



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!

Take Note!

The first semester this year looks a little different for incoming first-years.

Semester 1 2026

Autumn Semester Dates: Monday 14 September – Friday 4 December 2026

Study Review Week: Monday 7 December - Friday 11 December 2026

Winter (Semester 1) Examinations: Monday 14 December - Friday 18 December 2026

Christmas Recess: Friday 18 December 2026 - 11 January 2027

Semester 2 2027

Spring Semester Dates: Monday 11 January - Friday 16 April 2027

Easter Recess: Monday 22 March - Sunday 4 April 2027

Study Review Week: Monday 19 April - Monday 29 April 2027

Summer (Semester 2) Examinations: Tuesday 30 April - Wednesday 14 May 2027

**Have a
Query?
| Ask UCC |**

Scan the QR Code



or visit ask.ucc.ie



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International Office

UCC welcomes over 4,000 non-EU (international) students every year, from more than 138 countries worldwide. They come from a wide variety of backgrounds and cultures, enhancing and enriching life at UCC. These students are enrolled in full degree, Erasmus, study abroad programmes, joint degree programmes or postgraduate programmes. The International Office supports and

advises international students in all aspects of life away from home. We have a dedicated student support team who advise on welfare issues, UCC supports, immigration and other queries relating to international students.

Get in Touch

International Office

Roseleigh, Western Road

+353 (0)21 490 3490

internationalsupport@ucc.ie

My Timetable

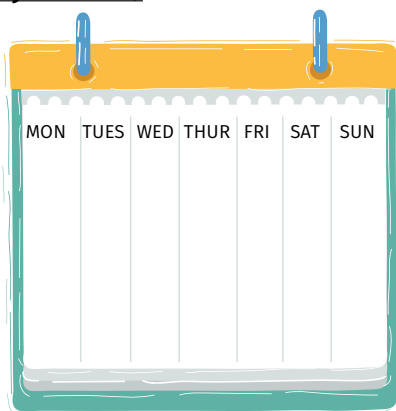
You can create your own personalised academic timetable by using the 'MyTimeTable' web application.

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/build/roombookings/mytimetable/



Find Out More



www.ucc.ie/en/build/roombookings/mytimetable/



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. UCC leads by example and has been recognised internationally by winning Sustainability Institution of the Year at the International Green Gown Awards 2023.

We have over 4,000 international students who represent 138 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 walls 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.

We look forward to meeting you at Orientation and the Freshers' Fest on Saturday, 12 September.

Have a great year!

**You
Matter
to Us.
What
Matters
to You?**



**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, an IT Services talk, 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 28 Aug	Graduate Entry to Medicine.
Tuesday 1 Sept	General Nursing, Children's and General Nursing (Integrated), Mental Health Nursing, Intellectual Disability Nursing, Midwifery, Food Science, Nutritional Sciences, Architecture, Engineering.
Wednesday 2 Sept	Arts (Music), Film & Screen Media, English, World Languages, Theatre & Performative Practices, Digital Humanities & Information Technology, Government & Political Science, Criminology, Anthropology, BEd Gaeilge, BEd Physical Education, Sports Studies and Arts, BEd Science Education.
Thursday 3 Sept	BA (Arts) CK101 and BA (Arts International) CK108.
Friday 4 Sept	Commerce, International Business with Languages, Law (Pathways), Law & French, Law & Irish, Law & Business.
Monday 7 Sept	Accounting, BIS, Finance, Applied Economics, Food Marketing & Entrepreneurship
Tuesday 8 Sept	Sustainability, Biological & Chemical Sciences, Biological, Environmental & Geological Sciences, Genetics, Chemical Sciences, Agricultural Science, Biomedical Science, Computer Science, Mathematical Sciences, Physics & Astrophysics, Data Science & Artificial Intelligence.
Wednesday 9 Sept	Medicine, Dentistry, Pharmacy, Occupational Therapy, Speech & Language Therapy, Public Health Sciences, Medical & Health Sciences, Dental Nursing, Dental Hygiene, Paramedicine.
Thursday 10 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, 10 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 12 September.

SEPT
12
SAT

Check Social Media for Updates on Freshers' Fest



Skills Workshops to get Ready for College



Meet UCC's 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



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 STARS rating from the Association for the Advancement of Sustainability in Higher Education, and now ranks 2nd 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.



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



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

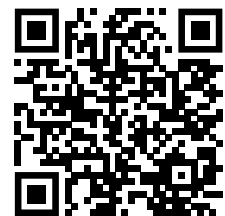


**Your
Graduate Attributes & Values
COMPASS**

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 Practise**
- **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 a short walking distance from the UCC main campus on Bandon Rd/Glasheen Rd.

Bus Fares

A single ticket in the city is €1.55 (adult) or €0.80 (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, Midleton 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

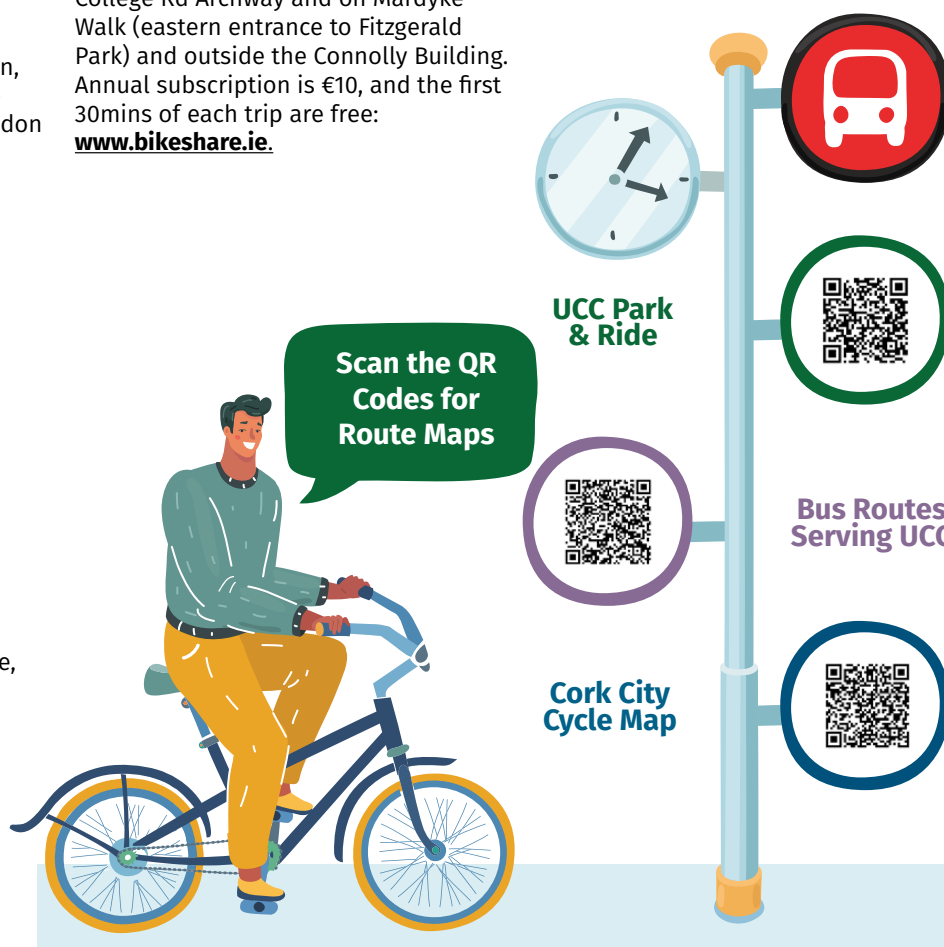
There are numerous locations for safe bicycle parking at most Campus buildings, and further extension of bike parking in UCC is in preparation. Changing facilities are available e.g. in the basement of the Kane Building. See www.ucc.ie/en/build/commuting/

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 account 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 €210.
- ☐ 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.



Offer Accepted

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/

Get Started by Attending Orientation

Get familiar with your new surroundings:

- ✓ Learn how to access resources for 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 Finding Your Feet at UCC

If you can't make the day you're scheduled for orientation, please attend on Thursday, 10 September.

Explore the Success Zone on our Virtual Learning Environment, Canvas. We'll keep this open for you throughout 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 forms.ucc.ie/doc-self-service - anytime, anywhere.

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 the First Year Experience Coordinator (firstyears@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 Coordinator 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 deadline for Change of Course is Wednesday, 30th September 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 the First Year Experience Coordinator (firstyears@ucc.ie) 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.mywelfare.ie), complete fee payment and download your Confirmation of Registration (if required).

Please note that this is the only Confirmation of Registration that is available

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/

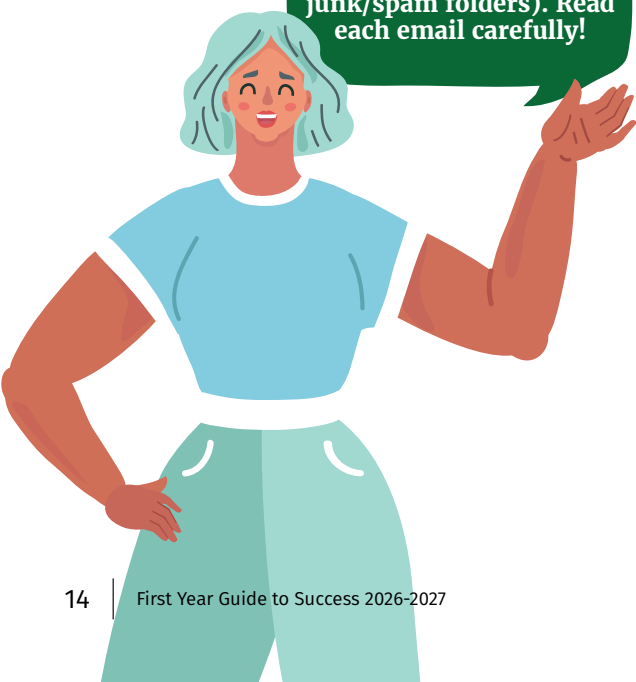
We have IT help and instructions for new students at www.ucc.ie/en/sit/new-to-student-it/. If you experience difficulty with MFA, logging in to register or have any other IT issues please log a support ticket or call the IT Helpdesk on 021 490 2120 (choose Option 2) for urgent queries.

Once you've accepted your CAO offer, keep an eye out for emails from UCC (including your junk/spam folders). Read each email carefully!

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.

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 with relevant instructions prompting you to complete vetting after you complete online registration. You 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)

If you fail to engage with the Vetting Process, this may impact your registration and/or work placement.

Find Out
More



[www.ucc.ie/en/study/undergrad/
studentgardavetting/](http://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: nui.ie/what-we-do/graduate-services 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 €2,500 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 €210 for the 2026/27 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/

UCC Resit Exam Fee: Students repeating exams in August 2025 will be subject to resit examination fees of €35 for every 5 credit module being repeated, up to a maximum of €245. www.ucc.ie/en/financeoffice/fees/schedules/

Payment of Fees is part of Registration and can be made during online registration, either by Visa debit card or credit card (Visa or Mastercard). 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 instalments, 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

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.

Fee Refund Policy:

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

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 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.

Students will not be eligible for Free Fees for the first year of another programme.

Online registration must be completed before you attend orientation.

Get in Touch

Registration Help Desk

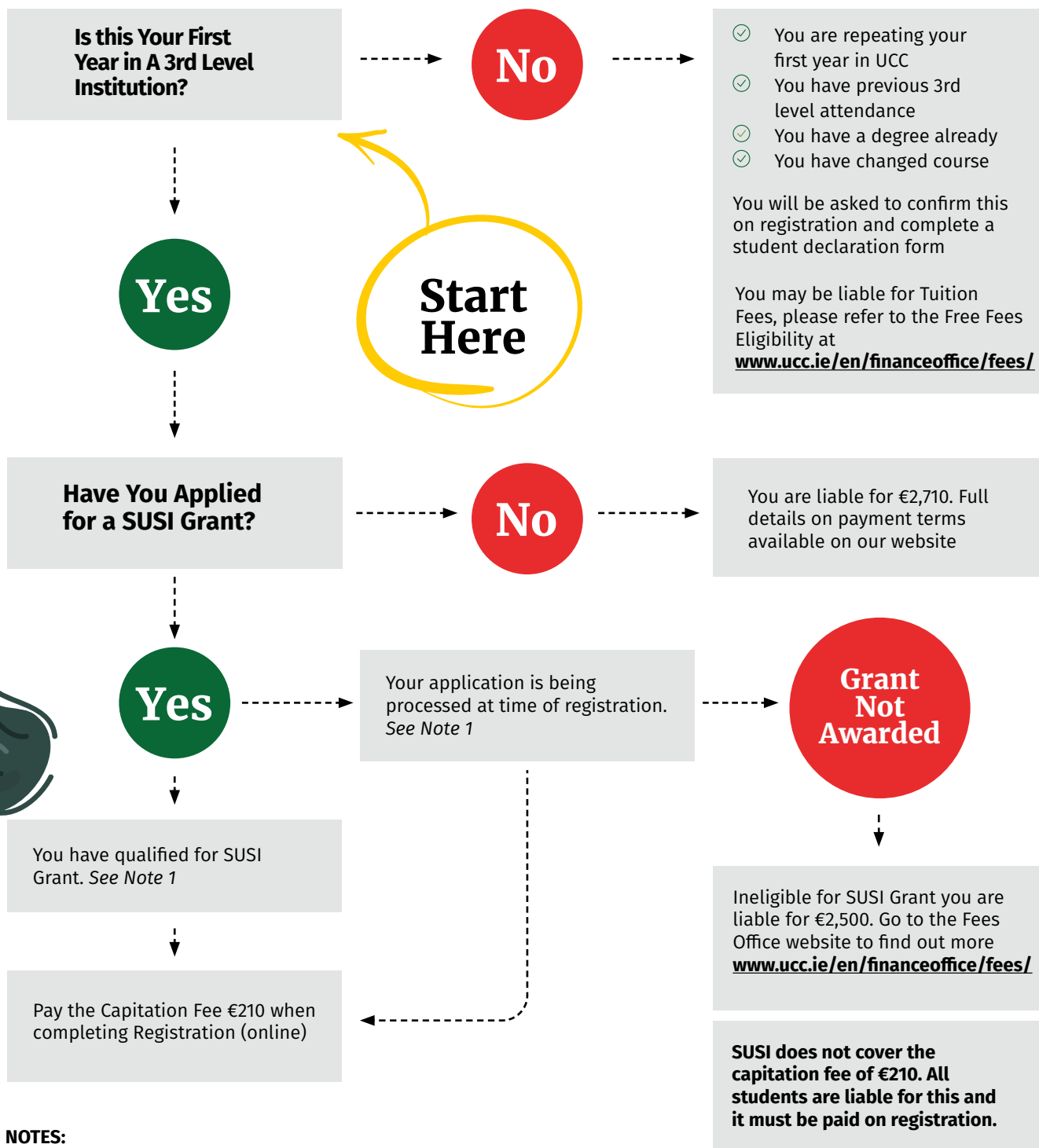


www.ucc.ie/en/financeoffice/fees/

If you are considering withdrawing, please contact firstyears@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 €210 must be paid as part of Registration.
- ✓ 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 €2,710. Students may pay in two installments. 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. For further details, please refer to the Fees Office: www.ucc.ie/en/financeoffice/fees/

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.

 www.ucc.ie/en/ask

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 europeanstudentcard.eu.



Remember, book your ID card collection for a day other than orientation.

Fitness to Practise

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, and if your circumstances change at any time during your studies, you are obliged to self-declare any health and character concerns that could potentially impact your fitness to participate safely and effectively in education, training or placement.

Good health in the context of Fitness to Practise means that a student's health status is such that they are well enough to participate safely and effectively in education, training and placement, appropriate to their stage

of study and scope as a student on a programme subject to Fitness to Practise. 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 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 a health and/or disability/specific learning difficulty are able to practise with or without reasonable accommodations to support their practise 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/fitnesstopractise

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.

All students are also screened for immunity to other infectious illnesses and recommended to be immunised against these illnesses if not immune. These illnesses include 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
- ✓ Paramedicine and Paramedic Studies

The fee will be payable at the Student Health Department at each student's immunisation appointment. You will be advised of how to register and pay for this service when you begin your course.

Nursing students are screened and immunised by the HSE and do not have to pay the 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

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/

Social Life & Entertainment

€200 per month

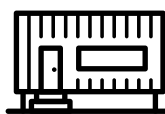
Social life and entertainment costs are subject to one's budget and interests. For guidance, streaming sites such as Netflix, Amazon Prime and Disney+ can be expensive and you could pay up to €30 per month for such services. Factor in Deliveroo (1 x €12.50 per week), online shopping (€30 per month), phone credit (€20 per month), Spotify (€5 per month) and at least two coffees a week at (€6 per week), cinema (€15 per month) and maybe a drink with a friend (€20 per month), you could have expenses of around €200 per month.



Student Accommodation

Ranging from approx. €6,500 to €12,500 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 installments. Check out our student accommodation options on p22.

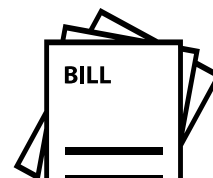


Utility Bills

Approx. €130 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 €700 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

Ranging From Approx. €30 To €50 Per Month

If you live in Cork city, then your daily commuting costs to college will be very low. 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).

Don't Forget

You may not always be living with or next to someone who shares your schedule or lifestyle. Be respectful of your neighbours and look out for people around you who might need help. To learn about UCC's CampusWatch, see p45.

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 Awareness 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	victoriamills@ucc.ie
University Hall	+353 (0)21 481 8400	universityhall@ucc.ie

NiteLine

NiteLine is a student-run listening and information service which provides a free, anonymous, confidential, non-judgemental and non-directive helpline to students. Within this service, student volunteers are there to listen to any problems you may have, whether it's related to your course, your personal life or if you just want someone to talk to. Whatever is on your mind, someone is there to listen.

NiteLine can be contacted via phone or instant messaging **7 nights a week from 9pm to 2:30am during term time.**

UCC Niteline is funded thanks to the philanthropic support of the UCC Alumni Fund.

www.ucc.ie/en/advancement/support/alumnifund/

Get in Touch

 **1800 793 793** (Freephone, open nightly 9pm–2:30am)

 **Online Instant Messaging**
niteline.ie

Career Services

Your career journey starts now. UCC Careers Services is here to support you in realising your own personally meaningful career goals.

Careers Connect

Log in to the Careers Connect platform in your first year to:

- ✓ Apply for student jobs, part-time work, internships, and volunteering opportunities
- ✓ Book workshops, events, and career consultations
- ✓ Access career assessments, learning pathways, and digital badges
- ✓ Ask career-related questions through the Query function

Build Experience Early

One of the best ways to enhance your future employability is to gain experience during your degree. Part-time work, volunteering, internships, and leadership roles help you develop valuable skills while building your CV. Volunteering can be just as valuable as paid work and demonstrates initiative, commitment, and teamwork. Find volunteering opportunities on Careers Connect, through our annual Volunteering Fair or at www.studentvolunteer.ie/ucc

Strengths-Based Career Planning

Not sure what career path is right for you? Our **Strengths-based Career Planning** digital badge helps you identify your strengths, interests, and aspirations and connect them to potential career opportunities. The programme combines workshops and self-paced activities and is ideal for first- and second-year students. You will be informed of this year's launch on our Instagram page and weekly student newsletter: 'Campus to Careers'

Employability Award

The UCC EmployAgility Award recognises extra-curricular engagement across areas such as volunteering, leadership, student life, entrepreneurship, research, and careers development. Complete 20+ hours, reflect on your learning, and achieve Bronze, Silver, or Gold recognition.

Digital Career Tools

Career Services offers smart digital tools to help you build confidence and get career-ready:

- ✓ CareerSet - for instant CV and LinkedIn feedback

- ✓ Shortlist.me - for AI-powered interview practice
- ✓ Profiling for Success - for career assessments and aptitude test preparation

Stay Connected

Visit the Careers Service Student Hub, submit a query on Careers Connect, book a consultation, email careers@ucc.ie, and follow us on Instagram. Don't forget to read our weekly Campus to Careers newsletter for opportunities, events, and career tips.

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-centered, 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' face-to-face and virtually, developing your writing, digital, time management and study skills. If presentations are your thing, then our SPEAK team will work with you to develop your individual presentation style to become an engaging speaker.

Our tutors (current postgrad students) are here to help you understand how to organise your work effectively, develop a proper academic argument and help you to unpack your assignment question.

Our Calculation Centre will help you address any challenges you may have with a mathematical component in your course and our Digital team will help you to become familiar with the technology needed for university life. 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

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

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.

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.

Book a drop in - www.ucc.ie/en/access/support-while-in-ucc/disability-support/#drop-in-appointments

Supports Include:

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

Find Out More



youtu.be/WmKafRG02Kg

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

- ✓ 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 - including virtual reality, 3D printing, the Library Studio, Podcast Studio, specialist equipment, Adobe suite software, video editing, sound editing, 3D rendering, 3D printing, scanning and more!
- ✓ Zoned study spaces on all floors for silent individual study or collaborative work, from the Creative Zone and Social Space (with board games to encourage breaks from study) to our dedicated Quiet Space and Energy Pod
- ✓ 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.

Alongside these core services, the library hosts numerous student wellbeing activities and regular cultural events open to all.

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)

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
- ✓ 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](https://www.facebook.com/UCCChaplaincy)
- [ucc_chaplaincy](https://www.instagram.com/ucc_chaplaincy)

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 and printing facilities. The other open access labs and dedicated departmental labs under IT Services control, contain approximately 600 further machines 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 customized 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/new-to-student-it/

IT Student Helpdesk Hours:

Weekdays: 8:30am - 9:00pm
Saturdays & Sundays:
10:00am - 6:00pm

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

Starting university is a big transition and Peer Support is here to help you feel connected, confident and part of the UCC community from the very beginning.

Peer Support Leaders (PSLs) are current UCC students who volunteer their time to support you from Orientation right through your first year. They understand what it's like to start university and are here to help you settle in, find your place and feel a sense of belonging.

PSLs come from a wide range of courses, backgrounds and experiences. They're here to support you with all aspects of student life outside of academics so you can focus on your studies knowing you have support in everything else.

Whether it's finding your way around, getting involved in Clubs & Societies, meeting new people or just having someone to talk to, your PSL is there for you. No question is too small

What can a PSL do for Me?

Your PSL is there to:

- ✓ Help you transition into university life

- ✓ Support you in finding your place and sense of belonging at UCC
- ✓ Be someone you can talk to and check in with throughout the year
- ✓ Refer you to the right supports and services if you need extra help

They may not be able to help with academic queries but they can support you with everything else that makes student life easier and more enjoyable. PSLs also organise meetups, social events and informal opportunities to connect with other students, both in person and online. Peer Support is very active on social media, helping you stay informed and engaged throughout the year.

How can I Connect with my PSL?

Once you're registered, you'll be invited to join your Peer Support Canvas module. Each course has its own dedicated space, managed by PSLs, where you can:

- ✓ Connect directly with the PSLs for your course
- ✓ Ask questions and stay updated
- ✓ Browse PSL bios and reach out to someone who shares your interests or experiences

Peer Support is Peer Success

Get in Touch

Peer Assisted Student Support

☎ +353 (0)21 490 4863

✉ 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 Practise (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.

Need screening for your course?

See p19

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 Mental Health and Wellbeing

- 📍 Brighton Villas 1, Western Road, T12 V304
- ☎ +353 (0)21 490 2311
- 🌐 www.ucc.ie/en/studenthealth/

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 Counselling and Development counselling@ucc.ie

- 🌐 www.ucc.ie/en/studentcounselling

Student Mental Health and Wellbeing Hub,

- 📍 Brighton Villas 2-4
University College Cork,
Western Road, Cork
T12 PY88

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

Urgent Support

Text UCC to 50808

Samaritans

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

Haigh, a chairde, agus fáilte romhaibh go Coláiste na hOllscoile, Corcaigh! A very warm welcome to the beginning of your exciting new chapter at UCC.

My name is Josh Hanover (he/they), and I'm the President of UCC Societies for 2026/27. I work full-time to represent, support and nurture our vibrant community of student-led societies. I ensure that each society has the tools and resources to thrive, and that it is as easy as possible for you (yes, you!) to get involved in all they have to offer.

UCC has a bustling community of student societies, and one of the largest offerings of any university in Ireland, with 108 active societies. We cover a wide range of interests, from academic groups, such as the Rocketry Society, to creative ones, like the Choral Society. You'll find our societies 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. Together, they form 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. There truly is something for everyone, and if you feel something's missing, you even have the chance to start your own society!

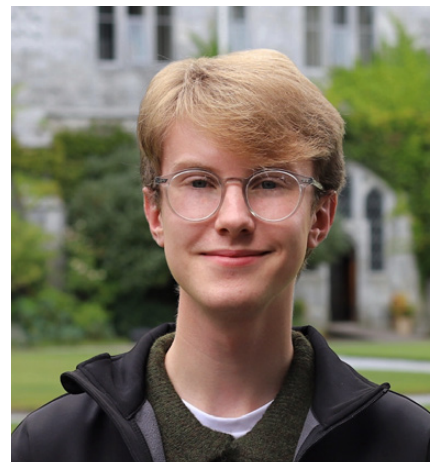
At UCC, the range of events is incredibly diverse. Whether it's movie nights in the Boole lecture theatres, volunteer trips to support hospitals in Africa with Surgeon Noonan, thought-provoking conferences like Big SIS from the Women in Business and Leadership, or unique social outings, like walks with alpaca by the seaside with the Knitting and Crochet Society, you are sure to find a crowd that match your passions and energy. Those are just some of my favourites, from the 2,500 events organised last year!

My journey in Societies began in 2020, my first year in UCC. Everything was held online, and I had no idea how I was going to make friends in college. I joined the Harry Potter Society as Sponsorship Officer, later taking on the role of Events and Accessibility Officer, working to raise money for a variety of Charities. I also joined the Feminist Society as an Ordinary Committee

Member, later becoming Campaigns Officer and Vice-Chair. In the final year of my undergraduate degree I was elected as Conference Director for the Bród Society, running the Society's Conference. Through these Societies, I have not only found some of my closest friends but also my area of interest academically, as I chose to do a Masters in Women's Studies with my area of interest in feminist activism and activist spaces, research I hope to continue when my term as Societies President comes to an end. During my Masters, I sat on the Societies Executive as Welfare and Accessibility Officer, and I ran for President as I was astounded every day by the work carried out by Societies and wanted to be able to support them and facilitate their fantastic work.

If you'd like to take a more active role, you can also volunteer to join the committee of your favourite society, or two. You'll join a community of more than 1,300 students who serve as society committee members each year. Every committee has a variety of roles on offer, which assist with managing finance, social media, and more. All societies have a First Year Representative position too, typically elected in October, which is a great way to immerse yourself in student life. All of the roles on offer will get you involved in organising some of the world-class events that happen here on campus. They are such a great way to develop new skills, and gain hands-on experience that can help you in the world of work.

My time in UCC Societies began just three years ago, in September 2023, when I was in your shoes, as an incoming First Year. I knew absolutely no one in my enormous course, and decided to get involved with the Korean Society, to connect with other students in a smaller setting. Within a couple of months, I had fallen in love with this space, and stepped up to the role of Chairperson, where I found myself organising a cultural festival on campus, and even meeting with ambassadors. I also took an interest in the Pop Culture Society, which has taken me on trips around the country, and even further afield to London, where we got an opportunity to tour the TikTok HQ. All of this experience has helped me to make friends for life, and to become more confident and outspoken, leading me to



take the role of President – something which would have been unimaginable when I received my own First Year Guide, just three years ago.

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. You'll find spotlights of some recent society events on our Instagram, **@uccsocieties**, and if you have any questions, or just want to learn more, feel free to email me, at **president@uccsocieties.ie**.

I hope to see you around!

Le meas agus buíochas,
Josh Hanover
UCC Societies President



Join a Society



societies.ucc.ie



Societies

Creative

Choral
Comedy
DJ
Dramat
Film & Photography
Irish Traditional Music
Knitting & Crocheting
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 & Astronomy
Rocketry & Space Exploration
Science
WiSTEM
International Business

Business & Law

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

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
Islamic
Jewish
Simon
Surgeon Noonan
SÁMH

Political & Activism

Bród (LGBTQ+)
Connolly Youth
Environmental
Europa
Feminist
Fianna Fáil
Fáilte Refugees
Global Justice
Government & Politics
Sinn Féin
Vegan

Social

Afro-Caribbean
Dodgeball
International Students
Fashion
Macra na Feirme
Motorsports
Networking, Technology & Gaming
Neurodiversity
Pop Culture
Sci-Fi, Horror, Fantasy & Anime
Simpsons
Slavic
Wargaming & Roleplaying (WARPS)
Yoga & Meditation

Arts, Cultural & Debating

An Chuallacht
Ancient Civilisations & Mythology
Archaeology
Art History
Bangladeshi
Chinese
Criminology
Folklore
French
German
History
International Relations
Japanese
Korean
Pakistani
Literature
Philosophical
Planning
Psychology



Clubs

Hi!

My name is Lily Fay and I am the Clubs' Executive President for 2026/27. This year I have the great honour of working alongside the Clubs' Executive Committee and the Department of Sport and Physical Activity (DSPA) to support the running of our 44 sports clubs and provide exciting and engaging sports opportunities for all UCC students. We are absolutely delighted to welcome you to UCC!

UCC prides itself on the engaging and vibrant experience it provides to students, and our Clubs are continuously committed to playing a key role in this. We strive to give students the chance to get active, create unforgettable memories, and grow as athletes.

Our Clubs offer an extremely diverse range of sporting activities, such as Ultimate Frisbee, Archery, Surf, and Kung Fu, to name but a few! We believe that with close to 50 active clubs, we have a sport for everyone, whether you are seeking a casual, recreational activity or high-performance, competitive success. Complete beginners, seasoned athletes, and everyone in between has their own spot within UCC Clubs, and we're looking forward to helping you find yours!

Each of our Clubs are dedicated to providing welcoming and inclusive environments to encourage UCC students to participate in sport. This strong sense of community enables students to meet like-minded individuals and bond over their shared love of their sport. Clubs organise various social events for their members, such as quiz nights, evening socials and movie screenings, which offer students the chance to get to know each other outside of training hours and build these friendships further. Students are also often given opportunities to venture beyond Cork City, with many Clubs travelling all over the country, and even internationally.

My life has revolved around sport since my early childhood, and when I came into UCC, I knew Clubs would be a massive part of my university experience. When I realised how many sports clubs were available to UCC students, I decided I just had to give something new a go! After some trial and error, I settled on the Mountaineering Club, where I discovered my new-found love for rock climbing. This decision has shaped my entire experience in UCC. Through joining training sessions, taking part in competitions and attending fun social events, I have met some of my closest friends and created some of my favourite and most unforgettable memories from the past 4 years!

All 44 sports clubs in UCC are managed by student committees. They are responsible for organising all of its activities, such as training, social events, and trips away. If, like me, you find yourself wanting to give back to your club for all the joy that it brings you, you can run for a role on its committee! Through this, you can be a key part of running and growing the club and making a positive impact on student life here in UCC. Additional bonuses include developing personal and professional skills such as organisation, leadership, and teamwork!

A key contributor to the immense sporting opportunities available in UCC is its impressive range of facilities. The Mardyke Arena (T12 N1FK) features a 25-meter swimming pool, three sports halls, an indoor climbing wall, and various gym and studio spaces. Every UCC student has easy access to the gyms with their student cards. Outdoors, the Mardyke offers fully floodlit pitches perfect for soccer, rugby, GAA, hockey and other sports. Beyond this, our sports grounds, affectionately known as "The Farm," spans an additional 52 acres of playing fields. These outstanding facilities are used by clubs every week to train, compete, and bring their members together.



Again, we welcome you to UCC and hope that you're excited to get involved in our Clubs! Keep an eye out on our Instagram **@uccsport** where we will be posting details about Clubs Day - where you can meet all our Clubs - and our fresher events in September. In the meantime, if you have any questions, feel free to email me at president@uccclubs.ie or visit me in the Clubs and Societies Office on the first floor of the Hub!

Le meas,
Lily Fay.

Book Our Facilities



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

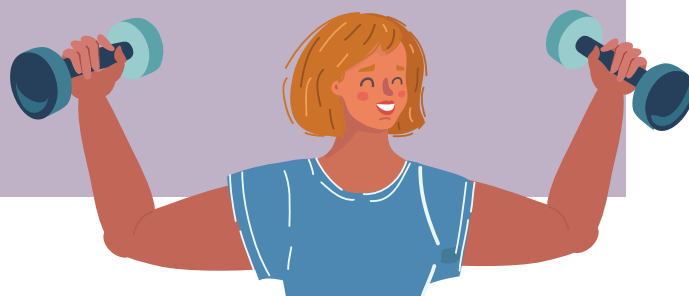


Clubs

Archery
Athletics
Aussie Rules
Badminton
Basketball
Boxing
Canoe
Chess
Cricket
Cycling
Dance
Darts
Equestrian
Fencing
Fishing & Angling
Flag Football
Golf

GAA - Football,
Hurling & Camogie
GAA Handball
Hockey
Golf
Inline Hockey
Judo
Kickboxing
Kung Fu
Mountaineering
Olympic Handball
Orienteering
Powerlifting
Rover Scouts
Rowing
Rugby
Sailing

Squash
Soccer & Futsal
SubAqua
Surf
Swimming & Waterpolo
Table Tennis
Taekwon-Do
Tennis
Trampoline and Tumbling
Ultimate Frisbee
Volleyball



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, fees might apply to selected classes)
- ✓ **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

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 10:00 - 19:00
(Last swipe: 18:30)
Public Holidays: 10:00 - 18:00
(Last swipe: 17:30)

Scan Me for More



www.mardykearena.com/students/



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 fulltime 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 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.

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 Ndalta

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 Abby 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 tomothere satellite campuses in future, 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 €34,000 in 2026. 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 Alex Dramba at comms@uccsu.ie.

Your SU Representatives | Ionadaithe Aontas na Mac Léinn

Anna Claire O' Flynn (She/Her)

SEFS Rep
sefsrep@uccsu.ie

Suzzie Elif (She/Her)

Business & Law Rep
blrep@uccsu.ie

Kacper Bogalecki (He/Him)

Medicine & Health Rep
medandhealthrep@uccsu.ie

Jess Hurley (She/Her)

CACSSS Rep
artsrep@uccsu.ie

Tia Weldon (She/her/Him)

Equality & Diversity Rep
equality@uccsu.ie

Beth Moore (She/Her)

Environmental & Sustainability Rep
environmental@uccsu.ie

Amlaoibh Ó Síocháin Ó Beolaín (Sé/É)

Ionadaí Gaeilge & Cultúir
irish@uccsu.ie

Abby Bradfield (She/Her)

Council Chair
councilchair@uccsu.ie

International Rep

international@uccsu.ie

Mature Student Rep

mature@uccsu.ie

Postgraduate Student Rep

postgrad@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



Luna Fleming (They/Them), Communications & Engagement Officer

| Oifigeach Cumarsáide & Rannpháirtíochta
Haigh, a chairde! My name is Luna Fleming and I am your Students' Union Communications and Engagement officer this year.

My position involves managing all media relating to the student union. This means I manage the union's social media accounts, our website and liaising with external media. I also sit on various committees across campus life, which I use to make the student voice heard. During the big weeks like Freshers and RAG, I manage a service called Student Community Support, which is designed to ensure student safety.

I also have a campaigns crew, which helps me run various campaigns, from LGBTQI+ to housing campaigns, so if that might interest you, keep an eye on your emails and our social media for updates on applying for this.

A big part of my job is ensuring that students stay engaged with the union, so please feel free to reach out to me if there are any ideas for campaigns, events or just want someone to chat with about your concerns.

Welcome to UCCSU!

engagement@uccsu.ie
+353 (0)86 184 2658



Eleanor McCahill (She/Her), President | Uachtarán

Haigh a chairde, my name is Eleanor McCahill and I'm your Students Union President for the academic year 2026/2027. I am the Chief Representative of the UCC student body, representing over 26,000+ students (including you!) on committees across the university and beyond. These committees are where important high level and strategic decisions are made, one of these includes the Governing Authority composed of Internal and External Governors who are in charge of guiding the direction in which the university will go and deciding on policies and procedures as well as holding the various committees and members of the university to account. I support the other five sabbatical officers and the thirteen part time officers each day to ensure that they can all work for you to the best of their ability. The six Sabbatical Officers and thirteen part-time officers make up the Students Union Executive, we implement union policy as shaped by the students and oversee the running of campaigns that support and are important to the students of UCC. As President, my priority will always be YOU!, your student experience, your wellbeing and your concerns. The Union will support you, work with you and for you, representing you each step of the way to make your journey in UCC the best it can be. I know how difficult and daunting it can be being a new student in a new place, moving away from home and having to stand on your own two feet, potentially for the very first time, I want you to know that you will never be alone and that the Union, the Executive and I will always have your back. If you ever have any issues during your time in UCC, you can email or ring myself or one of the other officers or you can pop by the office for a chat. Best of luck and You've got this!

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



Maksym Levchenko (He/Him), Education Officer | Oifigeach Oideachais

A chairde, my name is Maksym and I am your UCC Student's Union Education Officer. My role is the primary representative for academic interest for students. Developing academic policies/stances of the Union and lobbying for these stances within UCC. I represent the student voice on a different variety of academic boards and academic committees, where I advocate for fair academic policies and improved academic support services for all students. Throughout this year, I will work to advocate for greater access to lecture recordings, lobby at a national level for improved supports and recognition for students on work placements. Through collaboration, advocacy, and policy reform, I aim to deliver meaningful improvements to the academic experience, ensuring that every student has the opportunity to succeed and that our policies reflect the diverse needs of our student community. A key part of my role is coordinating the election of class representatives and ensuring they receive the training and support they need to succeed. Class reps play a vital role in gathering feedback from their classmates, highlighting issues within their programmes, and bringing Students' perspectives directly to the Students' Union. The feedback provided by class reps helps shape the work of the Students' Union and informs the priorities we pursue throughout the year. With more than 26,000 students represented by the Union, it is essential that every voice has the opportunity to be heard. I encourage you to get involved by putting yourself forward as a class representative or by voting in your class rep elections. It is one of the best ways to influence your academic experience and contribute to positive change across UCC. If you ever feel like you need someone to talk to, whether it's about an academic issue or something personal, please don't hesitate to get in touch or pop into my office. I'm always happy to have a chat, listen to any concerns you may have, and help however I can.

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



Mika Shaimakhan (She/Her), Entertainments Officer | Oifigeach Siamsaíochta

Salem! My name is Mika, and I am your Entertainment Officer for the 2026-2027 academic year. I studied Theatre and Performative Practices here at UCC. My job is to create unforgettable events and bring good vibes throughout the year. My main goal is to make this year a true celebration of culture and diversity. UCC is a vibrant stage and a hub of multicultural communities, and our students are the main characters. This year, I want students to take centre stage and be celebrated for who they are and where they come from. Alongside major college events such as Freshers' Week, Arts Ball, and RAG Week, you can look forward to cultural festivals, Latino nights, food festivals, and much more. Academic life and living abroad can be challenging, and my job is to make sure you have a great time, meet new people, and make lifelong friends. Big nights require a big team, so you're more than welcome to join the Entertainment Team! You'll have the opportunity to get involved in organising major college concerts, gigs, and events, while also enjoying plenty of free goodies along the way. Recruitment begins in September, so make sure you don't miss it. I'm looking forward to having fun with all 26,000 of you! Feel free to reach me at ents@uccsu.ie. The SU team and I will do our very best to make your year an unforgettable one.

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



Caoimhe Brinkley (She/Her), Welfare Officer | Oifigeach Leasa

Dia dhaoibh, a chairde! My name is Caoimhe, and I am delighted to be your UCC Students' Union Welfare Officer this year. As Welfare Officer, my role is to help ensure that you can thrive during your time at UCC. I cover all non-academic aspects of student support, so think of me as your first point of contact for any wellbeing-related concerns. Whether you're dealing with accommodation issues, food insecurity, financial stress, mental health challenges, or simply aren't sure where to turn, I'm here to help. My aim is to make sure you have access to the support and resources you need. If I can't help directly, I'll make sure I connect you with someone who can. My door is always open, whether you have a quick question, need practical support, or just want someone to listen. I hope you have an incredible time at UCC. If there's anything I can do to support you along the way, please don't hesitate to get in touch. Best of luck, and remember to look after yourself!

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



Alex Damba (He/Him), Commercial & Fundraising Officer | Oifigeach Tráchtála & Tionsaithe Airgid

Haigh, a chairde! My name is Alex Damba 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 focuses on reaching out to businesses to arrange partnerships. This includes social media advertising, Fresher's Packs sponsorships, and overseeing vendors, stalls and brand activations on campus! The fundraising side mainly focuses on RAG (Raise and Give) Week, which is our annual charity week in the second semester. If this sounds interesting to you, 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 assist with many other fun activities! If I can be of any help to you or you have some cool ideas I'd love to have a chat and help our students get the maximum out of their experiences!

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

Your SU Officers D'oifigígh Aontas na Mac Léinn



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

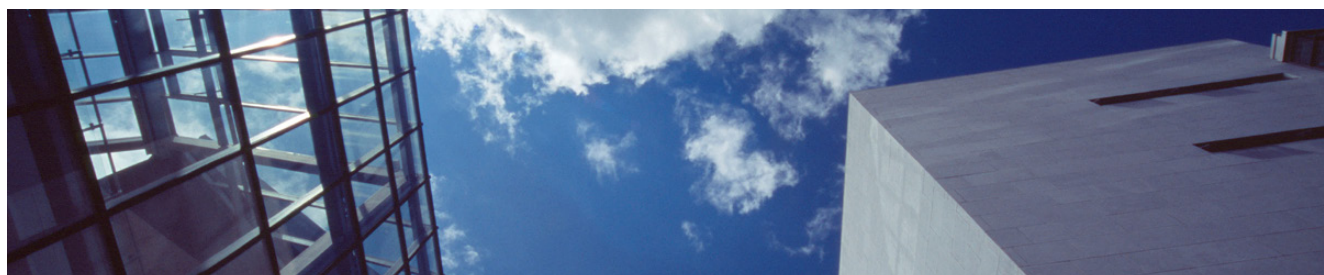
Healthy Habits For University Life

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



Regulations & Policies

4

- Bystander Intervention Programme
- Student Charter
- Academic Integrity and Academic Misconduct
- Examinations
- Equality, Diversity, & Inclusion
- Speak Out
- Valuing Different Perspectives



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.



Scan To
Enrol



www.ucc.ie/en/bystander/

"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 code on the right.

Find Out More



www.ucc.ie/en/academicgov/policies/student-policies/

Academic Integrity and Academic Misconduct

Academic Integrity is a core part of UCC's values of integrity, respect, and accountability – it's about striving to do good work and embracing a set of ethical values that will serve you throughout your academic, personal, and professional life. Academic misconduct occurs when an individual's actions contravene academic integrity and result in unfair academic advantage. These actions include plagiarism and unauthorised use of artificial intelligence, amongst others.

To learn more, you can visit the Skills Centre's resources at www.ucc.ie/en/skillscentre/academic-integrity/ Academic Integrity Fundamentals short course (ucc.instructure.com/courses/7281), located in the Success Zone on Canvas. You can also read the latest version of the 'Academic Integrity for Continuous Assessments Policy' on the Student Policies page linked on p40.

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 uemail 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/



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 Office 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

✉️ edioffice@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.



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.



Campus Services

5

- Áras na Mac Léinn - Student Centre
- The Hub
- Campus Watch
- Food Options
- Code Of Honour



Áras na Mac Léinn – Student Centre

The mission at Áras na Mac Léinn is to enhance the campus experience by providing exceptional services and activities to the UCC community on a sound commercial footing.

There is a range of shops, café, hair salon bar and a range of additional services for students to shop, eat and meet up with friends and classmates. Students can book meeting rooms, host events and intimate gigs, organise quizzes, open mic nights and concerts in the largest space on campus - Devere Hall.

Shops

- ✓ An Siopa & Lowercase Bookshop
- ✓ Collegegear (Clothing Shop)
- ✓ Unisalon (Ladies & Gents)

Dining

- ✓ Café Oasis
- ✓ Upstairs Café & Salad Bar
- ✓ The New Bar (Hot food every day)

Facilities

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

Spaces

- ✓ Devere Hall (Capacity 440 seated)
- ✓ Meeting Rooms (6 Meeting Rooms and Cashel Suite – (5 smaller rooms)

Get in Touch

★ **Áras na Mac Léinn**
The Student Centre,
University College Cork,
T12 XR6F

☎ +353 (0)21 490 2714

🌐 **studentcentre.ucc.ie**

To book Devere Hall or Meeting Rooms, book online at www.arasroombookings.ie



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
- ✓ Student Media

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
- ✓ Accommodation & Community Life
- ✓ 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

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.

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 Insomnia 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.

Elements West

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.

Café Atrium

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.

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

**PURE
CORK**

