

Welcome to UL!

Hi how's it going & Welcome to the pack!

My name is Ciara Jo and I am your student life president. My primary role is to represent you on both a national and international level. I sit on a vast amount of different committees and I am here to make sure that your voice is heard. These committees exist to ensure that all your needs as students are catered for and to provide you with the best possible experience during your time in UL and that's what we here in student life aim to do.



Here in Student Life I work with an amazing bunch of people and we look after all the exciting events such as fresher's week, charity week, gigs, competitions and all the other fun stuff that are organised especially for you. We also campaign on behalf of students on issues that are important to you both locally and nationally.

Student life is your home so don't be a stranger and make sure to pop your head around the door to say hello. I work very closely with Lorcan, your welfare officer, and Matthew, your academic officer on all things student related. We and all the other staff members here in Student Life will be delighted to help you with any questions or concerns you may have over the coming year. Remember our job is to **help** and **support** you as a student.

There is something for everyone here in UL with over 80 different clubs and societies catering for all interests, sports and hobbies. It is an exciting time to be a student in UL with the development of our new student centre, climbing wall and not forgetting our new state of the art pitches. Make sure and get out and explore Ireland's most beautiful and leading sports campus with a super gym and sporting facilities in UL sport. We also have wonderful walk ways down by the river and of course we cannot forget about the heart of UL... The Stables.

Now is the time to get out and meet new people and I can guarantee you that the friends you make here will be friends you keep for life. If there's one thing I want you to take from reading this, it is to **EMBRACE** the next four years of your life here in UL. I can't promise that it will be easy but what I will say is be yourself, be honest and never be afraid to ask for help.

Adh Mór, Ciara Jo

Greetings from the General Manager at UL Student Life

Hey there

On behalf of all the team here at UL Student life, welcome to UL. Our team here is made up of your elected student officers and all our full and part time staff. You can read about everyone and the jobs they do in these first few pages of your Diary. The Student Centre is where we all work and where we provide a complete range of services and supports for you, again check out all the details inside.



Everyone on the UL Student Life Team works really hard to ensure that throughout your time here in UL that you have all the information and support you need, all the opportunities to make friends, develop new talents and skills, party at our events and to have a voice and make a difference. All we need is YOU !!!

Not to bore you too much but UL Student Life is now in the middle of delivering on a really exciting Strategic Plan and have been very successful in delivering a whole new range of services and supports for you here at UL. This is a really busy year where we finally see us breaking ground and starting to build our super state of the art Student Centre, which will be the new home of students on campus, you can check out our website for all the details, ULStudentLife.ie. Here too you will see details of the new sports projects and facilities that are coming soon to the UL campus, exciting developments for all, made possible by students and UL working together.

While we await the new building, its business as usual at the Student Courtyard and the Student Centre, make sure to come and say hello. Feel free to drop in at any time for a game of pool, some cold refreshing water, to get all your event tickets, buy some UL Wolves gear or just to hang out. Also this year make sure to take part in our great range of clubs and societies or perhaps sign up to be a class rep and never be shy about asking for help or support, that's what we are all here for. Get to know the staff and the elected student officers throughout the year and of course watch out for Wolfie – he's a very important member of the Team !! Enjoy your Diary.....See you at the Student Centre

Martin Ryan | General Manager UL Student Life



THANK YOU

UL STUDENT LIFE

Belong to the Pack

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Student
Planner
University
Services
Survival
Guides



Your Life at UL

You are about to embark on the best four years of your life. With so much to do on campus, it's no surprise if you feel a little lost but we hope the next two pages will shed some light on how to make the most out of your UL experience.

Accommodation & living

For many, the UL campus is just a place for lectures and tutorials. But there's so much more to it! Soaked in culture and located on the banks of the River Shannon, the 200 acre campus offers you outdoor beauty, a vibrant social scene and plenty of modern amenities thrown in.

UL is located in Castletroy on the outskirts of Limerick city. Limerick is very student-friendly thanks to the presence of Mary I, LIT and Limerick School of Art & Design. With great shopping, cafés and a buzzing nightlife, it is well worth taking the short bus journey in to the city to see what's on offer. That said, it does rain a lot so make sure you have a good umbrella for when you're out and about or you will get soaked. What's more, a compact city centre means you don't need to venture far to find everything you'll ever need.

Facilities

For those of you staying in one of the five student villages on campus, you will find a launderette at your disposal. Most off campus houses will also have washing facilities, but if you're happy without cleaning clothes, the University Launderette is happy to help. Most accommodation also has Internet access. But if you find yourself cut off from the web, there are a number of computer labs around campus and wonderful wireless flows freely. The library is always the busiest, so figure out where the other labs are to save you the hassle of queuing. Each lab has a nickname. The glass-clad Fishtank is

probably the most original of these. Each lab has print facilities. The Student Centre and the library also offer photocopying facilities, so you can catch up on any notes you may have missed.

Food & Social Life

The food connoisseur, or even the hungry student, will find everything they need on campus. With numerous restaurants, cafés and four bars, the UL campus will have you spoilt for choice. Almost every building houses a restaurant and there's always some sort of special deal going on that will help to make your money go further. There's also a Farmer's Market every Tuesday in the Student Centre Courtyard where you can pick up fresh vegetables and fish for dinner, and some fudge for dessert.

We're sure you noticed that we mentioned the bars on campus. The Stables and Scholars are located in the Courtyard outside the Student Centre and the Sports Bar is beside the University Arena. The Stables and Scholars are great places to go if you're a fan of live music as there's always some gig or event going on to keep you entertained. If you're looking to see some live sport, or want a relaxing pint after a hard workout in the gym, the Sports Bar is the place to go. The Pavilion on the North Campus is UL's newest bar. It has a great atmosphere and is a great place to grab a bite to eat, or relax after a hard day of study.

With all this eating, you may feel a little stuffed but don't panic! UL's 'sporting campus' will soon get you fit and healthy again. The University Arena is home to a 50 metre swimming pool, 400 metre outdoor athletics track, an indoor, suspended running track, indoor basketball courts, fitness classes and all of these are available at a special reduced student rate.

Clubs & Societies

Clubs and Societies are another great way of keeping active on campus, and are undoubtedly the best way to make friends. UL is home to more than 80 Clubs and Societies. These are run by students, with a budget provided by UL Student Life. You are almost guaranteed to find something that interests you but, if you can't find anything, speak to Paul Lee in the Students Centre about starting your own one! Be sure to visit the Clubs & Societies Recruitment Drive in the Arena on Wednesday of Week 1 to see what's on offer. You'll also get the chance to meet all of your sabbatical officers for the year.

Your home from home: The Student Centre

Most importantly, make sure not to forget about UL Student Life and all the things they can do for you. UL Student Life offers the cheapest printing, scanning, and photocopying on campus as well as providing a Common Room with free wireless Internet for all students. We also sell the lab coats and glasses you will need if labs are part of your course. UL Student Life Sabbatical Officers are also on hand to help you when you need help.

While you're getting the best out of first year, keep in mind that not everyone living in Castletroy is a student and many of them have young children and early starts.

Showing a little consideration for the people living around you will make your time in UL even more enjoyable. UL is a big place and can be a bit overwhelming at the start. But don't be disheartened. In a matter of weeks you'll be settled down and strolling through the maze that is the Main Building as if you were born here. College is for learning – both academically and socially. Get involved in whatever way suits you and before you know you'll have more friends than you can shake a stick at.

If at any point you feel that you're not enjoying your time at UL as much as you'd like, call into UL Student Life and we'll do our best to help you out.

This is your University; this is your Student Centre – and you're about to have one of the best years of your life



Your 4 years will fly



UL Campus





THE STABLES CLUB

1987



www.stablesclub.com

info@stablesclub.com

061 330139 (2154) internal

LIVE WEEKLY ENTERTINMENT

Monday
Games Night

Wednesday
Live DJ

Thursday
Beer of the Week Special
€3 pints

Friday
Pre-International Night Party
Beer buckets €19.00

Evening Specials
from 4pm

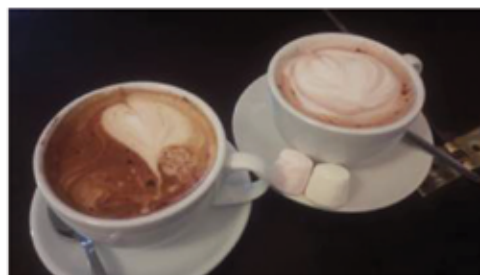
Nachos, Cocktails
Main Course & a Pint - €9.50

BERNAL COFFEE KIOSK



open from **8:30am - 3:30pm**
Serving Tea, Coffee, Hot Chocolate
& Snacks
Analogue devices Building

Voted Best Coffee in UL



Americano	Chai Latte
Espresso	Matcha Latte
Latte	&
Cappuccino	a large selection of
Mocha	flavours

FOOD & DRINK

Great selection of Craft Beers

Food served from 8:30am to late

Lunch Time deal - Free Drink with Main Course

Range of Speciality Tea, Coffee and Hot Chocolates

Healthy Option Special
Buy 9 healthy dinners and get the 10th free
with Scholars Loyalty Card

BREAKFAST



Tea & Coffee
83 cent
with our
loyalty card

BREAKFAST

Healthy Option Porridge
Fruit Cups
Hot Breakfast from €4.60 with toast & free tea or coffee
Pancakes and Bagels

LUNCH

€5 specials with side order
Paninis & Hot Chicken Rolls with our famous Cajun secret sauce
Evening Meals 3 - 7pm Special Promotion Meal & Drink (see Posters)

LUNCH



Hot Chicken Roll
& our famous Cajun Sauce

ENTERTAINMENT



Entertainment Nightly

ENTERTAINMENT

Monday: open mic, all welcome
Tuesday: 3 pints and ladies options
Wednesday: Karaoke and DJ Paudie
Thursday: Clubs and Societies / Country Music Night
Friday: Our great International Night

MADE TO ORDER

Steak and Fish of the day
Tea Time specials from €4.50
Burger and a Pint €5.75 from 3pm to 7pm

HEALTHY OPTIONS



Daily Healthy Menu
&
Healthy Eating Loyalty Card

All matches shown on our plasma and flat Screen TVs. Food served daily from 8:30am - 7pm
Bar service between 12pm and 11:30pm

WHAT IS A UL STUDENT LIFE STUDENT OFFICER?

A UL Student Life Student Officer is a full-time paid officer of UL Student Life elected by you, the members, to represent you within UL and outside of UL. All representatives must act in your best interest to enhance your education and welfare during your time in UL.

Student Officers are elected annually in Semester 2. Their term of office is 53 weeks starting in June. They can serve a maximum of two terms as a UL Student Life Student Officer.

All UL registered students and members of the UL Student Life Executive are members of the Organization and can run for election.

There are three full-time paid sabbatical office positions within UL Student Life: President; Deputy President Welfare; and Vice President Academic.

UL Student Life Student Officers are also trustees of the Organisation and they also sit on the management committee. The three UL Student Life Student Officers have different areas of responsibility. Their job descriptions are listed in detail in Schedule 5 of the constitution but primarily their responsibilities are as follows:

Ciara Jo Hanlon is your President and she is the prime representative of UL Student Life members. He works to engage as many students in the organisation as possible. She attends Governing Authority, other University committees, national committees and she reports back to UL Student Life members at fortnightly Student Council meetings and General Meetings.

Lorcan O'Donnell is your Deputy President Welfare Officer. His remit is very diverse. He represents students interests on various student health and welfare forums during your time in University. He liaises with the University on the criteria and distribution of the access and hardship funds. He distributes and promotes health and well-being information to students. He represents students on academic issues that students may encounter during their time in UL.

Matthew Murphy is your Vice President Academic Officer. He meets with University Faculty Deans and Department Heads to raise issues brought to his attention by Class Reps and Student Council Department Reps. He represent students interests at UL Academic Council and on other University committees.

All elected representatives whether paid or unpaid must consult with you and do their best to represent you at UL Student Life and University meetings.



UL PRESIDENT CIARA JO HANLON

Hello again☺,

Conás atá sibh? I just want to take this opportunity to firstly congratulate you all on making it this far and secondly to welcome you to the most memorable, exciting and what can be the most enjoyable four years of your life. For those of you who have read the first page, ye will know my name is Ciara Jo and I am your Student Life president. My role as president is to be your voice... the voice of students on both a national and international level. I am here to help and support you in whatever way I can.

Knowing what I know now, I would only love to be starting all over again. Four years ago I was exactly like you, I packed my bags left my small village of Kilchreest in Co Galway and moved down to Limerick city to study PE agus Gaeilge. I didn't know where to go, who to talk to or what to think... but I can honestly say from the bottom of my heart that I have had the most incredible, challenging and wonderful four years of my life here in UL. I put that down to both the amazing people, friendships and the amazing support on offer for students. It has been a rollercoaster with so many highs and I hope you will be lucky enough to have the same experience.

My first piece of advice is quiet simple, Be yourself!!! I know it sounds cliché but why would you want to be anyone else? You are starting a fresh chapter with a clean slate here in UL, be who you want to be, be who you are!!! Here in UL we have a fantastic diverse population of all ages, nationalities and backgrounds. Get out and explore, make friends, say hello to that person sitting next to you. Don't be shy - chances are they are just as nervous as you are. The friends you make in UL will be the friends you keep for life.

My second piece of advice to you is to get out and make the most of our amazing campus and the world class facilities that are on offer to you. Join a club or society! Head to the stables for a pint! Walk along the beautiful river Shannon and see the winding! paths around campus! Grab your hurl and head for a puc or a kick about at one of our many pitches or even call into a neighbour for a cuppa and a chat.

Thirdly and most importantly, NEVER be afraid to ask for help. These next four years won't always be easy and there will be some tough days that may try and outweigh the great ones. Myself, Lorcan, Matthew and everyone here in Student Life are here to help. Our primary role is to support you and that is what we aim to do. There is no problem, query or question too big or too small so please don't hesitate to pop into my office.

I thoroughly look forward to meeting you,

**Ádh Mór,
Ciara Jo ☺**



Student Welfare

Lorcan O'Donnell

My name is Lorcan O'Donnell and I am delighted to be your Student Welfare Officer for the year. Ciara Jo, Matthew and I took up our positions just over three months ago now and to say time has flown would be an understatement. It has been an extremely busy yet rewarding three months.

The summer gives us a chance to sit down and plan out the year ahead – organise events and campaigns, set out our goals and objectives, decide on a pathway to achieving those goals and to build relationships with people around the college. It also gives us time to learn about things unique to our own positions, I have spent a lot of time educating myself on student support systems in place, accommodation issues, tenant rights, mental health supports to name but a few. There is so much to learn and I know for certain that I'll still be learning by the end of my term as sabbat.

Before I go any further, I'd like to welcome you all to UL! You'll hear the same advice from all your family and friends but honestly, you are in for the best few years of your life and it goes WAY too fast, so make the most of every opportunity. It's such an exciting time and I'd encourage you to get involved in whatever you possibly can.

Ciara Jo, Matthew and I have many common goals for the year ahead but there are obviously many objectives I have unique to my role as welfare officer. As a

student, you don't come to realise the amount of time needed to see change within a university. There are so many boards and committees that each change/new idea has to go through before it can be implemented. While a year may seem like a long time, it really is only a fraction of what's needed to see out every goal. While I am confident that we will achieve many of our objectives this year, I am also fully aware that we will be taking positive steps in the right direction with other goals, to be pushed through by next year's sabbats or even the cohort following them.

The overall health and wellbeing of the students is my primary focus for the coming year. I studied Sport and Exercise Sciences for four years here and have been lucky enough to see the rewards of physical activity and its positive effects on mental, physical, emotional and even social health. While I understand that sport or even the gym is not for everyone, no one can deny the benefits of something as simple as a walk in the evening or eating a home cooked meal. If you're looking to make positive changes for anything to do with your physical, mental or emotional health, pop in for a chat and we can



talk through the little things that can ultimately make a big difference to your wellbeing. Last year the Welfare Office organised the first UL Transforms initiative (think Operation Transformation for UL!) and this is something that I plan to make even bigger and better for the year ahead so keep an ear open for when we put our call out for Leaders!

I also have a background in youth and community work in LGBT+ populations, sexual health and HIV so feel free to drop in and I'll do my best to point you in the right direction for any queries! Getting free STI check-ups available to students on campus, health weeks for male, female and transgender students and initiatives combatting sexual assault are also main goals of mine – all of which I have spent quite some time doing work on over the summer.

Myself, Matthew and Ciara Jo have all been a part of UL Student Life here before so we are all aware of most of the ins

and outs of making effective change, but we also come in with loads of fresh ideas that we have been told by students that we want to bring in. A common objective amongst all three of us is that the Student Life building becomes a place for ALL students to make use of, whether that be using ourselves as supports, the pool room for a quick game or asking a question at reception. We are here to help EVERY student in UL, not just a certain few. We're going to spend a lot of time going out and getting to know students this year and listening to what they would like/need to see. Even if it means just stopping us in the courtyard to ask a quick question, don't be shy.

Lastly, a massive thank you to everyone that voted for us three to be in the positions that we are in now and to allow us to make a difference to your university life. I honestly could not be more excited for the year ahead and everything it will bring for us all.



ACADEMIC OFFICER

Matthew
Murphy

Hi everyone!

I want to give a special welcome to all 1st years; you are beginning the best four years of your life here at the University of Limerick! Your time here will absolutely fly and you will indulge in a range of activities that will invigorate, challenge and excite you. I would also like to extend a warm welcome to all other students that are coming back to us. I hope this year can prove to be even better than the last.

My name is Matthew Murphy and I am your Vice President/Academic Officer for the coming year. My role entails working as part of a team with our President (Ciara Jo Hanlon) and our Welfare Officer (Lorcan O'Donnell) and all of the staff in UL Student Life representing the students of UL. We vow to do our very best to provide you with the finest university experience possible. As part of my role I will be representing students at a university level on committees such as the Academic Council (AC) and Academic Regulations Committee (ARC). These committees discuss a wide range of academic issues and feedback from you, the student, is vital for these committees as it shapes the future of your university academically.

I am here to represent you and provide you with any assistance you may need in relation to a host of academic issues such as;

- Exam Results
- Exam Repeats and Grade Rechecks
- Academic Progression
- Issues with your Lecturer/Tutor/Course
- Anything that Affects your Academic Experience.

I also work alongside Heather Armstrong, our Student Representation Coordinator. Heather and I work to develop and facilitate Student Council and the Class Rep structure. Class

Reps and the members of the Student Council are a vital part of UL Student Life. Both act as a first point of contact with the student body. They let us know how students are feeling, what we are doing right and where we could improve. So if you want to make a difference in UL, don't be afraid to get involved. College is your time to develop both as a student and a person. Don't be afraid to make mistakes, escape your comfort zone and try new things. Often you'll find that you learn more from the tests you fail, but if you do find yourself struggling with the academic side of your college experience, make sure to seek help and assistance and make use of the support systems that UL has in place. Talk to someone such as a housemate, a classmate, a counsellor or a member of the sabbatical team. The transition from secondary school to college life can be a shock to the system, but there are plenty of supports to make that transition as smooth as possible!

Finally, never be afraid to ask questions, all the lecturers are very helpful, obliging and love getting to know their students, even if they appear intimidating during lectures. My door is always open so feel free to call in! You can contact me by phone, by email or any form of social media.

I want to wish you the very best in all of your endeavours in UL.

Welcome to the Wolfpack!

POSTGRADUATE STUDENTS'
UNION PRESIDENT

Dean Lillis



I would like to take this opportunity to welcome you all to the University of Limerick. All postgraduate students enrolled this year are automatically a member of the Postgraduate Students' Union (PSU). We are located in the Stables Courtyard; students can stop by, avail of the free tea and coffee, chill in the Common Room and pop into the Office talk to myself about any pressing matter.

The PSU represents the postgraduate community in everything from academic issues to helping you adjust to your new surroundings. I see my role as an advocate for postgraduate students, bringing issues, concerns, praises and recommendations to the relevant academic and administrative authorities within the University of Limerick and the wider community. If you are facing issues that are overwhelming and confusing, I can listen, offer support and direct you to the person or teams most qualified to help with the situation. For further information about what support, events and services the PSU offers to its members; please do drop by and if you cannot drop by, feel free to contact me on postgradpresident@ul.ie. Check out our website for loads of useful information: www.ulpsu.ie.

As President of the Postgraduate Student Union, I see my role as a liaison for the students with the staff of the University.

I hope to celebrate the international diversity of our postgraduate students by providing on-campus activities for all postgraduate students. Personally, I am passionate about education and politics and I hope to increase student participation in the Postgraduate Students' Union and increase student engagement on-campus throughout my tenure. It is my aim to continue to support the postgraduate community during my time as PSU President, after the support the PSU showed to me during my Master of Laws in Human Rights in Criminal Justice programme.

I am excited for the 2018/19 academic year; we have many things to look forward to!

Dean Lillis
PSU President



Student Leadership & Governance Team

GENERAL MANAGER : MARTIN RYAN

Martin is responsible for the smooth and effective operation of UL Student Life. Martin leads the senior management team and is responsible for leading the growth and development of the organisation. He also works in an impartial advisory capacity and provides guidance and essential information to the constantly changing sabbatical teams from year to year. He sits on the UL Student Life Executive as a non-voting member. In addition to his role as General Manager, this year Martin is Acting Head of Student Leadership & Governance.

CONTACT: Email: martin.ryan@ul.ie Ph: 061 202 325 Mob: 086 043 5306



STUDENT REPRESENTATION COORDINATOR: HEATHER ARMSTRONG

Heather works with Gillian and John in the Student Leadership and Representation office. She looks after recruiting student representatives and elections; as well as supporting and coordinating the student representatives from the full time student officers to the class reps. She also is in charge of organising the NStEP Training for student representatives, as well as working with UL to implement the programme across UL.

CONTACT: Email: Heather.Armstrong@ul.ie Ph: 061 - 233765



HEAD OF STUDENT LEADERSHIP & REPRESENTATION: GILLIAN O'GORMAN

Gillian oversees the Leadership & Student Representation office. It is her job to ensure that the Student President, Student Welfare Officer and Student Academic Officer receive the support and training necessary to fulfil their roles. She works with her team to ensure that the student voice is heard by empowering our student representatives and training them to be effective leaders. She and her team do this by offering a series of Leadership Programs from NStEP for Class Reps to Leadership and Team building workshops for Student Council members and our Student Executive team. Her office is solely in charge of the recruitment of Class Reps, Student Council members i.e. Dept Reps and Interest Group Councillors and Student Executive team. Gillian also works closely with the management team in developing organisational policies to ensure adherence to legislation and good governance at all times. **CONTACT:** Email: Gillian.OGorman@ul.ie



ORGANIZATIONAL DEVELOPMENT COORDINATOR: JOHN MCDERMOTT

John is the Organisational Development Co-ordinator and works alongside Gillian & Heather in the Student Leadership & Representation Office. His primary role is to co-ordinate and implement the UL Student Life Strategic Plan 'Taking Giant Steps', which involves ongoing development of our 4 working groups and working closely with all UL Student Life staff members and Student Officers



whilst developing relationships with the key stakeholders within the University staff and support UL Student Life in having our voice heard within that forum.

John also focuses on assisting incoming first year students in making a successful transition to college, as well as making sure that the students have a voice and identify issues that affect them.

CONTACT: Email: john.mcdermott@ul.ie Ph: 061 234 105

Student Engagement Team

HEAD OF STUDENT ENGAGEMENT: PAUL LEE

Paul Lee is the Head of Student Engagement for UL Student Life and this is comprised of the Clubs & Societies and Entertainment Departments respectively.

Clubs & Societies are supported with a bespoke detailed administrative system of budgets and supports, financial and event management, administration and democracy, health & safety, insurance and legal considerations. In addition, the Entertainments Dept. delivers many of the on-campus, gigs, live acts, student security, the graduation ball and various others, Charity Week and themed events/campaigns. Paul works closely with his Student Engagement team to

support the delivery of these objectives.

In addition he also has representational duties on the University of Limerick Arena Board of Directors and sits on various steering committees regarding the successful Student led referenda infrastructural projects, in collaboration with the University. Many of which will be completed in each of the next 3 years.

CONTACT: Email: paul.lee@ul.ie Ph: 061 213 477 Mob: 086 043 5307



CLUBS AND SOCIETIES ADMINISTRATOR: AISLING RYAN

Aisling is the newest addition to the Clubs and Societies team. She works in the C&S office in the Student Centre building alongside Michelle and Paul. Aisling oversees the three Clubs and Societies' vehicles in terms of driver testing, booking schedules, service and maintenance. She is also your liaison with Student Academic Administration in order to book rooms for clubs and societies related events on campus. She deals with clubs and societies day to day finances, processing budgets, cheque requisitions, credit card usage. She deals with the C&S Executive on your behalf when processing Special Applications. Aisling manages the C&S social media accounts so if you have an event coming up, let her know. You can go to Aisling with your queries about joining clubs and societies, or general day to day administrative running of your club or society.

CONTACT: Email: aisling.m.ryan@ul.ie Ph: 061 237762

EVENTS & ENGAGEMENT COORDINATOR: OLWEN MURPHY

Olwen is the UL Student Life events coordinator. She is the person responsible for putting on gigs, concerts and activities all year round, as well as Freshers week and Charity week. Her job is to make sure that students leave UL having had the best student experience possible. She is also available to help class reps organise their class outings and parties.

CONTACT: Email: Olwen.Murphy@ul.ie Ph: 061 202368 Mob: 086 043 5309



Facilities, Services and Supports Team

HEAD OF FACILITIES, SUPPORT & SERVICES: ADELE O'CARROLL

Adele heads up the Department that looks after delivery of all services and supports offered by UL Student Life. She has overall responsibility for all commercial and non-commercial services, as well as Management of the Student Centre building and its facilities. Adele is a member of the new Student Centre Buildings committee, who have responsibility for the design and fit out of our new Student Centre. She is also a member of community liaison committee, attending meetings and actioning key issues in order to foster positive community relations. Please feel free to contact Adele in relation to any queries or ideas you may have in relation to student issues, services or facilities.

CONTACT: Email: adele.ocarroll@ul.ie PH: 061 202 324



STUDENT INFORMATION AND SUPPORT CO-ORDINATOR: JENNY HANNON

Jenny is here for all students who are seeking advice and support on any issues that may arise during their time in UL. Jenny is here to offer a listening ear and offer support with matters such as financial aid, childcare bursary, accommodation and other personal difficulties students may experience. Don't be shy in dropping into her office here in UL Student Life, making a call or emailing her at jenny.hannon@ul.ie. Her door is always open to talk in confidence with all students.

CONTACT: jenny.hannon@ul.ie PH: 061 202 324



STUDENT ASSOCIATE: SINEAD JENNINGS

As well as delivering all our front of house services, Sinead has overall responsibility for all our UL Wolves clothing and custom orders. Talk to Sinead if you would like to organise bespoke clothing for your class, club, society or team. We have a huge array of fabulous clothing that can be designed, personalised and customised for you!! Feel free to call in to browse our full clothing range and chat with Sinead.

CONTACT: Email: sinead.c.jennings@ul.ie PH: 061 202 324



STUDENT ASSOCIATE: CATHAL MCCARTHY

Cathal has responsibility for day to day supervision of the pool room, common room and meeting rooms. He is also part of the team who manages the second hand bookshop and handles queries that come through to reception. Cathal is happy to assist with any requests (within reason). Pop in anytime we're open from 9am to 11pm Monday to Thursday and 9am to 4.30pm on Friday (During Term Time).

CONTACT: StudentCentre@ul.ie PH: 061 202 324



Finance & Marketing Team

HEAD OF FINANCE & MARKETING: BARRY COSTELLOE

You might not see Barry all that often but he is a very important part of the team at UL Student Life. He looks after the financial side of the organisation including preparation of Monthly Management Accounts for UL Student Life.

CONTACT: Email: barry.costelloe@ul.ie PH: 061 202 323



MARKETING & COMMUNICATIONS CO-ORDINATOR: KILLIAN STONE

Killian is our marketing coordinator. He works with Olwen and the Ents team to coordinate the marketing, sponsorship, external advertisers and promotional activity that happen on campus. He also takes editorial control of the UL Student Life website and all social media pages. As well as creating content for these media it's his job to make sure you know when and what is happening on campus.

CONTACT: Email: killian.stone@ul.ie PH: 061 234 631



Student Associates - Evening staff

Our Student Centre building, including Reception, Common Room and Pool room is open until 11pm Monday – Thursday (incl) during term time and 4.30 pm Fridays. Every night our reception is manned by members of our Evening Team, who are all U.L. Students. They will be on hand to help you with any queries you may have or to help in any way possible. Don't forget you can play pool or chill in our common room every evening until 11pm.

They can be contacted on studentcentre@ul.ie.

Our student associate team includes the following:



Susan Sheehan

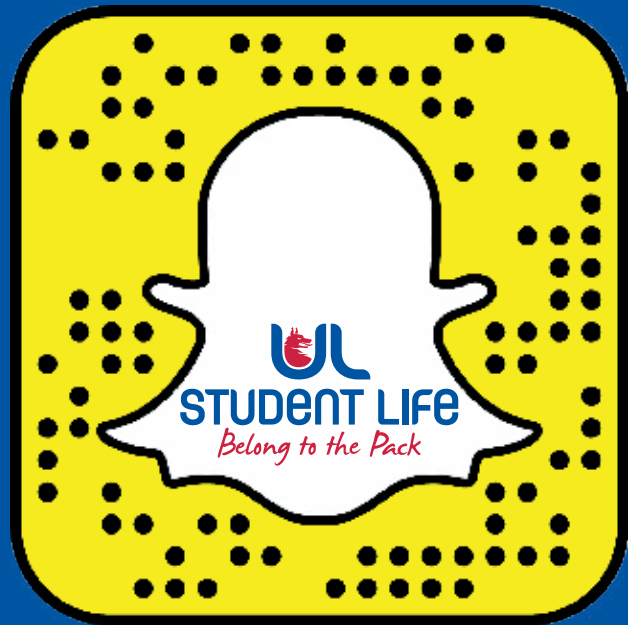


Stephen Finn

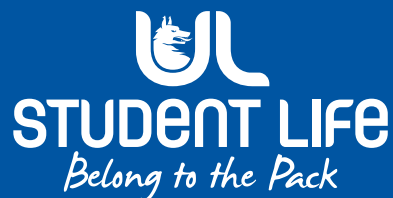


Aoibhinn Slattery

Add UL Student Life on Snapchat



#ULStudentLife



Are you taking care of yours....?



3 Condoms
€1 from
Student Centre



Get Tested!

The Student Health
Centre, located in
Block C, Level M, in the
Main Building.
STI Screening - €20

Regional Hospital,
Dooradoyle,
Limerick City,
061 482 382
STI Screening - FREE

UL Student Life

...You've got the power!

UL Student Life is a democratic organisation made up of all students of UL.

The main objective of UL Student Life is to represent students and ensure their voice is heard and action is taken. As a student, you can direct us in a number of ways by dictating UL Student Life policies and the pursuit of short and long-term goals. Policy can be initiated by students at all levels of the UL Student Life governance structure.

Here's how you can direct and influence policy-making:

Referendum

- This is the most powerful tool available to students and UL Student Life.
- Any student can call for a referendum with the support of 200 student signatures.
- There must be at least 15 per cent turnout and the majority (at least 50%+1) must vote in favour to pass a referendum.
- Any policy passed by referendum can overturn any previous decision and can only be amended or overturned by another referendum.

General Meeting

- There must be at least one meeting per semester.
- Gives all students the opportunity to find out what is going on in UL Student Life, to question the student officers and to instruct them on what needs addressing at the relevant meetings.

- There must be at least 100 students in attendance to pass a proposal.
- Decisions are made by voting and gaining a simple majority in favour or against a proposal.

Student Council

- Student Council is the most powerful representative body in UL Student Life.
- Made up of at least one student representative from each of UL academic department (25), 15 interest group councillors and 11 Executive members.
- Makes decisions on policy and monitors the actions of the Executive.
- Student Council meets Tuesdays at 6pm in week 2, 4, 6, 8, 10 and 12 during college term.
- All students are entitled to attend Student Council as observers.

The UL Student Life Executive

- Has responsibility for implementing Council and Referenda decisions.
- Officers of the Executive are responsible for implementing and co-ordinating UL Student Life policy.
- Meets once a week.
- Has 11 voting members, made up of the three student (full-time) officers, eight non-student (part-time) officers and the UL Student Life General Manager (non-voting). All members of Executive are required to attend Council.

The Management Advisory Committees

- The Management Committee acts as an advisory committee and has oversight on a range of strategic, management, operational and corporate governance issues. It acts as a "pre-proofing" forum offering advice and guidance to the student officers, and to the General Manager on all operational matters.
- Meets twice a semester.
- Consists of all UL Student Life Exec members over the age of 18, three externals, a full-time staff member and the General Manager (non-voting).

Elect your Representatives

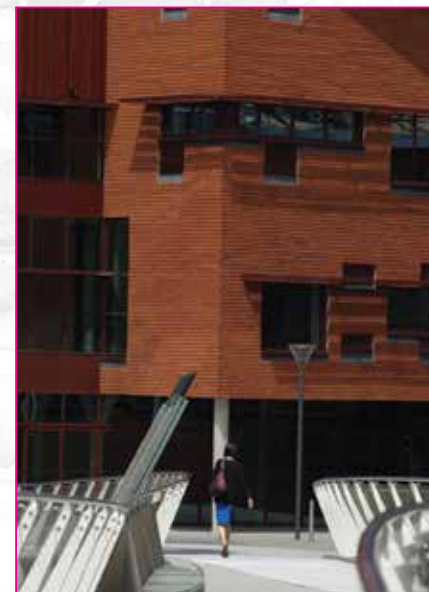
- Elections are held annually in the second semester by electronic voting so you don't even have to be on campus to vote.

The Electoral and Referenda Board

- Oversees the running of all Elections and Referenda of UL Student Life
- Charged with ensuring that elections, referenda and related campaigns are conducted in accordance with the electoral rules of UL Student Life.

Class Representatives' Forum

- The Forum gives an opportunity for Class Reps to meet their Department Reps from Student Council.
- Made up of at least one representative from each course.



- Class Reps Forum will meet once per semester maybe for more training.

UL Student Life is committed to promote full access for every member to every level of its structure and you can determine how involved you get. If you have any suggestions for UL Student Life then email them to the Student Representation Co-ordinator: StudentReps@ul.ie



If you are interested in any of the positions on the above committees and forums, visit www.ulstudentlife.ie for more information or email StudentReps@ul.ie for nomination forms and job descriptions.



Class Reps and Class Reps Forum (CRF)

Class Reps are an essential part of the UL Student Life structure. They are our eyes and ears on the ground and work as a point of contact for the class, the lecturers, tutors and of course UL Student Life.

Why would you be a Class Rep?

This is your Class, your University and your UL Student Life. It's time to step-up, become a leader, a communicator and take on some responsibility. You will receive training specifically for class reps beginning early in Semester 1. There, we will go through what supports are available to you and what is expected of you. UL Student Life and UL have signed up to the National Student Engagement Programme, NStEP, which provides accredited training and support for student reps. As a UL Student Life Class Representative you are eligible to apply for the UL President Volunteer Award. This is award recognises volunteering activities of all UL students plus it looks great on your C.V.

Class Reps Forum (CRF)

There will be a Class Reps Forum each semester for all Class Reps. This will be a full evening event where academic issues can be brought to the attention of Academic Officer, Matthew Murphy. Matthew will answer your questions where possible and take note on queries he will need to delve into.

All Class Reps must attend training and the Class Reps Forum.

The Fun Stuff – hoodies, parties, etc.

UL Student Life have arranged great deals with clothing suppliers to provide custom designed class hoodies at an affordable price, just at the UL Student Life reception for more details or email studentcentre@ul.ie

The UL Student Life Events and Engagement officer has years of experience organising parties and events for students. They are available to help you organise your class party, just drop an email to olwen.murphy@ul.ie or Visit www.ulstudentlife.ie for the latest offers or call in to get advice from one of our team.

How to become a Class Rep?

Every Student is eligible to become a Class Rep.

Here's how:

1. Pick up a nomination form in from the Student Leadership and Representation office in UL Student Life.
2. Get 10 signatures from people in your course (if your course has less than 10, then the signatures of the majority of your class).
3. Return the form to the UL Student Life reception. Close of nominations are 5pm every Wednesday weeks 1, 3, 5, 7, 9 and 11.

The number of Class Reps in each course is limited to one Rep per 25 students, 2 per 50, 3 per 50+ and 4 for 100+. If there are more candidates than there are positions available then an election will be organised by Gillian & Heather in the Student Leadership & Representation Office. It will be held during class time. Each candidate will have the chance to speak to the class about why he or she would make the best Class Rep – this is called hustings.

Who is there to support Class Reps?

As an elected Class Rep, you will have the support you need from Vice President Academic, Department Reps and other Councillors in relation to issues affecting your class – such as lecturer absenteeism or the failure of a lecturer to provide a course outline to the class, exam scheduling conflicts, etc.

Contact Matthew Murphy at suacademic@ul.ie or Heather and Gillian at StudentReps@ul.ie for more information.

Student Council and Class Reps Forum

Student Council reflects the academic structure and welfare needs of students. The Student Council is composed of 25 Department Reps, 15 Interest Group Councillors and the UL Student Life Executive. They meet on Tuesdays 6-7:30pm weeks 2, 4, 6, 8, 10.

Department Representatives – What do they do?

- Represent all students in their department at Student Council
- Liaise with Class Reps within their department
- Liaise directly with the Head of Department to offer constructive feedback and highlight unresolved Class Rep issues
- Carry out research into initiatives that may be of benefit to fellow students in their department
- Attending monthly meetings with the Faculty Chair and other department representatives in your faculty
- Attend and participate at Student Council and relevant council sub-committee meetings
- Hold the UL Student Life Executive to account.

Interest Group Councillors – What do they do?

- Develop forums to get feedback from students for their particular interest area
- Attend and participate at Student Council and relevant council sub-committee meetings
- Research and promote initiatives within UL and outside of UL that benefit UL Students
- Liaise with and meet regularly with their fellow interest group and Chairperson.

How to become a Council Department Representative or Interest Group Councillor?

The election of Department Reps & Interest Groups Reps for 2018-2019 started last semester (2018) but there are still vacancies.

1. Contact Heather or Gillian on StudentReps@ul.ie for a list of what positions are available. Or go to www.ulstudentlife.ie
2. Pick up an application form from UL Student Life Reception.
3. Get 30 signatures from students in your department, 10 to propose and 20 to second your nomination.
4. Return the form to the UL Student Life Reception. Close of nominations are 4pm Friday 14th of September 2018 and 4pm each Friday thereafter until all positions are filled.
5. If there is more than one candidate an online election will be held the following Thursday.



Student Council in the EU Parliament, Brussels January 2015

What do Class Reps actually do?

There is both a fun side and serious side to the role

The Serious	The FUN!
Liaising with lecturers & classmates	Setting up the class facebook page
Providing feedback	Organising class nights out
Highlighting class issues	Organising class hoodies
Emailing your class with info & updates	Class Rep nights out



UL Student Life Executive

Twelve people sit on UL Student Life Executive. Eleven are voting and one is non-voting. Here is a breakdown.

3 Sabbatical (Full-Time) Officers:

- President: **Ciara Jo Hanlon**
- Deputy President Welfare: **Lorcan O'Donnell**
- Vice-President Academic: **Matthew Murphy**

1 Nominee of PSU

- PSU President: **Dean Lillis**

7 Non-Sabbatical (Part-Time) Officers:

- Student Council Chairperson: **Mary Ellen O'Keefe** (4th yr English & Sociology)
- Equal Opportunities Chairperson: **Niamh Tubridy** (2nd yr Law Plus)
- UL Experience Chairperson: **Liam Gleeson** (4th yr International Business)
- Recreation Chairperson: **Vacant** elected by Student Council in Sept. 2018
- Faculties Officer: **Vacant** elected by Student Council in Sept. 2018
- Clubs Officer: **Vacant** elected by Clubs and Societies in Sept. 2018
- Societies Officer: **Vacant** elected by Clubs and Societies in Sept. 2018

1 Non-Voting Members:

- General Manager: **Martin Ryan**

Directly Elected Non-Student Officers & Their Roles:

Part-time representatives are charged with being a leader, developing policy and representing students for their particular subject. They are the: Equal Opportunities Chairperson; UL Experience Chairperson; Recreation Chairperson and Chairperson of Student Council. They are directly elected by students to be an Executive and trustee of UL Student Life. Elections for these positions take place with full-time student officer elections in the second semester.

• Student Council Chairperson:

- Chairs the Students' Council, General Meetings and Class Rep Forum

• Equal Opportunities Chairperson:

- Works to promote equal opportunities for all students regardless of physical ability, age, gender, race, sexual orientation and to promote acceptance of diversity among all members of the university community.

• Experience Chairperson

- Seeks the views of students relating to their overall experience of UL Student Life and University.

Recreation Chairperson

Seeking the views of students relating to their experience of recreational activity within UL Student Life and University.

Student Council and Clubs & Societies Council nominate three members to the Executive & Management Committee: Faculties Officer, Clubs Officer and Societies Officer,

• Faculties Officer:

- There are four faculty Representatives: Kemmy Business School; Education & Health Sciences; Science & Engineering; and Arts, Humanities & Social Sciences. One of these reps is nominated by their fellow faculty reps to be the Faculties Officer on the Executive.

• Clubs Officer and Societies Officer:

- These representatives are elected by Clubs and Societies Council to sit on the Executive and Management Committee. They represent Clubs and Societies' interests. They work with other members of the Clubs and Societies Executive, including the C&S Development Manager: Paul Lee, C&S Coordinator: Michelle Whyte, C&S Administrator: Aisling Ryan, the University Arts Officer: Patricia Moriarty and the University Sports Officer: Neasa O'Donnell.

General Manager:

- Sits in an advisory capacity to provide information to the Executive. He advises in relation to finance and the day-to-day operations running of UL Student Life.

UL Student Life Management Committee of Trustees

All members of the Executive (over the age of 18) sit on the Management Committee. In addition there are three external members and a staff representative, they all have a vote. The Committee acts as an advisory committee and has oversight on a range of strategic, management, operational and corporate governance issues. It acts as a "pre-proofing" forum offering advice and guidance to the student officers, and to the General Manager on all operational matters.

Study Abroad with UL

The Erasmus/Non-EU Exchange programme offers a unique opportunity to study abroad at one of UL's partner universities for an academic semester. Every year, over 500 UL students take part in exchange programmes to enrich their cultural knowledge and improve linguistic skills.



www.ul.ie/international

erasmus@ul.ie



/ULInternational



@internationalul



@InternationalUL



ULInternational



JOIN THE CLUBS & SOCIETIES WOLF PACK

– NEW EXPERIENCES AND FRIENDS GUARANTEED!

It is always nice to belong to a group whether that is a drama group, a youth club, a sports club or whatever the case may be, it is a natural human impulse that we all aspire to belong to certain groups or communities of people.

The sense of belonging is a powerful instinct because our interactions with other people are important to us this is why we carefully design our social networks of friends. These networks offer an opportunity for a good laugh, a bit of craic, maybe even a shoulder to cry on, support, advice.... And most importantly for things like the notes from the class Brainiac on the eve of an exam or being set up with the hottie in your class.. Queue the Wolf whistle ☺

The University of Limerick will be no different to any other community you have belonged too except that it is new and the sense of the unknown can be a little daunting as your immediate social network of friends can be

quite limited.

However, one of the best ways to get to know new people quickly and to enjoy your time in UL is through Clubs & Societies. It is the largest social network of real friends on campus with more than 80 different Clubs & Societies and its membership extends not only to students but to the wider campus community too. There are already hundreds of people with similar interests to you, or maybe you would like to try something new? Don't just take my word for it, here are some of the hundreds of comments from a UL Quality Unit Survey that we ran on the Clubs & Society members in April/May 2015.

Sooooo.. for the next four years as you, work towards your



UL Quality Unit Survey - April/May 2015

- “Being a part of something makes me feel like I belong somewhere. It gives me an escape and allows me to be me. I get to be with people who share the same interest as me and make friends for life.”
- “It has meant everything, from day one I immediately felt connected to these people coming to Limerick from a small town was always going to be a challenge, and coming with no friends...was even harder. After joining this club, I immediately seen face's around campus that I knew and without a doubt this made country-city life transformation so much easier”
- “Between work and college I rarely get home to see my family and when I joined my club they instantly became my second family. We do everything together from going out, to studying, to having “family dinners” before big games. We as a team have a great sense of trust and friendship with each other. I spend more time with the girls from the team than I do with people in my course and it's a great sense of security to know they will always have my back no matter what”
- “It's really made my University experience. In first year I didn't really take part but forced myself into it in 2nd year and my C&S experience has helped me make my best friends, experience my home city in a completely new way, got me my co-op and helped me find my vacation. It has been one of the most important factors in my life.”

- “Being part of a group of people with similar interests isn't very common prior to University and UL has done a fantastic job making the C&S accessible and fun for all involved. I have made countless friends through C&S, including internationals that I have visited, from Holland and America. IT is a great way to expand your view point of the world while being in a comfortable environment, be it in red raisins or on Carrantuohill”

goal of obtaining a degree, MA. Ph.D. The best way to maximise, your non-academic time with new people in fun, interesting and challenging ways is through the huge social network known affectionately as “Clubs & Socs”. That is more than 80 different Clubs & Societies run by over 700 volunteer committee members (students just like you!) on behalf of more than 5000 unique members! Within this huge variety of activities on offer, we aim to help you in that respect and really cultivate that sense of belonging. To make you feel truly welcome in your new home for the next few years.

It is worth noting that in the last 12 months many of our sports clubs were the apex predators on the intercollegiate sports scene once again. The UL GAA had a phenomenally successful year, Handball, Windsports, and Trampoline were successful this year and we picked up two more Board of Irish Colleges, National Society of the Year Awards, by our Computer and Music Societies respectively to name just a few achievements. In Week 7 of Semester 1, you will enjoy a flurry of Society activity across campus with the annual Societies of UL Arts Festival (SoUL Arts Fest). From Drama productions, International Food Fairs to Dance showcases & guest speakers there is a whole other dimension, it's not all about sport in UL



Opportunities also exist to roam the World as part of this amazing Wolf pack - to go Kayaking in the **Italian & Slovenian Alps**, Windsurfing in **West Africa**, Sub Aqua diving in **Lanzarote**, Skydiving in **France**, Trampolining in **Scotland**, Handball in the **USA**, Badminton in the **Netherlands**, Outdoor Pursuits in **Spain**, or even a visit to **Japan** the birthplace of Karate. The Computer Society were in **Munich**, the Society of Architecture were in **Barcelona**, and even workshops in **London's West End** with the Drama Society....how cool is that, eh?

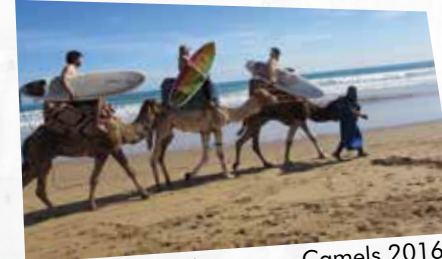
Belong to the pack by creating your membership account on-line, this is necessary for legal and insurance purposes and join the Club or Society of your choice or check out <https://www.facebook.com/ulwolves/> - for the latest information throughout the year.

Welcome to UL from all in the Clubs & Societies team.

Paul.Lee@ul.ie
Head of Student Engagement
(W) 061-213477

Michelle.Whyte@ul.ie
Clubs & Societies Co-Ordinator
(W) 061-234891

Aisling.M.Ryan@ul.ie
Clubs & Societies Administrator
(W) 061-237762



Surf Club Morrocco - Camels 2016



SOCIETIES OF UL (SOUL) ARTS FEST



Week 7 Semester 1 brings you **SoUL Arts Festival**; a celebration of and collaboration between your UL Societies and the University of Limerick Arts Office. During SoUL Fest the Societies showcase their events and activities to the campus community on a wider platform. Last year we squeezed over 60 events into the weeklong programme; with Tea Appreciation, Games, Law and International Society currently adding their events to the timetable there is sure to be something there for everyone!

Preparations for SoUL Arts Festival 2018 (October 22nd-26th) started during the summer months and this year we are going BIGGER and BETTER! The SoUL experience spans from day to night over the five days with novel events such as, Scavenger Hunts, an LGBTQ+ Rights Conference and a Mad Hatter's Tea Party!

This year's Festival theme is 'Howl at the Moon' in celebration of the Full Moon on the 26 th October.

Wednesday

On the Wednesday afternoon of SoUL Fest (from 12:30-2:30) you can find most of our Societies together making the Courtyard a hub of activity. Last year's collective event brought us exploding pumpkins, dance-offs and an African Food Fair. It will give you the perfect chance to meet up with that Society you have yet to join to find out what they are all about and get to know the committee!

Keep an eye out in An Focal, Facebook and on the Clubs & Socs website to see what 2018's Festival will bring!

If being a spectator isn't enough for you!:

Sign up for the Societies of your choice at Week 1 Clubs and Societies Recruitment Drive and help them bring organise their SoUL Fest event or contact **Michelle.whyte@ul.ie** to get involved in the planning & preparation for SoUL Arts Fest 2018. #Wolfpack



Student Lockers available to rent

From Monday Week 1

€20 Per Year

Limited number of lockers available



Call LockerFix on 01 401 8801
or email info@lockerfix.ie

Lockers must be emptied at the end of Academic Year
Terms & Conditions Apply

UL
STUDENT LIFE
Belong to the Pack



UL Student Life Services

Reception

Lab Coats & Goggles

Also available from reception

Left Luggage: €1 per item on Fridays.

Merchandise: Wolves hoodies, beanies, t-shirts, track pants & more merchandise available through reception. Prices starting from €9.95.



Response Clickers: You will require response clickers if you are studying within the Science & Engineering faculty. Clickers are available from UL Student Life reception.

Lockers: Simply call 01-4018801 with the location of where you would like your locker or email info@lockerfix.ie to acquire your locker for the year. Lockers are only €20 for the entire academic year. There is a limited number of lockers available so don't delay in getting yours. Lockers must be emptied out at the end of the Academic year.

Second Hand Books

UL Student Life runs a second hand book service (between 9am-5pm) from the UL Student Life Reception, which is open from Monday of Week 2.

Students can either sell or buy second hand books at a much reduced rate compared to purchasing the titles new. Details of books in stock are available on our wolves website: www.ulstudentlife.ie



Second Hand Book Store

Common Room/Games Room

You can find pool tables, air hockey, foosball and other amusements, refreshment machines and a jukebox in our

Common Room / Games Room (Open until 11pm)
The Common Room has just been refurbished. It's a great place to chill out, listen to music, chat with friends and enjoy your lunch. It is by far the most comfortable place to relax on campus. Come and enjoy it; it's here for your benefit! Both are open for all students Mon – Fri.



ULSU Common Room

Bus Eireann

Bus Eireann tickets are available to buy from UL Student Life reception. This includes weekly and monthly commuter tickets, as well as student single and return tickets. This means less queues and a quicker departure for you. Timetables are inside the SU Entrance.

Student Leap Cards

The Student Leap Card is the national student travel and discount card. With the card you can avail of exclusive travel discounts on Bus Eireann, Irish Rail, Dublin Bus, DART and LUAS as well as many private providers. The card also offers great retail discounts such as 10% off in Boots, deals on J1 Visa packages, holiday jobs from the Tropical Medical Bureau, €5 Medium McDonalds meals and much more.

The card is available from UL Student Life Reception now. It costs just €10 and is printed on the spot. The folks at the Student Centre will take your picture too so it's easy and quick to get your card and start saving. All you need to bring along is your College ID card. Full details about the card are on www.studentleapcard.ie.

Passport Photos

We sell every type of ID photo including Passport and J1 photos. Better yet, it's only €6.00 for 6 top quality prints. Just pop in and ask at reception.



ULSU C&S Room

Student Events

Throughout the year UL Student Life organises lots of different events for you, and we also partner with venues throughout the city. Event tickets are sold through reception all year round.

Limerick Park and Ride

Tickets for all park and ride tours to top tourist destinations throughout Ireland are available from UL Student Life Reception. Keep an eye on our Facebook page for great tours.



Photocopy Services

Games Room



The Events & Engagement office have been working flat out all summer long to bring you the best bands, DJs, campaigns, non-alcoholic events and much much more, not to mention Freshers week, Re-Fresher's week and Charity week, and my what a line up we have for you!

After a summer spent relaxing at home with the feet up, you're faced with the tough task of getting into the new college way of life, but don't you worry, we're here to help with this!

What is Events & Engagement?

In short it is our job to make fun and shenanigans happen for you guys throughout your time here in UL. We organise regular events throughout the year, as well as organising Charity Week, the biggest social week of the academic calendar. We also have cool competitions and giveaways available on our Facebook, Instagram and Snapchat accounts over the year and can hook you up and your class up with cheap entry into clubs for class parties. Our job is to make party happen for you nice people as best we can! We have venues on campus such as The Stables Courtyard, The Scholars, The Pavilion and The Students' Centre Courtyard where we hold events. We also run events in town and work with various nightclubs and venues outside UL. We try our best to do something for everyone's tastes!

We also look after Class Parties for you guys, so get onto your Class Rep and s/he can pop into us to arrange a night out for your class. We have special deals in place with loads of pubs & clubs in town, so whenever your class is going out, pop in first and see what we can sort for you.

Here is a taster of what's coming up in the first week of term!



Concerts are held throughout the year in the Student Centre Courtyard

Week 1 - Fresher's Week, 10th – 14th September

This week sees the rest of the college descend back to Limerick for one of the best weeks on campus. Tickets Will Be For Sale From UL Student Life Reception. The Lineup will be announced during Orientation Week, and Tickets will be on sale from that week too. The tickets always fly out so please be sure to get them quickly to avoid disappointment. The big gigs can only hold 2500 students, with a student body of over 15,000 so make sure to pick your tickets up!

Week 2 - Belong to the Pack Party, 19th September

Whether you like it or not, you are now part an elite club, you now belong to the pack. What better way to celebrate this then a welcome to celebrate it together! Join us in the courtyard for the "Belong to the Pack" party on Wednesday the 19th of September for fun, freebies and an opportunity find out about what the Wolf Pack can do for you.

During the week, every week!

Keep your eye out on the UL Student Life website www.ulstudentlife.ie, *snapchat (snapwolfieul)*, *Instagram*, *Facebook* and posters around campus for upcoming events!

Don't forget Charity Week, the ULtimate Challenge and a whole lot of other stuff's happening in the second semester! Keep your eyes peeled for posters around campus advertising our events and don't be afraid to call into the Students' Union to find out what's on.

The **Farmer's Market** is on in the Student Courtyard every Tuesday, with some great food and usually some form of entertainment.

Tickets are available through UL Student Life Reception & Online



Keep an eye out in the UL Student Life courtyard every Wednesday for a mixture of different promotions throughout the year.

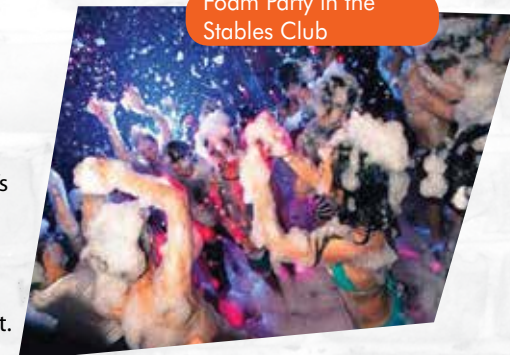
The **Scholars Club** do great coffee and do a wide range of International and National craft beers.

The **Stables Club** have a range of events on every week, check their facebook or posters in the bar for details.

Get Involved!

We are always looking for people with an interest to get involved with Events, Join the our voluntary event crew if you are interested in getting a look at behind the scenes on events. The type of work you can be asked to do can vary greatly but can include everything from: Event Production, Event Marketing, Artist Liaison Work.

Foam Party in the Stables Club





Get Involved. Here are some volunteers helping out at one of our paint parties.

Interested in Photography or Videography?

If you would like to get involved in recording, taking photos or writing about any Events just drop an email to Olwen.Murphy@ul.ie - It's a great way to build your portfolio.

In A Nutshell

UL Student Life

New To UL?

Where to Get the Info on what's happening on campus all year.

Online: www.ulstudentlife.ie

Facebook: ULStudentLife

Twitter: UL_StudentLife

YouTube: UL Student Life

Snapchat: SnapWolfieUL

Instagram: UL_StudentLife

An Focal

Online: www.anfocal.ie

Facebook: anfocal

Twitter: @AnFocal_UL

The Stables Club

Facebook: Stablesclub

Twitter: @stablesclub

The Scholars Club

Facebook: scholarsclub

Twitter: @TheScholarsClub

The Pavilion

Facebook: thepavilionatUL

Twitter: @thepavilionire

University Concert Hall

Facebook: universityconcerthall

Twitter: @UCHLimerick



Contestants in The Raft Race during Charity Week

JOIN THE WELFARE TEAM

What's it all about?

The Welfare Team is an opportunity to get involved in and tackle welfare-related issues throughout campus.

The Welfare Team is a relatively new initiative run through the welfare office and has proven to be successful in the past number of years. We tackle issues that are relevant to students, answer questions that current students are asking, and most importantly, we have fun doing it. Our campaigns range from mental health awareness, drug and alcohol issues, and body image concerns. We welcome all volunteers who have a passion for student welfare.

So, why join?

- It is a fantastic way to get involved in university life and meet new people.
- We get to do some great work and make a difference while working with the UL 2015/16 charities.
- You will develop an array of skills varying from project management and communication to marketing.
- You will develop the UL graduate attributes much sought by employers- Knowledgeable, proactive, creative, responsible, collaborative, and articulate.
- Training opportunities, e.g. suicide awareness and intervention training.
- It counts towards your PVA hours and looks amazing on your CV.
- Finally, it's about having fun and doing good work at the same time.

Who can join?

ANYONE! We welcome everyone from 1st to 4th year, access students, postgrads, mature students, international/Erasmus students.....everyone!

After all, 1st years will be experts on what issues are concerning 1st years and how best to provide support. Likewise, postgrads will know best which issues are bothering postgrads. The more minds and bodies that get on board, the better. Students studying psychology, sociology, nursing, education, project management, DMD, and marketing might be particularly interested and your skills will be welcomed.

How do I join?

Email: If you are interested in getting involved drop me an email on studentwelfare@ul.ie or call to our stand at the recruitment drive (Wednesday of week 1).

The first meeting of the Welfare Team will be Wednesday, Week 2, at 6pm in the Student Centre. See you all there!

UL STUDENT LIFE EVENTS



STUDENT LIFE *Belong to the Pack*

**Are you a class rep or club or
Society member?**

**If you are, talk to Sinead in
UL Student Life about
personalised Nike Clothing.**

**Our personalised clothing comes in a range
of styles & colours with options to add
logos & names.**

**Email: Sinead.c.jennings@ul.ie
or drop into Sinead in
UL Student Life Reception**

BSc Physical Education



Dance UL



*an***F****CAL**

**Interested in writing for UL's
Student Newspaper?**

**An Focal is looking for writers,
section editors and more!**

Get in touch at
anfocal@ul.ie

News	Health
Features	Gaming
Arts and Culture	Opinion
Music	Gaeilge
Sports	Clubs and Societies
Film and Television	Humour
Politics	Fashion



Write for **An Focal** Newspaper!

An Focal has a circulation of 3000 copies per edition, and is written and edited entirely by students of the University, published by UL Student Life and distributed free of charge around the university campus.

An Focal is by far the most successful student paper in the Munster area and winner of The People's Choice Award in 2010 and 2011 and the recipient of TV3's Tonight with Vincent Browne's Student Newspaper of the Year Award. In 2012 An focal went online in a new initiative and also the Facebook page proved a popular way to keep up to date with AGMs or student elections. An Focal reaches the 13,000 students every two weeks bringing news, analysis, sport, fashion and features to the campus. You can pick it every Tuesday at various locations around the University.



We're always looking for fresh talent, be it in the form of writers or photographers, so if you're interested, just email our editor at anfocal@ul.ie outlining your area of interest. Becoming a writer is a great way to gain experience in journalism, express your opinions and just feel part of a community of likeminded people, the chance to engage with the journalistic world is invaluable for all aspiring writers!



anFOCAL

ULFM

Your University Station

ULFM is your University Radio Station, broadcasting student produced programmes to not just students and staff, but to Limerick and the world.

We're on air 24/7 but our live programmes are broadcast between 11am-11pm Monday-Thursday and 11am-4pm Fridays. Outside of these hours you can hear the best bits aired all over again and AutoDJ playing his favourites. To listen simply visit www.ulfm.ie, and press listen. You can also download the TuneIn App (Free) to your smartphone, ipod or ipad, or on iTunes select radio and search for ULFM.

We've got programmes for everyone, from general chat about UL life, Irish Talk, Sport Analysis, and every kind of specialist music you could imagine, including ULFM's Houseparty, getting you ready for your night out. We also broadcast our homeproduced news broadcasts a couple of times a day.

Not only can you listen, but if you fancy being at the business end of a microphone there's a chance for you

too. There are plenty of opportunities every semester to become a presenter, producer, newsreader, manager or even just poster sticker-upper. It doesn't matter if you don't have much or any experience, because our varied backgrounds is what makes us great. See ulfm.ie/get-involved for info on helping out.

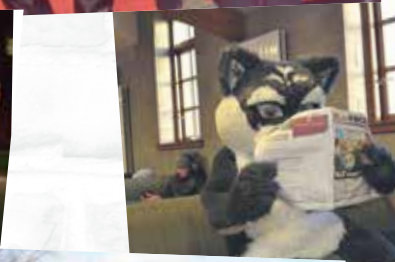
Don't forget to like us on Facebook, UL FM and follow us on [Twitter @ul_fm](https://twitter.com/ul_fm), for the latest on what's happening at ULFM.

Have a great year.



Any UL student can take part in ULFM







Year in Pictures





Campus Map

Medical School
(GEMS0, GEMS1, GEMS2, GEMS3)

Dublin

Limerick



GETTING AROUND CAMPUS



The vision of **University of Limerick Smarter Travel** is to create a more **liveable** and **lovable** campus through the development and promotion of sustainable means of travel.

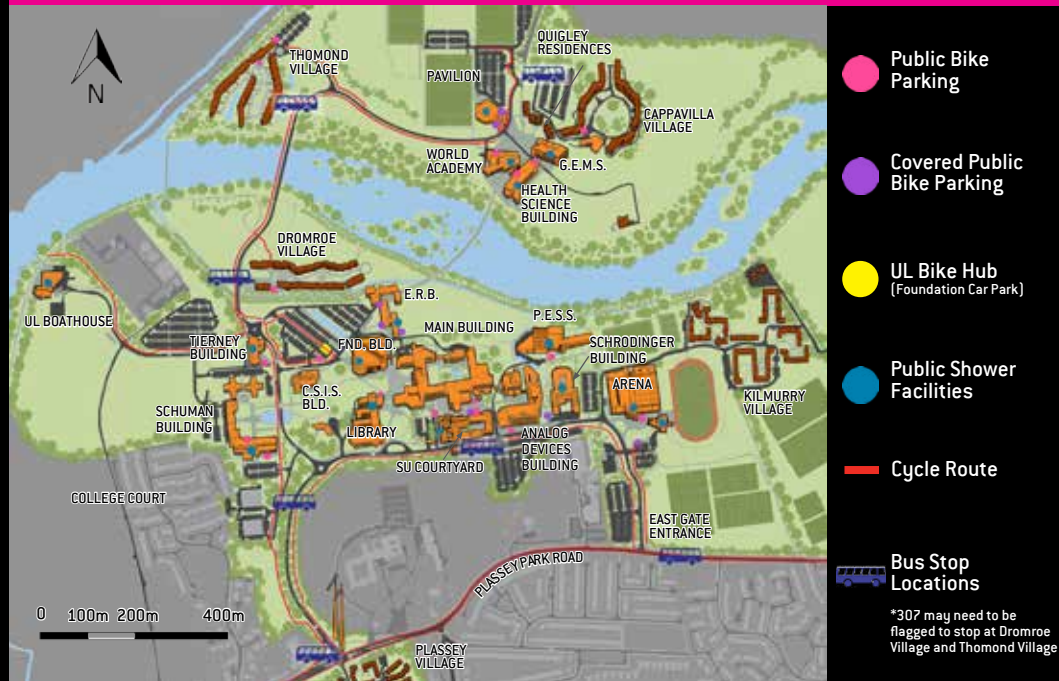


For all UL Travel related info visit:

ul.ie/gettingaroundcampus

Get in touch! e: SmarterTravel@ul.ie

SMARTER TRAVEL CAMPUS MAP



App info

UL WAYFINDING

For information on how to navigate around campus



TRANSPORT FOR IRELAND

Download this FREE app for real-time arrivals of all public transport



Check us out on Facebook and Twitter!

Search:
Limerick Smarter Travel

Local Bike Shops



Halfords

City East Retail Park, Ballysimon

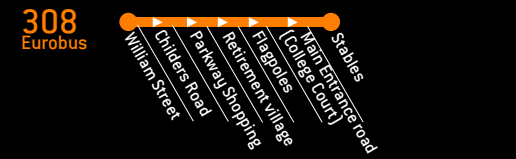
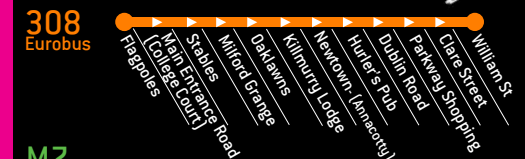
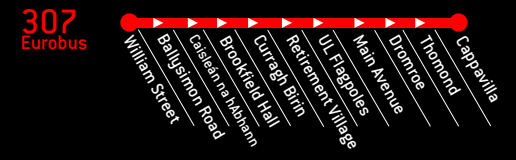
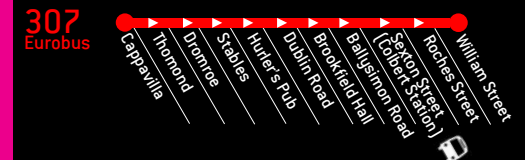
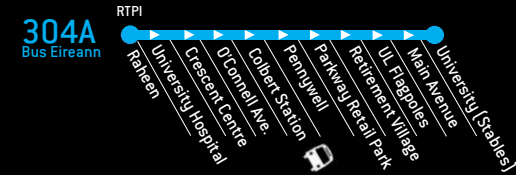
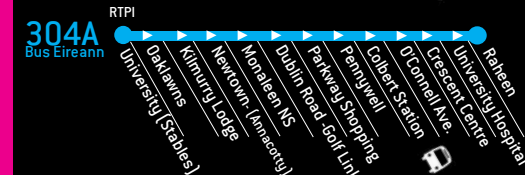
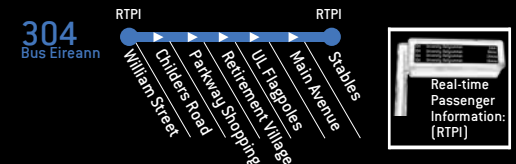
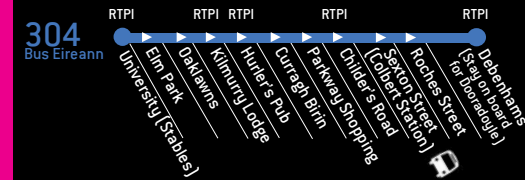
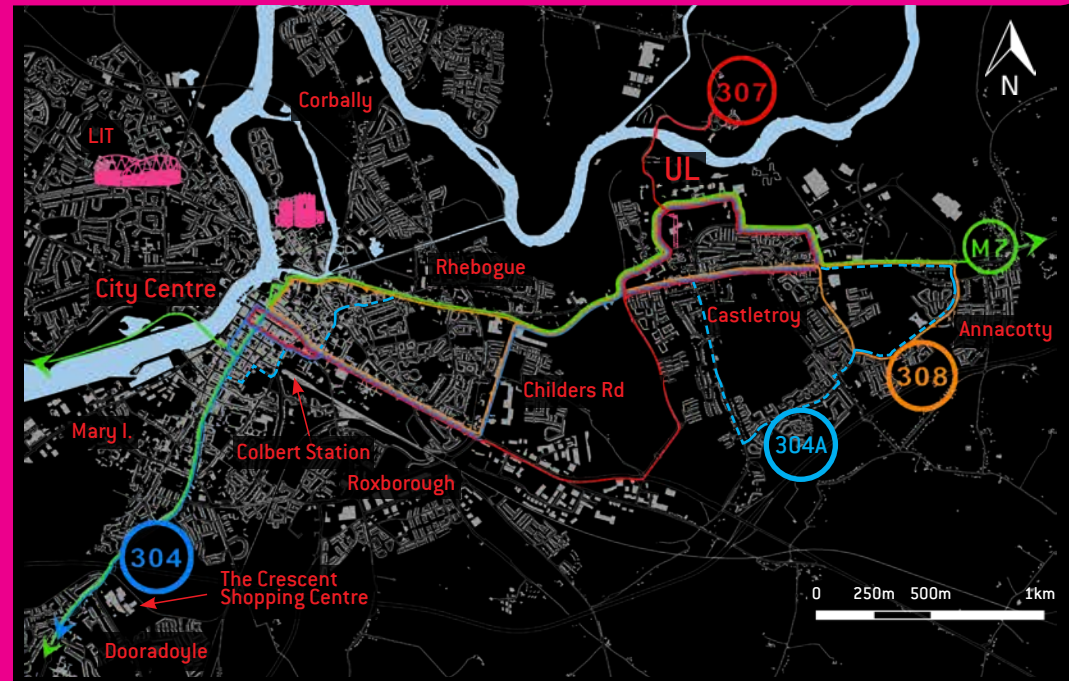
Raw Cycles

City East Retail Park, Ballysimon

The Bike Shop

O'Connell Avenue

BUS ROUTES MAP (SERVING UL)



Dublin Coach operates the **M7 Express** from Ennis and Kerry through UL to **Dublin Airport** and return.

For more information visit www.dublincoach.ie/

Refer to relevant websites for further info including weekend services. Details of other bus services available from our website and SU Reception. Information correct as of July 2017.

USEFUL PHONE NUMBERS

Internal Services

UL Student Life

Main Reception	(Tel) (061) 202324
	(Fax) (061) 213476
President	(061) 202326
Welfare	(061) 202519
Education	(061) 213491
Postgrad	(061) 213473
Clubs & Societies	(061) 203477

University

Main Reception	(061) 202010
Campus Security	(Day) (061) 202249
	(Night) (061) 202010
Campus Emergency	(061) 213333
Counsellors Office	(061) 202180
Medical Centre	(061) 202534
Access Office	(061) 202174
Accommodation Office	(061) 202412
Chaplain-Roman Catholic	(061) 202180
Chaplain-Church of Ireland	(061) 202225
Campus Life Services	(061) 202433
Disability Liaison Office	(061) 202346

External Services

Gardaí

Henry Street	(061) 212400
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Other Services

Addiction Counselling	(061) 45386
Addiction Counselling	(061) 45386
Aids Alliance	(061) 310001
Alcoholics Anonymous	(061) 314111
Asthma Society	(061) 227093
Aware	(01) 6766166
Bodywhys	1890 200444
BeLong To	(01) 670 6223
IBTS	(061) 415392
CARI	1890 924567
Cura	(061) 318207
Citizens Information Bureau	(061) 311444
Department of Social, Community & Family Affairs	(061) 414799
Dyslexic Support Centre	(061) 227777
ESB Emergency	1850 372999
Family Planning Clinic	(061) 312026
Gas Emergency	1850 205050
Heads-up	Freetext HeadsUp to 50424

Irish Cancer Society	1800 200700
Limerick Gay Switchboard	(061) 310101
Limerick City Council	(061) 415799
Limerick County Council	(061) 318477
Limerick Rape Crisis Centre	1800 311511
Limerick Tax Office	(061) 310310
Living Links (Limerick)	087 7998427
MABS (Money Advice)	1800-418088
Narcotics Anonymous	(021) 4278411
National Poisons Centre	(01) 8379964
Overeaters Anonymous	(061) 314111
Pieta House	(061) 484444
Positive Options	Freetext LIST to 50444
PRTB	(01) 8882834
Rape Crisis Centre	1800-311511
Rainbow – Gay Switchboard	(061) 310101
Red Ribbon Project	(061) 314354
Silver Apples Creche	061-213468
The Samaritans	(061) 412111
	1850 60 90 90
Threshold	(021) 427125
Treoir (Single Parents)	(01) 4964155

Transport/Taxi

Bus Eireann	(061) 418855
Iarnrod Eireann	(061) 418369
Plassey Cabs	(061) 336336

Medical

Doctors in Castletroy

Dr. R Magnier	(061) 331917
Dr. R Ryder	(061) 410858

Medical card holders

accepted by the Following:

Dr. J English	(061) 311814
Dr. G O'Reagan	(061) 418417
Dr. T O'Callaghan	(061) 416677
Dr. Griffin	(061) 419986
Dr. C Wallace	(061) 419986
Dr. T Nylan	(061) 419986
Dr. Kilby	(061) 400814

Chemists & Pharmacies in Castletroy

Castletroy Pharmacy	(061) 333033
Medicare Late Night Pharmacy	(061) 339 454
Castletroy Park Pharmacy	(061) 201 010

Hospitals

Limerick Regional Hospital	(061) 301111
St John's Hospital	(061) 415822

SURVIVAL GUIDE - ACCOMMODATION

Guidelines for renting off campus

Rent book

You are legally entitled to and should request a rent book which will set out how much is payable, how often and provide contact details for your landlord. If you pay rent in cash, your landlord should also sign that they have received it when you hand it over.

Letting agreement

If you are only going to be staying for one semester, do not sign a lease for the whole year; you will more than likely lose your deposit. Read your lease in full and make sure you understand it.

Inventory

Get a list of contents of the house. Note any damage (tears on couch, cracked tiles, radiators not properly fixed to the walls.) Sign it and get the landlord to sign it.

Take photos

Photograph every room in the house, being careful to get cracked windows, damaged walls or ceilings, torn furniture, damp patches and damaged flooring. Take photos before moving in and also as you are moving out. Keep evidence of the dates the photos were taken, e.g. email the photos to the landlord.

Keep everything

Keep all receipts for bills and repairs you have had to carry out and all receipts for rent paid.

Rent Direct

You should rent directly from the landlord as it allows for easier resolution of issues when they do arise.

Neighbours

You are part of a neighbourhood when you move in to an estate near campus. Get to know your

neighbours, get a community feeling about the place. Remember that there are families as well as students living in the estates. Respect their right to a peaceful place to live. Enjoy yourself, but don't make a nuisance of yourself

Deposits

Most landlords look for a deposit to cover any damage or bills that are outstanding after you leave. Where a deposit is being held to pay for damage or bills, you should request to see receipts. Do not accept photocopies, ask for the originals, and if in doubt check with the service provider.

Deposits do not count as a substitute for rent for the notice period. You may forfeit some or all of your deposit if you:

- Do not stay for the entire tenancy period outlined in your tenancy agreement, or give proper notice.
- Damage the property in excess of normal wear and tear.
- Leave unpaid bills or rent.

Contacts

UL Student Life - Offers guidance if you're unsure of who to go to or what to do next. Call: 061 202324

Campus Life Services - Provides information and a list of accommodation currently available both on and off campus. Office: **D0-035** or Check out the "prospective students" section on www.studentliving.ul.ie

Threshold - A government agency that offers advice and support on accommodation issues; a good first stop for problems that may arise - www.threshold.ie

PRTB - Keeps a register of tenancies. Intervenes where disputes cannot be resolved between landlord and tenant - www.prtb.ie



Minding your mental health

Mental health is about how we think and feel, go about our everyday lives, and how we relate to other people. It can be positive and we can feel good, or it can be poor and we can feel down.

The state of our mental health isn't fixed, and can change at different times in our lives as we experience different things. There are lots of things we can all do to look after our mental health on a daily basis, as well as when we're going through a tough time.

7 tips for looking after your mental health

Relax It can be easy to forget about making time for ourselves, especially with looming essay deadlines and so many lectures to attend. Set aside some time every day to do something that relaxes you and that you enjoy.



Get active Regular exercise is great for both body and mind and increases your confidence and energy levels. Check out the different clubs and societies on-campus, ranging from team sports to trampolining, dancing, surfing and athletics.

Bonus: clubs are also a great way to meet new people and make friends.

Be mindful of your food Our diet affects our emotions, energy levels and physical health. It's easy to rely on junk food, as it's quick, but try to be mindful of your eating habits.

Even small steps can help. Drink more water, bring fruit to snack on in college (so you're less likely to make a beeline for the vending machine), and spend an evening a week prepping a big batch of food to get you through the rest of the week.



Get enough Zzzzs Sleep is crucial for energy levels, concentration and memory, really important for paying attention in lectures or getting stuck into assignments. Aim to get between 6-8 hours sleep each night, and where possible, try to get up and go to bed at the same time each day.



Be social Plan time with friends, or other social activities, a few times a week. College is a great place to meet new people. With loads of different clubs, societies and classes on, you're sure to meet people with the same interests as you.

Give yourself a break Be aware of self-critical thoughts and challenge them. Try not to compare yourself with others. We're all human: none of us are perfect at everything and nor do we have to be.

Talk to someone If something's bothering you, it can help to talk to someone about it. We all need extra support at times. Talking to someone can help you figure out what to do next. A close friend or trusted family member is a good place to start.

On campus

There are many different support services to help students, no matter how big or small the problem.



Your UL Student Life Welfare Officer, Lorcan O'Donnell, can point you in the right direction - contact: 086 0435301, office number (061) 202519 or studentwelfare@ul.ie. You can also make an appointment with the Student Counselling Service (it's free!) - drop-in times: 11am-12am and 3pm-4pm everyday Room CM073 in the main building.

For more on managing college life, looking after your mental health, and supporting yourself or a friend through a tough time, check out: reachout.com/college



SURVIVAL GUIDE -

SEXUAL HEALTH

Sex Happens - Share the love, not the STIs

ALWAYS practise safe sex, always carry a condom! And that's for guys and girls. Wearing a condom during all sexual activity is the safest form of contraception and protection from STIs.

The condoms in the Welfare Office are there to facilitate safe sexual practice and are available from UL Student Life either behind reception or in the Welfare Office. 3 for €1- can't go wrong with that! We supply different types of condoms, including extra- large and non-latex. For XL, Non Latex, and lube drop into the Welfare Officer.

We all know condoms aren't 100% effective. Luckily, there are other forms of contraception. There are so many to choose from including the pill (combined and mini), the implant, IUS, and the patch. What you choose is up to you and what suits your body and situation.

STI Checks

If you are having regular sex, you should have regular STI Checks. Many STIs have no symptoms but are treatable if diagnosed early so regular checks are important. Screening is available in the Student Health Centre on campus. If the screening shows something up, then you can make an appointment for an STI test at the HSE Clinic. They'll have seen it all before, so embarrassment takes a back seat here, your health is more important.

Emergency Contraception

In the very unlikely event of a condom splitting, the female partner may wish to take the "morning after pill". You should make an appointment with the Student Health Centre to discuss and get a prescription for

this. When making your appointment, ensure you inform them that it's urgent.

Pregnancy

If you think you may be pregnant, the easiest way to find out is to do a home pregnancy test. Test kits are available in most chemists and large supermarkets. If the results are positive then it is necessary to make an appointment with your GP or a pregnancy agency or the Student Health Centre to have the pregnancy confirmed.

If you are pregnant, it is a good idea to talk to somebody about your options. The DP/ Welfare Officer is around during drop-in hours and may be available outside of this time for emergencies.

Contacts

UL Student Life Welfare Officer - Phone: 061 202519 or Email: studentwelfare@ul.ie

Counselling - CM-072 drop in 11 - 12 and 3-4 daily or call 061-202327 at any time.

ThinkContraception

All you need to know around contraception choices, STIs and emergency contraception. Website: <http://thinkcontraception.ie/>

STI Clinic, Regional Hospital Dooradoyle - Phone: 061 482382

Limerick Family Planning Clinic
Phone: 061 312026

Crisis Pregnancy Services -
Visit www.positiveoptions.ie or freetext LIST to 50444



SURVIVAL GUIDE -

EDUCATION

YOU'VE probably already noticed that there is a huge difference between secondary school and university. You've just left a world where you were used to being monitored and watched and where your teachers knew you by name and probably knew your family too.

Now you've come to a place where you're treated like an adult and entrusted with far more freedom. The downside of this is that often it kicks in far too late that it's up to you to attend classes, tutorials, labs and lectures – no-one is going to get you out of bed, unless you live at home of course. It's up to you to do your course work, no-one is going to remind you what's due and when, and it's up to you to keep up with your workload.

If you are having problems with the academic side of life, don't leave it too late. If you're unsure of anything or have any academic questions, regardless of how small or insignificant they might seem, contact the UL Student Life Academic Officer on studentacademic@ul.ie.

Important Resources

- UL website (www.ul.ie) - search for the department or person you're looking for.
- UL Student Life website (www.ulstudentlife.ie) - for all important student dates, FAQs, notices and information.
- Your timetable can be found at www.timetable.ul.ie

UL Student Handbook

The UL Student Handbook is the guide to Academic Life in UL. Copies are available at SAA. It is essential that each student reads it and becomes familiar with it. It contains vital information on registering, fines, the code of

conduct, regulations and academic dates. If you have any queries about any aspect of the Student Handbook you can contact the SAA (saa@ul.ie)

The Glucksman Library

As well as books and journals, the library provides a variety of supports and services to students. Visit the library website (www.ul.ie/~library) and make a library visit to see what they offer.

If the book you're looking for isn't there, the library staff will be more than happy to help you organise a loan from another college or a purchase request.

Some of the key services the library offers include:

- Familiarisation tours at the beginning of the academic year.
- Provision of resources required for the completion of the courses in UL.
- Access to books from other colleges by way of the inter library loan service.
- Faculty librarians, who are very helpful with research materials and guiding you to the resources that you need.

Support Services

There are a number of support services to help you with all things academic. Every year the Students' Union produces stress management guides and relaxation areas.

These exam tips/stress guides can be found in An Focal, which is available online at www.anfocal.ie

There are also a number of Learning Centres dedicated to particular areas of study to help you if you fall behind:

- The Mathematics Learning Centre: www.ul.ie/~mlc
- The LRA: www.ul.ie/~lsu and www.ul.ie/~lcs/languageresourcearea
- The Science Learning Centre: www.ul.ie/~slc



Advisors

(See Section 5 of the UL Student Handbook)

Another important way the University provides supports to students is through the Advisor system. This is a member of the academic staff from your department. They are assigned to you during orientation week in first year. They are there to help you with advice in regards to your academic career and you should visit them before making a major decision. If you don't know who your advisor is or need to contact them their details can be accessed through your student records (www.si.ul.ie)

Student Records: www.si.ul.ie

All student records are online in UL and you will have to access them for the purposes of registration (during week one of every semester), getting your results, pre-registration (week 5 of every semester if you have a choice of electives the following semester) - see the UL Student Handbook for more information.

You must register in Week 1 of every semester otherwise you will be fined and may not receive important information about your modules. Coop details, whether or not your grant cheque has been lodged and other information is also available on this site.

Subject Choices

When registering (Week 1), and pre-registering (Week 5), many courses will give you an opportunity to choose modules during registration. It is important to choose your modules carefully, as they may have an impact on your final reward or career choices.

When registering in Week 1 and deciding which modules to choose it's important to:

- Research all of your choices.
- Get a feel for the subject by attending a lecture.

- Submit your choices on time.
 - Go with what you like.
- Many people fail exams because they simply don't like the subject.

You must register at the beginning of each semester.

If you don't register, you will be fined and you may miss important information. Failure to register will cause problems when you're sitting your exams, getting results and may hinder your access to resources.

Students wishing to register a change of subject/module must do so in Student Academic Admin by completing the Change of Registration Form.

If you choose to change a module you can also contact Student Academic Administration at saa@ul.ie

Internal Transfers, Leaves of Absence, Exiting Your Course

Sometimes students realise that the course they're doing isn't for them. Firstly, don't despair or stress out about it.

If you want to change your course, it is important to make an informed decision by talking to your UL Student Life Academic Officer, Matthew Murphy and faculty from your Department. In many cases, second year is very different from first year so talking to students in the year ahead of you may help.

At any rate, come and talk to Matthew about it and he should be able to explain the options to you.



Community Spirit in UL

Module Outlines

At the beginning of each semester (week 1) you are entitled to receive an outline for each module, which must include module contents, how and when assessment takes place and how much the assessment(s) are worth. If you have any queries about the module, ask. A lecturer cannot change the module outline after Week 1 without approval of the class – including mode of assessment. That is to say, a lecturer cannot issue a 'surprise' exam unless it has been previously mentioned in the module outline. If you haven't received one, ask your lecturer.

Exams

Exams are an important part of student life (unfortunately) but here is some important information about them:

Exam Timetables

A provisional Exam Timetable is published in Week 9, if you have more than one exam in a day or three exams in a row, you should arrange for your Class Rep to contact your lecture to change the date of the exam. This request must be submitted by Thursday of Week 9.

I Grades

The aim of the University is to support students who are experiencing difficulties that will have an effect on their academic performance. Igrades (meaning "Incomplete Grades") shall only be awarded in cases where the student has not completed all of the requirements for the module and has submitted certifiable evidence of physical or mental illness or immediate family



Students taking part in the Great Race 2012 raising money for charity

bereavement. I-grades shall not be assigned in response to a plea made in respect of pressure of work.

Academic Cheating

Academic Cheating has many forms; from bringing notes into exams to accidentally having something written on your hand. UL takes cheating and attempted cheating very seriously. The university operates a Clean Desk Policy – that means nothing except your pens, pencils, ID card and anything authorised by the lecturer can be on the desk. If dictionaries are allowed, they must be free from all writing. Be aware that even the smallest breach of this could mean that you have to appear in front of the Discipline Committee of the University. Plagiarism (copying other peoples work in essays) also counts as Academic Cheating.



Each year UL Students raise large amounts of much needed money for charities'



You will be amazed at how quickly graduation comes along



SURVIVAL GUIDE - COMMUNITY

The Gardaí

SO, you're in college and you want to have fun, do some crazy things, and have some crazy stories to leave with. Great! Just try not to break the law!

The Gardaí are on your side. They want you to have a good time and live your life here to the full so please respect them and the job they have to do. Remember, it's illegal to carry an open alcohol container in public. If you get stopped you could find yourself with an €80 fine and a court summons if you don't pay.

Safety

While the campus may sometimes seem like a self-sufficient village where everybody knows your name, bear in mind that we are on the edge of an ever-growing city.

Take precautions on your adventures. The University aims to provide a safe environment for you on-campus, but be vigilant.

Never walk home alone

Always arrange to walk home with a friend or in a group. If you have no choice but to walk alone, always send a housemate a text to let them know where you are and what time you expect to be home.

Avoid dark areas

Once it starts to get dark, don't take short cuts! Keep to the main UL pathways that are well lit.

If an issue arises:

- Report all incidents to the UL Student Life Welfare Officer.
- Contact Campus Security - In the event of an emergency or an incident, call the emergency line on **061 213333**.
- Contact the Community Garda.

Numbers to remember:

Emergency: **999** or **112**
Garda Station (Henry St.): **061-212400**
Garda Station (Roxboro): **061-419555**

Your Neighbours

We know sometimes its fun to bang out the tunes late at night, run around shouting about how you're so drunk you can't feel your nose, or indeed have a vocal sing song on the way home from the Stables but you have to remember that there are other people living in Castletroy too.

So please, before you go mad and have your fun, just think of your neighbours.



SURVIVAL GUIDE - FINANCE

UNIVERSITY can be an expensive place to be. There's rent, food, books, ENTS gigs and much more to cover. Budgeting is useful!

After your rent is paid and bills covered, you should be able to manage well on €50-€70 a week. If you have more, all the better; if you have less, then it's not the end of the world. www.studentfinance.ie is a good website to check out.

Grants

The student grant is the main source of financial help available from the Irish State for students in full-time undergraduate courses. Students can apply for the grant through SUSI, the student online application system, in August while the renewal deadline is early June. Check out www.susi.ie to see if you are eligible for the grant.

Top-up Grants

There is a special rate of grant available for those with extremely low household income. This special rate provides a top up on the normal grant award. See www.susi.ie to see if you are eligible for this special grant.

Money Advice

The Money Advice & Budgeting Service (MABS) provides advice for people with financial difficulties. The MABS office on Dominic St will meet with any student to discuss their financial problems and help them create a budget, or check out their website www.mabs.ie.

Students Assistance Fund

This fund is provided by the Dept of Education & Science and is assisted by the European Social Fund (ESF). All registered students in the University are eligible to apply. The fund is means tested and applications must be accompanied by supporting financial documentation. Applications are all online so keep an eye out on the UL Student Life Facebook page for more details. Applications open in October and close in January.

Childcare Assistance

Known as the "Childcare Bursary", this fund was set up to assist students who have children and need to pay childcare fees during their time in UL. To apply to the fund, pick up an application form from the UL Student Life Welfare Office in week 3 of semester 1. Some supporting documentation will be required to apply to the fund: your child's birth cert, proof of childcare costs and either proof of One Parent Family Payment, Medical Card, Back to Education Allowance, etc. If you are a Postgrad student, please apply through the PSU President.

Friday of Week 6 is the final closing date for applications.

Hardship Loans

An interest free loan is given for specific circumstances (i.e. financial crisis) for a specific period of time. These loans cannot be used on fees and must be repaid by an agreed date as decided when applying for the fund. To apply for a loan, documentation of your financial situation must be provided. As with Childcare Assistance; apply to the UL Student Life Welfare Office or to the PSU President for Postgrads.

Fees

There is no specific funding available to cover fees due in arrears. It is advisable to pay fees as they fall due, as it is difficult to handle large debts if fees have not been paid for a number of years. You could contact SAA and enquire about setting up an instalment plan on your fees rather than a lump sum so you could essentially allocate your money to paying for accommodation, food etc. You will not be allowed to graduate until you have arranged payment of all fees due to the University of Limerick.

Useful Contacts

UL Student Life - Phone: **061 202324**
or Email: studentwelfare@ul.ie

Dept. of Education -
Student Support Unit - Phone: **057 9324381**

MABS - For some sound independent financial and debt management advice give MABS a call. Phone: **061 403109** or visit www.mabs.ie



SURVIVAL GUIDE -

STUDENT ENGAGEMENT & SUCCESS UNIT

The University of Limerick welcomes and supports all 1st years in their transition to third level education. As part of this the University has established a Student Engagement and Success (SES) Unit. The SES Unit are here to support your transition into 3rd level to ensure that you get all the support you need to make your first year a success.

Student Engagement & Success Unit

We'll come up with a plan whatever the scenario is, there are always options!

Visit the SESU website: <http://ulsites.ul.ie/ses/>

Student Affairs Division



Deirdre Murphy,
First Year Support Coordinator
Contact: 086 2559510
Email: deirdre.m.murphy@ul.ie

Starting university is a big life event and challenges will arise. Feel free to contact me if you are struggling with or need advice on an element of your first year experience in UL. There are always options!!

Library



Jesse Waters, Librarian for
Student Engagement and Success
Email: jesse.waters@ul.ie

I am the library support to all 1ST Years at UL. Throughout the year I will be running classes on using the library and about citing and referencing. Email me directly to book an individual consultation and follow our Snapchat @ULLibrary

Centre for Teaching & Learning



Sarah Gibbons, Education Developer,
Student Engagement & Success
Email: sarah.gibbons@ul.ie

Your success in UL academically, socially and personally will reflect your engagement and involvement in all UL has to offer. There is assistance all around you, all you have to do is ask.

SURVIVAL GUIDE -

COUNSELLING & DISABILITIES

Students with disabilities

There are over 600 students with a disability attending the University of Limerick. There is a number of supports and facilities including a high spec assistive technology lab in place for students with disability.

If you require information or would like to register with the service, you can contact us by emailing disabilityservices@ul.ie or by phoning on **061 202 346**. Alternatively, you can call to the office on the ground floor of the Library building.

Brenda S. Kennedy
Disability Officer, Head of Service.

Counselling

A full-time professional and confidential counselling service is available to all UL students. The counselling team regularly deals with students who are experiencing a wide range of psychological and emotional problems. Presenting concerns include but are not limited to: homesickness; loneliness; self-confidence and self-esteem issues; problems related to study and exams; stress and coping difficulties; anxiety; depression; and eating disorders.

It is not necessary to be experiencing grave difficulty to justify attendance at the service. In fact, even moving from secondary school to university or from home to campus accommodation can promote feelings of uncertainty and anxiety. Leaving behind family, friends, and relationships whilst navigating new ones can be daunting for many. The counselling service encourages students to talk about these issues before they develop into great distress. The counselling service now sees over 1300 students annually.

We run a drop-in service twice daily where you can come and meet a member of the team who will listen to you and develop a plan around your needs. Please check out our Facebook (UICounsellingService) and website (<https://ulsites.ul.ie/studentaffairs/counselling-service>) for times of the drop-in service, as these can vary year on year.

Dr. Lucy Smith
Acting Head of Service



“There are likely to be moments here when you'll need a bit of extra support”



UNIVERSITY SERVICES - CHAPLAINCY

Welcome to UL! We wish you well and hope that your time in College will be an enriching experience. If we can support you in any way we will be very happy to do so.

The key activities of the UL Chaplaincy team fall into 3 categories:

- **SUPPORT**
- **WORSHIP/SPIRITUALITY**
- **OUTREACH/VOLUNTEERING**

All students are welcome to visit **Teach Fáilte, our drop in centre in the Students' Square.**

It is open daily from **10.30 to 4.30pm.**

Individuals or groups are welcome to have a casual cuppa and chat. In times of difficulty students are assured of a listening ear and may be facilitated to avail of other supports.

The Contemplative Centre (opposite the SU) is an oasis of peace and tranquillity for those who wish to take out for quiet, reflection, meditation or prayer. Check out the **Inter Faith Directory** where to meet people of faith in UL and in the city.

We look forward to meeting you!

For information on services:

Visit us on Facebook and
[www.ulsites.ul.ie/studentaffairs/
chaplaincy-centre](http://www.ulsites.ul.ie/studentaffairs/chaplaincy-centre)



Sr. Sarah O'Rourke FMA
Teach Fáilte
Mobile: 086- 4127485
Phone: 061 233635
Email: Sarah.ORourke@ul.ie



Fr. John Campion SDB
Mobile: 086 2632458
Phone: 061 202180
Email: John.Campion@ul.ie

UNIVERSITY SERVICES - INTERNATIONAL EDUCATION

HAVE you ever wanted to live and study abroad? To experience a different culture? To study at a foreign university, meet new friends, and learn another language? ERASMUS may be just what you're looking for!

The Erasmus programme was established in 1987. It stands for European Community Action Scheme for the Mobility of University Students Programme. It offers the possibility of studying abroad in another European country for a period of between 3 and 12 months. Erasmus was the name of a philosopher, theologian and humanist from Rotterdam, who lived and worked in several countries in Europe, in quest of knowledge, experience and insights which only such contact with other countries could bring.

The Erasmus programme, run by the International Education Division at UL, allows for students from all degree programmes to study abroad at a partner European university for either one academic semester or a full academic year.

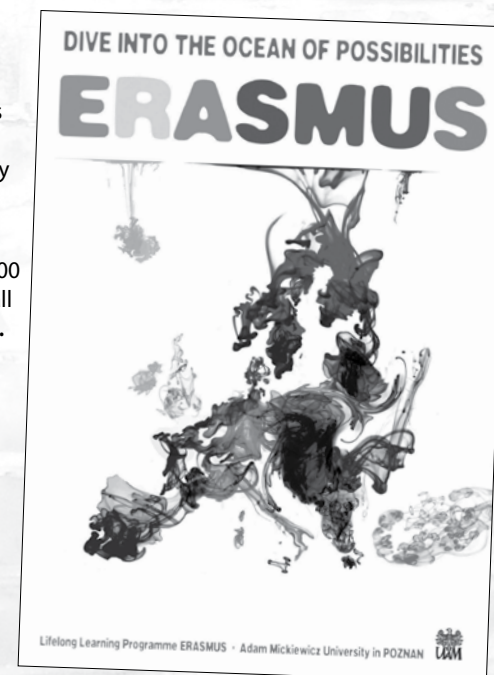
The University currently has links with over 200 European Universities. These extend across all of Europe. A list can be found at http://www.ul.ie/internationaleducation/socrates_out_partners.php

There are also exchange opportunities available outside Europe with partners in the US and Canada, Singapore, China, Korea, Brazil, Australia and New Zealand. This is a wonderful opportunity to improve your languages and experience life in another country. You may receive a study grant. And you won't have to pay university fees abroad!

In addition, your studies abroad will be fully recognised at your home university. All your rights, as well as your obligations, as an Erasmus student are specified in the Erasmus Student Charter, which is provided before leaving for your study period abroad.

For further information about studying abroad, call to the International Education Division located in E0-030 in the Main Building.

We are open from 09:00 to 17:00 every day, closing between 13:00 and 14:15
www.ul.ie/internationaleducation



UNIVERSITY SERVICES - COOPERATIVE EDUCATION AND CAREERS DIVISION

Cooperative Education

- www.ul.ie/coop

What is Coop?

Cooperative Education (Coop) gives you the chance to experience the world of work before you graduate. Your Coop placement is a formal element of your degree here at UL and will help you develop a range of skills that will allow you to plan for your future career.

Coop placement is one of the top reasons students choose to come to study at UL and UL graduates consistently say that Coop is one of the highlights of the UL student experience. If you are interested in doing an international Coop, UL has Coop opportunities in more than twenty different countries.

What can Coop do for you?

- It gives you practical work experience built into your degree programme.
- It's an opportunity for you to apply your academic knowledge in a work environment.
- Coop gives you the chance to develop lots of important skills including teamwork, problem-solving and communications skills.
- It allows you to make useful contacts for your future career.
- Graduates who have done Coop have a higher success rate in finding employment.

What is Teaching Practice?

If you are doing a degree in Education, you will be placed in a school in Teaching Practice as a formal part of your degree programme. This is a great opportunity for you to develop your teaching skills in a real classroom environment.

As an undergraduate, you will have two periods of Teaching Practice, one in your second year and another in your fourth year. Your tutors will

support, advise and assess you on your Teaching Practice. Students undertake Teaching Practice assignments in schools all over Ireland.

Careers Division - www.ul.ie/careers

One of the real benefits of choosing to study at UL is that you will have a much better chance of finding employment when you graduate. The employment rate of UL graduates is much higher than the national average for all Irish graduates and this is one of the reasons that so many students put UL down as their first choice. Many graduate employers target UL because UL graduates offer a combination of academic experience, personal attributes and relevant work experience.

The Careers Division helps you to develop your employability skills and decide what kind of career would suit your personality, interests and abilities.

We can help you to:

- Get information on the types of jobs that relate to your degree.
- Research career and postgraduate study opportunities.
- Get in touch with employers through the UL Careers Fair and on-campus company presentations and interviews.
- Write your CV and improve your interview skills.
- Develop your employability skills.
- Get a job - our job website advertises hundreds of jobs at any one time.
- Access specialist support services if you're a mature student or a student with a disability.

Remember, we're here to help.
Feel free to drop in!

Coop Office: EO-007

Teaching Practice Office: EO-007

Careers Service: EO-019

UNIVERSITY SERVICES - THE GLUCKSMAN LIBRARY

Welcome to UL! We here at the Glucksman Library aim to provide a high quality, personal and friendly service in a student-centred supportive environment.

Details of all print and electronic resources, facilities, services and news are available on the library web at www.ul.ie/library.

Library services available to you:

- Books, journals, newspapers and magazines in the library building.
- Electronic books, journals and databases accessible via www.ul.ie/library.
- Wifi throughout the building.
- Self-service borrowing.
- Silent areas for quiet study.
- Group study rooms for collaborative work.
- Information Desk service.
- Faculty librarians.
- Information skills training.
- Referencing support.
- Inter library loans.
- Photocopying.
- Support for distance learners and for students with disabilities.

Library opening hours during semester: Opening Hours

Monday - Friday: 08:30 - 23:00

Saturday: 10:00 - 19:00

Sunday: 11:00 - 18:00

Study & PC Access only

Monday - Friday:

08:30 - 09:00 & 21:00 - 23:00

Saturday: 16:30 - 19:00

Sunday: 11:00 - 18:00

Accessing the electronic library:

In addition to the books and journals in the library building, we also subscribe to approximately 200,000 electronic books and 50,000 journals on the web.

You can access these on any PC on campus at www.ul.ie/library or at home by logging in at <https://login.proxy.lib.ul.ie>, using your UL username and password.

Borrowing:

You can borrow books using the self-service machines or from the Information Desk, which is located near the entrance to the Library. Search the library catalogue to find out if a book is in the Library.

Undergraduates can borrow:

- 5 general collection books for 14 days.
- 2 general collection books for 3 days.
- 2 short loan items for 1 day or 3 hours.

Journals, reference texts, projects and theses can only be used in the Library.

Need more help?

- Ask at the Information Desk on the ground floor.
- Phone the Library at 061 202166 or email libinfo@ul.ie
- Go to www.ul.ie/library
- Follow Glucksman Library UL on Facebook or Twitter.
- Go on your orientation tour of the library.
- Ask the library peer advisors for help.
- Buy the library booklet Cite it Right for help with Harvard referencing.
- Book an appointment with your Faculty Librarian for help with in-depth research.



Fáilte is fiche romhat go hOllscoil Luimnigh! (Welcome to UL)

27 Dé Luain/Monday

International Welcome Week

30 Déardaoin/Thursday

28 Dé Máirt/Tuesday

31 Dé hAoine/Friday

29 Dé Céadaoin/Wednesday

01 Dé Sathairn/Saturday

02 Dé Domhnaigh/Sunday

County colours



Fáilte is fiche romhat go hOllscoil Luimnigh! (Welcome to UL)

03 Dé Luain/Monday

Library

06 Déardaoin/Thursday

04 Dé Máirt/Tuesday

Clubs & Societies Admin Seminar (Part 2)

Main stage in court yard

07 Dé hAoine/Friday

05 Dé Céadaoin/Wednesday

08 Dé Sathairn/Saturday

09 Dé Domhnaigh/Sunday



10 Dé Luain/Monday

13 Déardaoin/Thursday

11 Dé Máirt/Tuesday

14 Dé hAoine/Friday

TGIF International night: Every Friday

12 Dé Céadaoin/Wednesday

Orientation event

15 Dé Sathairn/Saturday

16 Dé Domhnaigh/Sunday



17 Dé Luain/Monday

20 Déardaoin/Thursday

18 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

21 Dé hAoine/Friday

19 Dé Céadaoin/Wednesday

22 Dé Sathairn/Saturday

23 Dé Domhnaigh/Sunday

County Colours



24 Dé Luain/Monday

27 Déardaoin/Thursday

President's Volunteer Award Ceremony

25 Dé Máirt/Tuesday

Student Rep Meeting

28 Dé hAoine/Friday

26 Dé Céadaoin/Wednesday

29 Dé Sathairn/Saturday

30 Dé Domhnaigh/Sunday



01 Dé Luain/Monday

04 Déardaoin/Thursday

02 Dé Máirt/Tuesday

05 Dé hAoine/Friday

Clubs and Societies (C&S) Council Meeting | Oktoberfest
Scholars sessions

03 Dé Céadaoin/Wednesday

06 Dé Sathairn/Saturday

07 Dé Domhnaigh/Sunday

SafeTalk | International Festival & Study Abroad Fair



08 Dé Luain/Monday**11** Déardaoin/Thursday**09** Dé Máirt/Tuesday

Student Rep Meeting, 6pm

12 Dé hAoine/Friday**10** Dé Céadaoin/Wednesday**13** Dé Sathairn/Saturday**14** Dé Domhnaigh/Sunday

15 Dé Luain/Monday**18** Déardaoin/Thursday**16** Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

19 Dé hAoine/Friday**17** Dé Céadaoin/Wednesday**20** Dé Sathairn/Saturday**21** Dé Domhnaigh/Sunday

SoUL Fest

22 Dé Luain/Monday

25 Déardaoin/Thursday

23 Dé Máirt/Tuesday

Union General Meeting

26 Dé hAoine/Friday

24 Dé Céadaoin/Wednesday

27 Dé Sathairn/Saturday

28 Dé Domhnaigh/Sunday

County Colours



29 Dé Luain/Monday

Bank Holiday Monday

01 Déardaoin/Thursday

30 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

02 Dé hAoine/Friday

31 Dé Céadaoin/Wednesday

03 Dé Sathairn/Saturday

04 Dé Domhnaigh/Sunday



05 Dé Luain/Monday

08 Déardaoin/Thursday

06 Dé Máirt/Tuesday

Student Rep Meeting

09 Dé hAoine/Friday

07 Dé Céadaoin/Wednesday

10 Dé Sathairn/Saturday

11 Dé Domhnaigh/Sunday



12 Dé Luain/Monday

15 Déardaoin/Thursday

13 Dé Máirt/Tuesday

16 Dé hAoine/Friday

14 Dé Céadaoin/Wednesday

17 Dé Sathairn/Saturday

18 Dé Domhnaigh/Sunday



19 Dé Luain/Monday

22 Déardaoin/Thursday

20 Dé Máirt/Tuesday

Student Rep Meeting County Colours

23 Dé hAoine/Friday

21 Dé Céadaoin/Wednesday

24 Dé Sathairn/Saturday

25 Dé Domhnaigh/Sunday

County Colours



Reading Week

26 Dé Luain/Monday

29 Déardaoin/Thursday

27 Dé Máirt/Tuesday

30 Dé hAoine/Friday

28 Dé Céadaoin/Wednesday

01 Dé Sathairn/Saturday

02 Dé Domhnaigh/Sunday

Christmas Exams

Christmas Exams

03 Dé Luain/Monday

Christmas Exams

06 Déardaoin/Thursday

Christmas Exams

04 Dé Máirt/Tuesday

Christmas Exams

07 Dé hAoine/Friday

Christmas Exams

05 Dé Céadaoin/Wednesday

Christmas Exams

08 Dé Sathairn/Saturday

Christmas Exams

09 Dé Domhnaigh/Sunday



Christmas Exams

10 Dé Luain/Monday

Christmas Exams

13 Déardaoin/Thursday

Christmas Exams

11 Dé Máirt/Tuesday

Christmas Exams

14 Dé hAoine/Friday

Christmas Exams

12 Dé Céadaoin/Wednesday

Christmas Exams

15 Dé Sathairn/Saturday

16 Dé Domhnaigh/Sunday



HOLIDAYS

Mí na Nollag 2018/ Eanáir 2019
DECEMBER 2018/ JANUARY 2019

HOLIDAYS

Eanáir 2019
JANUARY 2019

17 December Dé Luain/Monday

18 December Dé Máirt/Tuesday

19 December Dé Céadaoin/Wednesday

20 December Deardaoin/Thursday

21 December Dé hAoine/Friday

22 December Dé Sathairn/Saturday

23 December Dé Domhnaigh/Sunday

24 December Dé Luain/Monday *Christmas Eve*

25 December Dé Máirt/Tuesday *Nollaig Shona*

26 December Dé Céadaoin/Wednesday *St. Stephen's Day*

27 December Deardaoin/Thursday

28 December Dé hAoine/Friday

29 December Dé Sathairn/Saturday

30 January Dé Domhnaigh/Sunday

31 January Dé Luain/Monday *New Year's Eve*

01 January Dé Máirt/Tuesday *Happy New Year!*

02 January Dé Céadaoin/Wednesday

03 January Deardaoin/Thursday

04 January Dé hAoine/Friday

05 January Dé Sathairn/Saturday

06 January Dé Domhnaigh/Sunday

07 January Dé Luain/Monday

08 January Dé Máirt/Tuesday

09 January Dé Céadaoin/Wednesday

10 January Deardaoin/Thursday

11 January Dé hAoine/Friday

12 January Dé Sathairn/Saturday

13 January Dé Domhnaigh/Sunday

14 January Dé Luain/Monday

15 January Dé Máirt/Tuesday

16 January Dé Céadaoin/Wednesday *ASIST*

17 January Deardaoin/Thursday

18 January Dé hAoine/Friday

19 January Dé Sathairn/Saturday

20 January Dé Domhnaigh/Sunday



21 Dé Luain/Monday

24 Déardaoin/Thursday

22 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

25 Dé hAoine/Friday

23 Dé Céadaoin/Wednesday

26 Dé Sathairn/Saturday

27 Dé Domhnaigh/Sunday



28 Dé Luain/Monday

31 Déardaoin/Thursday

29 Dé Máirt/Tuesday

Student Rep Meeting

01 Dé hAoine/Friday

30 Dé Céadaoin/Wednesday

Clubs & Societies Recruitment Drive

02 Dé Sathairn/Saturday

03 Dé Domhnaigh/Sunday



04 Dé Luain/Monday

07 Déardaoin/Thursday

05 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

08 Dé hAoine/Friday

06 Dé Céadaoin/Wednesday

Safe Talk

09 Dé Sathairn/Saturday

10 Dé Domhnaigh/Sunday



11 Dé Luain/Monday

Submission for C&S Awards Opens (Longlist)

14 Déardaoin/Thursday**12 Dé Máirt/Tuesday**

Student Rep Meeting

15 Dé hAoine/Friday**13 Dé Céadaoin/Wednesday****16 Dé Sathairn/Saturday****17 Dé Domhnaigh/Sunday**

18 Dé Luain/Monday

Submission for C&S Awards Closes (Longlist)

21 Déardaoin/Thursday

19 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

22 Dé hAoine/Friday

20 Dé Céadaoin/Wednesday

Union General Meeting

23 Dé Sathairn/Saturday

24 Dé Domhnaigh/Sunday

County Colours



25 Dé Luain/Monday

28 Déardaoin/Thursday

26 Dé Máirt/Tuesday

Student Rep Meeting

01 Dé hAoine/Friday

Clubs and Societies Awards Shortlist Announced

27 Dé Céadaoin/Wednesday

02 Dé Sathairn/Saturday

03 Dé Domhnaigh/Sunday



04 Dé Luain/Monday

07 Déardaoin/Thursday

05 Dé Máirt/Tuesday

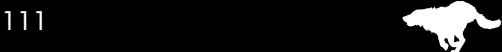
Clubs and Societies Awards HUSTINGS

08 Dé hAoine/Friday

06 Dé Céadaoin/Wednesday

09 Dé Sathairn/Saturday

10 Dé Domhnaigh/Sunday



11 Dé Luain/Monday

14 Déardaoin/Thursday

12 Dé Máirt/Tuesday

Student Rep Meeting

15 Dé hAoine/Friday

13 Dé Céadaoin/Wednesday

16 Dé Sathairn/Saturday

17 Dé Domhnaigh/Sunday



18 Dé Luain/Monday

St. Patrick's Day Bank Holiday

21 Déardaoin/Thursday

19 Dé Máirt/Tuesday

Clubs and Societies (C&S) Council Meeting

22 Dé hAoine/Friday

20 Dé Céadaoin/Wednesday

23 Dé Sathairn/Saturday

24 Dé Domhnaigh/Sunday

County Colours



25 Dé Luain/Monday

28 Déardaoin/Thursday

26 Dé Máirt/Tuesday

29 Dé hAoine/Friday

27 Dé Céadaoin/Wednesday

30 Dé Sathairn/Saturday

31 Dé Domhnaigh/Sunday



01 Dé Luain/Monday

04 Déardaoin/Thursday

02 Dé Máirt/Tuesday

Student Rep Meeting

05 Dé hAoine/Friday

03 Dé Céadaoin/Wednesday

06 Dé Sathairn/Saturday

07 Dé Domhnaigh/Sunday



08 Dé Luain/Monday

11 Déardaoin/Thursday

09 Dé Máirt/Tuesday

12 Dé hAoine/Friday

Clubs and Societies (C&S) Council Meeting

10 Dé Céadaoin/Wednesday

13 Dé Sathairn/Saturday

14 Dé Domhnaigh/Sunday



Beannachtaí na Cásca! (Happy Easter)

15 Dé Luain/Monday

18 Déardaoin/Thursday

16 Dé Máirt/Tuesday

Student Choice Award, The Year in Review

19 Dé hAoine/Friday

Good Friday

17 Dé Céadaoin/Wednesday

20 Dé Sathairn/Saturday

21 Dé Domhnaigh/Sunday

Easter Sunday



Reading Week

22 Dé Luain/Monday

Easter Monday

25 Déardaoin/Thursday

23 Dé Máirt/Tuesday

26 Dé hAoine/Friday

24 Dé Céadaoin/Wednesday

27 Dé Sathairn/Saturday

28 Dé Domhnaigh/Sunday



Spring Exams

29 Dé Luain/Monday

02 Déardaoin/Thursday

30 Dé Máirt/Tuesday

Spring Exams

03 Dé hAoine/Friday

01 Dé Céadaoin/Wednesday

04 Dé Sathairn/Saturday

05 Dé Domhnaigh/Sunday



Spring Exams

06 Dé Luain/Monday

09 Déardaoin/Thursday

Bank Holiday Monday: May Day

07 Dé Máirt/Tuesday

10 Dé hAoine/Friday

08 Dé Céadaoin/Wednesday

11 Dé Sathairn/Saturday

12 Dé Domhnaigh/Sunday



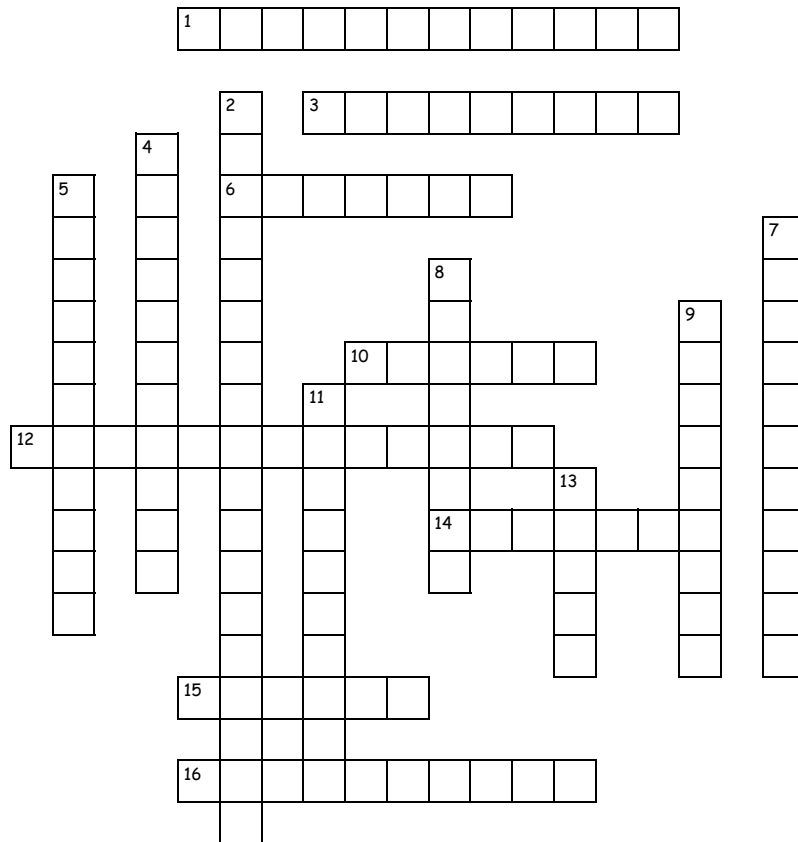
TIMETABLE SEMESTER 1

5 - 6					
4 - 5					
3 - 4					
2 - 3					
1 - 2					
12 - 1					
11 - 12					
10 - 11					
9 - 10					
	Mon	Tues	Wed	Thurs	Fri

TIMETABLE SEMESTER 2

5 - 6					
4 - 5					
3 - 4					
2 - 3					
1 - 2					
12 - 1					
11 - 12					
10 - 11					
9 - 10					
	Mon	Tues	Wed	Thurs	Fri

Crossword



Across

- 1 The river running through the campus
- 3 The Worst week of the semester
- 6 Student Village
- 10 UL Student Life mascot
- 12 The presidents house
- 14 Every students biggest fear
- 15 The _____ bridge?
- 16 The busiest place on campus on a Wednesday

Down

- 2 Friday night in the stables
- 4 Best week of the year
- 5 An iconic statue
- 7 The part of campus in county Clare
- 8 Student village
- 9 The _____ Library
- 11 Food Court
- 13 The Business School

Clubs and Societies Wordsearch

T F B H P A D Q K A Y A K J E V Q A Z R F Y X F
N R Q H N Z L F H X B S Q M T N X B K N P O Y R
H U R I G J J L R D A F B U R J J P I L B Q H B
Z W L Y G J C G L Y T A K C A J F D R D L Q M E
L C B K N I M U S I C A N N M P X K T L I H K U
U I N A P K G K H X V S S N P H W Z O E N R T R
P N N R S S S W I M X L B H O O E W I D U E Z G
M O T C Q L C A T D R K Y F L T I D Y O C I D M
O O S D I Z S H F R R K Z X I O F A G C A Z O W
Y I N T E R N A T I O N A L N G L R A O V M N J
P H B K C G O H S T J V L I E R H C B V K F T B
T X Z J G M L U Q H V U J V K A M H J X O V R O
K N C O M P U T E R Z X T H C P V E I Q G O M W
T Z K L E P A G P P O P A Z P H M R E S B Z Q E
Q Z Z V T C Z E B I P E C C N I A Y K A U U Y K
L S V K H Z Y V F T D A Z Z B C L E Z Z S E E L
D U I D D Y E A U Q I U K L N T D F D C O I E W
V R I H E X R T P N C G Z Z Z U D X V L O N I T
I F Y J M U L F M F B A N H C P T M F F N P K V
B S O C C E R S T N R K R R S P S Q Z U J H L U
I E H O R D U E A F B Q P M D Z Y D C U S B A S
P O U T I N U L Q L D H H Y I F M Y O N G T A D
B U K V R X E Q L H F D C F F W D R A M A M M J
H T X I R P T C C S A T H L E T I C S V Q S Q L

- Archery
- Drama
- Music
- Soccer
- Trampoline
- Athletics
- International
- Out in UL
- Surf
- ULFM
- Computer
- Kayak
- Photographic
- Swim

EASY

4	7		9	1		2	8
	9	8		4		5	
6				5			
9			8	2	1		
				6	2	4	3
7	2			4	9	8	6
	1	4		6	8		2
5		2				8	
8	7			2	3	6	1

MEDIUM

		1				9	4	
4		7	8	3		2	1	
9		6	5			8		3
8			6					
				2		1	3	
					3	5		
5	7				2	4	8	
1	6			9			5	
			4	1				7

HARD

2		8			7	3		
	4		8					
	7					9	6	
	6	5						
	3	1				6		5
	2	9	6				7	
6	9						2	1
				5	1			6





