away. With a huge selection of bars, pubs, clubs, live music venues, theatres, cafés, museums, galleries, parks, greenways, and restaurants serving cuisine from all over the world, there is something for everyone. You will be spoilt for choice with the best of local and international produce available in the iconic **English Market** - a covered food market that has been in operation since 1788.

The main shopping thoroughfare, St. Patrick's Street, is home to numerous national and international high street brands but you will also find smaller artisan, vintage and independent boutiques. You can check out the Cork cultural scene on www.WhazOn.com which is a monthly publication that features information on live music, gigs, festivals and other cultural events. It is the perfect place to live, learn and have fun!

Sport has long been the social language and currency of Cork and the province of Munster, and we are extremely proud of our long sporting tradition with a diverse range of sports on offer from GAA, soccer, rugby, athletics, boxing, hockey, cricket, rowing, road bowling, to name but a few. Cork is blessed with excellent stadia - Supervalu Páirc Uí Chaoimh (GAA), Turners Cross (soccer), Virgin Media Park (rugby) and lots of running tracks, including one at our own Mardyke Arena in UCC.

If you like the great outdoors, you won't be disappointed. Cork boasts some of Ireland's most magnificent landscapes and incredible natural amenities, including beaches on the highly acclaimed **Wild Atlantic Way**, greenways and trails, hillwalking, river sports and much, much more...

FIND OUT MORE ABOUT CORK ON THESE WEBSITES

WE ARE CORK:
www.wearecork.ie

YAY CORK:
www.yaycork.ie

PURE CORK:
www.purecork.ie

EVERYDAY MATTERS

HEALTHY HABITS FOR UNIVERSITY LIFE

Want to learn some science-based habits to enhance your learning and wellbeing? Sign up for a free, online digital badge available to all UCC students. Learn about:

- ✓ Mental wellbeing
- ✓ Resilience
- ✓ Growth mindset
- ✓ Sleep health
- ✓ Occupational balance
- ✓ Gratitude
- ✓ Self-compassion

"EVERYDAY MATTERS HAS BEEN ONE OF THE MOST INTERESTING AND PRACTICAL LESSONS I HAVE LEARNED IN MY UNIVERSITY EDUCATION. HOW I WISH I HAD THIS KNOWLEDGE BEFORE NOW!"

FIND OUT MORE:



What last semester's participants liked the most:

- ✓ Having resources to manage my own wellbeing
- ✓ How science-based it was
- ✓ Having the key ideas broken down into easy to follow PowerPoint slides I could take it at my own pace
- ✓ That I could complete in my own time, easy to navigate
- ✓ Having a new aspect to focus on each week that I know would benefit me in the long run if I took part in it
- ✓ I really enjoyed the mixture of both videos and reading material. I loved that even though I am in a scientific field, all of the material was communicated in a very easy to understand and almost gentle way

REGULATIONS & POLICIES

4

- BYSTANDER INTERVENTION PROGRAMME
- STUDENT CHARTER
- PLAGIARISM
- EXAMINATIONS
- VALUING DIFFERENT PERSPECTIVES
- EQUALITY, DIVERSITY, & INCLUSION
- SPEAK OUT
- ENDING SEXUAL VIOLENCE AND HARASSMENT & SAFE AND SOUND PROJECT



BYSTANDER INTERVENTION PROGRAMME

This nationally recognised Digital Badge programme empowers participants to become active bystanders in addressing sexual and relationship violence. It is available to students and staff in UCC, and across the Irish Higher Education Sector.

Its aims are:

- ✓ **Education:** identifying and responding to inappropriate behaviours.
- ✓ **Empowerment:** developing skills to make safe interventions.
- ✓ **Community:** Creating a supportive, pro-social campus environment.

HOW TO OBTAIN YOUR MICRO-CREDENTIAL DIGITAL BADGE, WHICH CAN BE LISTED ON YOUR LINKEDIN AND CV?

1. **Complete online learning:** The 5 self-paced interactive modules are completed on canvas - Introducing the Bystander, Social Norms, Sexual Violence, Relationship Violence and Bystander Intervention.
2. **In-Person Workshop** to discuss scenarios and develop intervention skills.
3. **Submit a short reflection piece** - essay, drawing, or artwork.

WHY DOES COMPLETING THIS TRAINING BENEFIT STUDENTS?

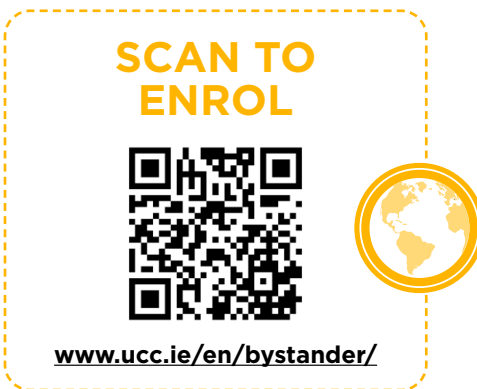
- ✓ **94%** said that they had a good understanding of what constitutes sexual harassment and violence.
- ✓ **98%** believe they can make a difference to sexual harassment and violence at their institution.

"I heard about this programme at orientation. During our first week of college, my year group went on a class night where I noticed that one of the girls was receiving unwanted attention from a stranger. I tried to get her attention to see if she was okay, she was visibly uncomfortable and was unable to get him to leave her alone.

It escalated when he began to put his arms around her and try to alienate her from the rest of our group. I went closer to them and asked him to back off, before moving his hands from her shoulders and stepping between them. I told him to go away and asked my classmate if she was okay. She was shaken but glad that he had finally left her alone."

STUDENT CHARTER

Our Student Charter was jointly developed by the University and the Students' Union. It sets out the roles and responsibilities of members from our university community and outlines what students, management, and staff can expect from each other as partners in a learning community. Please take the time to read the Charter and other policies UCC students are subject to by visiting the Student Policies portal using the QR.



PLAGIARISM

Plagiarism occurs when a writer deliberately uses someone else's language, ideas, or other original material such as graphics, pictures, movies or sounds without acknowledging its source. Students must always cite where they obtained the information in a bibliography. Students must always cite where they obtained the information they present for assessment. The use of text or image generating bots such as ChatGPT or artificial intelligence services for essays or any other assessment is a form of plagiarism.

GET IN TOUCH

✉ sreo@ucc.ie

☎ +353 (0)21 490 2422

EXAMINATIONS

The Student Records and Examinations Office (SREO) supports the entirety of the student lifecycle, from primary registration, through examination, to graduation at undergraduate and postgraduate level.

The SREO provides a student-centric service, ensuring the integrity of the examination process in addition to curating the perpetual student record. The Guide to Examinations for Staff and Students (www.ucc.ie/en/exams/procedures-regulations/) provides the information you will require on examination regulations and procedures. Please ensure you read this guide carefully.

- ✓ Formal communication will occur through a student's personalised email account
- ✓ All information with regard to your module registration, formal written examination schedules and examination results may be accessed through the student portal: www.ucc.ie/en/sit/
- ✓ For all information on your programme, please access the appropriate information in the College Calendar, Book of Modules and Marks and Standards: www.ucc.ie/admin/registrar/modules/

VALUING DIFFERENT PERSPECTIVES

IN UCC, WE BELIEVE THAT OUR PEOPLE ARE OUR MOST IMPORTANT ASSET.

University College Cork is committed to creating an environment where all students learn, work, socialise and live together, transcending and embracing cultural, racial and other differences. University is a time to recognise and explore different viewpoints, engage in new experiences and challenge yourself and others through rigorous inquiry.



EQUALITY, DIVERSITY, AND INCLUSION

University College Cork's vision is to embed a commitment to and culture of equality, diversity, and inclusion across our university so that everyone feels a sense of belonging and can thrive. is committed to equality of opportunity for all students and staff, irrespective of gender, civil status, age race religion, disability, sexual orientation, family status and/or membership of the Traveller Community. Students flourish in an academic environment where

they can learn from the diverse backgrounds and opinions of those around them.

The Equality, Diversity and Inclusion (EDI) Unit engages with students and staff, working together with the UCC community to promote, advance and progress the principles of equality, diversity and inclusion.

The EDI Unit is based in South Lodge on the main UCC campus

and can be contacted by phone, email or in person (by appointment).



GET IN TOUCH

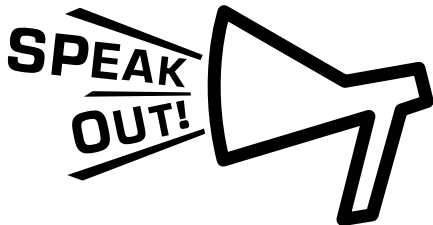
📍 South Lodge, Main Campus, UCC, Cork T12 RXA9

✉️ ediunit@ucc.ie

SPEAK OUT

Speak Out is an online and anonymous reporting tool for UCC students and staff to voluntarily report, in a safe and secure way, incidents of bullying, cyberbullying, harassment, hate crime, coercive behaviour or control, stalking, assault, sexual

harassment, sexual assault and rape that you have either experienced or witnessed. Speak out also directs you to helpful supports and provides information relating to a range of options that can assist you. To find out more or to make a report see www.ucc.ie/speakout.



ENDING SEXUAL VIOLENCE AND HARASSMENT & SAFE AND SOUND PROJECT

Fáilte a chairde! Nice to meet you; I'm Dr Caroline West, the Sexual Violence and Harassment Prevention and Response Manager, responsible for coordinating responses and preventative campaigns regarding sexual violence and harassment. I believe that we can work together in a safe, sex-positive, and sustainable way to make UCC a place where your sexual well-being, safety and dignity are respected and there is zero tolerance for sexual violence and harassment.



Dr Caroline West

At UCC we want your time here to be safe and sound. The new Safe and Sound project, with a familiar face in research assistant Chloe Boland (they/them), uses a sex-positive approach to talking about sex and sexual violence campus-wide. We would love to hear from any students who want to be part of our SoundSquad.

FIND OUT MORE

GET IN TOUCH

📍 South Lodge, Main Campus, UCC, Cork T12 RXA9

✉️ cwest@ucc.ie



CAMPUS SERVICES

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- ÁRAS NA MAC LÉINN - STUDENT CENTRE
- THE HUB
- FOOD OPTIONS
- CAMPUS WATCH
- CODE OF HONOUR



ÁRAS NA MAC LÉINN - STUDENT CENTRE

With places to shop, eat, and meet up with friends and classmates, Áras na Mac Léinn's mission is to enhance the campus experience by providing exceptional services and activities to the UCC Community. Áras na Mac Léinn is centrally located on campus, right by the amphitheatre.

SHOPS

- ✓ An Siopa
- ✓ Collegegear
- ✓ Unisalon
(for appointments contact:
+353 (0)21 490 3059)
- ✓ Lowercase Book Shop

SPACES

- ✓ New Bar
- ✓ Devere Hall
- ✓ Meeting Rooms (book
online at:
www.arasroombookings.ie)

FACILITIES

- ✓ Information Desk
- ✓ First-Aid Room/Baby
Feeding Room
- ✓ Passport Photo Machine
- ✓ Lockers

FOOD

There are 3 spots to eat in the Student Centre - check them out on p46.

BANKING

Bank of Ireland is the financial provider on campus.

Opening Times:

September 2025 - May 2026,
Monday - Friday
10am - 4pm
(Closed for lunch between
12.30pm and 1.30pm)

Cash Opening Hours:

Monday - Friday
10:00am - 12:30pm

Bank of Ireland also provides 6 ATMs across campus. Áras na Mac Léinn (3), UCC Central, Brookfield Health Sciences Complex and the Western Gateway building. Contact any staff member at Bank of Ireland UCC for all your financial needs or just for some advice.

Contact Bank of Ireland:
+353 (0)21 4277321
or online at:
www.ucc.ie/en/anml/retail/bankofireland

THE HUB

The Hub is UCC's newest building, and your first port-of-call for student services and student life. Outside of the various services that call the Hub 'home', there's plenty of space to meet up with friends, study, and even just rest and relax. The building's public spaces will offer a versatility that's unique on campus: one day there could be a farmers' market, the next a careers fair, the day after a concert or even just a casual space to eat your lunch or start a group project with your classmates - we even have kitchenettes and microwaves for everyone to use! There's something for everyone in the Hub.

STUDENT ACTIVITIES

- ✓ Student Societies
- ✓ Student Clubs
- ✓ UCC 98.3FM
- ✓ University Express
- ✓ Motley Magazine

HUB FACILITIES

- ✓ Roots Café
- ✓ Microwaves & Hot Water
- ✓ Accessible Bathrooms
- ✓ Gender Neutral Bathrooms
- ✓ Access to Power Sources

HUB SPACES

- ✓ Shtepps Auditorium
- ✓ MakerSpace
- ✓ 16 Small Study Rooms
- ✓ The Atrium
- ✓ The Global Lounge
- ✓ Group Study Rooms

FIRST YEAR EXPERIENCE CO-ORDINATOR

STUDENT SERVICES

- ✓ Career Services
- ✓ Student Central
- ✓ Quercus Programme
- ✓ Peer Support
- ✓ Scholarships & Prizes
Coordinator
- ✓ Student Experience Office
- ✓ Access UCC including
Disability Support, Mature
Student Office, Student
Wellbeing & Finance, and
UCC Plus+

GET LISTENING!

Listen to UCC98.3FM! For more info and
how to get involved see: **www.ucc.ie/en/983fm**

GET IN TOUCH

Áras na Mac Léinn

- ★ The Student Centre, University College Cork, T12 XR6F
- ☎ +353 (0)21 490 2714
- 🌐 **<http://studentcentre.ucc.ie>**



CAMPUS WATCH

University College Cork is committed to creating a safe and secure environment for UCC students and to foster a positive relationship between our students and the wider community.

The University requires its students to conduct themselves in an appropriate and reasonable manner at all times to ensure:

- ✓ Dignity, honesty and integrity
- ✓ Respect for all members of staff
- ✓ Respect for fellow students
- ✓ Respect for and adherence to the rules, regulations and policies of the University
- ✓ Compliance with the academic processes of the University
- ✓ That the University is not brought into disrepute

- ✓ Respect for local residents and other members of the general public
- ✓ That the views, values and beliefs of others are respected
- ✓ That no damage or injury is caused to any person or property
- ✓ That the University community is free from intimidation and discrimination

Campus Watch will respond to formal complaints from students, members of the community and other stakeholders, in relation to alleged breaches of the UCC Standards of Conduct.

To make a complaint, or if you would like to know more about Campus Watch, please contact us by email or by phone.

GET IN TOUCH

Campus Watch

- ☎ +353 (0)21 490 3849
- ✉ **campuswatch@ucc.ie**



FOOD OPTIONS

OUTLETS:

UCCentral (The Main Rest)

By the Boole Library in the main catering building. This restaurant provides breakfast, lunch and evening meals.

Mini Restaurant

1st Floor above UCCentral.

Elements Café

Located just inside the entrance of the Kane Building. Gourmet Coffee Bar, made-to-order sandwiches. Also serving tossed salads and freshly baked confectionery.

Bio Café

Ground Floor of the Bio-Science Building.

This restaurant has a bistro feel, offering a selection of speciality coffee, salad bar, made-to-order wraps and sandwiches, filled baked potatoes and a selection of home-made pastry and bakery products.

The Coffee Dock

Ground Floor of the O’Rahilly Building.

Offers Starbucks coffee, speciality teas, hot and cold beverages and gourmet snacks.

The Maltings Café

Ground Floor of the Tyndall Institute building; opposite the Mercy Hospital.

Offers a breakfast and lunch service, soup, ‘grab n go’ products, pastry and bakery items and a selection of hot and cold beverages.

Brookfield Café

Basement Level of Brookfield Health Sciences Complex.

Offers a healthier way of eating. Breakfast, lunch and evening services available, offering a wide selection of products, made-to-order sandwiches and wraps, salad bar, pastry and bakery corner, hot and cold beverages, and daily hot dishes.

Café Diem

Ground Floor of the Enterprise Centre, Distillery Fields.

This cosy café offers a selection of ‘made-to-order’ sandwiches and paninis, homemade soup, pastry items, light snacks as well as tea and coffee and cold beverages.

Pharmacy Café

Ground floor of the Cavanagh Pharmacy Building on College Road Riverside/Western.

Offers Starbucks coffee, speciality teas and hot and cold beverages. Also serving soup, ‘made-to-order’ sandwiches, pastries and snacks.

Riverside/Western Gateway Café

Ground Floor of the IT Building, Western Road (behind Brookfield).

Offers a healthier way of eating. Breakfast and lunch available, offering a wide selection of products, ‘made-to-order’ sandwiches & wraps, salad bar, pastry and bakery corner, hot and cold beverages, and daily hot dishes.

Nosh + Coffee

Mardyke Sports Arena.

Offers pastry and bakery items and a selection of hot and cold beverages.

Café Oasis

Ground floor of the Student Centre.

A café bar located on the ground floor, serving fresh pastries, scones, sandwiches, and hot food daily, as well as a full range of teas and coffees.

Nom Nom Bistro

Located at Club Áras

- New Bar. on the First Floor of the Student Centre. This contemporary bistro serves hot food all day from 10.00 – 21.00. We specialise in fresh and local produce.

Upstairs Café

First Floor of the Student Centre.

Located just above Café Oasis, on the first floor, Upstairs Café serves a selection of pastries, cakes and scones. It also has a deli counter where sandwiches, wraps, rolls and salads are freshly made to order each day. There is additional seating available here.

Roots Café

Ground floor of the Hub.

In the corner of the Atrium, Roots serves quality coffee and sweet treats from the Natural Foods Bakery.

CODE OF HONOUR

WE FREELY PLEDGE TO ABIDE BY THE UCC CODE OF HONOUR. BEING TRUTHFUL, HONOURABLE AND HONEST IN ALL OUR CONDUCT, WE WILL NOT LIE, CHEAT OR PLAGIARISE. WE WILL ALWAYS ENDEAVOUR TO SHOW RESPECT TO FELLOW STUDENTS, STAFF AND TO ALL MEMBERS OF THE WIDER COMMUNITY.



#BeginBelongBecome

