

Hey everyone

Welcome back to Semester 2!

I want to remind you about all the ways you can engage with MTU Cork initiatives to be active, create connections and look after your emotional wellbeing.

Please feel free to share this email or information with your class mates



	MTU Indian Society Anin Dane
	Attained Annual State St
FOR GAMES	mpeteoceties Glór
WELCOME BACK TO SOCIETIES	
REHEARSAL 25th - 2	TUES
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All the second s	NIGHTS ARE BACK!
MTU COR	6:30-ICPM PISCORD
DANCE SOC	
MTU SOCIET	LES Wh
CORK	Disconnection
	heck out all of our react ocieties that have
	Discord servers!!!
ANIME & MANGA	SCI-FI
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PHOTOGRAPHIC	KOREAN
PROGRAMMING	MATURE STUDENTS
POOL &	3D DESIGN
BOARD GAMES	DJ So co

Pool & Board game - Games night Monday 6:30pm-10pm on Discord
Anime – EGM & screening of "BNA" Wednesday at 6:30pm on Discord
Dance - Contemporary Dance class Wednesday at 7.30pm on Zoom
Indian - "Chai & Chats" Thursday at 6pm on Zoom
EGM Thursday at 6pm on Zoom
MISTEM & Pool & Board game - Games night Thursday 7pm on Discord
Glór - Online rehearsal Thursday at 6,30pm on Zoom
Sci-Fi - Games Night Friday at 6pm on Discord
Comedy - Games Night Friday at 6pm on Discord

MTU CORK SOCIETIES

Semester 1 had over 175 events so get ready for another Semester full of exciting events and meetings!

What is all this talk about Discord?

Discord is an online community space where you can interact with other society members. Only society members have access to this space and the benefit is that you can reach out to other students with similar interests 24/7.

Many societies are using their Discord server as the base for all communications and activities. They welcome new members. Discord is free and easy for new members to register.

Once you register on Discord, DM the society for their discord link or sign up to the Society Online <u>https://societies.cit.ie/sign-up-to-societies</u>

he discord link is only shared directly with current full time students to ensure security is naintained.

So come on, give it a try! It might just surprise you.



Join by messaging them on their Social media accounts

MTU GYM VIRTUAL FITNESS CLASSES

	MON	TUES	WED	THURS	FRIDAY
LUNCH 1-2PM	BOOTCAMP WITH NATHALIE	PILATES WITH YVONNE	YOGA WITH SARAH	YOGA & STRENGTH WITH SARAH	ZUMBA WITH LINDA

All Fitness Classes are FREE of charge so we would love for you to join us.

How do I sign up for a class? Email gym@cit.ie with the following Name, Staff/Student number & what class(es) you wish to join. You then will be send a link to join the class :)

QUERIES EMAIL - gym@cit.ie

Find us on Facebook & Instagram



SOCIETIES **Beginners** welcome Live weekly classes

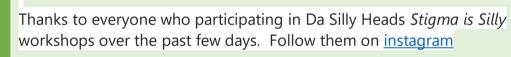
FREE YOGA AND **MEDITATION CLASSES** FOR MTU STUDENTS

HTTP://EVENTS.CIT.IE





Yoga - <u>Online Class Tuesday at 7-8pm</u> Yoga Crawford & CSM - <u>Online Class at 6-7pm</u> Mindful Relaxation – Online class at 7-8pm



We had some great discussions on Mental Health. Lets all try do something small to support our classmates and friends on this.

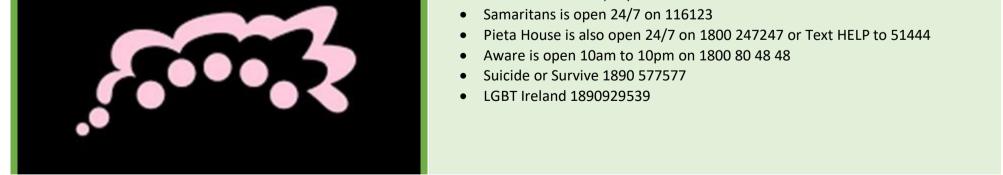
SUPPORTS

CIT Counselling Services counselling.admin@cit.ie 021 – 4335772 www.mycit.ie/counselling

There are a number of telephone/text helplines that can also offer you support:

- CIT Crisis Text Line, 24/7 free text "CIT" to 50808 •





Kind Regards

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Student	CITSU	Access	Societies	Chaplaincy	Sports	Gym	A Healthy
Services							CIT
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@citsocieties.ie	chaplaincy@cit.ie	sport@cit.ie	<u>Gym@cit.ie</u>	AHealthyCIT@cit.ie

