1998-9


DIT: Students' Union

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Recommended Citation
The only smoothie allowed on campus
Ross O'Daly

On behalf of the DIT Students' Union (DITSU) I welcome all new members to our Institute and for those of you returning I congratulate you on your success. DITSU serves all students across all buildings in the DIT. The first port of call for any requirement as a student is one of the Students' Union offices. One may not always know or appreciate the extent of responsibilities of the Students' Union.

Throughout the course of the Summer the officers of the Students' Union have partaken in a series of training events in order to prepare them for the true extent of work and responsibility of the job. The Students' Union conduct all forms of entertainment day and night from Inductions to Freshers' Weeks, Graduations, Rag Weeks and many other seasonal events.

The co-ordination of other activities and campaigns such as Clubs & Societies, Sports Day, Class Rep Training, class/course outings, welfare problems, educational representation, college services and facilities also fall to the Students' Union. It is not a visible fact, but throughout every day of the year the Students' Union work, assist and plan for our members.

Priority items on my agenda are:
- Increased public relations, media profile, local publications & more student involvement
- Productive and consistent work on behalf of all Students' Union Sabbatical Officers
- Efficiency across the board in order to secure long term stability of the DIT Students' Union

In particular I would like to make all required efforts to establish adequate representation of all students across all buildings of DIT. My position is one of an enigma. I will not promise to make appearances in classrooms everyday to see if all is well, nor do I expect the other officers to do so. Through a quality Class Rep system we can establish comprehensive knowledge of the problems or demands of our students. Your local Union will deal with local issues and I ensure that they have the resources and support they need to do so.

Enjoy your year and make an effort to strike the balance between your studies and social activities, but most of all, if ever in doubt contact your Students' Union for help or otherwise. We rely on your input to give us direction and make us worth the money.

Ar son Aontas na Mac Leinn ITBAC fearaíom fáilte romhaibhse na baill nua chun an Insitituid againn agus daoibhse atá ag fíleadh, déanaim comhchaidreamh liom as ucht bhur rath. Feastaíonn AMLITBAC ar gach mac léinn i ngach foirgneamh in ITBAC. An chéad cuaran cuaireoireachta d'aon mhac léinn na oifigí Aontas na Mac Leinn. Ní bhionn fios ná náisiúnta i gcónaí ann i dtaoibh réimse leathan dualgáis agus freagrachtaithe Aontas na Mac Leinn.

I rith an tSamhradh bhí oifigh Aontas na Mac Leinn páirtíteach i sriathanna traenála chun iad a réiteach dom obair ar fad a bheidh os a gcomhair. Soláthraíonn Aontas na Mac Leinn gach sagsa hasmeacht, lí agus oiche, idir londruithe, Seachtain na Núachtithe, Bronnadh Chléime, Seachtain na Níchealla agus eile.

Titeann co-oirtniú hasmeacht agus feachtaithe isteach i réimse raiteachta Aontas na Mac Leinn chomh maith, ar nós Clubanna agus Cumainn, Lá Spórt, Traenáil Ionadaithe Ranga, turasanna ranga, fadhbanna leasa, ionadaíocht oideachas, seiriúisí choláiste agus fearrásinti. Ní féidir an tsoilénteachta ó a chaitheann Aontas na Mac Leinn gach lá den bhliain ag obair, ag cabhrú agus ag pleánáil ar son an mbailiúcháin.

Ar na sonrai tábhachtachta ar an aganda agamsa tá:
- Cuairteoireachta nuobh eifeachtaithe, próifín de chumarsaíocht níos aird, agus foilsíochtaí lochadha agus breis rannpháirtíochtaí mac léinn a mbealadh
- Obair tairbhcheach agus seasamhach ag gach Oifigeach Sabóideacht Aontas na Mac Leinn

* Eifeachtacht i gcóitinne chun bunsean chasamhacht fadh-tearnach a chur in iomlán do Aontas na Mac Leinn ITBAC

Ba mhaith liom ach go háirithe gach iarracht a dhéanamh ionadaíocht flúinteach a sholáthar do gach mac léinn i ngach foirgneamh in ITBAC. Is súiteach dúthomhaisteach é an cheann agamsa. Ní dhéanfaidh mé aon ghealláintiú curtha an a dhéanamh ar ranganna gach aon lá, agus ní bheidh ag súil go mbeadh sé sin ar stiúl ag na hollshíollshíseachtaí a bhfuil a fáil ag an mbeadh sé sin ar stiúl mac léinn a bhfuil a fáil ag an mbeadh sé sin ar stiúl.

Ba mhaith liom ach go háirithe gach iarracht a dhéanamh ionadaíocht flúinteach a sholáthar do gach mac léinn i ngach foirgneamh in ITBAC.

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Tá an foilseachán seo dá-theangach leis an Ghaeilge a chur chun cinn sna cóilistí. As far as is possible EDIT is a bilingual publication. This policy is designed to promote and encourage the use of the Irish language within DIT and in society generally.
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Seirbhísí Mac Léinn ITBÁC
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Seirbhísí AML Sr. Bholton
Aontas na Mac Léinn Sr. Bholton
Mic Léinn & An Dí
Conas Club / Cumann a Bhunuí
Béalí I mBaile Átha Cliath
Treoir Tithe Tabhairne Heineken
Clubfócht Oíche le Evian
Cur In Áthnue Aontas na Mac Léinn in Éirinn (Amle)
Seirbhísí AML Sr. Áinsear
Aontas na Mac Léinn Sr. Áinsear
Collafocht Hómaighnéasach & Leisiach
Gnéas & Frithghníúint
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Galar Ghnéastraschurtha
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Iompar agus Aire Clainne
Eolas Drugáí
Ionadaithe Ranga & Seachtai na nÚraite de
Seachtai na nGíobail & Críúna Imeachtaí
Cínfochas & Dídeainigh
Ciapadh & Foréigean Ghnéasach Róimh Mhná
On behalf of the Dublin Institute of Technology, may I welcome you to the Institute. I trust that your period of study at the institute will be intellectually stimulating and socially enjoyable; with careful organising on your part, these objectives need not be mutually exclusive.

This academic year is one of historic importance to DIT — degree awarding powers have been conferred on the Institute and the new intake of students this year will embark on DIT degrees rather than those of the University of Dublin.

Unquestionably, DIT is in the middle of an exciting and important period of change, and it is not surprising to see the Institute considered for designation as a university under the terms of the Universities Act, 1997. This is clearly an issue of major importance to everyone involved in DIT. The Institute will, I believe, become a university but one that is different from the traditional type of University. It will become (and, I hope already is) a new multi-level institution which can serve as a paradigm for a modern university.

Developments of a physical nature are also taking place — the second phase of development at DIT Aungier Street is at an advanced stage. DIT intends purchasing the property of St. Brendan's Hospital, Grangegorman. This will be extremely advantageous to all, especially to DIT's sports people — it has existing playing fields and a pavilion which could be used immediately and be developed over time.

Another development reflecting the vibrancy of the Institute is the formation of an Alumni Association. An Taoiseach, Bertie Ahern, TD, launched the Association as its first alumnus.

The scope and nature of the Institute are not easily grasped by newly arrived students: there are approximately 10,000 full-time, third-level students pursuing some 80 different programmes which range from Certificate courses right through to post-graduate and doctoral levels. In addition, there are nearly 8,000 part-time students and 4,000 apprentices. It is this diversity which makes DIT unique.

One of the less pleasing aspects of higher education in recent years has been the steady increase of pressure on students. This is a complex problem and there are no quick-fix answers. DIT has, however, an excellent, well-experienced counselling service and I would urge any student feeling under undue pressure to contact this service or the chaplaincy service. It is also important to realise that the staff of the Institute are also a key resource. Our staff, rightly, pride themselves on the caring environment they have produced within DIT. There is always someone to listen to your problems no matter how small or large. There are several people here; it simply requires you to make that initial step of asking for help. I wish every one of you success in your studies in DIT and trust you will emerge from it as well qualified and fully developed individuals.

Dr. Brendan Goldsmith
DIT President
A constant companion throughout your time in third-level education - money. More properly, the lack of it will be the problem. And if you are not careful, it will haunt your every waking moment. Because the grants system remains woefully inadequate it is very likely that your time in college will involve much scrimping and scrounging but in spite of your best efforts you may well find yourself in financial difficulty at some time or another. You have to be very careful with such a problem. You have to remain in charge of it and not let it become in charge of you, dominate your life and maybe force you to leave college. It is therefore essential to have a methodical and consistent approach to managing your money.

### Budgeting

Compile an honest and accurate budget listing all your sources of regular income and all expected regular expenditure. Be careful not to exclude any debt arrears or credit payments. Don't forget about occasional expenses, TV licence for example. Be realistic about basic needs for fuel, food and clothing and examine your expenses to see where economies can be made.

Clearly, if your regular expenses exceed your regular income you have money problems. Don't panic. YOU CAN SORT IT OUT.

It is most important that you do not pretend you have a problem. Be honest, the problems won't go away just because you try to ignore them. If you are in over your head then seek advice. Your Students' Union will either advise you or put you in touch with people who can do so. DO IT NOW.

THE LONGER YOU PUT IT OFF THE WORSE THE SITUATION GETS. For many students, borrowing money and being in debt are facts of life. What is important is that it is manageable debt. It is very wise to look at the practicalities of borrowing money. A loan of any kind is usually paid back over a period of time. It's therefore vital that you not only consider your present financial position but what it is likely to be throughout the period of the loan. Put simply, do not make repayments arrangements on a loan that you cannot afford.

### Educational Grants

There are two main types of grants available to DIT students.

1. Local Authority grants, i.e., VEC, Corporation.
2. ESF (European Social Fund) grants.

Both of these schemes are organised between your college and the theory is that the grants will arrive in time for the correct amount once the academic year commences. Unfortunately, our experience is that many local authorities are very tardy. They claim that they do not have the resources to process so many applications in one go and that there is a problem with the system or that it's someone else's fault. It has been said, not by us of course, that the real reason local authorities are late in the payment of grants is that they are using the money to accrue interest on the short term money markets. Who knows?

With the ESF grant, recent changes have seen a means tested element for the maintenance portion of this grant. The one benefit of this system is that once the amount has been decided upon, it is paid directly into your bank account for the appropriate period.

If you are currently a student in the DIT who is not on an ESF funded course or who is presently ineligible for a local authority grant, you should always remember that if your financial circumstances change during the course of your time in college you may reapply to the appropriate authority who can then issue the grant if you are now eligible. The Students' Union office will have a list of ESF payment dates. The Union will also deal with any grant enquiries you may have and will ring the local authorities for you if necessary.

### Bank Accounts

The first thing to do to avail of the wide variety of services offered by a bank is to open a bank account. This is a very simple procedure and involves you going to any branch of a bank with some formal (e.g., passport, birth cert, or driving licence) means of identification and asking to open a bank account. Fortunately, as banks are very keen to have your business, they make special introductory offers in and around registration and freshers' week, offering free ISIC travel cards and other such inducements. The banks also have dedicated students' officers in specific branches who are very approachable and very familiar with students and student lifestyles and will therefore understand and appreciate all your requests, be they for short term overdraft/cash advance because your grant payment is late, a loan for you to bankroll working summer overseas (on the understanding that you actually make some money during the summer months and pay back the bank on your return) and possibly overdrafts during term time to supplement your normal meagre income. This latter would probably only occur if your repayment record is up to scratch.

### Different Types of Account


- In reality, no much depositing or saving will be carried out by students and their bank account, almost irrespective of its name, will be a transaction account. For example, if your course is ESF funded, your ESF grant will be paid directly into your account. You will use this account to withdraw cash, to cover the counter, by means of a special money draft or through an ATM (automated teller machine), more commonly known as the drink link machine.

- Although the exact benefits and conditions differ in the various banks and their bank accounts, the following example represents the typical banking service provided to the student:

  **Student Current Account:** pays interest on any credit balances, and may provide an overdraft facility if needed. You get free banking, which basically means you don't have to pay any bank charges. You also get commission-free foreign exchange facilities and a £7 voucher for an ISIC card.
"Bank of Ireland has the right current account for you. It's simple and straightforward - with no hidden charges. And, over the longer term, it's very very good value.

Don't take our word for it - shop around."

Phone Banking 365: 1850 365 365
www.bankofireland.ie

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Linda Goggin</td>
<td>Rotunda</td>
<td>8741518</td>
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<tr>
<td>Conal O'Suilleabhain</td>
<td>28 Lr. O'Connell St</td>
<td>8728344</td>
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<tr>
<td>John Simons</td>
<td>Aungier Street</td>
<td>4752277</td>
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<tr>
<td>Niall O'Kennedy</td>
<td>Bolton Street</td>
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With this type of account, any interest accruing to you will be credited quarterly and you will receive regular bank statements detailing all transactions on your account. You can also receive a card which with your PIN (Personal Identification Number), allows you to withdraw your cash from most ATM machines throughout the country.

Should you need cheques for special payments, such as college charges, accommodation deposits/rent in advance, your student officer will organise for the account holder a special money draft free of charge.

**Applying for a Loan**

Applying for a loan is a simple procedure. You call into your local students' office where your account is based and request a loan for a specific amount over a set period of time. The Students' Officer uses their knowledge and experience and also your credit/repayment history to decide if you have the necessary repayment capacity to pay back the loan.

In a lot of cases, the bank will not give a loan to someone who has no credit history - if you are a new account holder this can well mean you - without a guarantee from another person. Often that other person must be a householder. Generally, it is a parent or close relative of the potential borrower who will act as guarantor. You should be very clear that a guarantee is a legal agreement to be responsible for the payment of the debt even though the guarantor has not received any benefit from the loan. Again, think of your present and future situation; do not borrow more money than you will need or more than you can comfortably repay.

You will repay to the bank the amount of the loan, the capital sum, plus a charge called the interest on the loan. You should ensure before taking out the loan the total amount repayable, i.e. the capital plus the interest. Should you fail to make the regular repayments on your loan as you have previously agreed, you will pay interest on your interest. Beware!

If you get into financial difficulties with your bank loan approach your students' officer immediately; the longer you leave it, the harder it will be for you to pluck up the courage to do it more importantly, the more interest you will incur. Remember, the students' officers are specially trained and are aware that students will get into financial difficulties due to unforeseen circumstances or simple naivety. They are there to help you because it is in their own interest to ensure that you can make realistic repayment arrangements. Otherwise, they might not get their money back and may have to pursue the guarantor, possibly through the courts.

**Overdrafts**

Very simply, an overdraft is a very short term cash facility provided by the bank. It allows your account to go into debt up to the amount of the overdraft, which you agree to clear or arrange a further overdraft by a specified time. Overdrafts are very handy if they are used properly, for example, to tide you over while awaiting a grant payment which is two weeks late. Heavy penalties and charges will be levied should you fail to discharge the overdraft by the agreed time and you should therefore carefully consider if this financial facility is appropriate at each particular occasion. Again, this is something you should feel free to discuss with your bank student officer.

**Approaching Your Creditors**

If for whatever reason you should fall behind with your bills or payments, be it the ESB or your landlord, you should approach your creditors immediately. You have nothing whatsoever to lose by being open and honest about your financial situation. Indeed, your creditors will realise that you are not avoiding them but are prepared to explain your situation and to reach an agreement. It may be that you can no longer repay your bank loan; an agreement here might be that the interest is frozen for the time being until you financial situation improves. It may be that you can no longer afford to pay your ESB bill, perhaps because one of your flatmates has moved out, or perhaps you have not anticipated the extra heating costs now that you have come into winter. An agreement here might be that you agree to pay a minimum amount per week and switch to a coin meter or to purchase electricity keys. The point is that agreements and arrangements can be made. Everybody knows that you cannot get blood out of a stone and the people you owe money to are most interested in ensuring they get their money at some time rather than being inflexible, disregarding your changed circumstance and possibly ensuring that they receive nothing. Most organisations to which you may owe money will have specific customer advice and help units to which you can write, phone or visit in person. Again these people are specially trained and as it is not their own money, are much more likely to reach a reasoned accommodation with you. However, should you reach a reasoned accommodation to reschedule your debts, it is essential that you deliver upon the new Agreement.

**Taxation**

If you are working for a bone fide employer be it a part time or full time, you need to get a tax free allowance cert., to ensure that the correct amount of tax is deducted from your wages and is credited by the revenue as paid by you. The procedure is straightforward; you ask your employer for their employer number and their tax office address and unit number. You should then complete a form 9A, seeking a certificate of tax free allowance. Once you have done this, a copy will be sent to you and a tax deduction card will automatically be sent to your employer. As most students are single people, you will probably have a tax free allowance of about €66 per week, so this means that you have to earn more than €66 per week before you pay tax. Similarly as the tax year runs from April to April you are credited with your weekly allowance from the previous April on a cumulative basis so that should you start working during a year, you will be able to earn up to your cumulative tax free allowance from the previous April before you begin to pay tax.

Apart from the fact that both you and your employer are legally obliged to register and pay the appropriate income tax, it is in your own interest to do so since it may well be pos-

"Money is like manure -- if you spread it around it does a lot of good. But if you pile it up in one place it stinks like hell."

Clint Murchison Jr.
sible for you to reclaim tax paid when you finish the job. The procedure for claiming a tax rebate is to send the relevant part of your P45, which will be given to you by your employer on your last day of employment, to your tax office and four weeks from this date you will become eligible for a tax rebate if due and a cheque will automatically be issued to you from the revenue commissioners.

Regarding PRSI (i.e. social insurance), this is a deduction from your wages intended to cover health care, social insurance and other government levies. Recent changes in the budget mean that if you earn less than £80 per week you will pay no PRSI. Should you earn above this, you will pay PRSI which is deducted on your gross salary and will begin at 2.25% and increase to 7.75% of your gross salary depending on the size of that salary. You cannot claim a rebate of PRSI contributions but the benefits of them are in relation to your possible future claims for unemployment benefit and they also ensure that you will be covered once you accumulate sufficient contributions for disability/sick benefit should you suffer an illness or injury related to your job.

**Social Welfare Entitlements**

You are basically entitled to nothing. In the good old days of being treated as individuals and normal human beings, we were entitled to medical cards in our own right, and we could sign on for dole/assistance both during the vacancies and for the summer. Those days are gone.

The student summer job scheme is a creation of the Department of Social Welfare which basically means that you work for a reduced dole payment or you don’t get any. While the scheme has been improved somewhat, it is fundamentally flawed but it is all that is available at the moment. Each May, the Department of Social Welfare will advertise in the national press and in the colleges the starting dates and terms and conditions of the job scheme for the coming summer. Forms and information leaflets will be available from the students’ union offices from this time.

With regard to medical cards, even though you should avail of the DIT free medical service, you should apply for a medical card which will entitle you to free visits and free prescriptions. The application form has a space where you can list special circumstances and each case is decided upon by a discretionary officer which means that you may well be able to persuade the health board that you deserve a medical card once you provide them with sufficient details. You may not but it is well worth trying. Again, application forms are available from the Students’ Union office.

In conclusion, money management is essential. The simplest and most important thing to remember is not to panic, not to ignore it but endeavour to sort it out. You should also realise that there are certain priorities of debt. Should you somehow manage to become a financial disaster zone, you should prioritise who gets paid when and how. Your accommodation is essential so make sure you pay the rent. Next, you need food and heating so make sure these needs are taken care of also. After that it is up to the individual to decide on the relative importance of each bill. Do not be fooled into thinking that those who shout the loudest and demand to be paid first are the most important, you must decide what is the most important. But don’t be bullied by anybody, a landlord, ESB or TV rental company. Help is available and your situation, no matter how convoluted and nightmarish, can be sorted out. But like most things, you have to make the first move.
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The above offer applies to full-time, third level first year students only. AIB Bank terms and conditions apply. Separate Eircell terms and conditions apply to the ‘Ready to Go’ pack. The Eircell offer relates to an 087 GSM Mobile Phone. The normal recommended retail price is £99.00.
Hi agus fálte go Sráid Chaoimhín,

Comhchaidreas as ucht an Ardeiste nó scrúdaithe choláiste a fháil. Tá sídh agam go raibh Samhradh taithneachach agaibh go léir agus go bhfuil síbh réidh bliain nua a thosú san ITBAC is mó!! Is mise Sarah McGovern agus beidh mar Uachtarán daonbh i mbhlíona.

Is é Aontas na Mac Léinn an corp ionadachta iomlán a bhfuil an leabharlann agaibh, bheith sa dháta aon duine go bhfuil an leabharlann sa dháta istigh den ITBAC. Ógrafaíonn muid gach iomacht sáiseachta don bhliain, toisc thadháil dúnfhiúireacht, agus soláthraíonn caitheoir gach club agus cumann. Níos tábhachtach ná sin ná ár ról mar chumhachtaithe a bhfuil an leabharlann a chur tharaibh! Is cuma cá chomh fhad fada a thaitneamh sa choláiste atá síbh, tá síbh ar fad sa chuid cénanna is mise an Leas Uachtarán / Ofícheach Leasa agaibh!

As Deputy President I am here to do all the dirty jobs that Sarah McGovern doesn’t like! I will be available at any time throughout the year to help you with any problems you may have. Feel free to call to the office or to introduce yourself if you see me in the snackery or lurking around corners.

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The best way to have a good year is to get involved in all the different clubs and societies, get to know lots of people during Freshers Week and find out where the library is, it might come in handy!!

But whatever you do have a great year.

Bhuel a chairde, seo arís sinn, faílte roimh gach údar agus comhchaidreas libh as ucht teacht trírd an òird-léil sin an Ardeiste. Do na sean-aghaidheanna cheanna — fear plé daonbh na scrúdaithe a chur tharaibh! Is cuma cá chomh fhad fada a thaitneamh sa choláiste atá síbh, tá síbh ar fad sa chuid cénanna is mise an Leas Uachtarán / Ofícheach Leasa agaibh!

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kevin street services

UNION SECRETARY
ANN POUNCH
Ann is the person who keeps the Union running smoothly. She is on hand Mon - Fri 9.30am - 4.30pm to dispense USIT cards, wisdom and advice and handle all general enquires. She can be found on the first floor of the new building. Just follow the signs.

THE WORD SHOP AND PAST EXAM PAPERS
The Word Shop is located at the end of the corridor beside the shop. Marie Donohoe is the secretary of this service and she provides an excellent typing service and will word process and laser print anything from a CV to an entire project at very good rates. Past exam papers are also available in the Word Shop which is open from 9.30am to 5pm Monday to Friday.

STUDENTS' UNION SHOP
Our shop is located in the foyer of the new building and Geräidhine Gill, our shop manager, and her efficient staff provide an excellent service from 8.30am, Monday-Friday. We stock, amongst other things, newspapers, confectionery, minerals, stationary calculators, computer discs, photocopy cards, bus tickets, phone cards, safety equipment and other course equipment. Make sure you check out our new sandwiches and filled rolls.

There is a passport photograph camera in the Union Office where you can get four photographs which is cheaper than the machine in the foyer. This is ideal for your college ID card and USIT cards, the latter of which can be purchased from the Students' Union Office. There are two photocopiars in the Games Room, along with video games and pool tables. The Games Room is located on the left as you enter the Snackery and is open 9am - 6pm Mon-Fri.

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

UNION EXECUTIVE:
President: Sarah McGovern
Deputy President: Sarah Gardiner
Ents Officer: Vincent Dooley
Public Relations Officer: TO BE ELECTED

Apprentice Officer: TO BE ELECTED
Clubs & Societies Officer: TO BE ELECTED
Equality Officer: Richard Hodgins
Oifigeach Gaeilge: Olivia Browne
Welcome to
Fourth Level Education.

Essential reading for those interested in furthering their education, The Irish Times contains a detailed guide to what's on where, two intellectually demanding crosswords and cartoons.

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THE IRISH TIMES

FOR THE TIMES WE LIVE IN

http://www.irish-times.com
K. You’ve found the flat/house/ramshackle dwelling hardly deserving of the name “home” and a weight has been lifted from your shoulders, only to be replaced by another of equal magnitude. You may have found the holy grail but now you have to hold onto it.

In your rented accommodation you have certain rights and responsibilities and there are certain standards which have to be maintained. Here’s what you should know. Read it: it could save you from a lot of hassle later in the year.

STANDARDS
Since 1st January, 1994 landlords of permanent dwellings let for rent have a statutory duty to ensure that these dwellings comply with certain minimum physical standards.

The standards require a landlord to:
*(i) provide a sink with hot and cold water
(ii) provide toilet and bath or shower facilities
(iii) provide adequate means for heating the dwelling
(iv) maintain installations for the supply of electricity or gas in good repair and safe working order
(v) provide proper ventilation and lighting in each room
(vi) maintain common sinks, toilets, baths/showers and other common areas in good repair
(vii) provide a secure handrail for any common stairway

The landlord is not responsible for repairing glass breakages in windows in any part of a building where a tenant has exclusive use.

Toilet and bath or shower in a flat must be provided either:

(i) in the flat itself
(ii) elsewhere within the building, not more than one floor above or below the flat.

In a house, the toilet and bath or shower must normally be provided inside the house.

ENFORCEMENT
Where any of these requirements is not being observed the tenant is unable to get a satisfactory response from the landlord, the tenant should contact the Co. Council, Corporation or Urban District Council in whose area the rented dwelling is located. These authorities have power to investigate any breaches and prosecute offences, which carry penalties of up to £1,000.

TENANTS’ RIGHTS AND RESPONSIBILITIES
1. DEPOSITS
The Landlord is legally obliged to supply a rentbook in which all payments including the deposit are recorded. Tenants should also insist on a receipt for any deposits paid. The rentbook is proof of Tenancy and contains a record of all payments made to the Landlord. Tenants may forfeit some or all of their deposit if any or all of the following apply:

• If they do not give proper notice, or they leave before the end of the tenancy agreement.
• For damage to the landlord’s property over and above normal wear and tear.
• For unpaid bills or rent owed.

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

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

3. PRIVACY
All tenants have a statutory right to quiet and peaceful possession as long as they pay the rent. Nobody (including the landlord) has the right to enter a flat without permission. A tenant is entitled to refuse the landlord permission to enter a flat where a request is unreasonable. Here it is important to note that a landlord is entitled to enter for one purpose only i.e. to survey the flat and to ensure that it is being maintained or alternatively to read any meter that may be installed there and under his supervision. A landlord is not entitled to prowl around a tenant’s flat to satisfy himself that the moral character of the tenant corresponds to his own. If the landlord needs to carry out repairs or inspect the premises, it should be by prior arrangement. Tenants are entitled to invite anyone they feel like to stay in their flat subject to any other prior condition imposed in the agreement, whether written or oral, by the landlord and agreed to by the tenant.

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

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

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

A tenant must get the landlord’s permission to redecorate the flat. This expense would be the tenant’s responsibility unless otherwise agreed normally.

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

6. TENANCY AGREEMENTS
The two types of agreement between landlord and tenant are:

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

(a) LEASE
Before signing such agreements, the terms should be read carefully. The terms of such an arrangement govern the contract and the tenant is bound by it. It is always advisable to get the landlord to sign a tenancy agreement as it can eliminate hassles and leave both parties sure of their position (the tenant should always get a copy of the lease). It avoids and gets rid of the situation in which tenants are basically subjected to the whim of the landlord and where their tenancy can be terminated by a simple Notice to Quit without reason. It is advisable that a tenant should always seek legal advice before signing a lease as they are generally of a cumbersome nature and require explanation at least. A copy of a standard lease issued by the Incorporated Law Society should be available in the Students' Union Welfare Office for inspection.

RENEWING A LEASE
Normal leases will have a renewal clause for one year and never any further. The reason for this is that if there is a written lease this may not be possible. The two types of agreement between landlord and tenant are:

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Agreement. All other rights as would exist under the normal landlord and tenant relationship exist for a tenant in an Oral Agreement situation.

7. "NOTICE TO QUIT"
The Landlord or Tenant must give notice to quit in writing, and must give a minimum of four (4) weeks' notice unless the tenancy agreement says otherwise.

If a tenant refuses to leave then the landlord may seek a Court Order for Eviction which can be defended by the tenant. A Notice to Quit, however, means tenancy is terminated and the tenant who stays beyond the expiration date risks having to pay costs incurred by the landlord in obtaining the Court Order. A tenant who decides to plead the Court Order must continue paying "mense rates". This means that they are still liable for rent even though the landlord may not be collecting it. It should be held in a separate post office or bank account.

If the Court finds for the landlord, he/she cannot remove the tenant from the premises but must arrange for bailiffs to do it. An appeal can be lodged against a court decision to eject, which can take more weeks. This means that the whole court proceedings can take up to six months which gives plenty of time to get a new flat or finish your exams before moving out, but it may also leave the tenant with a hefty legal costs bill.

8. RENT ARREARS
The Landlord must apply to the court to recover unpaid rent where the tenant is unforthcoming with the money owed. It is illegal for a Landlord to withhold tenants' property in lieu of rent owed.

9. ELECTRICITY AND GAS
The Landlord must maintain installations in the dwelling for the supply of electricity or gas in good repair and safe working order. Slot meters are installed in many flats for gas and electricity. The tenant should ensure that the electricity meter is fixed at the correct setting and has not been tampered with by the landlord. The setting can be checked with the ESB or Gas Co. A landlord is not entitled to disconnect the power or water supply.

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

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

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

Má shrochaíonn tionónta achomhairc a lorg ní mór dó coinneáil air ag ioc raité mense - tá sé fós ceapaithe cios a ioc fiú muna bhfuil an tiarna talún dhá thógáil. Ba cheart don tionónta é a chor i gcuants speisialta in Oifig an Phoist nó sa Bhanc.
Má thacaíonn an chuirte leis an tiarna talún ní féidir leis an tionónta a dhealbhú ach cuirfeadh bailiú ann chun an obair sin a dhéanamh. Is féidir aochomhairc a dhéanamh in aghaidh ordú cúirte duine a dishealbhú agus tógfaidh sé cupla seachtain eile.
D'fhéadfaidh an obair seo uilig suas le sé mhí a thógáil le cur i gcrích agus bheadh neart ama ag duine arasaín nua a aimh物料 nó scrúdúthe a dhéanamh. Acht d'éadh faidh don tionónta a bheith fáthga le billí dó mor freisin.

8. RIAARAISTI CIOSA.
Ní mór don tiarna talún dul chun na Cúirte chun cios nár iocadh a fháil ón tionónta. Tá sé go hiomlán in agaidh an dí d'éilse a ghlaicadh ar mhaoín an tionónta in áit ciosa.

9. LEICTREACHAIS AGUS GÁS
Ní móir don tiarna talún caol cheart a choinneáil ar threabhusan a fhás agus a chur leis an soláthar leictreachais nó gáis agus cinntiú ghearradh ort. Tá méadar boín i gceol nó arsaín don gháis agus don leictreachas. Ba cheart don tionónta cinntiú go bhfuil an mésadhar leictreachais socraithe ag an rúca ceart agus nach bhfuil aon athruithe déanta ag an tiarna talún.

Is féidir é a selcédh beidh na costais san aisteál.

10. ARACHAS
Moltar go hard do thionóntai polasaí arachais a cheannach don treasúr mar a n-arrasaítear aon dualgas ar an tiarna talún seo a dhéanamh.

11. CIARAIDH
Sa chás go ndéanann an tiarna talún imeaglú, ciaraíodh nó bagairt dishealbhú ar an tionónta is féidir urghaire Ardctúrta a fháil ina agaidh. Má eiríonn leis an tionónta seo a dhéanamh beidh ar an tiarna talún na costais dí i ioc. Is féidir le tionónta an dí a chur ar tiarna talún a rinne iarrracht é a dishealbhú go midhealach - nó a d'éirigh leis sin a dhéanamh. Ach is minic a bhilliún an cásanna cúirte seo fada agus is mó nám mearígh a bhilliún n ioc orthu.

CRIÓCH
Má tá leóidí príobháideachach ar chios é fáil ag mac léinn is fearr dó idéas fiúrmhúilta sinthe aige féin agus ag an tiarna talún a fháil. Réitióin sé a theo chùd alfadhban gur féidir teacht anios. Tá comhairle gineáilte anseo thuas i dtéacht alfadhban a bhilliún ag mac léinn agus muna mbeidh idéas ag an duine ní mór dó duil agus comhairle profisíonta a fháil má thagann fadh fhad do bhri Phú.

Má thá féachann an féidir a theagmháil a dhéanamh le Threshold, FLAC, le Comhaltas na Mac Léinn nó le Aontas na Mac Léinn in Elrinn.
The DIT students' union represents, promotes and defends the interests of all its members. We provide representation and advocacy, a general information resource, commercial services and we organise on- and off-campus entertainments. We also administer the day-to-day running of the Clubs & Societies. The DIT Students' Union is usually referred to as DITSU. It is the largest Students' Union in the country and we represent almost 25,000 students. We have offices and facilities at most DIT sites where full-time staff and elected student officers provide all the above services. The overall President of DITSU is elected by a cross-campus ballot and all full time and part-time students of DIT are entitled to vote. The other Students’ Union officers are elected by the students from their individual sites. All elections take place on the same day.

GENERAL MEETINGS
The Annual General Meetings are held in each constituent site during the first term of the academic year. The AGMs and all subsequent general meetings have the power to mandate the site Student Representative Assembly and the site committee to carry out policies affecting that constituent DIT site.

STUDENT REPRESENTATIVE ASSEMBLIES
The Student Representative Assemblies, made up of the elected class reps in each site, have the power to fix the policy of the constituent site provided this policy does not contravene a decision taken at DIT council. The SRAs are also responsible for the election of site representatives to DIT council.

THE SITE COMMITTEES
The site committees consist of the elected officers of the union. Each of the sites has two elected full-time officers and six part-time officers except for Music & Drama (Rathmines Rd) which, due to its size has four part-time officers.

DIT COUNCIL
DIT Council is the supreme governing body of the Students’ Union. It comprises all the officers of DITSU and all the Class Reps. All full time elected officers are answerable to DIT Council. This means that DIT Council has the power to decide what the policies of the Students’ Union shall be for the year. This is helpful to the Students’ Union executive and to the Class Representatives. It gives the Class Representatives a chance to voice their opinions and from these opinions the DITSU executive will know which issues the students feel most strongly about. DIT Council is generally concerned only with issues which affect DIT. Class Representative meetings which take place in each of the six main centres deal with local site issues.
Structure of the Union

**Comhairle/DIT Council**  
(supreme students' union policy making body)

- **Úachtarán/Overall DITSU President**

- **Feidhmeannach / DITSU Executive**  
  (Overall President + 10 sabbaticals from five DIT Students' Unions)

- **Six Local Executives - One in each DIT site**

- **Student Representative Assembly in Each Site**

- **Cruinnith Ghinearálta / Local General Meetings**

- DIT Cathal Brugha St
- DIT Mountjoy Sq
- DIT Bolton St
- DIT Aungier St
- DIT Kevin St
- DIT Rathmines
STUDENT SERVICES

DIT Student Services Officer
The Student Services Office in DIT administers a number of very important and helpful services for students in the institute. The Student Services Officer is Diarmuid Hegarty who is based in DIT Head Office, Fitzwilliam House, 30 Upper Pembroke Street, Dublin 2. ph: (02) 3353. You can also contact his able assistant Veronica Lyons at (02) 3394.

The Student Services Council
This is a sub-committee of the DIT Governing Body. It is involved with the provision and financing of the following services to DIT Students.

- Accommodation Service
- Student Assistance Fund
- Child Care Support
- Medical Services
- Personal Accident Insurance
- Clubs and Societies - College and DIT
- Students' Union Development Fund

These services are funded by a portion of the student services' fee of £260 payable by or in respect of each whole-time student in DIT, and a £15 fee paid by each part-time student.

Accommodation Service
DIT does not as yet have its own campus accommodation, although the institute is currently considering possible sites. Meantime, there is the accommodation listings service, prepared by the Student Services Office. The list, available to DIT students, contains both self-catering and digs accommodation, and details location, charges, facilities and number of places available. The list is available from the Students' Union, the Registration Office or from the Student Services Office.

Student Assistance Fund
The purpose of the Student Assistance Fund is to endeavour to provide a “rescue service” for any whole-time DIT student in unexpected financial difficulty.

The application form states that students must have been in attendance for at least one full academic year. The fund is primarily there to help students avoid dropping out of college for financial reasons. Support can be provided for first year students in exceptional circumstances.

The application form will ask for details of income and outgoings and the reasons for the request. Diarmuid Hegarty suggests that the problem may be first discussed with the students' union welfare officer or a staff member (counsellor, chaplain, lecturer) before the application is made. One of these will then refer the individual to him. All interviews carried out by the student services officer are strictly confidential. The fund is limited and cannot be an alternative to a maintenance grant. Last year, there were over 200 applicants.

Child Care Support Fund
This fund provides a small subsidy - up to £35 a week - to students who are parents, relating to the cost of child care during the academic year. As such students are usually entitled to state benefits and allowances, the scheme is means-tested and not every applicant receives the maximum subsidy. This scheme has a limited budget so applicants are advised to apply early.

Medical Services
The DIT has two health centres (in DIT Aungier Street and DIT Bolton Street) offering a comprehensive medical service for DIT students, (see health service section).

A fund of about £10,000 is set aside to provide for Dental and Optical Services and for specialist medical consultation where this is recommended by the GP. These services are directed mainly at non-medical-card holding students who would find it financially difficult to undertake such treatment. Students wishing to avail of these services may apply for them under a procedure similar to that governing the Student Assistance Fund and will be interviewed by Diarmuid Hegarty to establish eligibility.

Personal Accident Insurance Scheme
All whole-time students in DIT are covered by a personal accident insurance scheme, which operates on a world-wide basis 24 hours a day and 52 weeks of the year. Cover is in respect of injury arising from certified accidents. They include payments in respect of loss of limbs, eyes, etc and medical expenses, subject to excess and some other limitations. Details of the benefits payable under the policy and of the exclusions can be obtained from the College General Office or the Students' Union.

Clubs and Societies - College and DIT
There are two Councils in each DIT site: the Sport Council and the Social and Cultural Council. They comprise student and staff representatives who administer the funding for the relevant clubs and societies at each site, and monitor their activities. The Chairs of these Councils comprise a DIT Sports Committee and DIT Cultural and Social Committee which co-ordinate the Activities of the local councils and organise DIT-wide clubs and inter-DIT competitions and events. DIT has held two institute-wide sports days and it is hoped that this will be continued this year.

Student Facilities Development
A sizeable sum is being set aside for the acquisition of a site for a Student Centre. It is hoped that a site will be acquired very soon. However, suitable sites are not exactly plentiful, so it may take some time.
The DIT provides a free counselling service which is available to all students in the institute. It is a strictly confidential service staffed by a team of Counselling Psychologists/ Psychotherapists. Susan Lindsay is Head of the Counselling Service and is based in the DIT Head Office in Pembroke Street. In addition to this, each of the main DIT Centres has its own Counselor.

As student counsellors, they seek to help students identify and solve any difficulties, large or small, that may be interfering with either your academic or personal development. Of course, you do not need to have enormous problems in order to take advantage of the service. Students can drop in for a chat about quite ordinary things, like how they are experiencing college life, or to discuss how they might deal with some of the demands of college life before things build up. Thus, it makes good sense to drop in early in the year.

The counsellors also offer a safe and supportive atmosphere where a student can talk about more personal or serious issues such as:

- relationship problems
- anxiety problems
- coping with academic demands
- study difficulties
- specific learning difficulties
- drug abuse
- financial worries
- suicidal thoughts
- bereavement, etc

Appointments may be made in confidence by dropping in to the counsellors’ offices listed below or by phoning Jacqui, Secretary to the Counselling Service, at (402) 3352 (omit prefix if dialling from DIT internal phone service).

In addition to individual counselling, the service offers a variety of workshops/training seminars in such areas as note-taking study skills, stress management, exam preparation and communication skills.

### Counselling Service Schedule

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<th>DIT Fitzwilliam House</th>
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### Health Centre Staff

**Aungier St**

Nurses: Barbara O’Donnell, Deirdre Adamson
Doctors: Dr Brendan Clune, Dr Mary Jones

**Bolton St**

Nurses: Grainne Toal, Liz Ryan
Doctors: Dr Antoinetta Robinson, Dr Eugene O’Connor

### Services Available at the Health Centre

- General Medical Care
- First Aid
- Sports Injuries
- Contraceptive Advice and Prescribing
- Pregnancy Testing
- Health Screening (eg. Cervical Smears)
- Health Promotion (advice on healthy diet and lifestyle, stop smoking workshops, advice on sexually transmitted diseases)
- Travel Advice
- Antenatal Care
- Stress and Anxiety, Psychological Problems
- ANY HEALTH CONCERNS YOU MAY HAVE.

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A Healthy Diet

Your diet is very important. It's as simple and stupid sounding as that. It can determine your capacity to function during the day, your sleep at night and of course it has a huge bearing on your overall health. There are those who can put away a trough full of food and wash it down with a godly sized wine lake and still skip lightly along, flat stomach intact while some others cannot look slyly at a small yoghurt without going up a jeans size. The rest of us are somewhere in between. We all should be taking a look at what we eat and drink and to the best of our budgets, trying to stay healthy. It could make all the difference come exam time when we need to be at our best.

Foods To Choose From

1. Lean meat, fish or poultry
2. Wholemeal bread, oatmeal and wholegrain cereals
3. Fresh vegetables, cooked or raw.
4. Potatoes eaten in their jackets, without added fat
5. Fresh fruit and pure fruit juices
6. Low fat products - low fat milk, diet yoghurt, low-cal spreads and dressings
8. Ground pepper, mustard, vinegar, herbs, spices, lemon juice can all be used in place of salt in cooking and at the table (the Irish person's predilection for liberal usage of salt prior to tasting a meal is truly incredible)

Foods to be Used in Moderation

1. Meats such as fatty bacon and pork, sausages, black and white pudding (such is even painful to write)
2. Cooking fats including lard, dripping and vegetable oil
3. Butter, margarine and other spreads
4. Milk
5. Cream, ice cream, artificial creams, sweet yoghurts
6. Thick and creamy soups
7. Rich sauces and gravies, mayonnaise and salad cream
8. Cheese - choose medium and low fat varieties and use as an alternative to meat at a meal
9. White bread and other white bread products
10. Sugar, preserves, soft drinks and sweet foods generally
11. Eggs - use a maximum of four to six a week
12. Foods which contain the above as ingredients - pastries, cakes, rich biscuits, chocolate, toffees, rich sweets.

Shopping

Find out where the nearest large supermarket is and use it. It will be less expensive than smaller shops and will probably have all you need for the week's shopping.
- Make a list of the important items and get them first students generally have to forego the luxuries.
- Be careful not to buy bruised or damaged fruit or vegetables. They may be cheaper but will deteriorate more quickly and have less vitamin content.
- If you do your shopping last thing in the afternoon (especially on Saturdays) you may find the price of perishable goods will have reduced. Of course, you may also find that most of the best cuts of meat are gone.
- If you live alone, it may not be worth buying some products in large quantities. They may be cheaper but may also go off if not used quickly. Bread, for example, deteriorates quickly in hot weather.

Canteen Delights

Most of you will spend some time in the college canteen. It may even be your regular eating place. As with every other eatery, choose sensibly and carefully.
- You can ask for a particular piece of meat that you like the look of.
- Try not to automatically go for chips + whatever. Have boiled or baked potatoes occasionally.
- Remember that a full meal at lunchtime is cheaper than at teatime in the canteen.
Stress

We all suffer from stress at some point or other. It can be caused by a change in routine, loss of control over or an alteration in your environment and of course impending examinations. Starting a new life in a third level institution can be stressful, at least daunting (remember how it was when you moved from being the big fish in primary to being the minnows in secondary?). With a new kind of workload and a new level of responsibility, stress can develop. It is important to be able to recognise stress in yourself and your friends and then be able to reduce it.

Some Psychological Symptoms of Stress
1. Constant irritability with people
2. Feeling unable to cope
3. Constant or recurring fear of disease
4. Loss of interest in other people
5. Dread of the future
6. Difficulty in concentrating

Some Physical Symptoms of Stress
1. Lack of appetite
2. Constipation or diarrhoea
3. Insomnia
4. Headaches
5. Cramps and muscle spasms
6. Impotence
7. High blood pressure

How to Reduce Stress
Some of this may sound either blindingly obvious or the sort of “I’m OK, You’re OK” stuff that Irish people are instantly suspicious of. But that doesn’t mean that it doesn’t work.
1. Work no more than 10 hours a day. (Not a problem, you may think but wait ‘till exam time.)
2. Have at least one and a half days a week free from normal work routine.
3. Allow at least 30 minutes for each meal.
4. Take at least 10 minutes daily for physical exercise, preferably in the open air.
5. Avoid dwelling on the past. It’s what’s ahead that matters.
6. Finish one task before moving on to another.
7. Change your routine as often as possible.
8. Do not accept or give yourself unrealistic deadlines.
9. Be Gentle With Yourself!
Asthma

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

What does Asthma do to me?

It's a condition caused by a narrowing of the airways in the lungs, which makes you feel wheezy or breathless, and can also result in a persistent cough or feeling of tightness in the chest.

Will it disrupt my life?

Although asthma cannot be cured, it can be contained. With the regular use of safe and effective medicines, most asthma sufferers, especially children, can lead a perfectly normal life.

What Causes It?

We cannot pinpoint exactly the cause of asthma, but we do know that it runs in families. It may be associated with childhood eczema or hay fever and it can be brought on by certain other factors.

What triggers Asthma?

The factors that trigger asthma are usually described as either allergic or non-allergic. Allergic factors are things such as dust, pollen, mould, animal hair and certain foods and drinks. Non-allergic factors are also many and varied - exertion, smoky atmospheres, cold and damp, chest colds and infections. However, in the majority of cases, asthma is caused by a variety of factors, allergic and non-allergic. Some of these are easily identifiable and avoidable; others are less so.

At what age does Asthma affect you?

Of the 25,000 sufferers in Ireland, about three quarters develop it in childhood or during their teenage years. A quarter of asthma sufferers do not experience their first attack until after the age of 35 (this is called adult onset or late onset asthma). Asthma is the most common long-term illness in children. It is estimated that one in eight of all children will develop asthma at some stage.

Asthma Attacks

An asthma attack is a frightening and upsetting thing for both sufferer and observer. In severe cases, the sufferer appears to be choking and cannot draw sufficient air into his/her lungs to breathe properly. An extremely bad attack can be fatal but this is very rare and the vast majority of attacks can be controlled using medicine.

If you come across someone suffering an attack, the first thing to remember is to stay calm. There are a few signals to watch for which could indicate an asthma attack. These include wheezing, coughing, rapid or shallow breathing.

Asthma attacks: What to do

• You should sit the person down somewhere in fresh air, away from smoke or fumes.
• Loosen any constricting clothing (shirt collars, ties, etc)
• The person will usually carry some sort of medication in the form of an inhaler (probably Ventolin). This is a blue L-shaped case with a metal canister inside it. It is inhaled into the lungs and loosens the throat constriction, thus allowing the person to breathe again.
• If the person is not carrying an inhaler, try to find one by asking around. There is a good chance that someone in the area will have one.

The sufferer will most likely start to recover within five minutes of the medication being taken. If not, this is a SEVERE ATTACK AND THE PERSON SHOULD BE TAKEN TO THE HOSPITAL AS QUICKLY AS POSSIBLE. It's better to be safe than sorry.
Epilepsy

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

About one in every 20 people will have a single seizure at some time during their lives.

However, about one in every 200 people will have a tendency to have recurrent seizures, which means that there could be as many as 20,000 people in Ireland who have epilepsy.

In more than half of all cases no cause can be found. The person with epilepsy is apparently healthy in every respect and there is no underlying illness, disease or damage causing them to have seizures. This kind of epilepsy is sometimes called primary or idiopathic epilepsy. It would seem that some of us just have a greater propensity than others to have seizures.

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

Is Epilepsy ever contagious?

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

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

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

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

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

Can You Remain Conscious and Have a Seizure?

Yes, if you have a simple partial seizure.

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

What Is a Complex Partial Seizure?

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

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

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

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

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

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


**EATING DISORDERS**

The society in which we live places great emphasis on the way we look, causing many people to become obsessive about their weight. This obsessiveness often has nightmarish consequences. Bulimia and anorexia are terrifying illnesses. However with care and attention the sufferer can make a complete recovery.

**Bulimia**

Definition: Recurrent episodes of binge eating in which the person feels unable to stop eating voluntarily followed by a variety of weight control methods such as self-induced vomiting, fasting, consuming diuretics and purging with laxatives.

Symptoms include:
- Chronic constipation
- Over concern with weight and body shape
- Drastic weight fluctuations
- Depression / Deceit
- Irregular heartbeat
- Irregular menstrual period
- Impulsivity and emotional instability

Characteristics:
- Turns to food to cope
- Extroverted
- Seeks intimacy
- Recognises illness
- Within 10-15 lbs of normal body weight

**Anorexia Nervosa**

The main feature of this disorder is the unrelenting drive for thinness through self starvation often combined with excessive exercise, abuse of laxatives/diuretics, or self induced vomiting.

Symptoms include:
- Severe weight loss
- Intense fear and avoidance of maintaining a normal body weight
- Distorted body image where the sufferer, even at an emaciated state, may perceive herself/himself as fat
- Isolation/loss of friends
- Highly emotional and irritable behaviour
- Constipation
- Low blood pressure
- Stringy hair, brittle nails

Both disorders are more prevalent in women; studies show that anorexia affects about one in every 100 adolescent girls and young women while bulimia is believed to affect about one in twenty of the adult female population at some stage in their lives.

**Slimming pills**

For many young people who have a problem with their body image, slimming pills seem to provide the perfect solution. Slimming pills are readily available from diet clinics and some can even be bought in pharmacies. Most slimming pills are amphetamine (speed) based, which suppress your appetite and speed up your metabolism (the rate at which your body burns calories). You’re likely to experience insomnia, anxiety, high blood pressure, palpitations and even hallucinations. Taken over a period of time slimming pills can be addictive. Although the dieter can lose weight while taking the pills, as soon as they stop taking them they can gain even more weight than before.

Recent reports have linked amphetamine-type slimming pills with 15 deaths in Britain while many others have suffered serious physical and mental side effects. The use of slimming pills will disrupt your natural response to food. Long term use can also lead to eating disorders.

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**Living With Diabetes**

I am 25 years old and have had Diabetes since I was 12. That’s 13 years living with Diabetes, and eight of those as a student, so for me at least, the two go hand in hand. Needless to say, over the years I have had some ups and downs with my Diabetes, thankfully nothing serious.

For the past four years I have been using the insulin pen which really made a huge difference to me with regard to flexibility of meals and injections and basically gave me much more freedom to be my own boss.

My only regret is that I didn’t start using it when I started college in 1988, as no matter what anyone says, there is still a certain amount of stigma attached to people (especially students) carrying syringes with them to the pub every evening in case of happening upon a party and not being able to make it home.

The Irish Diabetic Association Head Office is in Gardiner Street. The association has been in operation for 30 years now and is constantly growing. As well as the Head Office, there are 16 regional branches which organise information days, public meetings and support groups at a local level. The Irish Diabetic Association’s main aims are:

1. To help and inform people with Diabetes, their families, and friends about the condition and its treatment.
2. To provide ongoing support for people with Diabetes.
3. To represent people with Diabetes.
4. To raise money for the support of the Association and for research into Diabetes.
5. To increase public awareness of Diabetes.

The Irish Diabetic Association publishes a quarterly magazine called Identity which is available free to all members.

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The Association is very involved in dealing with the problems faced by people with Diabetes with regard to life assurance, motor insurance, pension schemes, employment, etc., all of which obviously are of great importance for young people with Diabetes as we do not want to be discriminated against. Most of these problems are due to employers and insurance companies basing their recommendations on outdated information on Diabetes and this is why it is so important for us young(er) people to keep up to date with all the facts as it is for our own good.

The office in Gardiner Street is a public office and the staff are more than happy to deal with problems relating to your Diabetes and will offer advice on anything. It is hoped to encourage more of the 66,000 people with Diabetes in this country to join the Irish Diabetic Association so if you have been recently diagnosed as having Diabetes and would like to talk to someone or are looking for some friendly advice, 76 Lr Gardiner St is the place to go. Even if you don’t feel as if you need the Association now, you never know what’s around the corner.

For just over the price of two pints in Major Tom’s, the Irish Diabetic Association Head Office, there are 16 regional branches which organise information days, public meetings and support groups at a local level. The Irish Diabetic Association’s main aims are:

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The Irish Diabetic Association is there for everyone with Diabetes.

Finally, a word of advice: if you have just been diagnosed as having Diabetes and are starting college, make sure to inform the health centre in your college that you have Diabetes.

The Irish Diabetic Association
76 Lr Gardiner Street, Dublin 1
Ph: 836 3022
Breast Cancer

Breast cancer is one of the most common cancers in women. And yet, regular examination of the breasts can lead to an early diagnosis of breast cancer, thus increasing the chances of recovery.

Most doctors advise that breast self-examination should be carried out every month by women over the age of 17 years of age. It takes very little time and by becoming familiar with your breasts, it may be easier to detect any changes early on.

When to examine

The best time to examine your breast is the seventh day after the start of your period. It is at this time that your breasts are at their softest.

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

What to look for

- Any unusual increase in the size of one breast.
- On breast lying lower than the other.
- Puckering or dimpling of the skin.
- A rash on or around the nipple.
- Recent turning in of the nipple
- Fluid or blood escaping from the nipple.
- A lump not noticed before.
- Enlarged glands under the skin of the armpit.

How to examine your breasts

1. In the shower or bath:
   Fingers slide easier over wet skin, so with the flat of your hand, move gently over each breast in a circular motion. Check for any lump, hard knot or thickening.

2. In front of a mirror:
   a. Hands by Sides: Look at your breasts with your arms at your sides while slowly rotating your upper body from side to side.
   b. Hands on Head: Next, put your hands on your head and look for dimples in your breasts, particularly underneath. Dimples which are equal and occur in both breasts are normally harmless.
   c. Hands Over Head: Then, raise your arms high above your head and look again for changes, especially in the nipple area.
   d. Hands on Hips: Finally, rest your hands on your hips and press down firmly while holding the shoulders back so that your chest muscles are flexed. Check for any changes in appearance. During each of these four steps you should rotate your upper body from side to side. By regular inspection, you will see what is normal for you.

3. Lying Down. Put a pillow or folded towel under your right shoulder and place your right arm behind your head. Using the fingers of your left hand, press gently in small circular motions around an imaginary clock face. Start at the top of the breast for 12 O'Clock and move in a clockwise circle until your return to 12 again. Then move in one inch and repeat. Keep doing this until you reach the nipple. The procedure should take at least four circles in total. Repeat this process with the pillow under your left shoulder and your left arm behind your head. When finished, put your arm by your side and feel under the armpit for any lumps. Finally, gently pinch each nipple between thumb and index finger. Any secretion, particularly if it comes from a single pore, should be checked by your doctor.

If you find any changes in your breast, do not panic but do consult your doctor immediately. Do not be afraid to raise a false alarm. Nine out of ten lumps are not cancerous and may be treated simply.

Cervical Cancer

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

Cervical Smear

Every woman, once she becomes sexually active, should have a cervical smear every two years. The smear itself is a painless procedure, involving a gentle rub of the cervix to obtain cell tissue. It obviously cannot be done during a period so bear that in mind when making an appointment. Cervical cancer is a rare cancer, usually affecting women over the age of 35. It is a very slow-growing cancer, taking anything from 5-20 years to become invasive. A regular smear therefore can eliminate the chances of cervical cancer developing. Caught at its very early stages when there is a "typical cell growth" present, the remedy is very simple - laser treatment. A painless X-ray type procedure is often all that is required. Sometimes a cone biopsy will be needed. This simply involves surgically removing a cone of cervical tissue. Caught in its early stages, it is therefore 100% curable.

At present there is an interval of about six weeks before the results of the smear come back. It is recommended that you ring the clinic for the results some two months after the smear is taken. However, the clinic or surgery where the smear was taken should be in contact with you immediately on the receipt of an abnormal result. If you need a result quickly, either because you have had a previous result showing a typical cell growth or because you wish to become pregnant, please inform the clinic and the smear can be marked urgent.

Smear Tests are available at:
- DIT Health Centres (free)
- The Dublin Well Woman Clinic (£16 with USIT / Student Card)
- The IFPA Clinic (£14.50 with USIT card)

Cystitis

Cystitis, a problem for many women, is characterized by a desire to pass water frequently, up to a couple of times an hour, and a severe burning pain when doing so. It is the most common symptom of a urinary tract infection or is caused by trauma or inflammation to the urinary tract. This tract starts with the ureters which take the urine from the kidneys to the bladder where it is stored until the amount builds up (generally to about 250cc) before being emptied down the urethra which has a tiny opening just above the vagina.

The infection is caused by bacteria, the most common being E. coli present in the excreted faeces which are often introduced into the urethra by wiping your bottom from back to front. Lowered resistance to bacteria can be caused by bad diet, being run down, or some kind of emotional upset. Trauma to the urinary tract can be caused by vigorous or prolonged sexual intercourse which can damage the urethra wall.
which lies beside the vagina. Women having sex for the first time often get cystitis - hence its old name of “honeymoon disease”. Sexual hygiene and proper lubrication are therefore important. Any inflammation will be exacerbated by spicy foods, vaginal sprays etc.

**Diagnosis**

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

**Treatment**

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

**Prevention**

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

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

**Self-Help Treatment**

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

a) Drink a pint of water to help flush out the infection - one cup of coffee can help as a diuretic.

b) Go to bed with two hot water bottles - one for your tummy and one for your back and take some painkillers.

c) Over a three-hour period, drink one glass of water every half hour. Every second glass should have 1 tsp of bread soda dissolved in it. Only do this once in a 24 hour period.

d) If well enough sit in a warm bath to which you have added one tablespoon of bicarbonate of soda.

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**Testicular Cancer**

**What is cancer of the testes?**

The development of a growth, tumour or cancer in one of the testicles, the male reproductive glands.

**Is Testicular Cancer Common?**

Yes it is the most common type of cancer in young men. But bear in mind that almost all cases can now be cured by simple treatment, if found early. The risks are greater if the condition is discovered later, but even then there is a good rate of cure.

**Who is at Risk?**

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

**What Might You Notice?**

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

Early discovery allows the simplest treatment and practically guarantees cure.

**What Can You Do?**

Early discovery means certain cure; you must examine yourself once a month. The best time is after a warm bath or shower. Gently roll each testicle between the thumb and fingers using both hands. Make a habit of doing this simple test; it only takes a minute.

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

**Treatment**

A small operation is performed. If the disease is discovered late, x-ray treatment or special drugs may be given.

**Ocular Health**

**Your Eye Examination**

It is recommended that you have an eye examination once every two years. A free eye examination can be arranged with the Optics Department at DIT Kevin St.

An optical benefit service is available for DIT students, providing a large subsidy towards the cost of replacement or new spectacles or contact lenses. The scheme is means tested and you must use the designated DIT optician. Application forms available from Student Services Officer.
What is an Apprenticeship?
Apprenticeship is a method by which a person
(a) works for an employer in a chosen occupation and
(b) learns the necessary skills, knowledge and attitudes to
become a qualified crafts-person.
The apprenticeship system is now almost entirely stan-
dards-based. This means that you will undergo specific
tests and assessments to ensure that you achieve certain
pre-set standards of skill and competence during the
course of your apprenticeship.
• Apprenticeship comprises phases of on-the-job training
  with an employer and off-the-job training in
  FAS training centres or educational col-
  leges.
• You will also receive an apprenticeship w a g e /t r a i n i n g
  allowance.
• On successful com-
  pletion of an appren-
  ticeship you will receive a National
  Craft Certificate, recognised in Ireland
  as well as other EU
  and non-EU countries.
• If desired, you will be
  able to make use of
  the access provided
  by the National Craft
  Training Certificate for
  further training and
  education. Most
  apprentices can, on their own time, do part-time courses at
  night to further their own education.

How Does the System Operate?
The apprenticeship has seven phases, three-off-the-job
and four on-the-job. The maximum duration of off-the-job
training will generally be 40 weeks, divided approximately
as follows: phase 2 - 20 weeks, phase 4 - 10 weeks, phase
6 - 10 weeks. Phases 1, 3, 5 and 7 will be given over to off
the job training.

On-the-Job-Training
The first phase of on-the-job training will be an introduction
to apprenticeship, safety, the world of work and to the
basic skills of the trade. The remaining phases of the on-
the-job training will entail the practice and further develop-
ment of skills learned in the off the job phases

Off the Job Training
The total content of the off the job phases will be delivered
in a single institution to ensure integration of practical train-
ing with the necessary theory, maths, science, drawing
and personal skills.
Off the job training will introduce the apprentice to the skills
and related knowledge of the trade and provide time to
practise these further. Continued practice and the devel-
opment of these skills will be done on-the-job.
Release of apprentices by employers for off the job training
phases is compulsory under the statutory apprentice-
sip rules.

How Will You Be Assessed?
You will be assessed at a number of stages throughout the
apprenticeship.
During on-the-job phases your competence will be
assessed in terms of your skill, knowledge and attitudes in
performing specified tasks to the required standards under
working conditions. Each specified task must be carried
out successfully on two occasions.
During off-the-job phases you will be assessed on the
basis of exercises and projects together with standardised
practical and theory tests.

If You Fail an Assessment Can You Repeat It?
Yes. Two repeat attempts will be permitted for off-the-job
assessment.
For on-the-job assessment, repeats may be necessary in
some circumstances, but apprentices should only attempt
the assessments when their supervi-
sors are confident of
their competence.

How Long Does the A p p r e n t i c e s h i p
Take?
The normal duration of apprenticeships which commenced
under the Standards-Based System in
September, 1993, is four years.

What is the Role of the Employer
The employer under-
takes to train the apprentice
in the

skills, knowledge and techniques of his or her chosen
trade.
The employer’s tasks include:
• registering the apprentice with FAS within two weeks of
recruitment
• providing a safe and suitable work environment for the
apprentice
• training and assessing the apprentice in the skills, knowl-
edge and techniques of the particular trade
• paying the apprentice an agreed appropriate wage.

What Wages are Apprentices Paid?
During your apprenticeship, you will be paid an appren-
tices rate. The actual rates paid may vary from one occu-
pation to another and from one employer to another. The
rates will in general increase in a number of steps during
the apprenticeship. You should seek details of the appren-
ticeship rates of pay from your prospective employer.

The Role of FAS
• FAS has responsibility for the organisation and control or
apprentice training in the designated occupations.
• Representing the employer, trade unions and educational
al interests, FAS is responsible for making the rules of
Apprenticeship for the designated occupations.
• FAS also maintains a Registrar of Apprentices and is
responsible for overseeing their training and related edu-
cation.
• Registration by FAS confirms that the individual meets
the entry requirements and has been accepted as an
apprentice in the Standards-Based Apprenticeship System.
• The system requires that the progress of the apprentice
through all phases of the apprenticeship is monitored and
recorded by FAS.

If you are not registered at the commencement of the
apprenticeship you cannot qualify for the National
Craft Certificate.
Due to its unique size and location special arrangements have been made for the School of Music and Drama (formerly in DIT Chatham Row), along with the School of Social Science (formerly in DIT Cathal Brugha St.), to relocate to two buildings in Rathmines, south of the Grand Canal. The buildings, DIT Rathmines House (below), and the Rathmines Road building (right), will cater for your needs, Rathmines House containing a library with the relevant course material.

While facilities are far from ideal, ongoing discussions are taking place between the Students' Union and the College Management to improve the situation and to increase the resource allocation. Elections for the representative officers for this site will be held early in the first term, so watch noticeboards for the relevant information. Should you need any help or advice, the Overall President has special responsibility for the Rathmines buildings and the Students' Unions in Kevin St., and in particular in Aungier St., will be more than willing to help with any organisational matters.
For Students with more sense than money!

CHECK-OUT BUS EIREANN FOR:

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Sample Student Return Fares*

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*Students must be in possession of a valid I.S.I.C and C.I.E Travelsave Stamp to avail of student fares

USEFUL CONTACT NUMBERS

Timetable/ Fares Information (01) 836 6111
Group Travel on Scheduled services (01) 703 2426
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Internet http://www.infopoint.ie/buse
       e-mail buse@cie.iol.ie

BUS EIREANN
A subsidiary of Córas Iompair Éireann
The Union Manager
Maura Cunningham is the heart of the Union. With responsibility for the administration of the Union, overseeing Union staff and advising the sabbaticals officers. Maura also makes one and all feel at home as a member of the Union. Come in and find out for yourself.

The Shop Manager
Jimmy Keane is the manager of the SU shop, which is located in the Common Room. It opens from 8:30am - 9:00pm. The shop stocks everything one could possibly want and Jimmy and the staff are always keen to help.

The Common Room
This is the living room of the Union. With seating for 150 people, the SU Offices, shop and a 100-disc jukebox it is an excellent place to chillout. This year we have tidied up the pool area and replaced our old tables with four new Fastcloth Tables. Regular competitions will be held, starting with our Opening Day in Freshers' Week. Watch out for the Celebrity!

Clubs and Societies
Bolton St boasts up to 40 highly active groups. More and more students are finding an activity suited to them or starting their own. Tell us what you want and we will help you set it up. Last year we established our first Clubs & Societies Presentation Night and trophies are now in place to reward your participation in the college's social scene.

The Gym & Weights Room
The Gym is located on the top level of the Linenhall (behind Bodkin's Yarn Hall) and is available for use through the Clubs & Societies. Michael Whelan is our Sports Officer and supervises our Weights Room. Both rooms are open to all once safety regulations are adhered to.

Photocopying & Other Services
The photocopier is located in the common room. Other services include info on buses, trains, phone books, USIT cards, accommodation, welfare etc. Come in and find out!

UNION EXECUTIVE:
Site President: Joe Nulty
Site Deputy Pres/Welfare Officer: Bernie O'Reilly
Entertainments Officer: Melissa Smith
Public Relations Officer: Sandra Connolly
Irish Language Officer: Gemma Robinson
Clubs & Societies Officer: Graham O'Sullivan
Apprentice Officer: TO BE ELECTED
Equality Officer: Brenda Donnelly
Part-time Officer: TO BE ELECTED
BOLTON STREET

Joe Nulty
Site President

Well hi there folks and welcome to the new bodies and to those sausages lucky enough to make it back! (Although some would argue that luck has nothing to do with it).

To all the new bodies coming in, welcome to the realm of the Big Bad Boogie man, but fear not my friends Judge O'Donoghue, DIT is here to serve and protect.

Down to brass tacks! This is the time of your life, because, hello boys and girls, ladies and gentlemen THIS IS YOUR LIFE! Here is where you develop your academic and social skills, and in these two areas the Students' Union will work for you. The Dublin Institute of Technology Students' Union (DITSU), be it in Mountjoy Square, Aungier St., CBS, Bolton St., or Kevin St., all do the same job! We help the students in any way we can, be it a question about a grant, difficulties with the landlord, “I'm confused and I need to talk”, “I'm having problems with my course”, “Past, mmmmmm, where can I ah, get some, mmmmmmmmmmmm, well, I'm meeting a girl tonight........ya know?”. If you ask me, or indeed any of the other officers a result shall be found. If I don't know the answer, I'll certainly find someone who does.

Don't forget guys, college life not only develops your academic skills, but also your social skills. You develop friendships, your powers of communication, you discover more about yourself, you start your own life. Sounds daunting doesn't it, but it doesn't have to be! You start to cook or crotch, wash or shrink, clean or chaos. Believe you me, your S.U. wants to help and will help, after all we are students too and we are working for you! We will organise more 'knees-ups' than you will be fit to remember, trips here and there, clubs and societies, and sports galore. I can promise you we will all have super times in SUPER IRELAND!!!!

Bhuel, hi a chuirde agus fáiltte roimh na corp nu aghus tionscadh sean-ispín a bhí amhrach go leor filleadh ans. (Dheidhreadh daoine áirithe nach bhfuil baint ag a dhiis.)

Do na corp nu aghas ag teacht isteach, fáiltte go rocht an Fheabhas Mhór Peatlach, acht ná bíodh imní oráibh, a chuirde, tá Breitheamh ITBAC anseo le freastal oráibh agus sibh a chosrunt.

Síos chuige! Seo hé trímhse bhur saoil, óir, a gharsúin uile, fír agus mná. SEÓ BHUR SAOIL! Seo an áit ina bhfréirteann sibh bhur scileanna acaidil agus sásaithe, agus san dá réirígin seo beidh Aontas na Mac Léinn ag obair daoibh. Más i gCearnóg Mhinseach, Sráid Áiscear, Sráid Chuathail Brugha, Sráid Bolton nó Sráid Chaoimhín atá, deimeann oifig éagsúla Aontas na Mac Léinn Institiúid Teléneolóigíche Bhailé Atha Cliath (AMLITBAC) an jack chialanna! Céadbhimhleis na mic léinn

Hey! Catch ya on the flip side, JOE

SRÁID BOLTON

Bernie O'Reilly
Site Deputy

Hello,

A massive welcome to all ye students who have made it to DIT Bolton St., and to all the other colleges, and not forgetting all those who somehow have made it back (I'm still trying to figure that one out).

My name is Bernie O’Reilly, for those of you that don’t know, and I am the Deputy President and Welfare Officer for DIT Bolton St. I’ll be working with Joe Nulty (the MAD one) to ensure that everyone has an enjoyable year at Bolton St.

As the Welfare Officer I’ll be there to provide information for anyone who may need it, and generally just there to listen! If there is something I don’t know, I know someone who does.

The Welfare Office is situated in the SU office so don’t be afraid to call down and have a chat!

All I have left to say is that it’s only as good as YOU make it! So make sure and join in the fun, I swear to God we won’t make an eejit of yerselves, ‘cause that’s what I’m here for!

Fáiltte ollmhór romhaibhse uilig atá tar éis teacht i dtrí in ITBAC Sráid Bolton, agus chug na coldaí eile, gan dearmad a dhéanann oráibhse ar éigrigh ligh libh filleadh (táimse fós ag iarraidh é sin a thuiscint).

Bernie O’Reilly is ainm domsa, daoibhse nach bhfuil in t-eolas sin aiguaibh, agus is mise an Leas Uachtarán agus Oifigeach Leasa in ITBAC Sráid Bolton. Beidh mé ag obair le Joe Nulty (an neach creacailte) le cinntiú go mbeidh bliain taitnemhaíoch ag gach éinne i Sráid Bolton.

Mar Oifigeach Leasa beidh mé anseo chun eolas a chur a sheoladh mar sin a Farigh, agus go gineallaithe le cluas éisteachta a thabhairt.

Mura bhfuil an t-éolas agam in daoibh rud éirithe, beidh aithne agam ar dhuiine éigin go mbeidh.

Tá an Oifig Leasa suite in oifig Aontas na Mac Léinn mar sin ná bódh eagal oráibh glaoch isteach chuimhneann.

Seachas sin, ní fhágtha domsa le rá ach nach bhfuil maitheas ar bith leis a chinneadh is féidir linn a chur i bhfeidhm TUSA ann! Béiminte de go mbeidh tú púrteach sa ghearrm, glaic leis uaimse nach ndéanfaidh sibh gaibhsí daoibh féin, mar is é sin an fáth go bhfuil mise ann!

Love & Kisses, Bernie.
Ditsu

DITSU President (402) 4925

DITSU Aungier St
AMLITBÁC Sr Áinsear

Fón: (402) 3110

DITSU Bolton St
AMLITBÁC Sr Bolton

Fón: (402) 3621

DITSU Cathal Brugha St
AMLITBÁC Sr Chathail Brugha

Fón: (402) 4370

DITSU Rathmines Rd
AMLITBÁC Br Ráthmaoinis

Fón: (402) 3000

DITSU Kevin St
AMLITBÁC Sr Chaoimhín

Fón: (402) 4654

DITSU Mountjoy Sq
AMLITBÁC Cg Mhuiniseó

Fón: (402) 4110

DIT Central Switch: (402) 3000

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Dublin-Killarney 855 4466
- Tralee
Dublin - Belfast 855 4477
Dublin - Wexford 855 4488
-Rosslare

Dublin Bus

General Info 873 4222

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M ost of us are badly informed when it comes to knowing our basic rights under the law and especially what procedures to follow if arrested or detained by the Gardaí. We have a vague idea that we are entitled to a phone call and the attendance of a solicitor, but what should you bear in mind, should you be unfortunate enough to have your collar felt, be nicked, fall foul of the law? Choose your own cliche, the procedure is the same.

**WHAT TO DO IF ARRESTED?**

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

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

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

(c) You are not obliged to say anything once arrested (exceptions Offences Against the State Act, Road Traffic Act).

(d) Do not resist arrest.

(e) Once in the station, ask to phone a solicitor. If you do not know one, ‘phone the Students’ Union or a friend.

The Gardaí must allow you to consult with your solicitor in private (must be out of ear-shot of gardaí but can be within view). A telephone call will be permitted provided the member-in-charge is satisfied that it will not hinder/delay the investigation. The call can be supervised and you must give details of the call (ie name of person, phone number etc.). There is no right to a solicitor under the free legal aid scheme while in custody.

**STOP AND SEARCH**

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

*S30 Offences Against the State Act (1939)*

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

*S8 Criminal Law Act (1976)*

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

*S2 Misuse of Drugs Act (1977)*

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

*S15 Firearms & Offensive Weapons Act (1990)*

You may be stopped and searched on the street.

**IN THE STATION**

Where a person is arrested and informed of his/her right to object but does not do so, he/she may be photographed, measured and fingerprinted on the application of an inspector. If he/she does object he/she may nevertheless be photographed, measured and fingerprinted with the authority of a Superintendent or the Minister of Justice or if an Inspector makes an application to a District Justice or the Commission or Deputy Commissioner of the Garda Síochána. If a person is released from custody or acquitted in subsequent court is beag atá ar edas ag an gceud is mó againn faoi na bunchearta atá agaíin faoin dli, go hárthair ceart a bhaint den mhá ghabhann na Gardaí muid nó mó chuirmeadh idh modh chaoinnéal muid. Tá bárdú agaíin go bhfuil ceard agaíin gluach teaghlafóin a dhéanann agus fós a chur ar atáineach achar agad do bhaileach atá ceadaite. MÁ Ghabhfar tú

Tá roinnt níthe ba cheart duit a dhéanamh má ghabhar ar an tsrásíodh.

a. Iar cáimní an ghabhar a theachtar agus faigh ag (b) uimhir. Triail a n-ainmneacha a chur de ghlannmheallbhair.

b. Blaistrigh chéin chumhacht a bhfuiltear a bhfuil faoi go bhfuil i gceannais nó do cén chion.

c. Ni gá duit aon ní a ra nuair a ghabhar tú. (íosachtaigh tad Acht um Chontae in agaidh na Stáit / Acht Trácht Bóthar)

d. Ná déan an ghabháil a chomhrac.

e. Nuair a bhreith an tsáisin saobhó a bhfuil tú ag iarraidh gluach teaghlafóin a dhéanamh ar atáineach, Mura bhfuil an t-aithne ar a cheart comhdhú gluach a ar ais an tAontas am na Mac Leinn nó ar chara leat. Cailldíth na Gardaí caid a thabhairt do duit i gcomhchurle le d'atáineache go ndán na Gardaí a bhfuil ag éisteacht. Níl aon cheart chun an tAontas an tsáisí leat do chumhacht díthiúil in aisce le linn do dhúinte a bhíthe do chaomhadh.

**STOPADH AGUS CUARDACH**

Tá roint cumhachtach freisin as na Gardaí faoi bhíodh leo daoine a stopadh agus a cuardadh ar an tsrásíodh nó i bhfeidhmiú. Tá na trí cumhachtachtu tugtha thos.

S30 An Acht um Chontae in agaidh na Stáit (1939) ... Is féidir leis an Gardaí aon daoine faoina bhfuil hthu beann ace a chionta lente mhaíntean am an Acht a stopadh agus a cuardadh.

S8 An Acht um an Dlí Coiríúil (1976) ....Féadfaidh Garda a bhí duine a bhí réasach iompair as an tsáisí agus deireadh ar an tsrásíodh géar a bhí in ann a chur in ann.

S2 Misuse of Drugs Act (1977) ....Féadfaidh Garda a bhíodh go rathúcháin is léir beo is leabhar ealaíne agus a bhíodh ar a réasach a thogail nó thogail atá i gceannais a dhéanach.

*S30 Offences Against the State Act (1939)*

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

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

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*S15 Firearms & Offensive Weapons Act (1990)*

You may be stopped and searched on the street.
proceedings all such photographs and prints must be destroyed or returned to the person.

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

QUESTIONS

The Gardaí are entitled to ask questions but you are not required to answer them, except under the Offences Against the State Act and Criminal Justice Act. If the Gardaí have evidence to connect you with a specific offence they must charge you and caution you. Ask to phone a solicitor or friend. Do not make any statement unless your solicitor tells you to.

REMAND IN CUSTODY

If arrested and charged you must be brought before the District Court at the earliest opportunity (NB If arrested on Friday evening this could be Monday morning). Failure to do this would make continued detention unlawful.

BAIL

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

FAILURE TO ACCOUNT FOR FIREARMS AND/OR PROPERTY

Under the Criminal Justice Act, where a Garda finds a person in possession of a firearm or property which the Garda believes to be stolen, the Garda can require the person to give an account of why he/she has the firearm or the property. Failure to comply, or giving false information may lead to a fine of £1,000, 12 months imprisonment or both.

EVIDENCE

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

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

Státí agus faoin Acht um cheartas Coiriúil. Má bhfuil fianaise ag na Gardaí go bhfuil baint agat le cion sonraich caithfidh síad tó a chúiseann agus rabhaidh a thabhairt duit. Iarr deis gach teileafóin a chur ar atarnae nó ar chara leat. Ná déan aon raitteas mura ndeir d’aturnae leat sin a dhéanann.

ACHUHRCH FAOI CHOIMEAD

Má dheidhantar tó a ghabháil agus má chuideart tó a thabhairt os comhair na cúirt díche chomh luath agus is féidir. (NB. Má dheidhantar tó a ghabháil tráthnóna Dé hé aoine, b’fhéidir gurb é maidín Dé Luain a bheadh i gceist.) Mura ndéantar sin d’fhéadfadh coimeáid mhidhleathach a theacht i gceist.

BANNAI

Tá sé de chumhacht ag an sáirsint nó ag aon duine eile i gcéanna sláisíonn Gardaí aon duine a thugtar faoi chomhghnéad go dtí an stáisín a ligeann faoi bhannaí ar choimnióil nach mhbeidh aon bharránáis i bhfeidhm i agaidh an duine sin. Cuimhnhíonn bannáí an larradóid mar ní thabharfaidh na Gardaí an t-eolas duit dá ndeocin fén. Ná sinigh raitteas ar bith is cuma cén brú a chuirtear ort. Iarr go gcuirfí do chuid cearta in iúl duil. Ná cuireadh anois go min/ anois go garbh an mál ort. Iarr cead d’aturnae a fheicéil látáthfeas agus triail a húnaiceach na nGardaí a cheistigh tó a fháil.

GAN CUNTAS A THABHAIRT I DTAOBH ARM TINE AGUS/NÓ MAOINE

Faoin Acht um Cheartas Coiriúil, má fhugheann Gardaí duine i sibhli airn tine nó maoine a cheisteann an Garda a bheith go dtí an t-eolas a bheith in aghaidh an duine sin. Féadfaidh na Gardaí a éileamh ar an duine cuntas a thabhairt i dtaoibh an t-arm tine nó an maoin a bheith aige. Mura ndéanfaidh duine amhlaidh nó má thugann si éolas brágach d’fhéadfadh fineál £1,000 nó príosúnachtaí 12 mí nó an pêre le chéile a ghear-radhair.

FLIANAISE

Tá dhá floráil thábhachtacha déanta san Acht um Cheartas Coiriúil.

a. Má fhugheann Garda aon rud, substáint nó marc in éadaí duine nó ina sheilbh agus má fháilíonn an duine cuntas a thabhairt i dtaoibh an rud, na substáinte nó an mhaire sin féadfaidh an chuirte i dtríon ina dhaithid sin, cábé tátais is cuit a bhaint as an bhfáilfi sin agus féadfaí deáilte leis an bhfáilfi ó thaoibh cuntas a thabhairt mar chomhthacaíocht le haon fhianaise eile.

b. Má chuinnleart féar ag láthair cionn agus má chuideann Garda é i bheithe i láthair de bharr é a bheithe páirtreach sa chion agus ma fháilíonn an duine cuntas a thabhairt ar é a bheithe i láthair amhlaidh, féadfaidh an chuírt i dtír ina dhaithid sin, cábé tátais is cuit a bhaint as an bhfáilfi sin agus féadfaí deáilte leis an bhfáilfi sin mar chomhthacaíocht le haon fhianaise eile.

CEFUNAMI Dültuil

Tá sceim Stáit ann do chúnamh dlúthchúil trína gcuirtear seirbhisí aturnaetha agus más gá, seirbhísí abhchóidií ar fail ar bheagán costais do dhaoine nach bhfuil ina n-achnaimh. Aitfreac pacairbhisí rud ar bith óll leat a thabhairt agus uisce do cheann go hionadú a dhéanann duine in meachtaí cúirtiú.

Déan teagmháil le hionadú de dhá bheithbhí tuisleadh colais faoi chú-
LEGAL AID

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

You should contact a law centre or a solicitor for further advice on civil legal aid. For legal aid for criminal law cases you apply to the District Justice / Judge on your first appearance in court.

Arrest

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

Arrest with Warrant

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

Arrest without Warrant

Gardai may also arrest persons under their common law powers where a felony (serious offence) is committed in his/her presence or for a breach of the peace. Most arrests are carried out under specific statutory powers. There are many powers and the important thing is for the arrested person to ask under what power he/she is being arrested and for what offence. Under the Criminal Justice Act (1984), a person arrested on suspicion of an offence punishable by five years imprisonment, may be detained without charge for six hours (12 hours if authorised by a Superintendent) to allow for “proper investigation of the offence”. If an arrest is late in the evening, the periods of questioning may be split to allow for sleep. Thus the section allows Gardai to arrest merely to question someone.

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

See The DIT Examiner September ‘98 for information on bouncers and store detectives.
How to set up a Club & Society

Clubs and Societies in DIT:

Some 150 Clubs and Societies operate in The Dublin Institute of Technology. These represent all of the major (and many minor) sporting disciplines, as well as cultural and social activity. Sports range from Rugby and Gaelic to Canoeing and Mountaineering, with a huge selection of societies including Drama, Film and Photography.

Any DIT student is entitled to join these Clubs and Societies and if we do not have the sport or social activity you enjoy then you can set up the club yourself! Setting up your own club is easy with the help of your site Clubs and Socs officer. This involves filling out a budget form, accompanied by a list of interested students and aims and objectives for the club or society. As events come along the club or society treasurer will be required to fill out a requisition form to receive funding. It's as simple as that, so get involved.

Some of the DIT site have well equipped Gyms, and the swimming pool in Kevin Street is available to all registered students. College life is 20% academic qualification and 80% LIFE. Live a little and be part of what is the biggest and best social and sporting scene in third level Ireland!

DIT Arts Officer

The DIT Arts Officer, Lorcan McGrane, is based in DIT Head Office in 30 Upper Pembroke Street, and can be contacted on (402) 3424. If you intend to organise any sort of arts-related event, and would like assistance in publicising it or need advice on other events-related topics, Lorcan is the one to contact. He can also be found touring the different DIT sites, which he does on a weekly basis. Information can be left for him in your local Students' Union.
**Eating Out in Dublin**

**Bewleys, Grafton St., Georges St., Westmoreland St., Mary St.**
Great places to relax with either a plateful of food (all day breakfasts, various hot foods, sandwiches) or simply a large coffee. Not cheap but they’re such pleasant places that this can be forgiven. Mind you, the cappuccino is deeply poor.

**Chompy’s Deli, Powerscourt Townhouse (Off Grafton St.)**
Very well located spot in the Powerscourt Centre, serves good range of food at fair prices and you can’t say fairer than that.

**Cornucopia, Wicklow St.**
My vegetarian friends (loathe though I am to refer to them as such) inform me that this is the place to go for a slap up lentil pie or whatever it is that vegetarians ingest in place of food. Very popular, very trendy and the portions are very large.

**Eddie Rockets, 5th Ann St., O’Connell St., Rathmines, Dame St., Wexford St.**
50’s style American diners with a good range of burgers which are invariably huge. Portions of chips are equally generous but the service is bafflingly slow sometimes.

**Flames, Rathmines**
Sit down for a slap up fry or take out some of the finest chips around. Cheerful but not cheap but good value for money.

**The Irish Film Centre, Eustace St.**
See glowing reference in pub guide then go there and try the potato skins with cheese and bacon. Hardens the arteries but good for the soul.

**Judge Roy Beans, Nassau Street**
Restaurants serving beer are always a very good and civilised idea and this place has been at it for years. The Tex-Mex based food is tasty if a little samey after a couple of visits, atmosphere is lively but the prices have become a little steep for a student’s budget.

**Simon’s Place (ex-Marks Bros), 5th Great George’s St.**
Quite simply, the old Marx Brothers relocated in George’s Arcade. Same ambro, same soup, same coffe, and all of it very, very good indeed. Very mixed clientele, many with nose piercings.

**Graham O’Sullivans, 5th Anne Street, Dawson Street**
Spacious, very pleasant spot, with great staff, a favourite with the local office types. Wide range of food from sandwiches to standard fry ups. Even does scrambled eggs! Only quibble is that you don’t get massive amounts for your money.

**Marks Bros Cafe, Georges Street**
As cool as cool can be without actually wearing an armani hat. Not that anyone who eats here would wear such apparel, if there is such a thing. Wondrous soup, terrific sandwiches.

**Whistle Stop Cafe, Powerscourt Townhouse**
Good selection of lunchtime foods from an ever friendly staff. Take a ticket, take a seat and they’ll bring it to you. American Chicken is worth checking.

**Angelos, Wexford St.**

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**ITHE AMUIIGH I MBLEÁ CLIATH**

**For my money, there is no finer spot than this for bacon, egg, sausage and chips, tea, bread and butter and more tea. Chips are real, meals can cure anything.**

**Avalon House, Aungier St.**
Pretty trendy place that does great soup, fine coffee, various sandwiches and hot foods with a helpful all you can eat policy by times. I’m a little miffed with them since they dropped the pineapple from the toasted ham and cheese sandwich, though.

**Munchies, Exchequer St.**
Trendy sandwich bar with a fine selection of available fillings. Snappy service, good food, awkward seating.

**Chicago Pizza Pie Factory, Stephen’s Green**
Decent pizzas and burgers, normally to be finished off with something decadent like the Mud Pie. Ideal for groups out on the rip. Good fun but not cheap.

**Burocks, Werburgh St., Rathmines, Phibsboro**
Very famous fish ’n’ chips emporium, and rightly so. The family have now expanded and have an outlet in Rathmines and another in Santry. Perfect real chips, great selection of fish. Well worth your time and money.

**Montagues, Montague St.**
Excellent! Best sambos and rolls ever. Thick bread is the business. Huge selection of sandwiches, plain and adventurous. Food is always fresh and the staff are good craic. Not the usual over priced yuppie sandwich bar. Here a sandwich can become a meal.

**Pierre Victoire Fats St., Crown St.**
Got your grant? Feeling hungry? If you can answer yes both of these, you could do a lot worse than try these places for lunch - three course meal for about £5. Good food, great atmosphere, and oh so French.

**Tante Zoe’s, Crown St.**
For sheer lunchtime decadence this place does a damned impressive three course lunch for about £7. You won’t be able to do it often but if you like cajun food, it’s worth the sacrifice (to wit, you may not be able to afford beer the same week).

**Planet Hollywood, Stephen’s Green**
Over-hyped burger joint owned by Willis, Schwarzenegger, and Bertie’s pal, Stallone.

**Kingfisher, Parnell St.**
“Good-an’-propper” one-an’-one in true Dublin-in style. Smashing chips, a chicken burger I can vouch for, and a caf’ to sit down and eat your food in.

**Cafe Kylemore, O’Connell St.**
Excellent fry-ups and breakfast grills if you get ‘em pretty fresh. Largely inexpensive, open almost all the time, and big enough to virtually guarantee a seat.

**Cosy Kitchen, Wexford St**
Lovely local home-cooking. Good quality, plenty of it, and the friendliest staff in these here parts.

**Hodges Figgis, Dawson St**
Sandwiches, hot food, coffee, tea, wine (if you’re of a mind) in a bright, away place surrounded by books. Not bad at all.
McCarthy's, Rathmines Road Lower  
If you happen to live on Rathmines Road, Lr and enjoy a good, quiet pint, then this is the place for you.

Lower Deck  
Just across from the Portobello, off the road, this is a nice enough pub with plenty of room downstairs for a bit of a crowd and plenty of room upstairs for those of a mind to do so. A great time can be had here.

Oil Can Harrys, Mount Street  
Changes names on, it seems, a regular basis and still can't seem to get the crowds, and its current incarnation is no better or worse than the previous few. When O'Dwyers fills up, you may find yourself wandering in here. Could do worse.

The Lincoln Inn  
Small, smoky, full of people from the genetics department in Trinity but good fun for all that. Efficient bar staff (they'd need to be; the place gets stuffed) and a laid back atmosphere. Slightly older crowd.

Kenny's  
Another Trinners haunt, Kenny's has a couple of cunning little areas where you can hide from them all if you are of a mind to do so. Pleasant, unassuming type of haunt.

O'Dwyers, Mount Street  
Is it the general wonderfulness of the bar itself or the night club downstairs that drags in the crowds and renders the place impossible to get into after 9pm some nights? The cynic in me suspects the latter and since the cynic in me is pretty much all of me then this is how I shall leave it.

Grogans, St. William Street  
Bizarre mixture of characters including students, business people and locals make this not quite as interesting. Vaguely dingy looking but maybe that's part of its charm.

The Oak, Dame Street  
Used to be a fine place for a good beer for those who like the unscrubbed look of an old fashioned pub. Now that it's linked to the desperately trendy Thomas Reid's, it gets the smartly-dressed overflow from that particular big-windowed establishment and therefore must be docked several marks. Opens late but notoriously difficult to get into after hours.

The Auld Dubliner, Temple Bar  
Fills to crushing point and then empties so fast you'd swear a busker had just struck up the first chords of Wonderland. The reason is that diners bide their time here until it's time to eat in one of the many nearby restaurants.

The Norseman, Temple Bar  
Received a face-lift lately, which is not always a good thing. Many feel its lost much of its old charm but see what you think.

Oliver St John Gogarty, Temple Bar  
One of the bigger pubs in the ever trendy Temple Bar area and usually pretty good in the "getting a spot to stand and drink" department. Getting served can be a different matter as the u-shaped bar downstairs is not conducive to being seen, if you're on the wrong side that is. Worrying live music trend has developed and this becomes infuriating when sshhhs are hissed as a singer starts up. Pubs, my boy, are for drinking and talking.

The Temple Bar  
The old place was made briefly and wildly famous a couple of years ago when it featured in the gritty Tom Cruise documentary, Far & Away, and looks like its still reaping the benefits. The old bar is, well, old but much extension work has been done and while it's all very tasteful, it's still new-old. Fine pint of stout but the pub is increasingly full of people who look upon it as a fashion accessory. I am told a beer garden has been added lately. Some use that was this summer.

The Swan, Fleet Street  
Ahhh. Formerly one of the city's great literary hang outs, it then metamorphosed into the place where country folk just off the train slaked an evil thirst. It was then and is now one the finest bars in Dublin. If you can nab some of the armchairs downstairs in the back, you're set for the evening.

Kehoes, St. Anne Street  
Full of people who like to be seen and heard. Very relaxed old pub atmosphere. Great snug, lovely bar, horribly unappealing lounge type place in the back. Watch your head on the way to the toilets.

O'Neill's, Pearse Street  
Attracts a great many financial services folk with their hair down, or at least their ties loosened. The original bar is quite beautiful and the rest is just fine.

The Mean Fiddler, Wexford Street  
Formerly The Wexford Inn, this has become, after a serious face lift, one of the trendiest venues in the city. Designed in a wilfully non traditional way (a blessing in itself) it features after hours music downstairs and upstairs is the gig venue. Stage is at the very back and the sound is superb. A welcome addition to the city, as a pub and a live music venue.

The IFC Bar, Eustace Street  
The IFC (Irish Film Centre) shows films, it serves food, it sells books and it has a bar. Bury me here.

Con's Pub, Camden St  
A small, long pub which is not usually frequented by students. The decor is green and the place is grand for an afternoon pint. Nice staff.
The Porterhouse, Temple Bar
Dublin's first micro brewery has become, not surpris­ingly, unbelievably trendy. "Bit casual this evening, sir," says the dressed hulk at the door. "Thank you very much," is a good riposte. It's that kind of place. Some of the beers are very palatable but you may have to try them all to find the one to your liking. Life is tragic sometimes. See guitar star Woodsie, Thursdays. Nice.

The Quays, Temple Bar
Yet another of those modern, "traditional" bars. Modelled on the Quays pub in Galway. Interesting to visit at least once.

Crosbies, Ranelagh
A nice roomy bar with a snooker hall at the back; frequently has live music at the weekends. Has the added advantage of being under Night Owls niteclub.

Bleeding Horse, Camden St
One of the first of the expensive interior decor pubs in the city. It now also has late opening policy on certain nights. Previously not over friendly to groups of students but increased competition may see that change.

McSorleys, Ranelagh
Very popular pub in the Ranelagh area. Good atmosphere, good beer and a friendly staff. Frequent by a mixture of locals and flat-landers.

The Barge
Recently totally gutted and rebuilt, this now has a beautiful interior which cost an amazing amount of money. Serves late and as it's by the canal and out of cars' way, drinking outside is tolerated.

Bad Bob's, Temple Bar
The decor is amazing, very country and western. One of Temple Bar's longest established late night venues. Actually used to be rather cool to go there, and still a bit of an achievement to get in.

Sean O'Casey's, Marlborough St
A good place to buy your cans - off licence goods are available while the pub is open. Tends to be frequented by the more middle-aged type. Worth going into to listen to the music.

Flowing Tide, Marlborough St
A good spot to drop into after having a protest outside the Dept. of Education on Marlborough St. A nice pub and generally good craic.

Liffey Bar Inn
Recently renovated pub with a lot if character. Good pub to in which to begin a DART crawl.

The Hut, Phibsborough
Not exactly huge but comfortable. Handy for a pint.

ROLL-YOUR-OWN TOBACCO in 12.5g pouch
before heading into town. Beside bus stops and at the heart of Phibsboro.

Parnell Mooney, Parnell St
Has been done up recently and is quite nice inside. Good value for money, food and the beer’s not bad.

Hynes, Rathmines Road
Big, shiny pub which gets some student business as well as the weekend suburban trekkers. Not the greatest spot in the area and there are far too many TVs.

Slattery’s, Rathmines
One of Dublin’s finest. Old, carefully unempt downstairs and a slightly shinier upstairs, with, sad to report, a music system. Still, beer is wonderful, staff are superb (if you are sensitive to sarcasm, stay away) and the snug is perfection itself.

Hill 16, Gardiner St.
This haven for Mountjoy Square students has a had a close rapport with the college for many years. This is a great place for an afternoon pint and lunch and to meet other Mountjoy Square people taking a break from arduous student life.

Stonesys, Hill St.
The Official Sports Club and Societies Bar of Mountjoy Square Students! This Bar is a little Mecca which not a lotta people seem to know about. Stonesys is one of those pubs that has character unlike many of the new modern styled bars. Friendly staff and friendly locals, a student can feel very comfortable here. In Stonesys many a famous Mountjoy Sq victory has been celebrated long into the night. A must try for all first years, the compact nature of this pub means that you can get to know all the other students in the place in just one night!

The Big Tree, Dorset St.
Home to the DIT-wide famous ‘Pub COMAD’ on a Wednesday night. Mountjoy Sq students flock here to avail of the service of a brilliant, energetic and accommodating pub. A big pub that is ultra-trendy and atmospheric, where you can also sit and relax. Increased dramatically in size — will party like never before this year.

Quinns, Drumcondra Rd.
Recently refurbished, Quinns is looking great these days. Very popular with students from Bolton Street, Mountjoy Square and DCU, especially on a Thursday night Quinns is a great place to get to know students from other colleges. Also a great spot on Big match days in Croke Park, particularly with the away supporters. Situated right in the middle of the Northside flatland belt. Another must for students.

Peacock, Marlborough St.
Back in the auld days it was the place to go for CBS students. However now it is mainly frequented by locals, and unsuspecting Freshers.

The Back Gate
Mountjoy Square’s latest watering hole for day and night-time drinking. Always a great place to meet other DIT students. Staff are very student friendly and so this venue will become a must for all weekly nights out. Great atmosphere and loads of space, so make use of the dancefloor if you want to meet that special someone.

McGraths, O’Connell St.
During the day your ordinary average pub, fairly comfortable and a decent pint. Good place to watch live soccer on the big screen. Very student friendly pub. At night turns into a multi-level disco and alternative music haunt.

Thornbush, Parnell St.
Good place for a pint. Nice interior and staff, and used by Mountjoy Sq and CBS students often as an overflow pub. Also used for GAA awards and as a port of call during five legged races.

Shakespeare Inn, Parnell St.
Big fat fun-filled pub with some of the best Guinness around. Music by the barrel-full, and a wooden interior that lends itself easily to large groups of revellers.

Fibber McGees, Parnell St.
Used to be headbangers’ haven, now done up into very student-friendly pub. Beer is cheap, music is good, and staff always welcome. DIT students. Always worth a visit to the beer garden and Club Aqua and also connects to the Back Gate to create a great venue.

O’Nellis, Suffolk Street
Not a typical DIT on the razzle pub, however a wide selection of drink is available. The place to go if you want to meet Mr/Miss wannabee.

The Bridge, Westmoreland St. (under Bewley’s)
One of the best interiors of any pub in Dublin, drink is good but only the richer students among us can afford this place. The armchairs must be tried, can be difficult to gain admittance.

Stag’s Head, Dame Ct.
Packed springs to mind, but it’s usually
packed with the right sort. Staff are second to none, look out for one called Kieran and try to dodge the tourists. The only disadvantage is it's hard to find if it's not your first stop.

Thomas Reid's, Dame Street
Very trendy and chic, includes music cellar at weekends. If you're on a track-suit night out avoid it like the plague. Popular with the theatre goers. Not exactly a student haunt.

Mother Redcaps, off Thomas St.
Rustic springs to mind; a great spot, you will get to meet the Dubliners of Dublin out for a bit of craic. They also do lovely pub grub at very reasonable prices. It's lively but big enough to find a quiet spot to chat or whatever.

The Four Seasons, Bolton St.
This place has the potential to become one of the student pubs in the city. It's size, comfort and proximity to DIT Bolton Street make it ideal. Definitely student-friendly with weekly entertainment.

The King's Inn, Bolton St.
A quiet spot if you're knackered and could murder a good pint. The decor is cozy and comfortable and the staff never fail to have something nice to say. It's mostly populated by the Bolton St. crowd so no more needs to be said. It's brilliant.

GF Handel's, Capel St. & Baggot Bridge
A favourite haunt of the architects so take from that what you will. If you're into the less is more kind _a look this is your place. Erasmus students seem partial.

The Long Stone, Hawkins St.
Deadly is all that needs to be said. It's lively, good beer plenty of both sexes to keep you satisfied, guaranteed good night out, famous for reunions of all sorts and it attracts crowds from everywhere. Variety is the spice.

Slattery's, Capel St.
Known as Capel St's. best. It's a good laugh, usually got a good crowd, the pints are excellent and they regularly have good bands. It's a hangout for up and coming groups.

Barney Murphy's, Wexford St.
Convenient choice for those who just can't wait to get to the pub. Situated at the junction of Wexford Street and Kevin Street, Barney's is very student friendly with a recently refurbished upstairs section which opens at night and can be booked for private functions.

Ryan's, Camden St.
Ryan's is an excellent pub for soup and sambos at lunch time and at a reasonable price too. It's got a great atmosphere and is friendly towards students.

Devitt's, Camden St.
This pub is a great place to meet Kevin Street students. There is a great mix of clientele and the upstairs is always packed on a Thursday night.

Upstairs is also available for hire at a reasonable price.

Gleeson's, Wexford St.
Gleesons has been adopted by Aungier Street students and is extremely student friendly. This pub in Wexford Street is brilliant to go to for a swift half or a night's drinking, highly recommended.

The Hairy Lemon, Stephen's St. Lower
A favourite for rugger-buggers, the Hairy Lemon is fabulous inside if you can get that far. It is over 23's and quite strict (with a few loopholes).

Chicago Pizza Pie Factory, Stephen's Green.
This restaurant/pub is great craic. It's in Stephen's Green so it is very central. Happy hour brings half price cocktails and a night you are sure to forget. Meals are quite pricey but worth the experience.

Bruxelles, Harry St.
Deceptively small, Bruxelles hosts three sections of the bar, two downstairs and one up. Everybody can find what they are after but it gets very busy as it is just off Grafton Street. You can sit outside if the weather's good.

Major Tom's, South King St.
Always jammers, especially on a Thursday night when

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Are you good enough to run for Class Rep?

Elections to take place in late September / early October

Watch notice boards for more info for your chance to be the voice of choice.

Further inquiries can be made at your local Students' Union.
Always jammers, especially on a Thursday night when the queue is nearly down to Grafton Street. A good venue with a good crowd who are either students or those who have just left college. Has refused very casually dressed students in the past.

**Thing Mote, Suffolk St.**
Located on Suffolk street, there tends to be a lack of seating in this place and it is always packed. A lot of posers come here after doing their late night shopping on Grafton street on a Thursday night.

**Judge Roy Beans, Nassau St.**
Great Mexican food served here. A good spot if you want a few beers and a bite to eat. Can be a bit hard to get in so go early to avoid disappointment.

**Flannerys, Wexford Street**
Taken a while to get going but now a fine place for an evening of assiduous drinking. Serves good bar food and serves drink late. Gets wedged on Thursdays and Friday nights.

**Sorohans, Wexford St**
Recent and welcome edition, nice and interesting decor, friendly, good decent pints. Mixed crowd -- pub still finding its identity and its market. Definitely one to check out, you'll like it.
Nite Clubbing

The PoD / Redbox (Harcourt St)
State-of-the-art venue, the Place of Dance has been attracting huge crowds from across the board throughout the 90's. Excellent Influx nights regularly as well as the world's leading DJs (Shadow, Slim, Laurent Garnier & Daft Punk) and one of the most sought-after clubs in town.

Club M (Blooms Hotel)
One of the best spots in Dublin if you get in! A very inconsistent door policy means you may get in on a Tuesday, but don’t expect to get in on the Wednesday! Once inside Club M is big and spacious and full of beautiful people. Sounds range from the charts to dance to oldies depending on the night you go. Drink prices though are very expensive. Wednesday is the best night for students with admission only £3.

Boomerang / Buskers (Temple Bar Hotel)
Possibly the trendiest night spot in Dublin at present. Buskers, the disco bar upstairs, is full of the finest looking guys and gals that Dublin can provide. Buskers is very easy on the eye and has a great vibe about it. The new club Boomerang is very similar to its upstairs brother. Sounds include a mix of the charts and dance with a semi-slow set thrown in. Very popular, so if thinking of going along arrive early to beat the massive queues.

The Turks Head (Parliament St)
Another of the new night-spots in Dublin, the Turks Head is a disco bar with a nightclub downstairs. Saturday night is the best night in the Turks Head when the place is swinging, with a bar extension until 2am. The disco sounds downstairs are relayed back up to the bar upstairs, so you’re effectively getting into the disco for free. Bar prices are very good considering the popularity of the Turks Head. Sounds are very chart and hit based with an eighties section thrown in, therefore making the Turks Head the ultimate feel good night-spot. Arrive early to avoid queuing.

The Pier (Fitzsimon's Hotel) Essex St
Once again a bar upstairs sets the mood for downstairs. The Pier is popular for the slightly less pretentious, aided and abetted by a relaxed and sensible door policy. A very popular spot at the weekends, The Pier attracts plenty of overseas visitors throughout the year, so a fun place to go. Not one of the biggest night-clubs in Dublin, The Pier can get very crowded very quickly, so arrive early if you want to claim your own little spot. Sounds range from dance to the charts with a slow set thrown in.

The Mission (Danger Doyle's) Temple Bar
A new night-club in Temple Bar, The Mission is compact but very atmospheric. Underneath Danger Doyle's, The Mission is popular with the over 20's. Open most of the week, The Mission has free entry before midnight during the week ‘til Thursday. This beautifully decorated club plays different sounds most nights including dance, chart, eighties and oldies. The Mission is well worth a try for the student who likes variety to keep his or her life spicy.

Howl at the Moon (O'Dwyer's) Mount St
Mainly for the older students among you, this night-club plays mostly mainstream music, but it does tend to get a bit crowded.

The Vatican (Russell Court Hotel)
Again, not really a student haunt as their door policy is over 23's. However if you do get in the chances of you picking up a yuppy with money are reasonably good.

Copper Face Jacks (Harcourt St)
For music, talent and all round craic you could do a lot worse than here. Great atmosphere particularly at the weekend when it does tend to get a bit crowded.
Cluainocht Oíche

Kitchen (Clarence Hotel) Temple Bar
One of the trendiest places around with great promotions earlier in the week. Top name DJs every week. A very comfortable night-club with an atmosphere and music variety that one can only enjoy.

Eamonn Doran’s (Temple Bar)
Another one of Temple Bar’s superior drinking emporia. Again great atmosphere and music (there must be something in the air in Temple Bar) that unlike some of the other places in Dublin caters quite well for students.

Whelans (Wexford Street)
In this correspondent’s opinion this is the best pub in Dublin. It has everything - a great pint, good food served in large portions and in a very friendly manner. Also has top class live music at very reasonable prices. This place is a must but if you do decide to go try to look as over 21 as you possibly can. Late night venue on Thursdays and Fridays -- worth a visit.

Night Owls (Ranelagh Village)
“Night owls, it’s the place to be seen.” So goes the ad. Always packed at the weekend yet everyone denies going there. Good music, good crowd and the drink’s alright.

Club Velvet (Harcourt Hotel) Harcourt St
A big group can have a good time here. Now marketing itself as a student venue for the early part of the week which must be a good thing. Previous reputation for playing handbag music but they swear blind it’s been jazzed up and dusted down.

Deep (Stillorgan Dual Carriageway)
Formerly known as Hollywood Nights, this place used to ooze pretentiousness. Since its reincarnation much has changed. Excellent sound and lighting rigs with multi-bar and very comfortable, slick surroundings. Good pick-up joint. Drink is good and they have a vast range.

Club Sarah (Rathfarnham Village)
Recently renovated, this place has changed quite a bit. Sometimes the crowd is young. Next night it is older. The best night is definitely a Thursday night with Warrior from Gladiators seen around with Shane from Boyzone.

Republica (Powers Hotel)
The city club to Club Sarah. There is a big Trinity crowd here on the weeknights, not that there is anything wrong with that. There are two dance floors here and the drink is averagely priced. A good night on a Thursday with complimentaries readily available. Special Discounts for D.I.T. students during the week.

Club 92 (Leopardstown)
A bit far out, but well worth the visit. The door policy is a bit strict but if you get in a good night is guaranteed. Good music, good crowd and good drink. Enough said.

Le Club (Churchtown)
Everyone thinks that this place is exotic because of its name but the only thing exotic about the place is the pineapple in the cocktails. However people seem to think that it is the in place to go. Sorry, not my impression.

Veleure / Mambo (Gaeity Theatre)
If you like Jazz, salsa, old movies, cartoons or drinking, then this is the place on a Friday and Saturday. Mild mannered theatre during the week, the Gaeity throws on a flouncy short dress at the weekends and goes mental. £6 and £7 entry is steep but the place is a riot.

Rí Rás (Dame Court)
Funkiest sounds in Dublin, comfortable drinking spot and reasonable price. Promoters Influx and other notables catering to a slightly older crowd, with music from the likes of Aoife NicCanna. Raic agus Ruaille-buaaille an oíche go léir.
Hello and welcome to your national union, the Union of Students in Ireland (USI).

For over 40 years USI has worked to promote and defend the rights of students. Today, we continue to represent you at the highest level. As a student, you are part of a large and dynamic union working towards greater equity for students as we reach a new millennium.

This year sees a lot of change within USI and in local colleges around the country. This change can only be positive. We hope to hear from you throughout the year with any new ideas that you may have.

Our main priority for the year is the twin issues of the capitation charge and maintenance grant. The Government is blocking our access to education. It is time for a substantial investment in the future of this country: students. No one should lose out on a college place due to lack of finances and the Government must invest in education and stop discrimination. USI will continue to agitate for a better deal for students.

All of us at USI wish you the very best for your college year and remember we are always available whenever you need us.

Remember we are working for YOU!

Fáilte go dtí d’Aontas Náisiúnta, Aontas na Mac Léinn in Éirinn (AMLÉ).

Le 40 bliain amach tá AMLÉ ag obair son chearta na mac léinn a chosaint agus a bhaint amach. Inniú tábhacht fós ag díónadh ionadachtaí duit ag na féidhle aírde. Mar mhac léinn, tá tú mar bháill d’aontas mó agus bríomhar ag obair fídreachta na bhfadh níos mó a fháil I gcormhaíonn na mac léinn agus cuid ag sroichint ní insigh nua.

Feicimid go leor ar chuidí fírth na bliana seo taobh istigh d’AMLÉ agus sna coláistí Áitiúil ar fud na tíre. Ní féidir liom sé a bheith ach mar dea-athrú. Tá súil againn cloisteáil uait tríd an bhliain le aon smaointí nuá atá agat.

Is é an táfáil ceannaí ar a dhaoine go deo. An duais go príomhodescoata atá againn fí bhliana. Tá an rialtas ag duine in agaidh ar mbealach isteach san oideachas. Tá an t-am tagtha i gcormhathain féin mhisteachtaí i dteachtaí na tíre seo: mac léinn. Ní chuir dhúine ar bith caileadh mar a áit sa cheol chuaigh ar easa airgid agus caithfidh an ríaltais féin mhisteachtaí i dteachtaí san oideachas agus tosh i dteachtaí a díríodh. Leanfadh AMLÉ le brú ar son margadh níos fearr do mhic léinn.

Tá súil againn ar fad in AMLÉ go mbíonn tréimhse tochtúil agat sa choláiste agus ná déan dearmadh go bhfuilimid anseo duit aon am gur mhinínt. Támid a bhíomar ar BHUR son i gcónaí!

USI, 1-2 Aston Place, Temple Bar, Dublin 2. Ph: (01) 671 0088

AMLÉ, 1-2 Plás Aston, Barra Temple, Baile Átha Cliath 2. Facs: (01) 671 0761
Welcome to the Aungier Street Students’ Union, the most user friendly site in the DT. The union has two staff- the Union/Shop Manager, Seamus Murphy, and the Union Secretary. Along with the union officers they co-ordinate the Union’s many and varied services. The general office provides information on all subjects, and also issues USIT cards, photocopying and fax service, typing, second hand book service and passport-sized photographs. If you have any queries, problems or suggestions don’t forget to drop in and use it-IT’S YOUR UNION!

THE SHOP
The Students’ Union shop is located in the Union area in the basement of the college. The opening hours are 8.45am-6pm. Stock includes confectionery, stationery, calculators, computer discs, newspapers photocopying cards, Dublin and country bus tickets, phone cards and our wonderful sandwiches and filled rolls. There is also a photograph-developing service. The list is almost endless and all at low prices that you can afford.

THE STUDENTS’ UNION COMMON ROOM
The common room in the union is equipped with two cable televisions. Sky sports is also available on these televisions and will be showing premier league football matches throughout the week along with all other sporting events. Also in the common room there are pool tables, the latest video games and plenty of comfortable seating and lots of music. It is the place to relax, meet people or just to hang out.

SECOND HAND BOOKS
Considering the prices of new books these days, it is well worth checking out what’s available in the union. If you have books to sell, take them to us in the students union, fill in the form and we will get you the best price for your books.

POSTAL ADDRESS
This means that you can have post sent to you, care of the students’ union. If you are in digs or a flat and are concerned about the privacy or safety of your letters, or if you might be changing address, use the union and your post will always get to you. Simply call into the union if you are expecting post or look out for a poster on the main notice board in the union with a list of names on it.

Seamus Murphy
Welcome one and all.

Let me start by congratulating all you new students on becoming members of DIT Aungier St. Welcome back also to the hardened veterans from your Summer of backbreaking work and play (hopefully more play).

My name is Dan, your Site President for the year. It is my task for the year ahead to ensure that you have all the support you need in College both socially and academically. Your Students' Union is there to help you with whatever problems or queries you may have. You pay my wages so all suggestions and ideas are very welcome.

To all you first years that may be worried about entering College — don't be. You're starting what I believe is the most challenging, interesting and enjoyable period of your life. You will meet great people and generate life-long memories. College is an experience to be fondly remembered so make the best of it. It's our job to help you create these memories so we'll do our best to make sure this is the case.

To those returning, I ask you to help me help you. The more ideas you give me the more everyone benefits. It is my desire to help create a Union where everyone gets involved.

Let's make sure we have a year where the Students' Union is truly at the heart of College for everyone to enjoy.

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Fáiltte romhaíbh uile.

Toisidh mé le comhchúiseas a ghuí ar an dream nua againn as ucht balllraitheach ITBAC Sráid Áine (Báinse a chur chun síocháin in aon rudraí). Fáiltte arais romhaíbh seanchaintí díreach ar dian-obair agus spraoi (spraoi is mo, tá síol againn) ar iSaimhiaríodh.

Is mise Dan, an Uachtarán Súite Díon againn in míbhliain. Is é an tasc agamsa don bhliain romhainn ná a chruthú go bhfuil an tacaíocht chuith liom sa Choláiste idir sóisialta agus acaidh dlí. Tá an Aontas na Mac Léinn agaibh ann le cabhrú liobh pe fadhbanna nó ceisteanna a réiteadh. Sibhse a focann an páigh agamsa mar sin cuírfeadh an-flúite roimh mholtaí agus aon eolaí as aithint ar bith.

Daoibhse sa chéad bhliain atá bhuartha faoi gcoldilse — ná bigi. Tá tús á chur agaibh leis an tréimhsí is dúshláin, is suim­ tísa agus is taitneamhach den saol. Bualadh sibh le daoine ion­ tachta a churthódh chuimhni fada saoil. Is é an post agnaí aigh cabhrú liobh na chuimhni seo a churthú, agus dánaímid ar dheitheadh.

Daoibhse atá ag filleadh, iarraim oráibh cabhrú liom cabhrú liobh. Dá mheadh na nodanna a thugann sibh dom is ea is mót is tuirbheach do gach éinne. Tá Aontas uaim ina bhfuil chogadh duitseach d'fhéadfadh Déanaimis cinnte ó ghabháil an bhliain agaibh ina mbíonn Aontas na Mac Léinn ag croí-fáir an Choláiste chun maithiús chuile dhuitse.

Have a great year, Dan.

Congratulations to all of our first years on obtaining a hard won place on your chosen course of study. My name is Joanne Quirke and I am your site Deputy President / Welfare Officer for this year.

My job involves deputising for Dan, and assisting him in the day to day running of the union, but first and foremost I am your Welfare Officer. If you need information or advice or help on maintenance grants, welfare loans, accommodation, tenant rights, health issues, pregnancy information, drop down to me (my office is located in the basement opposite the common room) Alternatively, feel free to approach me when I'm out and about around the college.

There will be many opportunities to become involved in the Students' Union, from becoming a Class Representative or Student Councillor, to setting up a club or society, or simply just becoming actively involved in one. Getting involved can be both rewarding and fun and a great way of meeting other students and making new friends.

I look forward to meeting you all during the year, both in college and at the various social events that will be taking place throughout the year.

Comhairdeas leis an muinteoir na céad bhliana as ucht dí a chinntiú ar an gceart a roghnáigh síbh. Is mise Joanne Quirke agus beidh mé mar Leas-Uachtarán / Oifigeach Leasa agaibh in míbhliain.

Baiseann an jab agam le hionadócht a dhéanamh do Dan, agus cúramh leithéid a thabhairt le reachtál an Aontais, ach tharais síin is mise an Oifigeach Leasa agaibh. Má tá aon chlaí uibh nó cabhrú ó thaoibh deontasaí, iasachtála leasa, lóistín, cearta tionónta, ceisteanna leighis agus iompair, bualadh súis slíocht (tá an oifig agam lomaithe san foslach os comhain an seomra pobail), nó tar chugam nuair atáim thart timpeall an choláiste.

Beidh dóthain deiseanna ann páirt a thabhairt in aghadh in Aontas na Mac Léinn, ó bheith idir fhionpháirtíochtaí na Máistrithe le Páirtí na Dún Ealaíne, go buíom chláib nó cumann, nó dirceach bheith gnófainnch i gceannacht. Tá leis an rannpháirtíseachas seo bheith timpeall an choláiste agus spraoiúil agus an- bheith i bhallacháis éasca le bualadh le mic léinn eile agus chuain cabhrú nua a bháilni. Táim ag stíl le bua lathair liobh i rith na bhliana, idir imeachtaí shóisialta agus coitliseachtaí.

Jo.
Gay and Lesbian

WHAT IS A HOMOSEXUAL?

A homosexual person is a man or woman whose feelings of sexual attraction are for someone of the same sex. Homosexual people are part of every community, every college and every family, which means that everyone knows someone who is homosexual. Most people just don't realise that they know, and perhaps love, someone who is homosexual, because many - if not most - homosexuals keep their sexual orientation a secret.

WHAT IS A LESBIAN?

A lesbian is a homosexual woman. Lesbian sexuality is distinct from gay male sexuality.

WHAT IS A GAY PERSON?

Gay is a synonym for homosexual. Since the late 1960s, the word gay has been publicly adopted by homosexual men and women as a positive alternative to the clinical sounding 'homosexual'. Among some gay and lesbian people, the word queer has become popular in place of gay or lesbian.

WHAT IS A BISEXUAL?

A bisexual person has significant feelings of attraction for both men and women. These feelings may be stronger for the same sex or for the opposite sex. That simply depends on the individual.

Unfortunately, because many gay and lesbian people call themselves bisexual on the way to accepting their homosexual orientation, many people have the misconception that all men and women who say they are bisexual are homosexuals who are afraid to admit the truth about themselves. This is simply a misconception. There are many people who have feelings of sexual attraction for both men and women.

'COMING OUT' - GOING PUBLIC

To explain how a gay or lesbian student "comes out of the closet", you first need to know what "the closet" is. The closet is simply a metaphor used to describe the place gay and lesbian people keep their sexual orientation hidden - whether that place is within themselves, within a college LGB group, or within the larger gay and lesbian community.

"Coming out of the closet" means being honest with those around you - friends, family, classmates and so forth - about your sexual orientation, about who you are.

Gay and lesbian students stay in the closet for three primary reasons: necessity, fear, and because they simply prefer not to discuss this part of their lives with, for example, their college friends or families. Those who stay in the closet because of necessity may do so because they think their parents will stop paying their college maintenance or throw them out of the house if they find out. They may fear discrimination by college authorities or physical violence at the hands of those who hate gay people.

Those gay and lesbian students who choose to tell their friends, family and classmates about their sexual orientation do so for many reasons. However, they do it primarily because they want to be themselves, because they want to be honest with those they love and trust, and because it can be difficult, exhausting, and personally destructive to pretend to be someone you're not.

HOMOPHOBIA

'Heterosexism' is a set of beliefs and a system of practices (in everything from the law to the churches to the media) that enforce the superiority of certain defined heterosexual acts as the only true and acceptable expressions of human sexuality. This is kept in place by a reign of fear and ignorance which we term 'Homophobia'. Homophobia is a reaction or attitude towards lesbian or gay people that manifests itself in anything from slight embarrassment to panic and verbal and physical violence.

COMMON MYTHS ABOUT LESBIANS AND GAYS:

1. Homosexuality is unnatural or abnormal

Gay and lesbian people who are comfortable with their sexuality will tell you that their experience of being with someone of the same sex feels perfectly natural, whereas being with someone of the opposite sex feels unnatural. What difference does their gender make? Homosexuality is known to have existed in almost all human cultures. In many cultures it has been easily accepted and encouraged. In today's society, heterosexuals are moving away from a dependence on pro-creative sex and exploring sex as an expression of love in its simplest form. Equally, homosexual sex is a very pure expression of human love.

2. Gay men and lesbians recruit people to become gay

Gay men and lesbians do not recruit people to become gay. Can you imagine how gay and lesbian life might be advertised to potential recruits? "You, too, can be a member of a despised minority. Join us and your parents will reject you, your boss will fire you, and absolute strangers will call you names or assault you for holding hands with your boyfriend or girlfriend in public." Gay and lesbian people can serve as positive role models for those who are struggling with their gay and lesbian identities.

There's nothing I'd like better than to live in a world where my sexuality was utterly irrelevant

-Armistead Maupin

3. Gay and lesbian people are more likely to molest children

The most likely person to molest children is a heterosexual male. His most likely victim is a female child. But no matter how many studies are done and how many statistics are quoted, there are people who continue to promote the lie that gay or lesbian is synonymous with child molester.

DISCRIMINATION AND ANTIGAY VIOLENCE

Gay and lesbian people are discriminated against in many different ways:

Anti-gay violence or "Queerbashing"-

According to a 1993 report by the European Human Rights Foundation to the European Commission, it is estimated...
that 70% of gay men and 30% of lesbians are confronted with homophobic violence at least once in their lives.

In Ireland, there is a general law on assault which should protect all citizens, but for lesbians and gays it is very difficult to report such assaults. Many LGB students fear further discrimination at the hands of the police and justice system.

The reality is that much of the off-campus and college-related violence experienced by LGB students in Ireland is ignored or goes unreported. If you experience homophobia in any guise on any DIT campus or elsewhere, it is important that you let your Students’ Union know. Complete confidentiality is assured.

Discrimination in housing:

Accommodation is a problem area for many LGB students. The majority of LGB students in Ireland live in private rented accommodation, which is more expensive and less secure. Tenants are vulnerable to discrimination from private landlords.

The European Parliament has recognised the difficulties experienced by many sections of society in obtaining rented accommodation in the private sector. It has called for the introduction and better enforcement of laws banning discrimination on the basis of sexual orientation.

Discrimination in insurance, loan security, pension rights, mortgages:

Lesbian and gay people have money too. It should be their right to direct that money to the person of their choice.

AGE OF CONSENT

In the Republic of Ireland there is an equal age of consent for both homosexuals and heterosexuals of 17 years of age. In Northern Ireland, England, Scotland and Wales the age of consent for homosexual relations is 18 years of age. The age of consent for heterosexual relations is 16 years of age. The age of consent does not guarantee other civil rights, such as the right to hold hands or express affection in public.

HOW TO MEET OTHER LESBIAN, GAY AND BISEXUAL STUDENTS

Your local union will have information on LGB societies within DIT colleges. LGB societies have been active in a number of DIT colleges over the last few years. Regular meetings and social events are organised. Some of these events are open to all DIT students, others are confined to members. Events are advertised on notice boards around the colleges.

USI LESBIAN, GAY AND BISEXUAL CAMPAIGN (LGB)

The national lesbian, gay and bisexual campaign is an autonomous campaign within USI, the national students’ union. Lesbian, gay and bisexual students control the democracy, the running and the budget of the campaign. This allows LGB students to raise the issues they want to prioritise and set the direction for the campaign.

Autonomy is often undermined in the student movement by presidents or executives who want to centralise power. It is a principle worth defending because it gives control over how to fight for our liberation.

While defending autonomy the national campaign encourages every student to get involved in lesbian, gay and bisexual liberation. Lesbian, gay and bisexual students take the campaign into USI, into students unions and organise campaigns for all students to get involved in.

Campaign Structures

The campaign’s policy and direction are determined at the LGB Standing Conference which takes place in the first term. The LGB Working Group and LGBRO (LGB Rights Officer; this year, Orla Richardson) are elected at this conference and are responsible for implementing policy. The Working Group consists of representatives from different colleges and is accountable for its work throughout the year. The male and female LGB Convenors are jointly responsible for co-ordinating the campaign.

How you can get involved

Many students unions now have lesbian, gay and bisexual societies which provide support, raise our profile within colleges and campaign against homophobia. The LGB conference is attended by delegates from LGB societies, from students unions and by individuals. Any gay or bisexual student can have an input into the campaign’s decision-making process by submitting motions to conference. Send proposals to USI in advance or bring them to conference.

Pink training is an annual USI event open to all LGB students. It consists of workshops and debates on issues that are important to us – issues such as tackling homophobia, women’s health, safer sex and running an LGB society.

The most important aspect of LGB events is that they provide a comfortable environment to meet and socialise with other lesbian, gay and bisexual students from all over the country.

What the USI LGB campaign can do for you

We run national campaigns, which bring together work done locally and prioritise national issues for local groups to get involved in. The campaign is here to act as a back-up for lesbian, gay and bisexual societies. The campaign provides material, resources, conferences, training, help, advice and support. The LGB Working Group and LGBRO work to maintain the profile of Lesbian and Gay Liberation and to provide political leadership for the campaign.
Sex AND CONTRACEPTION

Sex. We love it (I think I can speak for most people on this one). If we're not doing it we're thinking about it, talking about it, wondering about, marveling at it, planning it, hoping for it or, on the saddest of occasions, begging for it in the most undignified manner. Sex is in our music, our books, our films, it is generally, in one form or another, unavoidable.

Sex is an expression of love, a moment of relief, a way of reproducing. It can be beautiful, frightening, exciting, dangerous, gentle, tender, meaningful or casual. It's versatile—like music, our books, our films, it is generally, in one form or another, unavoidable.

Sex should be fun, lots of fun, but it must be approached in a responsible, mature way and it is important that partners in a sexual relationship be fully aware of what they are undertaking, and what the consequences may be.

Let's start at the beginning.

Sexual relationships can take place between:

(a) Two men
(b) A man and a woman
(c) Two women

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

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

Because we live in a heterosexual dominated world, when most people talk about 'sex' (fuck, screw, bang, shag, bonk), they mean vaginal intercourse. This is the insertion of the man's erect penis (prick, dick, cock, willie) into a woman's vagina. (fanny, crack, pussy, twat, muff). Foreplay normally precedes intercourse. Foreplay involves the kissing, touching, holding, rubbing, licking, stroking etc. of your partner's body. The purpose of foreplay is to increase pleasure and to make the penis erect (so it can enter the vagina) and to moisten the vagina (so it is lubricated enough to accept the penis without hurting the woman).

Intercourse normally continues until one or both partners reach orgasm - the moment of highest pleasure which involves muscle spasms and, for men, the ejaculation of semen (cum, spunk).

Vaginal intercourse can of course result in pregnancy. It is therefore essential to use a reliable method of contraception to prevent this (unless of course you want a baby) and also to avoid Sexually Transmitted Diseases.

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

Bíomis Ionraic faoi seo, don chuid is mó agailann bainean an gnéas go móir lenár saol. Muld ag súil leis, ag breathnú síor air, dhá ndéanadh, dhá oireas, ag brongrófí faoi, ag caint faoi, ag caint go spraoiúil faoi, ag ceol faoi, ag ciosnóid faoi, ag leasaimh faoi. Is bealach é an gnéas mothúchán an ghrá a chur in iúl, is bealach é le foasaimh a tháil, bealach leis an gníomh a bhaoi, a bheith ag duine ard ina mheadú, tá sé álainn, scanrúil, corraiteach, dáiniséarach, usail, bóg, lán de bhri nó níochmhiúsceach. San áireamh tá pógadh, cuimilt, teannadh, teagmháil, fascadh nó díreach chomhríachtain féin.

Is féidir an t-áitáis suíomhán bhainean an gnéasach ach ní mór dearcadh a bheidh a bheith ag duine ar aise agus tá sé tábhachtach go mbeadh a fhios ag an gnéasach, an fhios go bhfuil a fhios ag an gnéasach, an fhios go bhfuil a fhios ag an gnéasach. Gníomh a thugtar ar chaidreamh idir beirt den gnéas ceanna. Do lorg an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios.

Gníomh le dhá gnéasach a thugtar ar chaidreamh idir beirt den gnéasach, do lorg an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios. Cóimhreachn hióna, do lorg an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios. Bhfuil an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios. Bhfuil an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios. Bhfuil an gnéasach a bheidh a fhios, do lorg an gnéasach a bheidh a fhios.
Then there's Anal Sex where the penis is inserted into the partner's anus (hole, arse). There is an increased risk of HIV infection with this. You could of course try masturbation (wanking, jerking off, fingering). This you can do on your own or with a partner. For women it involves stroking the clitoris or inserting fingers into the vagina. For men it means stroking the penis. This is entirely free from the risks of pregnancy and sexually transmitted diseases.

But there are more ways of having a sexual relationship, the above is just a sample. Every couple will have their own favourite activities.

**Contraception**

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

Contraception should not be considered solely the responsibility of one or other partner. Sex has the power to create life and must be approached responsibly.

**If you don’t feel able to discuss contraception and safe sex with your partner, you shouldn’t be having sex in the first place.**

Unprotected sex can result in pregnancy, STDs, HIV, AIDS, or death.

Apart from condoms and spermicide all other forms of artificial contraception must be prescribed or fitted by a doctor.

**CONDOMS**

**The Male Condom**

*Effectiveness (with careful use) 85%-98%*

The condom is a rubber sheath which covers the penis and collects the sperm after ejaculation, stopping the sperm from reaching the vagina. Condoms are at present available from chemists, family planning clinics, some shops, pubs and night clubs, and toilets everywhere. There’s no excuse now, is there? And let’s have none of this embarrassment nonsense. Spermicides should be used with condoms to improve their effectiveness. Spermicides are chemicals which are inserted into the vagina and act both by killing sperm and by forming a thick barrier to stop the sperm from swimming into the womb. They come in four different forms: jelly, cream, pessaries (tablets inserted into the vagina) and foams. The jellies and creams are inserted into the vagina with an applicator.

Spermicides are not effective on their own, but should be used as a back-up for condoms and other barrier methods of contraception.

**Directions for use of condoms**

1. The woman should insert whatever spermicide she is using into her vagina.
2. Be careful not to allow the penis near the entrance to the vagina before the condom is on. Sperm can be released long before ejaculation and can travel quickly up into the vagina and into the womb.
3. Instructions are provided either in or on the condom.

**ach sampla. Tiocfadh gach beirt ar an mbealach is mó pleisíúr dóibh féin.**

**FRITHGHINÍÚNT**

Má tá caidreamh heilurghnisaach agat is cuma é a bheith leanúnah nách ógáideach, tá sé tábhachtach - mur bhfuil clann uait - úsáid a bhaint as gleás éigin frithghiníúna.

Ni ceart breathnú ar an bhfrithghiníúnt mar churam duine amháin den bheirt. Seo an bealach gur féidir linn beatha nua a thabhairt ar an saol agus ní móir breathnú ar gcuromach. Muna bhfuil tú in ann cúrsáil frithghiníúna nó gnéas sábháilte a phlé le do chéile ni ceart duit caidreamh colla a bheith agat leis/léi ar chorr ar bith. Muna mbíonn cosainnt éigin agat d’fhéadadh bheith torrach, SEIF a tháil nó féin a bheith tar éis combhrachtana. Sin an rogha atá agat.

Taobh amuigh de choisíní agus speirmmharfóirí ní mó cuairt a thabhairt ar dochtúir máinos leat úsáid a bhaint as gleás éile frithghiníúna.

**COISÍNÍ**

**COISÍN NA BHFEAR**

Éifeachtacht (má úsáidear i gceart é) 85% - 98%

Truailli rubaí a chúlaíon a bheith agus a bhailiúnn an speírm tar éis é a bheith scéalta é an coiscín. Ní bhionn an speírm in ann dul chomh fada leis an bhfhaighean. Is féidir coiscíní a tháil i chogaislaí, chlíneáil pleanála cláinne nó ó Chomhaíltais na Ma Leáinn. De léir deireann tháinig aithrí ar an dul agus is féidir coiscíní a dhíol i siopai, i dthithe, tabhaimh agus in golubanna oiche. Ba cheart speirmmharfóirí a úsáid le coiscíní chuimh a n-eifeacht a fearr. Céimicí iad na speirmmharfóirí a curticear isteach sa fháthain, maraíonn siad an speírm agus coscaíonn siad an speírm dul isteach sa bhfoinn. Tá siad ar fáil i bhfhoirm glóthaigh, uchtair, faighintaca (tábhiéid ond curticear isteach sa fháthain) agus cúirí. Baintear úsáid a úsáid speisialta leis na speirmmharfóirí glóthaigh agus uachtair a chur isteach sa chorp. Níl speirmmharfóirí éifeachtach ina n-eon ar aisear ach is fearr iad a úsáid i dteannta coiscíní agus móthanna bacailíne elle.

**Úsáid Coiscíní**

1. Ba cheart don bhean pei speirmmharfóirí is rogha léi a chur isteach sa fháthain.
2. Bhí cúramach gan lítient don bhod dul i gconar don fháthain sula mbíonn an coiscín air. Is féidir le speírm a bhealach a dheanamh go tapa amach as an mbod, isteach sa fháthain agus suas chugán a mbíonn i bhfad roimh scoileadadh.
3. Ní féidir an coiscín a chur ar an mbod go mbeidh sé crua agus ina sheasamh. Muna dtarnaíonn an fear síor ón mbean go luath tar éis dá scóiladh a d'fhéadadh an coiscín níos mó bhodh. Níl speirmmharfóirí agus uachtair a chur isteach is rogha nó do chomhghníomhach.

**DEAN-**

1. Bhíonn bealú ar choisíní don chuid is mó. Muna bhfuil ar na cinn atá atá agat, nó ní mór theastaoinn tullleach bealaithe uait, bain úsáid as glóthaigh KY. Nó bain úsáid as Vaseline a riamh nó aon ghliothacht eile a bhfuil ola
pack so please read them carefully.

3. The condom can only be put on after the penis has become hard and erect.

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

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

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

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

**Disadvantages**
1. Condoms may slip off and have a quite high failure rate if used improperly. If used carefully, according to instructions and with a spermicide, they have a theoretical failure rate of 4%. However, in practice condoms have a use failure rate of 20%.

Therefore
(i) Always use a spermicide.
(ii) Always be careful when unrolling it to close the penis.
(iii) Check afterwards for bursts and leaks.
2. Some couples don't like the interference with spontaneity, or the reduced sensitivity.

**The Female Condom**

**Effectiveness:** No large-scale studies have yet been done, but research to date suggest it should be as effective as the male condom. No standard has yet been set for the female condom.

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ann toisce gur féidir leis an coíscín a mhillleadh. Muna mbíonn dótáin bealaithe ar an gcóiscín d'headladh sé stróiceadh.

(2) Cinnitigh nuair a thógann t u an coíscín den bhod nach bhfuil sé stróiche nó poill an.

(3) Bf cintte i gcóin a bhfuil bhiobal an ettelege - Caighdeán na Breataine (BS) - ar an mbosca coíscín.

**NA DÉAN:-**
(1) Ná bain úsáid as an gcóiscín cénna faoi dhó.
(2) Ná hoscail amach an coíscín nó ná lión le huscse is sula n-úsáideann tú é.

(3) Ná húsáid coíscín má tá an dáta ar an mbosca istigh.

**BUNTAISTI**
1. Tá coíscíní ar fáil go forleathan agus tá sé éasca iad a úsáid.
2. Ní thógann siad drochiarmsadtaic aoidhe bith ina ndíadh.
3. Má tá claoadh ar fhir siol a saothradh rúth chuíodh do shóil mothaílachta an coíscín leis an spáinteagadh a laghdú.

(4) Tá coíscín ín gcóscas an ghalaragh ghnéastarchurtha agus cabhraíonn siad leis na SEIF a sheachaint.

(5) Ní hionann coíscín agus an gairéas inutarcha nó an piolla sa bealach nach urús frithghiniúna seasamhacht atá ann. Is buntasáite é seo muna bhfuil coimbrachtaírialta gceist.

6. Go hiondúil, bionn sóiléir má theipheann ar an gcóiscín agus is mó seans go bhfuil iad ag an duine. Is féidir frithghiniúnta áitéanda nó iarr-chumhachta a úsáid ar nós an piolla athmhairdhe.

**MIHUNTAISTI**
1. Sleamhaíonn coíscín uaireanta den bhod agus tá raata ard teipe acu muna n-úsáidear i gceart mead. Má úsáidear, tá mar is ead agus í dteannta spéimhhar-foirí tá raata teipe teoríofail de 4% acu. Ach, i ndáirfír tá raata teipe de 20% acu.

Dá bhhrí sin
(i) bain úsáid as spéimhharphoirí ina dteannta i gcóiná
(ii) bí cúramach i gcóiná nuair atá coíscín á chur ar an mbod agat
(iii) dèan scrúdú orthu i gcóiná le cinnití ná stróiceadh lad.

2. Ní láthair le roinnt daoine go milleann úsáid coíscín, Cuimhneacháin, agus go laghdúonn siad an mothúlacht.

**COÍSCIN NA mBAN**
Éifeacht: Níor rinneadh aon stádaír cuimsíteach ar seo fós ach táspéannann an taighde atá déanta go dí thar fós go bhfuil feasa an-chomh maith céanna le coíscín na bhfear. Níl aon Caighdeán sa Bhreatain (BS) leagtha sios do coíscín na mban.

Feadán tanaí déanta as plaisteach nó rubar atá ann. Tá sé dúntha ag bun amhain agus i gceist go mbeadh sé ina líneáil scóitilt ìstigh i bhfeithinín na má leat do dhá fhéinle solúbtha, ceann ag gach aon taobh, leis an iomlán a chinneal ina áit. Táann an fháinne ag an taobh atá dúntha leat a sheacht a bhfaighinn, taobh thiar den chomhchúirtear. Fanann an fháinne ag an taobh oscaillte taobh amháin den chorp ina lai gus oscaill na feiníní. Níl a chcoíscín mná amhain atá fál go fóill, sin Feminod agus is as plaisteach atá sé déanta. Tá bealú curtha ar Feminid agus is féidir tuilleadh a chur ar an taobh istigh mian mian leat.

De réir an dli anois ní uirlírí frithghinínúna lád coíscín (ban nó fear) agus is féidir leis a dhíol in dinnioll diochlaichné, nó thar an gcúntar i siopeai ar mac léinn, in longaí.
The female condom is a tube made of very thin polyurethane plastic or rubber. It is closed at one end and designed to form a loose lining to a woman's vagina with two flexible rings, one at each end, to keep it in place. The loose ring in the closed end fits inside the vagina, just behind the pubic bone. The fixed ring at the open end stays behind the pubic bone. The fixed ring at the open end stays loose ring in the closed end fits inside the vagina, just

Do
1. Use a new female condom each time you make love.
2. Always check the expiry date on the pack.
3. Put the condom in before the man's penis touches your genital area.
4. Seek immediate advice about emergency contraception from your Family Planning Centre if an accident happens (e.g. condom splits or tears, condom gets pushed too far into the vagina or man's penis enters

Directions for Use
The female condom may be put in by the woman or her partner. If you get your female condoms from a family planning centre, the nurse or doctor should explain how to use them or you can ask.

1. Hold the condom at the closed end and squeeze the inner ring between your thumb and middle finger, to keep it steady.
2. With your other hand, separate the folds of skin (labia) around your vagina. Then insert the squeezed ring into the vagina and push it up as far as you can.
3. Now put your index or middle finger into the open end and push the inner ring further into the vagina so that it is lying just above your pubic bone. (You can feel your pubic bone by inserting your index or middle finger into your vagina and curving it forward slightly.) Make sure outer ring lies close against the vulva. During intercourse, it is a good idea for the woman to guide the man's penis into the condom. The condom will move during sex, but you will still be protected because the penis stays inside the condom.
4. To remove condom, simply twist outer ring to keep semen inside, and pull condom out gently.

Phleannála Clainne, i gcógaslanna, i stáisiún petrolí, i slopail nuachtáin &rl. Nil aon teorann aoise ag baint le ceannach colscíni.

MODH ÚSÁIDE
Is féidir leis an mbean i féin nó lena cáilióin a chur isteach inti. Más in ionad Phleannála Clainne a cheannaoiann tú colscíni ba cheart don bhailtear nó don dochtúir talpaipéinte duit conas iad a úsáid, muna dtaispeáin larr air/thin sin a dhéanamh.
1. Beir greim ar an gcolscín ar an taobh dúnta agus brú an fháthaine ar an taobh istigh i d'ordó agus do mhéar láir chun é a choinneáil socair.
2. Leas an láimh eile scáil ar an crúcaíonn timpeall na faighinte. Ansin cuir an fháthaine atá brúite i d'ordó do mhéar isteach sa fháthagain suas shomh fada agus is féidir leat.
3. Anois cuir do chorr do chhor mheáir nó do mhéar láir isteach sa taobh oscailte agus brú an fháthaine ar an taobh istigh suas chomh fada leis an gcrónaíocht oirbhearta.

Buntáistí
1. Tá colscíini ban ar fáil go forleathan agus tá sé éasca iad a úsáid.
2. Ní fhágann siad drochlaímrítaí daoibh a bheith in ann dlaithe.
3. Má bhaintear úsáid cheart as colscíini is iad is fearr leis an duine atá atá gniomhaíoch ghnigseúil a chosaint é mar iomáin HIV agus òibhliúgh gnéartas ar chuma. Is sé féidir colscín mna a úsáid go sábháilte le hinn tréimhse miosta.
4. Murab ionann leis an ngairis inutach nó leis an bpíolla ní úrúil frithghinuitheanna aon inaíocht atá i gcolscín.
5. Go hionáin, bionn síol air bás thein peann ar an gcolscín agus is mó sean go mbeidh a fhios ag an duine. Is féidir frithghinuithe eigeandála nó larr-chumaisc a úsáid ar nós an pluía athmhlaidhne.

Mhíshuntáistí
1. Tá baol ann go mbrúfaidh do chéile an fháthaine ar an taobh amuigh isteach ionat muna bhfhiú dòthain
vagina outside the condom).

Don’t

1. Never re-use a condom.
2. Never use after expiry date has passed.
3. Never flush condoms down the toilet as they cannot be broken down in the sewage system. Wrap them in a tissue and put them in a bin.

Advantages

1. Easy to obtain and use.
2. No harmful physical side-effects to worry about.
3. Properly used, a good quality condom is the single most effective protection against HIV, and other STDs, for sexually active people.
4. You can use a condom safely throughout your monthly cycle.
5. Unlike the coil or pill, it does not involve constant use of birth control.

Disadvantages

1. The outer ring may be pushed inside by your partner’s penis if there is not enough lubricant at the opening.
2. The penis can “miss” the condom, and go into the vagina “beside the condom”.
3. Some couples don’t like the interference with spontaneity, or the reduced sensitivity.
4. More expensive than the male condom.

bealaithe ar an oscailt.
2. Is féidir leis an mbod dul isteach sa faighnin in aice leis an gcoscín.
3. Ní thaitiúnn sú le roinnt daoine go milleann úsáid coiscíní spontáineachta na comhríachtana.
4. Tá síliú níos daora ná cogaiscear.
5. Bhíonn roinnt daoine ag ghearrán faoi tosaigh anois. Tá aon taidisiúl sa bhliain ann. Chomh maith leis aon phíoll a thugtar go bhfuil Conradh an fhaighin ann faoi seachas leis an sochar.

AN SCAILT NÓ AN BEARAD

**Eifeachtaigh (le húaidh chearta)** 85% - 97%

Bearad cruinn deanta as rubar bog é an scailt a suíonn sa faighin le cabhair ó lingeán solúltha. Ní mór úsáid a bhaint i gcónaí as speilirmharfóir uachtaír nó glóthaigh i dtéanta na scailte. Is é an t-auchtar/án glóthach an uirlís frithghinílima is tábhachtach agus níl sé scailt a chéile go bhfuas le hialát si a n-áthó. Coinnionn an scailt na speilirmharfóir ó clionn béal na broinna sa chaoil is go mbonn ann an speirín marbh roimh an bhróinn a bhaint amach. Is féidir a chur an scailt a chur isteach ionat cúpla uair an chloing roimh comhríachtain, mar shampla roimh imeacht amach. Má bhíonn comhríachtain agat níos mó ná dhá uair a chur roimh ter údscailt a chur a chur isteach bléid ort faighntiúcaí nó speilirmharfóir eile a úsáid gan an scailt a bhaint amach. Ní mór do dochtúir ní do baithnaí ar an scailt a chur isteach sa bhean don chéad uair agus chomh minic agus is maith leis an mbean ina dhiaidh a chionn go gcuireann na bréith agus ma tháinig ina dhiaidh sin. Bhíonn – 97% go bhfuil hormon sa corp i rith comhríachtain.

BUNTAISTÍ

1. Ní tháithig drochcharstairs taobh is beo ina dláidh. B’fhéidir nach bhfuil faoi gach speilirmharfóir do gach bean ach is féidir cinn difriúla a thriail.
2. An-eifeachtaigh m’usáidtear i gceart.

MICHAIRÍ

1. Is gá do dhochtúir nó do bhanaira an scailt a feisitiú an-chéad uair.
2. Ceapann roinnt daoine go bhfuil trioblóid ag baint leis an scailt a feisitiú agus aírre a thabhairt di.
3. Ní mór selcédil gach se mhí go bhfuil an scailt fós ar an mód ceart.
4. Má thagann athrú ar mheachán na mná sa bhreis ar 3 kilo (7 bpunt) sean go mbéidh uirthi scailt eile a fháil má tá mód na fhaghlormhí Athraithe freisin.

AN PIOLLA

**Eifeachtaigh (le húaidh churmarach)** 99%

Seo an bealach incheasta is fearr frithghinílima dá bhfuil ann. Do chuaidh mhaith mná níl tada níos fearr ná seo. Tá sé an-easa e a úsáid agus nó chuirteann sé i steach ar an gcomhríachtain.

CONAS A OBRÍONN AN PIOLLA?

Nuair a bhíonn bean ag séil cúirteann hormóin ina corp stop leis an shaoileach úbhe gach m. Tá ábhar sa phhiolla a dheanann an rud céanna. D’fhéad sé m’fhágann bean an phiolla go rialtai ní bheidh si ritorch. Tá dhá hormóin sa phioilla is mó úsáide is iad sin
5. Some people complain about the “rustling plastic bag” noises which they say are made during lovemaking while using the female condom (though others find that the sound effects add an element of fun!).

The Diaphragm or Cap

Effectiveness (with careful use) 85%-97%

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

The first fitting must be done by a doctor or nurse and the user will be able to see her/him as often as she wishes until she feels happy about insertion and removal. Insertion is very simple, much like inserting a tampon and most women need only a return visit to show that they have mastered the technique.

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

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

The Pill

Effectiveness (with careful use) 99%

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

How does the pill work?

When a woman is pregnant certain hormones in her body stop the release of an egg cell each month. The pill contains substances which have the same effect. This is why a woman taking the pill regularly does not become pregnant.

The most widely used type of pill is a combination of two hormones, oestrogen and progestogen. It is taken for
21 days followed by a break of seven days during which monthly bleeding occurs. The packets are designed so as to make the regular use of the pill as simple as possible.

1. The pills used most commonly nowadays contain the lowest amount of hormones which will prevent pregnancy occurring. In these pills the proportions of the two hormones are constant for the 21 days of pill taking.
2. In another type of pill, the 'triphasic pill', the ratio of the particular progestogen to oestrogen used is changed during the 21 day course, according to the phase of the menstrual cycle. This means that a lower dose of progestogen is taken each month, still combined with a low dose of oestrogen.
3. A third type of pill sometimes called a 'mini pill' contains only progestogen and is less reliable than the combined pill, but is useful in some cases where oestrogens may be hazardous for the woman.

Advantages
1. Very reliable.
2. Regularises and lightens periods and relieves menstrual cramps and pre-menstrual syndrome in some women.
3. It does not intrude on love-making.

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

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

Who should Not Take the Pill?
(a) Those with a history of blood clotting.
(b) Those with some forms of cancer.
(c) Those over 45 - (unless no side effects reported and other birth control methods pose a serious health problem).
(d) Heavy smokers.
(e) Women menstruating for less than three years.
(f) Diabetics unless supervised by a Hospital or Gynaecologist.

All women who take the pill should do so under medical supervision. The first check-up should be three months after taking the pill, thereafter every six months.

Mini Pill
Effectiveness (with careful use) 97%
Unlike the combined pill it does not contain the oestrogen hormone and only minimal doses of the progesterone hormone. It is therefore a useful method of contraception for women who cannot take tar éis 3 mhi agus ansin gach 6 mhi as sin amach.

AN MIONPHIOLLA
Eifeachtachta (le húsáid chúramach) 97%
Murab lonainn leis an bpíola comhdhéanta ní aon ostraigín sa phíola seo agus fior bheagán den hormón prógaisítearón. Dé bhri sin is mór an buntásta é é daoine nach féidir leo ostraigín a thogáil ar an bpíola ní aon staic as níos aosta, diabateaghi, duine a chaitheann go trom, beit anátha atá nó mathair atá ag tabhairt bainne ciche.
Tá sé beagainn níos neamhlaitheachta ná an bpíola comhdhéanta. Le riar eifeacht is féidir uísdá a bhaint as píolmarfhróir i lár na mósa. Cé go piota atá ann ní oibríonn sé sa chaoi leánneas leis an bpíola comhdhéanta sa mhéid is nach stopann sé scoileadh na halbhe gach mí. In áit déanaí ní sóna béal na broinne, níos fearr. Déanaí ní seirfntear ballaí na broinne nímhdeach don ubh. Déanaí ní seirfntear ballaí na broinne nímhdeach don ubh.

BUNTÁISTI
1. Usáideach do mhána atá níos aosta toisc go bhfuil baol i bhfad níos lú ann ó thaoibh fadhanna a bhaineann le brú folá agus teachtán folá.
2. Tá sé simplí agus éasca le n-úsáid.
3. Is féidir le mathair atá ag tabhairt bainne ciche é a úsáid.
4. Nó úsáideann sé isteach ar cheantair.

Míobunántaíste
1. De ghnáth cuireann mná stóip leis an módh seo a úsáid toisc go cuireann sé isteach ar an tréimhse mios-
ta.
2. Nó féidir le bean a raibh tóircheas eacátóide aici an mionphíolla a úsáid.
3. Ós rud é go scéalfeair é a thogáil ag móran an t-am cinn de gach lá déanaí ní sóna deacrach mar bhealach frithghiniúna do roinnt mná.

AN GAREAS INUTARACH (L.U.D.)
Eifeachtachta 96 - 99%
Gareas beag déanta as plástiseab ná an gareas inúchad uirthi a bhí an gareas inúchad uirthi a chuir an gareas inúchad uirthi nó banaltra isteach i mbroin mná. Nó ní freiceadóireachtaí féin, ach iomhánn an gareas inúchad uirthi ach ceaptaí go stopann sé an bhun duine agus an bpíola ní go gcuireann sé moill ar an ubh teach annus go dtí an brochure, nó nach dtagann sé deis don ubh luir isteach i mballa na broinne. Nó mó do dhochúrtú oíthe an gareas a chur isteach agus is fearr é a dhéanann uirthi le tréimhse mios nuair atá oscailt na faighne níos mó, nó mó do fearr le héadh ag an tús uísdá a bheith as speirmímadhóirí agus ina dlíne in i lár na mósa arís. Ba chóir scéilte go dhochúrtu a fháil, déanta ar an ngareas 4-6 seachtain tar éis a chur isteach a leabhairnachtaí nó úsáid a bhaint as cóisc ar feadh seachtaine roimh sin.

BUNTÁISTI
1. Is féidir brath go mór air.
2. Oibríonn sé nó níomhaid a chuirtear isteach é.
3. Nó úsáideann sé isteach ar cheantair.

Who should Not Take the Pill?
(a) Those with a history of blood clotting.
(b) Those with some forms of cancer.
(c) Those over 45 - (unless no side effects reported and other birth control methods pose a serious health problem).
(d) Heavy smokers.
(e) Women menstruating for less than three years.
(f) Diabetics unless supervised by a Hospital or Gynaecologist.

All women who take the pill should do so under medical supervision. The first check-up should be three months after taking the pill, thereafter every six months.
The injectable contraceptive

Effectiveness 99%

The injectable contraceptive is a very effective method which provides reliable contraception for 12 weeks from a single dose. There is, at present, only one type of injectable contraceptive available in Ireland: Depo-Provera. The injectable contraceptive contains only one hormone: progestogen. It works in three ways: 1) it prevents ovulation (the release of an egg each month from the ovaries), 2) it thickens the mucus at the cervix (entrance to the womb) thereby making it more hostile to sperm, and 3) it alters the lining of the uterus (womb), therefore, making it difficult for an egg to become implanted in the womb.

The injectable contraceptive is suitable for women of all ages. It is especially convenient for those women who appreciate the freedom from having to remember to take a pill every day. The injectable contraceptive can also be used by women who cannot use oestrogen (eg smokers, women over 35).

Your doctor or family planning clinic can prescribe the injectable contraceptive for you. It is injected into a muscle, usually the buttock. To ensure you are not pregnant at the time of your first injection, it is important that it be given during the first five days of your period.

Further injections are given every twelve weeks.

The most common side effect experienced by women using the injectable contraceptive is changes to their periods. Some women have irregular bleeding, which ceases. After four or more injections most women have no periods. This is nothing to worry about. A very small number of women have heavy and frequent bleeding. This happens rarely but can be easily treated.

Advantages

Effectiveness — 99% effective in preventing unplanned pregnancies
Convenience — 12 weeks reliable contraception from a single injection
Does not interfere with lovemaking
After four injections women are period free
Suitable for women of all ages

Effectiveness is not affected if you have upset stomach, diarrhoea, malaria or are using antibiotics

Disadvantages

Initially a small number of women have heavy and/or irregular bleeding. This can be easily treated.
As with the combined contraceptive pill, some women may gain weight
There is no way of reversing the injection once given for 12 weeks

The Coil or Intra Uterine Device (IUD)

Effectiveness 96-99%

The coil is a small, white plastic device which is inserted in the womb by a doctor or a nurse. It is still unclear how the IUD prevents oestrogen such as older women, diabetics, heavy smokers, women who are very overweight and breast feeding mothers.

It is slightly less effective than the combined pill. To enhance the effectiveness of this method one may use either a spermicidal cream or pessaries mid cycle. Although it is taken in pill form, it is a completely different form of contraception from the combined pill in that it does not usually inhibit ovulation. Instead it creates changes in the cervical mucus making it hostile to sperm. It also can make the environment in the womb unfavourable to implantation.

Advantages

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

Disadvantages

1. Irregular periods or none at all is the most common reason why this method is discontinued.
2. A woman who has had an ectopic pregnancy may not be able to use the coil.
3. The narrow time limit within which this pill must be taken can make it more difficult a method for some women.

The Coil or Intra Uterine Device (IUD)

Effectiveness

After four injections women are period free.

Advantages

1. Does not interfere with lovemaking.
2. It is easy and convenient to use.
3. Suitable for use while breast feeding.
4. Does not interfere with contraception.

Disadvantages

1. Irregular periods or none at all is the most common disadvantage for some women.
2. The time limit within which this pill must be taken can make it more difficult a method for some women.

The injectable contraceptive is suitable for women of all ages.

Disadvantages

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Pregnancy but it is thought to work mainly by preventing the egg and sperm meeting, or by delaying the egg coming down the fallopian tube, or by preventing the egg from settling in the womb. The IUD may be inserted by a trained doctor, the best time for insertion is during a period as the entrance to the womb is open. It is necessary to use spermicides for the first three months following insertion and thereafter mid cycle. It is necessary for the IUD to be checked 4-6 weeks following insertion to ensure that no infection has occurred and that it is still in place. It is possible for a woman to check herself that the IUD is in place as the string of the IUD will hang down in the cervix. IUD’s can be kept in for a few years depending on the type used.

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

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

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

Sterilisation
As these operations are usually irreversible, they should be undertaken only after careful thought by the individual. For this reason a counselling visit to a clinic is needed. The most common method for a woman involves blocking the fallopian tubes by tying, sealing or clamping the tubes. For the male, a vasectomy involves the severance of the tube which carries sperm from the testicles to the penis. The operations make no physical difference whatsoever to your health or sex life. On the contrary, by removing the fear of pregnancy it often makes for a happier sex life. It is 99% effective. Vasectomies are available in family planning clinics. Female sterilisation is becoming more widely available.

After Sex Birth Control
The so-called ‘Morning After’ contraception should be used in emergencies only after unprotected sexual intercourse or if another method of contraception has failed. Emergency Contraception
For this treatment a higher dose of hormones is required than is contained in the normal daily dose of the pill and therefore needs to be prescribed for this purpose by a doctor. In order to be effective the treatment has to be started AS SOON AS POSSIBLE after sexual intercourse and no later than 72 hours after intercourse, although some doctors consider that it should be used within 48 hours. 50% of women experience nausea for

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Agus i ag teacht anuas na feadain fhallópacha.

Priacail
1. Tá thallópach troimhne (teachtadh folá) ag baint le pliolla na hathrnhaidne. Is féidir leis an troimhne duine a mháiré, go bhfuil an baol sin a sheachadh, meachán nó má is féidir leis an mbaol chomh maith leis an baileamh tobac. Cinnté tá máonn nár cheart dobhús usáid a bhaint as an gnáthphhiolla níos mó i mbaol.
2. Os rud é gur beag taighde atá déanta ar an scéal níl dochtúiri cinnte faoin damáiste gur féidir le pliolla na hathrnhaidne a dhéanamh do pháiste atá sa bhroinín mna theipéar air an toircheas a stopadh. Tá taighde déanta d’fhach ar an dochtúir gur féidir leis an gnáthphhiolla a dhéanamh mna éirinn bean torrach agus má leanann sí uirthi ag tógáil piolla. Tá baol ann go ndéanfar damáiste d’esteacht agus do gheáda an pháiste sa bhroinín.

Gaireas Inútarach na Hathrnhaidne
Níl son difrócht ídir gaireas na hathrnhaidne agus an gnáthghaireas inútarach a úsáidtear go busan.

Cén Chaoi a N-Oibriónn Gaireas Inútarach na Hathrnhaidne?
Má theistear an gaireas i mbroinín na mána taobh istigh de 5 lá tar éis chomhrachtana is féidir leis cosc a chur ar ubh socrú i mbaili na broinín.

Buntaísti
- Rinneadh neart taighde a thaispeáinn nach dtéipéann ar an gcónar seo.
- Is féidir le mná a bhfuil pást acu cheana an gaireas a choinneáil istigh.

Míshuntaísti
- D’fhéadfadh an fhleistíú an duine a ghortú agus ní gá go n-olbroíodh sé.
- D’fhéadfadh an bhean go leor folá a chaillíúint agus crampai láidre a bheith uirthi.

Muna raibh guilt siúla cheana aige bean go gá go dtéipéann an dochtúir.

Ní oireann sé do mhána a raibh galair phelvicheaca cheana orthu.

Ní oireann sé do roint mná ar chásanna gur féidir leilis is an mbanaitra nó leis an dochtúir.

Nota: Aon bhean a bhfuil sé a gcocail aici úsáidtear a bhaint as frithghiníúint a hathrnhaidne beidh uirthi tuilleadh tosa a shíonú. Ba cheart sí i bhfeidhm cinnte faoi prícaill uilig a bhaineann leis an bhfrithghiníúint seo sula síonn sí aon fhíórghnang agus ba cheart sí i bhfeidhm a léamh go curtha.
Welcome to DIT Library. There are six constituent libraries within the DIT and you are invited to use any or all of them. The Libraries are located at Aungier Street, Bolton Street, Cathal Brugha Street, Kevin Street, Mountjoy Square and Rathmines House. Your DIT ID card also serves as your Library card. Hours of opening vary from Library to Library and according to the time of year. Please check the notices at each Library for further information or check the DIT Library Web site at www.dit.ie/library.

The DIT Library currently stocks collections in excess of 170,000 items and subscribes to approximately 1,800 journal titles. The Libraries are networked operating the same computer system and share a common database. The entire holdings of the DIT Libraries, their locations and current status are displayed on the OPAC (On-line Public Access Catalogue) in each centre. The OPAC may also be accessed via the Internet. The telnet address is "library.dit.ie" and the login is "opac". You may borrow from any of the DIT Libraries.

Generally the DIT Library provides study places, textbooks, monographs, course materials, reference works and journals both to support the courses offered and to facilitate research. Material may be available in many formats, for example, books, videos, slides, tapes, microforms, CD-ROMs, computer disks, maps and music. Special information tools, indexing and abstracting journals, CD-ROM services, Internet access and on-line searching are available to varying degrees in the DIT Libraries. Information not available within the DIT Library may be requested via the inter-library loan service.

Your Library and Information Service will be a valuable resource for you during your years with DIT. Please feel free to visit any of the Libraries and remember that the Library staff are always willing to help you if you are unsure of where to find the information you want.

The choice of career becomes more complex as the number of course options becomes ever wider. By coming to DIT you have taken the first step in your career. You will take many more throughout your life. The DIT Careers Service is available to help you to clarify your career decisions and to prepare for entry to the world of work.

There are six professional Careers Advisers in the Careers and Appointments Service, each with responsibility for one faculty. We are located at 30 Upper Pembroke St. (Fitzwilliam House). Students who wish to talk about any career-related issues can arrange an interview with a Careers Adviser by telephoning the appropriate number. During the year you will meet us from time to time on campus and when you reach your final year the amount of contact you will have with us will increase.

The services we offer include;
Careers Library, located at Pembroke St. — open from 9:30am to 12:30pm and 2-4pm Mon-Fri

One-to-One interviews with a Careers Adviser
Information Sessions on further study and job opportunities
Careers education programme that includes learning transferable skills for the workplace
Employer programme that facilitates employers meeting students for recruitment purposes
Job vacancy newsletter that notifies graduates of current job vacancies
Free copies of reference books that will provide you with information about employers and job application procedures

The DIT Careers and Appointments Service is committed to the highest professional and ethical standards promising you impartiality, confidentiality and equality of opportunity. We look forward to meeting you.
Greetings One and All.

Before I begin with the annual spiel that begins most of these intros, I would like to congratulate all those who have got through another strenuous year at the world renowned Educational Institute that is DIT Cathal Brugha Street. Secondly I would like to welcome all our Freshers who have made it to the DIT via the CAO/CAS assault course. Be prepared for the best years of your life! My name is Kenny Vaughan and I am President of the Students’ Union. As president it is up to me to help you with any problems you may encounter during the year. Together with the rest of the Executive, I will be working hard to find solutions to your problems, be they small or large (Remember size doesn’t matter!). As a student you are automatically a member of the DIT Students’ Union. It is therefore your right and entitlement to be involved. You can do this through a number of methods: become a class rep; get involved in clubs & socs.; and ENTS., criticise and harass your Students’ Union executive. Remember, it is your union — make it work for you.

DITSU is affiliated to the Union of Students in Ireland (USI), and as members of USI, we have the opportunity to meet and work with the students from colleges and universities all over the country. USI provides us with representation on national bodies such as the Higher Educational Authority and allows us to use our collective strength for the benefit of Irish students. On a final note, remember we can’t fix it if we’re not told it’s broken and especially if we don’t have the funds, so please support the services supplied by the Students’ Union, namely the shop (ground floor Marlborough Street) and ENTS. Please feel free to call into my office, located adjacent to the common room, anytime, whether it be for a chat or a coffee, or if you just don’t feel like going to lectures.

Sula dheid ston ar an spiel a ostaíon formhór na gear-i-tháith seo, ba mhaith liom combhachtí a dhéanamh bhíthe a chuaigh tríd bhlaí struimhri eile san Institiúid Oideachasúil seo i Sráid Chathal Brugha. Ba mhaith liom fíilte a bh ainneoin riomha an n- Urthar ar fad a roth an ITBAC via cárta iomáintsí CAO / CAS. Bf réidh dothbillanta bhur saol!

Kenny Vaughan is ainm domsca agus is mhe DIAiseart Na Aois na Mac Léinn. Mar Uachtarán luíom féin féin cabhríibh le haon bhualadh a bhíthe agaibh i rith na bliana. In éinacht leis an gcuid eile den Choiste, beidh m' ag obair go dian chun rath faoina bhabhadhanna a lorg, bódh beug nó mór. (Cuirinnigh nach bhfuil tábhacht le méid!)

Mar mhac léinn de chuid ITBAC tá tú i do bhailt de Aontas na Mac Léinn ITBAC go huaithbhreathch. Tá sé de cheart agat, dá bhféidir, bheith páirteach aon. Is féidir é seo a dhéanamh ar bhacal eagsula: bí i do lonaíd Ranga; bí páirteach i geballanna agus cumainni, sna himeachtaí, crá an Aontas agus crá criticítúil i dtuath Coiste Aontas na Mac Léinn. Cuirinnigh, is é i an Aontas agaibh é — cur ag obair do thábhacht.

Tá amhlaigh: amhlaigh le Aontas na Mac Léinn in Éirinn (AMLÉ), agus mar bhailt d'AMLÉ, tá an deis againn buailbhth leis an mhic léinn on na coiste agus os cionnonnaí air an fhada agus atá ag a bhrith ag obair leo. D'fhás Anlamle Aonadachtaí dháin air churanna náisiúnta ar nós an Ùdaráis um An Deiseachais (HEA) agus ceistteannaí do dtuath an neart bualadh a úsáid chun tábhacht m' eile linn Fireannach. Mar sibh, cuirinnigh ná féidir fíliúm é a dheisithear leim go bhfuil sé briste, acht go háirithe mura bhfuil an fhionannad iathagain mar sin bainngi úsáid as seo Albert Aonta na Mac Léinn — an aois (bun údarl, Sráid Marlborough) agus imeachtaí (ENTS). Ná bithod aon mhair araithe teach tis eacht san oifigi agam, atá suite in aice leis an seomra pobal, ag aon am, más do chaídeachm nó do choifeé, nó doireach mura bhfuil fomar duit go leoranna.

Best of luck for the year,
Kenny Vaughan

Hi there!!!

First of all congratulations to everyone who made it through the exams for another year here in the prestigious college that is Cathal Brugha Street. A huge welcome to all our first years who are entering the big bad world of student life — it’s going to be amazing!!!

I’m Michelle McCauley and I’ll be your welfare officer and deputy president for the coming year. It is my job to look after the students’ welfare. This covers everything from grants and accommodation to health issues such as pregnancy and drug addiction. You can be assured of a confidential, discrete and non-judgmental ear for any questions, queries or problems you may have.

Cathal Brugha Street is not just a place for you to gain a qualification but somewhere you can socialise like only students know how! On a serious note however, do try to strike a balance between the booze and the books — those exams come all too quickly!

Please feel free to stop me in the corridors if you have any questions or call down to the Students’ Union offices in the common room even if it is just for a chat or to say “hi”.

Conas tá síbhi?

At an gcéad dúls bhs ba mhaith liom combhachtí a ghluaiseacht úilí agus a tháinig tríd na scríobhlaíte le bhailte i gceathair eatla i geolaistí asail Sráid Chathal Brugha. Fáilithe bhí roimh lucht na céad bliana atá ag teacht isteach i saol uaisfeach aon mac léinn — beidh sé iomachtach.

Is mise Michelle McCauley agus beidh mé mar Oilifigheas Leasa agus Leas Uachtarán aghaibh i mhnála. Is é an cárta fágamsa aithre a thabhairt do leasa na rnuilleachtaí, agus an deis againn gcuireadh iomáinteach agus gunn do bhailte, mar dhánaích, mar rith fadhbanna a léiriú.

Michelle

Looking forward to meeting you!
Michelle
THE ANNEXES

DIT Cathal Brugha Street relies heavily on its annexes: they are: 1) Sackville Place, located just off O'Connell St; 2) The White House, situated on Sean McDermott St, this building housed most of the college laboratories before the new extension was completed; 3) newest annex Rathmines House located on Rathmines Road, which houses the School of Social Studies and Environmental Resource Management; and finally, Denmark Street. The brand spanking new extension in Marlborough St was intended as a replacement for most of the annexes. It is not now clear as to their role with the opening of the new extension.

Because many students can spend their whole academic year in the annexes, contact with the main college can be almost non-existent. For courses which are entirely based in an annex, an effective class rep is essential to ensure communication between the class and the union.

THE UNION MANAGER

Gay Dalton is the full-time Manager of the Students’ Union. She is responsible for the smooth running of the office. She is available during office hours for general queries, information and advice on all aspects of the students' union and student life. The Students’ Union / Common Room is located in the basement of the new extension in Marlborough St.

THE SHOP

The new Students’ Union Shop, is located on the ground floor of the Marlborough St building It is managed by Maurice McCabe. It carries a wide variety of stock, from computer discs to hair nets, including confectionery, hot drinks, minerals and newspapers, and our terrific sandwiches and roles.

UNION EXECUTIVE:

President: Kenny Vaughan
Deputy President: Michelle McCauley
Entertainments Officer: Jenny Harrop
Public Relations Officer: Karina Kelly

Employments Officer: TO BE ELECTED
Equality Officer: Catherine Power
Clubs & Societies Officer: Joanne Hayes
Oifigeach Gaeilge: Brenda Smullen
Sexually transmitted diseases, like sex itself, are a fact of life. Basically, you are diseases that are passed on from one person to another during sexual contact or some other form of contact. Below are listed the main ones. They can be uncomfortable, painful or downright dangerous if left untreated. STDs are not the end of the world but if you suspect that you may have been exposed to one of them make sure you go to see a doctor, promptly. Your health and the health of your partner are a damned sight more important than your feelings of embarrassment. Here's what to look out for:

**NON-SPECIFIC URETHRITIS**

**What is it?**
Non-Specific Urethritis is an inflammation of the urethra (water passage) in men, usually caused by a sexually transmitted infection. It can be caused by a number of different germs, the most common of which is called Chlamydia.

Some men with NSU have no symptoms. Symptoms that can occur include:
- irritation of the water passage (urethra)
- redness or swelling at the opening on the tip of the penis
- burning or discomfort passing urine
- discharge (cloudy fluid oozing from the penis)

**How is it Caught?**
The infection is usually passed on when you have sex with a new partner. However, NSU may occur within a steady relationship as the infection may remain dormant for quite a while before causing symptoms, or only come to light when a partner develops symptoms.

You cannot get it from swimming pools, towels, toilet seats or a friendly kiss or hug.

**Testing and Treatment**
If you think you have NSU you should see your GP or attend the STD (Sexually Transmitted Diseases) clinic. It may be possible to tell immediately if you have an infection or you may have to wait a few days for results to come from the laboratory. If possible, do not pass urine for at least four hours before attending the clinic. If you have NSU you will be treated with a course of antibiotics. It is important to take them correctly. You will be asked to return when you have finished the course of antibiotics to check that the infection is cured. In a few cases, the infection will not be cured and a second antibiotic will be required. It is essential to avoid sexual intercourse until you are told that the infection is cured.

**Possible Complications**
If you are not treated the infection may, in a few cases, spread to the prostate gland or the testicles, causing swelling and pain. It may be possible rarely for this to damage the testicles and cause difficulty in having children.

Having NSU once does not protect you from getting it again. It is also possible that it may flare up again at a later date.

It is very important for your sexual partner to know if you have NSU. So it is important that they come to the clinic for a check up. She/he will have swabs taken and be given antibiotics if necessary.

**CHLAMYDIA**

**What is it?**
Chlamydia is a germ which affects the genitals in men and women. It is the commonest cause of NSU. In women, the infection, which is on the increase, usually produces no symptoms but some may notice:
- discharge from the vagina
- pain passing urine

In women, usually the cervix (neck of the womb) or the urethra (water passage) are affected. However, occasionally it may spread up into the womb and the Fallopian tubes and cause:
- pain low down in the abdomen
- pain in intercourse
- irregular periods

This is called Pelvic Inflammatory Disease (PID). This is more likely to occur if Chlamydia is not treated early.

**How is it Caused?**
Chlamydia is usually passed on during sex with a new partner. It may occur within a steady relationship as the infection may remain dormant for quite a while before causing symptoms.

**Can Chlamydia infection be Treated?**
Yes. A course of antibiotics can cure the infection. It is vital that after finishing the course of antibiotics, you return to the clinic for follow-up tests to ensure the treatment has been successful.

To prevent re-infection, sexual intercourse should be avoided until the doctor has advised that you are cured. It is important that your partner(s) are also cured before you resume sexual intercourse.

**Possible Effects**
Chlamydial infection can be treated and cured. However, the infection can lead, in women, to damage of the Fallopian tubes and pelvic inflammatory disease, which may, in turn result in infertility.

**Hope do I Protect Myself from Infection by Chlamydia?**
The risk of becoming infected by Chlamydia and other sexually transmitted diseases e.g., HIV, can be reduced by practising "safer sex"

"Safer Sex" means always using a condom during vaginal and anal penetration and during oral sex. It also includes choosing to do things which avoid penetration altogether, such as sensual massage, erotic strip tease, masturbation and the use of sex toys (if they are not shared).
HERPES SIMPLEX VIRUS

There are two types of herpes simplex virus - herpes simplex type 1 and 2. These viruses are almost identical and can only be differentiated in the laboratory. Traditionally, herpes simplex type 1 was thought only to cause cold sores on the mouth and around the nose, and herpes simplex 2 was thought to cause genital type herpes infection. However, both these types are found in both areas.

Herpes simplex is passed through sexual contact from one genital area to another but can also be passed from the mouth where there is a cold sore to genital area during oral-genital sexual contact (this is actually the most common method of transmission). Rarely, herpes can affect a finger, causing the classic herpes whitlow, which may also be a source of infection. It is important to remember that once there are lesions present, these are infectious and any sexual contact risks the possibility of transmission of herpes simplex to a partner. The greatest risk is in the first 48 hours of an active infection.

Genital herpes in women may cause the following symptoms:
• there may be stinging and itching in the genital area for 24 hours prior to the development of sores
• a woman may feel generally unwell with some aches and pain in the genital area; such pains may spread down the legs and 24-48 hours later, water type blisters may develop along the vulva.
• There may also be blisters in the cervix and the rectum.

In men, small water type blisters develop on the penile shaft, underneath the foreskin or around the head of the penis, which when they burst, form small ulcers. These are extremely painful to touch, particularly if they come in contact with urine.

The main complications with genital herpes is that approximately 50% of people who contract it will suffer recurrent attacks. However, such recurrences are generally less severe than the first attack. In order to limit the number of further attacks, it is important to avoid trigger factors. Stress is one of the major such factors, so it is important to avoid any physical and emotional stress. Overexposure to sunlight or sunbeds may also act as a trigger and hence these should also be avoided.

Treatment
The diagnosis is made by the doctor on examination and can be confirmed with certain swabs sent for culture of the virus. This takes approximately two weeks but treatment should start immediately. In the first acute attack, treatment is with anti-viral tablets, which are specific against herpes viruses. This helps to decrease the length of time the attack is present and dramatically alleviates the symptoms. Other measures include salt baths, cold showers and pain killers. In rare cases, admission to hospital may be required.

GENITAL WARTS

Genital Warts are becoming increasingly common in men and women. They are caused by a virus called the Human Papilloma Virus which is transmitted by sexual contact with an infected person. Warm areas around the genital area are ideal for the virus to grow. It may take between three weeks and a year for genital warts to develop after you have been first infected. They appear as small little fleshy lumps which may become larger and are commonly lumped together. Sometimes they are very small and flat and perhaps hidden in areas such as the vagina or anus.

In infected women, the warts are mainly to be found in the vulva but may also be detected in the vagina and around the cervix.

In infected men, they are found on the penile shaft, underneath the foreskin and on the head of the penis. They are also sometimes to be found in the urethra.

Both men and women may get warts in the anus. It is vital that these are treated as soon as they are detected as they may become much larger and more difficult to remove with the passage of time.

There is also evidence linking these warts to cancer of the cervix in women and of the anus in men. It is therefore strongly recommended that women who have genital warts or whose partners have warts have a cervical smear test once a year.

GENITAL HERPES

This manifests itself as sores that appear around the external genital area, inside the the vagina, thighs, or near the anus or buttocks. These sores may rupture and be quite painful. They usually show up within 2 - 3 weeks. It's advised to have them treated. There is no cure for this condition but treatment will possibly ensure that there are no further outbreaks.

GONORRHOEA

In this case the man usually sees a creamy yellowish discharge around the penis (yuk!). It usually appears within 3 - 7 days of picking up the infection. Try ignoring that! Passing water (pissing) may result in a burning sensation and be quite painful. If untreated the infection may pass up the urethra and into the bladder resulting in the person feeling feverish and ill. Visible signs may disappear within a few weeks but if left untreated it may result in long-term damage so if you have any suspicions see your doctor. In a woman's case there may not be any external signs but you may notice that sex is painful and the genital area may be swollen. A foul smelly discharge may appear and if the condition is left unchecked it could result in diminishing your child bearing capacity due to internal damage to the fallopian tubes.
MONILIASIS (Thrush)
If yeast-like organisms in the vagina are disturbed by various things a woman may find a thick, curd-like white discharge from the vagina along with an unbearable itching of the vulva. An infected male's penis may be very itchy and small ulcers appear atop his penis; a discharge may occur. Women seem to suffer more than men. As before, see a doctor, pronto!

PUBLIC LICE (Crabs)
People can catch crabs through body contact with an infected person, bedding or clothing used by that person. These are crab like lice which effect the pubic hair area mainly. They are not easy to see, but on close examination the louse (blood sucker) can be seen as a dark speck. The bites of the louse can cause people severe itching, others feel nothing but notice eggs or nits on underclothes. Normal washing with soap and water does not kill the lice or its eggs. Special lotion can be obtained from a chemist which kills both adult louse and its eggs.

'Prioderm' - lotion or shampoo and “Quelleda” shampoo are just some of those available.

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

HEPATITIS B
Is more common than HIV and kills more people each year than AIDS. It is an infection of the liver which is caused by a virus. The virus is present in virtually all body fluids. It is at least 100 times more infectious than HIV and could be contracted through open mouth kissing or sharing a tooth-brush. The most common routes are unprotected sex and sharing hypodermic needles.
The symptoms can take up to 6 months to develop. They include flu-like symptoms, tiredness, and pain in the joints.
There is no satisfactory medical cure. Healthy diet and rest may help recovery. It can be prevented by vacci-

nation. You can find out more about the vaccine from your G.P. or G.U.M Clinic, James's St. Hospital.

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

Ways to reduce personal risk
- Always use a good quality condom - properly.

- The fewer sexual partners you have the less chance you have of catching the disease.

- Talk about safer sex with your partner. Which would you rather be dead embarrassed or just dead? Mention condoms!

- There are many enjoyable sexual activities that are safer.

WHAT TO DO AND WHERE TO GO
You can go to one of the DIT Health Centres: check your local students' union for times and places (or see elsewhere in EDIT). A second option is to go to an STD clinic. The following clinics offer free advice and treatment:

MATER HOSPITAL
Eccles Street,
Dublin 7
Ph: 830 4498
Female: Tuesday 4pm - 7pm
        Thursday 3pm - 4pm
Male:  Wednesday 5pm - 7pm
        Thursday 5pm - 7pm

ST. JAMES HOSPITAL,
James Street,
Dublin 8
Ph: 4537941 ext. 2315/2316
Rialto gate
Either sex
Monday 9.30am - 11.30 am
Friday 9.30am - 11.30am
Tuesday 1.30pm - 3.30pm
Thursday 1.30pm - 3.30pm

You should note that if you wish to visit a clinic, as with a doctor, your records will not be released to anybody. Any advice and treatment that you receive is completely confidential.
AIDS AND DRUGS
While using drugs is never safe, and you are already in a very bad way if you’ve gone this far, there are ways to reduce the risk of catching the HIV virus:

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

WOMEN AND AIDS
There are some special points that apply particularly to women.

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

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

* Whether you take the test or not, always have safer sex. That should go without saying.
* It takes twelve weeks from the moment of infection for the virus to show up in the test.
* In Ireland the test is confidential but not anonymous. You can make it anonymous by giving a false name.
* Don’t be pushed into having the test. Think it over carefully and talk to a doctor at the STD clinic or discuss it with AIDS Helpline/Gay Health Action.

STUDENTS AND AIDS
AIDS is a serious threat to all young people who are sexually active or who use intravenous drugs. AIDS is not a gay disease. Remember (at parties, etc) that alcohol or drugs may encourage the loss of your sexual inhibitions while lessening your motivation to practice safe sex. In short, it’s very difficult to make any balanced decision when your comprehensively pissed.

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

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

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

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

HOW DO YOU NOT CONTRACT THE HIV VIRUS
The virus CANNOT be passed by:
* Touching, hugging, kissing, coughing, sneezing, sharing bathrooms, touching toilet seats or door knobs, sharing cutlery, clothes, communal cups, cigarettes, food or glasses, saunas or jacuzzis.
* HIV is not passed on by everyday contact with someone who has the virus. Their blood, semen or vaginal fluids must enter your body for the virus to be passed on.

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

Some actions are a minimal risk and are ‘safer’:
* Oral sex, i.e cunnilingus (mouth to vagina), fellatio (mouth to penis).
* Finger/hand contact with vagina or anus if there are open cuts, sores or rashes on hands.
* Fisting (hand inserted in vagina or rectum).

Some actions are safe:
* Masturbation, either mutual or solo.
* General body contact (kissing, stroking, massaging and body kissing).
* Orgasm of semen onto partner’s body.
* Sex toys (not shared).
* Bondage and other activities that do not involve the exchange of sexual fluids or blood.
The Students' Union is situated in the basement of the College, beside the Canteen Area and provides a wide range of services to all students.

**GENERAL UNION OFFICE**

It is here that the everyday business of the Union is conducted. The Site President and the union manager, Vivienne Byrne are based here and they provide information and advice on all aspects of the students' union and of college life. A wide range of services is provided here including the issuing of USIT cards, binding service, fax facilities, and photocopying. If you have any queries don't hesitate to call in.

**STUDENT UNION SHOP**

The students' union shop opens from 8.30am-8.30pm and stocks an extensive range of products, from postage stamps to ice cream. Including stationary, art materials, newspapers and magazines, confectionery, photocopying cards, bus tickets, computer disks, calculators, minerals, yoghurts, tea and coffee and our new wonderful sandwiches and rolls. If there is anything else you want us to stock, tell us and we'll do our best.

**DEPUTY PRESIDENT’S OFFICE**

The Deputy President/Welfare Officer is located in a separate office beside the clubs and societies' resource room (watch out for the signs) and he is a very important source of help and confidential advice.

**BICYCLE PARKING**

A bicycle parking area is available underneath the railings at the front of the college. It is fitted with an electric gate to ensure security. Keys are available from the College's General Office for a small fee.

**ENTS**

On the Social Side of the College, the Union runs a variety of ents during the year to give students the chance to meet outside the classroom and hopefully engage in "ceoil, caint agus craic"
Welcome to everyone who is here for the 98/99 roller-coaster year. This year will be unlike any other experienced regarding clubs and societies, entertainments and academia, as we have a great Students’ Union team of full and part time officers to cope with problems immediately and effectively. DIT Mountjoy Sq is going to be furiously fast-paced this year, so keep your eyes, mind and mouth open, and get active!

Fanatics have their dreams
Wherewith they weave,
A paradise for a sect.

For those of you here for the first time, you are entering a chasm of creativity in academia and a crescendo of camaraderie outside the lecture room. This is an unprecedented era of freedom but beware, the secret of a successful college career is something you will have to find out for yourself but be assured, it does lie somewhere between hard work and hard play.

The Students’ Union operates an open door policy, so feel free to come down to my office for a chin wag and a cup of coffee. For anyone who wants to get involved in SU operations don’t be intimidated by Dave’s bad hair days, get active, be a class rep or ask anyone who wants to get involved in any queries ye may have. I can’t emphasise enough the confidentiality of the welfare service, your issues will be dealt with with utmost discretion. Myself and Michael (your Pres.) want to ensure that this year more than any other year ‘the Union’ is your union and not that of the “Chosen Few” so get involved, participate and DO all-round, yeh? (But be careful!!!) Utilise the intimacy of your environment to get to know your fellow students.

This year DIT Mountjoy Sq. (or COMAD for ye ‘aul kat daddy pimps!!) will rock. Entertainment and Clubs and Socs will be crazy and happening, respectively. But remember you have to involve yourself in order to make the most of “the best years of your life.” We can’t read your mind so express yourself and raise the pulse. As a wise Jedi Knight once said “…Use the force…”

Beanmachat agus wilkommen go ITBAC Cearnóg Muinseó,

Combhrídeas libh tucht an chéad bhliain as ucht áit a bhaint amach san Institiúd ghlórthar seo. Más ag filleadh atá sibh le bhliain eile pian agus pléinteoir a chaitheanna anseo, d’oibrigh libh go dán ann raibhth, nó, ar ná ná na mílte, d’éirigh libh scrúdú triail éireannach (a bhithte ag a chumas-ghlochtachtaí). Beidh aithrise, aghaidh agus bealbeanna agaibh, mar sin féin a cheisteanadh an bhliain, agus cúis duit bheith príomhchathair san Institiúd.

Ná leat an duine a bhaint as na blianta is fearr sa saol! D’fhreith libh go dán ann, feictear, nílim síodh é agus is féidir liom duine a bheith príomhchathair ar an datocheadh. Beidh an Taoiseach ag aon nós féin a pháirc a d’fháil i gceist leis an leabhar, agus suas i dteagasc shuntas é maithe ar na ‘dithidhe’. Ní féidir liom nó aon fadhbanna a chur in ann leat a dhéanamh thar aon fhaidbh fein.

Roisfidh Cearnóg Muinseó (COMAD daoibh) an bheilin cait duidhthi agus an pháirc a bheith príomhchathar le tairgeadh a bhaint as na ‘blinta’ a fhorbairt, agus liom do cheisteanadh go bhfuil aon fhadhbanna agaibh.

Maidir leis an tsaothar a d’fhéadfadh a díriú, áiteann, d’fhéadfadh an tsaothar a chruthacht, má thugtaim cuimhneachtaí, níl fearr ná riamhair, níl fearr ná cliodhanna, níl fearr ná ‘bheagán’—mar sin bain turbhse as, bhí príomhchathair i ngach rud. (Ach bhí curamach!) Úsáidtear dírcéadta i ngach cearta a chur ar na comh-mic léinn agaibh.

To all 1st years congrats on attaining a place in our glorious institution. If you’re returning for another year of pain and pleasure, obviously you worked hard last year, or like most you just about scraped through (jammie scoundrels!!)

My name is David Wyatt; I’m your Deputy President/Welfare Officer for the year. I’m an approachable, amicable young gentleman. I will be available on campus to deal with any of your crises no matter how big or small, and even if you’re crisis-less I’ll manage a chat and/or a laugh while handling any queries ye may have. I can’t emphasise enough the confidentiality of the welfare service, your issues will be dealt with with utmost discretion.

Myself and Michael (your Pres.) want to ensure that this year more than any other year ‘the Union’ is your union and not that of the “Chosen Few” so get involved, participate and DO all-round, yeh? (But be careful!!!) Utilise the intimacy of your environment to get to know your fellow students.

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Beanmachat agus wilkommen go ITBAC Cearnóg Muinseó,
Pregnancy and Childcare

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

You are strongly advised to seek professional, non-directive counselling if you are pregnant. You will be confused at first, you may not know what to do. You should talk to an agency which will support you and offer non-judgmental advice.

The Irish Family Planning Association will help you with regard to all options as well as advising on future contraceptive needs.

Counselling at the IFPA is free of charge to students. The IFPA will provide post-abortion counselling free of charge as well.

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

Firstly it is important to have a pregnancy test. If positive, then you can start to consider the options available to you. A problem shared is a problem halved - you will be surprised how much easier it can be to put things into perspective once you have talked to somebody.

HOW DO I KNOW IF I'M PREGNANT?

Early symptoms include a missed period, nausea or morning sickness, a heavy or painful feeling in your breasts, excessive tiredness, period type pains with no bleeding or slight discharge, a slight change in the colour of your nipples. Not all women experience these symptoms so if your period is late and there is the slightest chance that you may be pregnant, have the test done immediately.

PREGNANCY TEST

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

"Now that I am pregnant, what are the options open to me?"

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

KEEPING THE BABY

Medical Care

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

Accommodation

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

Finance

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

Also, if you have previously had an application for a grant refused, you should re-apply as your situation has changed and you may now be eligible for one.

You are also entitled to seek maintenance from the father of the child. If the father is unwilling to provide maintenance you can apply to the Court for an Order of Payment. To get such an Order, paternity (fatherhood) must be proven and this is usually done through use of blood tests.

Registration of Birth

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

CHILD CARE

Adoption

Adoption is a process where you continue with your pregnancy and give the child up to a family. A permanent legal relationship is created between the adoptive parents and the child.

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

Foster Care

This is an option sometimes taken by women who are unsure about the option of adoption but unable to look after the child at that particular time. It involves the placement of a child with a family or individual who would provide for the needs of the child but the natural parent retains parental rights. It can be arranged through the Health Boards or privately although the local health board must be notified. A lot of women find fostering to be an ideal temporary solution. It can be especially helpful during the first few months allowing the women time to decide about keeping the baby or to sort out problems like accommodation.
TERMINATION / ABORTION

You may decide for a variety of reasons not to go ahead with the pregnancy and to have an abortion. This will be a major decision in your life. You may feel you have to make it in secrecy and in a hurry, however, it is essential to give it time and consideration and to seek non-directive counselling.

Counselling staff do not make a judgement on your choices, they will offer you practical support and advice and they will encourage you to take time to consider all your options carefully before you make a decision.

At the Irish Family Planning Association you will be given counselling (the number of times you want to go for counselling is up to you). Similarly, they run a support group for women who have terminated pregnancies and offer free post-abortive counselling and contraceptive advice. As you may know, abortion is unavailable in Ireland and you will have to travel to Britain to have the operation.

If you decide to have an abortion there are certain conditions which must be satisfied. The 1967 Abortion Act in Britain does not give women the right to terminate their pregnancies on demand.

Two doctors have to agree that if a woman continues with her pregnancy her own health is in danger, or if the child were born that there could be a substantial risk that it would suffer from mental or physical abnormalities and so be severely handicapped. These grounds may be interpreted widely or narrowly. You must sign a form consenting to the treatment you will receive. For some clinics a non-resident must be in the country at least 24 hours before the operation is carried out.

ForIrish women the operation will be carried out under general anaesthetic and they must spend the night following the operation in the clinic. Women must obtain counselling before they decide if they wish to proceed with the abortion. Most clinics will not operate after 22 weeks of pregnancy.

Abortion Medical Procedures

8-12 weeks

The usual method is the vacuum suction or dilation and evacuation method, where the cervix is dilated to 7-9mm to allow a tube to be inserted into the womb. The contents are then removed by suction. The procedure is simple and carries few dangers and it takes about 10 minutes, usually performed with a mild general anaesthetic.

12-16 weeks

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

16-22 Weeks

After 16-18 weeks and up to 22 weeks, it is considered safer to induce a miscarriage which may be done by inserting a needle through the lower abdominal wall into the womb, draining the amniotic fluid and replacing it with a solution of urea and prostaglandin. This injection causes a miscarriage and induces contractions which usually begin about 10-15 minutes after the injection. After 8-24 hours of labour the foetus is delivered in a ‘still birth’. This method means that you would have to stay another 24 hours in the clinic.

PLEASE REMEMBER

1. Make arrangements for the operation before you go to Britain. Do not go on spec unless you have plenty of time at your disposal.
2. Prices vary depending on the method of abortion and on the clinic.
3. Depending on your circumstances and the clinic chosen the quickest period over which you can have an abortion is now 3 days. Although for some clinics this period has been shortened considerably.

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

Before the Operation

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

The Operation

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

After the Operation

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

When you are discharged

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

Post Abortion Check-up

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

ACCOMMODATION

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

Escort

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

Irish Womens Abortion Support Group

Like ESCORT, this is an informal group of Irish Women in London who offer the same help to women travelling to London although they cannot help financially, they can offer accommodation etc, again contact through your Students’ Union.
POST ABORTION COUNSELLING

"How will I feel afterwards?"

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

Post abortion counselling is available from the IFPA.

Liverpool
Redcroft B & B
12 Parkfield Road
Sefton Park
Liverpool
England
Tel: 0044 151 7273723

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

MISCARRIAGE

A miscarriage is a very distressing event in a woman's life and women often feel isolated at this time often feeling that their grief is not understood and that many of their questions remain unanswered.

MEDICAL DEFINITION

A miscarriage is defined as "a termination of a pregnancy prior to the foetus achieving a weight of 500grms or a gestation period of 27-28 weeks." About 15% of all pregnancies end in spontaneous miscarriage, although the exact incidence is difficult to determine. Some miscarriages take place very early in pregnancy before the woman even suspects she is pregnant. This is a likely explanation for a period that is a little late and heavier than usual. It is estimated that about 14,000 women miscarry spontaneously every year in Ireland.

SYMPTOMS OF MISCARRIAGE

Most miscarriages start with bleeding and pain of some sort whether mild or severe. The blood may be of any colour from bright red, as in fresh blood, to dark brown, as with older, stale blood. The pain is usually in the lower back, stomach or thighs. Many women describe feeling unwell for several days beforehand. They may complain of flu-like symptoms and nausea or they may simply have a feeling that something is wrong.

TYPES OF MISCARRIAGE

AN INEVITABLE MISCARRIAGE

If a woman has been threatening to miscarry there may come a point of no return. This happens when the cervix or the neck of the womb starts to dilate and open up. Once this action starts it is unlikely the pregnancy will be saved. Bleeding and pain are the outstanding features here. There may be associated nausea and vomiting and in many cases large pieces of tissue are passed.

INCOMPLETE MISCARRIAGE

As a woman miscarries sometimes not all of the products of conception are passed from the womb. There is usually continuous bleeding and cramp pains. Sometimes an ultrasound exam is carried out to confirm the diagnosis. Preparation is then made to take the woman to theatre and to remove by curettage(d&c), under general anaesthetic, the remaining pieces of tissue inside the womb. The whole procedure takes about 10 to 15 minutes.

COMPLETE MISCARRIAGE

When a complete miscarriage occurs all the products of conception have been passed from the womb. This type of miscarriage occurs most frequently before 6-8 weeks or after 14-16 weeks and seldom in the intervening period. Treatment will include continued observation of blood loss in hospital. Where some tissue still remains, a curettage will be necessary.

A MISSED MISCARRIAGE

In this type of miscarriage the embryo fails to develop in the womb and instead of being passed from the womb it is retained inside. There is little or no bleeding perhaps just a dark brown discharge from the vagina. The woman will spontaneously miscarry the foetus but this may not happen for several weeks after the initial bleed. Alternatively treatment can consist of a gentle curettage.

CAUSES OF MISCARRIAGE

Factors that are believed to be related to an increased risk of miscarriage include: errors in the development of the foetus. These errors may range from minor abnormalities in the development of the foetus to a situation where the foetus has scarcely developed at all. In some cases these errors in development are due to genetic error.

HORMONAL CAUSES

One of the most persistent theories about miscarriages has put the emphasis on low levels of female sex hormones. Fortunately successful treatment is available for these hormonal problems and women with such problems can have their hormone levels boosted with injections or tablets.

A PHYSICAL CAUSE

Occasionally the womb may be an unusual shape and this may cause an increased likelihood of miscarriage both before and after 14 weeks.

Additional Information may be obtained from the Miscarriage Association of Ireland
Ph: 837 0590 (4-6pm.)
# Useful Addresses

## Adoption & Foster Care

**Barnardo’s Adoption Advice Service**

244/246 Harold’s Cross Road  
Dublin 6  
Ph: 496 0042  
(Tuesdays 2.00-6.30pm)

**Adoption Board**

Hawkins House  
Hawkins Street  
Dublin 2  
Ph: 671 5888

## Eastern Health Board

Childcare Section,  
Park House,  
North Circular Road,  
Dublin 7.  
Ph: 838 7122

## Keeping the Child

**Cura**

30 5th Anne St.,  
Dublin 2.  
Ph: 671 0598

**Cherish**

2 Lr Pembroke Street  
Dublin 2  
Ph: 6682744

**Pact**

16 Belgrave Rd.,  
Rathmines,  
Dublin 6.  
Ph: 497 6788

## Ulster Pregnancy Advisory Service

719 Lisburn Road  
Belfast BT9 7GU  
N Ireland  
Ph: 080232 381345

**Irish Family Planning Association**

Comprehensive Pregnancy Counseling  
36-37 Lower Ormond Quay  
Dublin 1.  
Ph: 1850 49 50 51

**Well Woman**

Non-Directive Pregnancy Counseling,  
72 Lower Leeson Street  
Dublin 2  
Ph: 661 0083 / 661 0086

**Marie Stopes Clinic**

58 Blessington St,  
Dublin 1.  
Ph: 830 7852

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## Pregnancy Counselling

**Pregnancy Testing**

**Confidential Counselling**

**Family Planning**

**Vasectomy**

**Menopause Visits**

*If you are unmarried and think you are pregnant*

*If you believe your girlfriend is pregnant and you are worried*

*If you are going to be a grandparent sooner than expected*

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**WE ARE HERE FOR YOU**

Non-Denominational  
Free + Confidential

For the price of a local call, anywhere in Ireland you can contact the  
Pactline 1850 67 33 33  
Monday to Friday - 9 a.m. to 5 p.m.

Pact: 15 Belgrave Road, Rathmines, Dublin 6.  
Telephone: (01) 497 67 88  
Fax: (01) 496 65 65
**LEGAL DRUGS**

### 1. Alcohol

Alcohol abuse is the largest drug problem facing this country. Alcohol is a depressant and reduces the efficiency of certain brain functions. It affects your judgment, self-control and skills like walking and driving. You become accident prone and are more likely to embarrass yourself, though this only becomes apparent the following morning. You know the feeling: ‘Oh God, I didn’t... Did I?’. Moderate use (1-2 drinks a day) prevents no serious health problems to healthy individuals; however, long-term heavy drinking increases the drinker’s chance of suffering lasting impairment of physical and mental functioning. Psychological and physical dependence can occur and may be severe. Students are very susceptible to alcoholism because their social life often revolves around alcohol. Therefore, it is a good idea occasionally to keep a record of how much you drink in a week.

What alcohol does:

Alcohol is absorbed very quickly from the stomach into the bloodstream and starts to take effect within five to ten minutes, despite what seasoned drinkers believe or tell anyone who cares to listen. Tolerance does develop and frequent heavy drinkers will absorb alcohol more rapidly than others. The speed of effect also depends on the type of drink (a nice shandy or blue label vodka), how quickly it was drunk, body weight and when food was last eaten.

The Royal College of Psychiatrists has published safe drinking guidelines for alcohol in terms of units per week. For men the upper recommended limit is 21 units per week and for women the limit is 14 units per week.

A half pint of normal strength beer equals one unit of alcohol, as does one glass of wine or a small measure of spirits. You can do the arithmetic yourselves.

After the equivalent of about two units, a person feels relaxed, less inhibited and more talkative. After three units, coordination begins to diminish, as does judgement. After that, the blood alcohol mix becomes more concentrated and in its terms, ensues. (These are just general guidelines. If you can afford to snort with derision, well good. Then you might ask yourself why you can afford to do so.)

Some facts to consider

- Ireland has the highest percentage (25%) of people over 15 years of age who abstain from alcohol.
- Alcohol-related offenses remain high, with 22,482 prosecutions for all types of offenses involving alcohol.
- Heavy drinking affects the heart, causes gastric disorders and inflammation of the pancreas. Cancers of the upper airways and digestive tract (mouth, throat and oesophagus) are alcohol related and there is an increasingly large amount of evidence linking alcohol and breast cancer in women.

Alcohol and Women

Studies have shown that the majority of women will become more intoxicated than men on a given quantity of alcohol either because they dilute the alcohol less than men, who have more muscle tissue and hence a higher body water content, or because women have less of an enzyme or catalyst in the lining of the stomach which can break down some of the alcohol before it is absorbed.

Drinking and Pregnancy

Any substance entering the expectant mother’s bloodstream also enters her baby’s system. A baby born to a mother with severe drinking problems can be found to have certain physical and mental abnormalities. These are known as Foetal Alcohol Syndrome (FAS). It involves three main features: (1) reduced birth weight; (2) nervous system abnormalities which are seen as exaggerated tremors and irritability and borderline retardation in intelligence; (3) distorted facial features such as small head, small eye slits and a thin upper lip.

Medical opinion is divided as to whether moderate drinking is harmful to the foetus but it is suggested that it is safer for women to abstain completely during pregnancy.

### 2. Tobacco

Ah! The satisfying sensation as the smoke is sucked into your waiting lungs. And then you blow it out and leave the cigarette to burn gently in an ashtray so others can share in your enjoyment. What marvels of civilisation is the cigarette. Sleek, light, pleasant to the olfactory senses even when unfit. But when flame is put to it and the smoke is yielded, there’s the real beauty. What wonders can lurk in the thin, wispy curl so beloved of the smoker?

Well, about 1,200 different chemicals in the form of particles and gases up to 5% of which is the toxic gas carbon monoxide. Then you have nicotine, a very poisonous drug, and tar and a whole slew of other pulmonary delights. All the carbon monoxide, 90% of the nicotine and 70% of the tar is retained in the lungs when smoke is inhaled. Nicotine affects the heart, blood vessels, stomach, kidneys and central nervous system. Prehensive you’ll agree.

**Short-Term Effects**

Nicotine gives a feeling of relaxation, allows a smoker to face stressful situations more easily and to carry out boring tasks more efficiently. Heart rate and blood pressure are increased and appetite is reduced.

**Long-Term Effects**

The more one smokes and the longer one smokes, the more likely one is to suffer from heart disease, heart attacks, blood clots, strokes, bad circulation, ulcers, lung infections, bronchitis, emphysema, cancers of the lung, mouth and throat. The World Health Organisation has stated that the annual worldwide toll of premature deaths caused by tobacco is around three million, a figure that will continue to rise into the next century.

**Passive Smoking**

The technical, awfully non-judgemental term for smoke from a burning cigarette as opposed to exhaled smoke is Side-stream Smoke. Great name and it has 70% more tar, 2.5 times more nicotine and up to 100 times more carcinogenic compounds than smoke inhaled by active smokers. There is increasing evidence that passive smoking is a major cause of premature death in non-smokers.

**In summary, smoking is very bad for you and those around you.**

### 3. Caffeine

Caffeine is an alkaloid organic substance occurring naturally in almost equal measure in tea and coffee. It is also often used in soft drinks. Caffeine is a strong stimulant and its consumption stimulates the heart and the central nervous system. Too much caffeine (i.e. more than 4-5 cups, not mugs, of tea or coffee will be detrimental to your health. It interferes with your sleep patterns, so don’t use it less than 4 hours before you go to bed. Its overuse disturbs your digestive system causing abdominal pain and nausea. It makes you anxious, irritable and restless, it can cause tremors, muscle twitching and heart palpitations or keep you ‘wired’ and ‘hyper’. It won’t help you stay awake all night studying without making you feel terrible a few hours later.

Be sensible, restrict your caffeine intake – use caffeine-free soft drinks and try decaffeinated tea and coffee. Remember, heavy consumers of caffeine need an increased amount of tea and coffee to achieve the stimulating effect.

#### High Energy Carbonated Soft Drinks

It seems that almost every day a new type of energy-giving soft drink is launched. Be very cautious of these – it’s not only your financial health they can damage. Large and regular intakes of such brews without proper food may muck up your stomach and disturb your gastrointestinal juices and processes, so go gently.
ILLEGAL DRUGS

1. Cannabis

Cannabis is widely available in social circles and is used mainly for the intoxicating effect it produces. It is usually smoked in hand-rolled cigarettes (joints, spliffs) or in pipe-like devices either in its grass form, resin or in the form of cannabis oil. It has many names -- hash, ganja, smoke, draw, pot, blow, dope or weed. When smoked it affects the user's mood and thinking patterns with obvious results like dulling of attention, loquacious euphoria or happiness and sometimes a considerable increase in appetite -- the famous 'munchies'. Cannabis is not physically addictive, though it can be argued that it is psychologically addictive and plays havoc with your short-term memory.

If you are caught by the guards in possession of cannabis you can get a hefty fine, and a third possession offence could see you facing 12 months in jail and/or a £1,000 penalty.

2. Ecstasy

Ecstasy brings on a feeling of relaxation combined with increased energy, happiness and flexibility as well as a sense of mellowness and calm. Of course, it can also kill with one dose.

In drug terms it is classed as a hallucinogenic amphetamine and its chemical name is MetheleneDioxyMethyiAmphetamine (MDMA). It is most commonly known as 'E'. Its manufacture, sale and use are illegal.

It has become closely associated with raves and is widely available. Taken by mouth in the form of a small capsule or tablet, it takes effect in 20-60 minutes, is usually at its height for about two hours and can last several hours after that.

**Short-Term effects**

These may include intense sweating, dry mouth, loss of appetite, increase in heart rate and blood pressure, nausea and sometimes pain and stiffness in arms, legs and jaws. As a stimulant it increases body temperature and this is further increased with prolonged dancing which can lead to dehydration, maybe heat stroke and possibly death.

**Long-Term Effects**

Insomnia, lethargy, weight loss. Although it does not alone produce major hallucinogenic effects, these can occur when E is cut with other substances as is the case with more than half the bought tablets.

Liver problems can be caused or made worse by E. Its name and association have ensured that it is still not taken as seriously as other drugs but preparing them (any attempt to boil or dry) is illegal and regarded as preparation of an illegal substance.

3. Amphetamines

Regarded as the poor man's coke, speed/whizz is a stimulant to the nervous system. It is also regarded as a serious drug by society, carrying with it a slap on the wrist of a year in jail and/or £1,000 fine for possession.

Speed is a stimulant which works directly on the central nervous system, causing a rapid increase in levels of excitement and a feeling best described as being 'hyper'. Used sometimes to combat fatigue and sleepiness, a feeling of depression after coming down off the drug is a common result, as are aching bones and disrupted sleeping patterns. Speed is highly addictive and can have fatal consequences when mixed with other drugs. The powder form is snorted while the pill is popped.

5. Magic Mushrooms

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

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

4. LSD

LSD (LySergic acid Diethylamide) is one of the most powerful mind-affecting substances known. Though not physically addictive, it has been known to cause severe mental disturbances and in a few cases, brain damage.

After taking a 'tab' the effects can usually be felt around 1/2 hour later and lasts for 6-8 hours. A person under the influence of LSD will experience what is known as a 'trip' during which the person will experience incredulous increases in their perceptual awareness of their environment, especially that of colour, sound, smell and texture, and can be completely out of touch with reality. Possession is still treated as a serious offence -- 12 months in chokey and/or £1,000 fine is the maximum penalty for a first offence.

6. Amyl Nitrate

'Poppers' started out as a Gay Drug and the purpose of taking it is to relax the anal muscles. It is taken by sniffing it a few times through each nostril. Poppers give you an instantaneous rush, making you extremely giddy for a few minutes. Poppers are a very strong stimulant, increasing the heart rate, resulting in a frightening thump in your jugular.
7. Cocaine

If you’re taking Nose Candy you’re spending a lot of cash and you are in deep trouble. Coke is snorted or injected. Its effects include increased alertness, sleeplessness, loss of appetite, high anxiety states and occasional euphoria. It lasts about 1-2 hours. Being caught in possession of the Peruvian Marching Powder, (a controlled substance and therefore very illegal), spells Big Trouble. Cocaine is addictive. Do not mess with this stuff, or you will soon be searching in vain for the inside of your nostrils and the remains of your life at the bottom of a box of detergent.

8. Heroin

Smack, Gear, Brown, H, Horse. Initially the user will experience a feeling of intense pleasure, reduction of worries and pressure. It is of course temporary and illusory. It is either smoked or injected. An overdose will kill and regular usage will have serious physical and psychological addiction. Heroin is a drug to keep well away from, the damaging side effects far outweigh any other feelings. Have you seen Trainspotting? It’s a bit like that, without the snappy dialogue. One way or another, it will take your life.

9. Ketamine

Special K, K, Vitamin K, Green, Cat Valium. As usual, the latest trendy drug on the scene has a myriad of amusing and idiosyncratic name-tags. This drug can be snorted, injected, or taken orally with varying effects. It combines some of the traits of heroin, metamphetamine (crystal meth) and LSD, but its principal manifestation is in its ability to dissociate the mind from the body. Used in medical circles as an anesthetic, it is not very popular among recreational drug users because it is not very strong. Its effects include increased alertness, sleeplessness, loss of appetite, high anxiety states and occasional euphoria. It lasts about 1-2 hours. Being caught in possession of the Peruvian Marching Powder, (a controlled substance and therefore very illegal), spells Big Trouble. Cocaine is addictive. Do not mess with this stuff, or you will soon be searching in vain for the inside of your nostrils and the remains of your life at the bottom of a box of detergent.

2. Ecstasai

Cathaíonn Ecstasai mothúcháin áthais agus compóird mar aon le ar duáil fuiinmhair agus bráisteaghoir agus séasúr. Ar ndóigh, tig leis mar in son hhuile amháin. An t-áirim cheiminicea ata aige ná Methylendioxy-Methamphetamine (MDMA), agus is aimfeiteamh nheamhrach é. Go cothain, “E” a thugtar air, agus tá a dhíol, a dhaithmiú agus a úsáid nainm-dhealacht. Tógta trén mbéil é i bhfoirm piolla agus tagann na héifeachtaí i bhfeidhm idir 20 agus 60 nósmeid nóid deanaí. Mairéann na héifeachtaí ina dháiteart ar 2 taar a chloig de ghnáth, agus ina dhíol sin as an t-aithne. Eifeachtaí Gearr-Théarmachá

3. Aimfeiteamhín

Déanann speed griosadh ar an gcoirce naomógra. Troileann sé in aghadh tuisce agus fonn codlata. Buailteann an druga seo in an-cúros fháchar naomógra, caomhrionn sé in duine agus ardaíonn sé in eol. Achar é is d’fearfacht an druga imeachta ón gcóip is minic a dhíto an dráma in dionúladh le pínt neamh-mheadhmhach agus bhfuil deacrachtaí codlata aige.

4. LSD

Seo ceann de na drága is mó a Chuireann as don intinn. Cé nach bhfuil an druga tugtha go fiscitid don druga seo a cuireann sé isteach go mór ar an meabhradh agus in roinnt cásanna déanann sé damhsúid de an intinn

Maireann ruthag 6-8 nó-úir a chloig de ghnáth. Bhfionn tionchar ag an “tab” tar éis bheith sloghtha, agus lena linn is i ndombhán bréagach a bhíonn intinn in doine. Uaireanta crídeáann an duine é féin a bheith cumasach uirthi bearta. Is minic a bhfuil an-drága an-choirdhealacha chun caimhne a chur in duine, fiú fhuiltear tar éis do úsáid a bhaint as an druga, rud a bhfuilfaidh eur as don duine.
First Aid

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

1. Seek medical help immediately if it is practical to do so.

2. Attempt, if the need arises, to diffuse any anxiety or tension the person may exhibit. Do not leave them alone if possible.

3. Try to elicit as much information as possible from them.
   a) What drug they have taken.
   b) How it was taken, eg smoked, orally etc.
   c) How long since it was taken.
   d) Was it mixed with another drug and if so what drug.

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

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

This section is not intended to encourage you to experiment with drugs; it is however, useful to know the full implications of anything you might want to try.

If you do decide to try any of the above drugs, make sure that you buy them from a reliable source, preferably a friend or someone you can trust. Then you might ask yourself what kind of friend would happily sell you potentially lethal or ruinous drugs.

6. Aimil Niotráit

B’iad na homaighnéasigh a chur tús le hósáid an druga seo toisc go ndéann sé na matáin timpireachta a bhogadh. Togtar isteach tríd an srón. Déanann sé an mhéidhreach tár ar feadh cúpla nóiméid. Cosúil sin bhuídeal beag a mhírfrídh ar feadh na hofche uilig €10. Brostatúchtaí an-láidir é an druga seo, mheadfoinn sé luas an chroif. Tá sé dleathach úsáid a bhaint as an druga seo.

7. Cócaon

Glaictar an druga seo tríd an srón nó le hínstealladh. Géarastóin sé an meabhar, cuireann sé as don chuid, don ghoidhe, agus uaireanta mothaifonn an duine meidhreach. Maireann éifeachttaí andruga seo agus cuitear pléid ar dhúiní a mbéarar air leis an druga seo ina sheilbhí. Ciontuir an duine chun andúilfoichta.

8. Hearóin

Nuaí a ghlactar an druga seo mothaifonn an duine an-mheidhreach agus laghdaithe ar bhuaire agus an bhru. Marthonn roidh- hálleog tús agus tá sé an-ásca clanaíochd chun andúilfoichta agus siceolaíochta a fháil. Ba cheart an druga seo a sheacaint, is mó dochar ná tada eile a dhéanfar don duine.

9. Ceiteamín

Special K, K, Vitamin K, Green. Cat Valium. Mar is gnáth, tá bailltichín éiríimh iommaíochta ag an druga siseanta is nua atá ar fáil. Is féidir an druga seo a chucadh tríd srón, a instealladh nó a thogtain tríd mbéal, agus bráitear éifeachtta éagsúla dá réir. Measainn de dhreathinaí hearóin, cr thumbnail meth agus LSD atá ann go bunúsach, ache is é an bhun-tríth atá aige nó go scrann sé an inntín ón gcóir. Cothaíonn an inchinn réalachas dá chuid fínin le Ketumine. Ní mórán coilios ar fáil go fóill foíl, ach tá cuma ar an sceal go gcothallóin úsáid fad-tarmanach a chosullacht i nduiní go bhfuil siad imithe le geallfadh. Togha chriais, nach d'éigeat lean tarbaithe?
Class Reps

Class Representatives and their Function:
Every function, event and service the Students' Union provides is done in the interest of the greater student body. You can have a part in the decision-making body which directs and guides the Students' Union Officers. In the early stages of every year the Students' Union seek out a class representative for every 30 - 40 students.

The class reps are elected in the early first term. This person is invited to and should attend Class Rep Training. This event helps guide Class Reps in the right direction when dealing with any situation. Be it difficulties with the course, class socials, field trips or problems with your Students' Union, we can help you deal with any situation.

All Class Reps are members of the Student Representative Assembly (SRA), which is convened regularly to hear reports from the Students' Union and vote on the performance of their work. Your input will ensure better work on behalf of the Students' Union. They are your representatives paid for by your money. Make it work for you and yours!

Freshers' Week

Freshers' Week:
The Social Event of the Year. Not to be missed for any reason. Freshers' Week is the result of many long weeks of hard work and planning by the Students' Union to help settle everyone into college life with a week of fun, games, prizes, discos and of course a little bit of drink!

From Monday to Friday, the events kick off early every morning and run through until early the following morning. Everything from DJs to Hypnotists, Bouncy Castles, Eating Competitions, Pub Games, Clubs & Societies stands and of course the Beer Promotions and Discos.

All events are either free, such as the many day time events, or low-priced, such as the night time events. Do not miss out on these events and always keep in mind that no venue in the country can hold all the students of DIT so get your tickets before they're sold out!
Rag Week

RAG Week
Usually held during the month of February, RAG Week is the students way of giving something back to the tax-payer. We have all heard the story of 'Students being a burden on the tax-payer, and always on the raz with my hard earned money'. People often forget that the return on the investment in a student runs at over 9%. This means that a qualified student earns more income, pays higher taxes and invests in more jobs or business for our economy.

Anyway, aside from the hidden facts people keep missing we still do more to serve our Nation. RAG proudly stands for 'Raise A Grand' in aid of our selected charities. Similar in style to the Freshers Week, RAG Week incorporates day- and night-time events from Monday to Friday. Everything from Eating competitions, Plank races, Leg waxing, Karoke, Pub games, and Discos provide for a week of utter chaos in aid of good causes.

Last year's great effort (1998) raised £12,000 for the selected charities and saw over 15 disco events, top name bands, DJs and excellent activities during the days in the local buildings. Once again it is advised not to miss out, save up for this week and get your tickets early! You have been warned!

Ents Crew

The Ents. Crew and its Functions:
Every year the Students' Union elect an Entertainments Officer who is a full time student but a part-time officer. They work hand in hand with the President of the Students' Union to ensure the tastes and wants of all students are covered in the provision of entertainments during the year.

The brief is extensive and, as is often the case, help is required with the publicising and conducting of events. Thus the Ents Crew is born!

The Ents crew are a select amount of people who put themselves forward as voluntary assistants in the brief of entertainments. Throughout the year the Ents crew are called upon to help with the various events.

If you are outgoing, a demon for party and don't mind making a fool of yourself with the Students' Union officers, all in the name of student activities, put your name forward to the Students' Union and live a little!
Ideal
All human beings are born free and equal in dignity and rights.
(Anonymous: Universal Declaration of Human Rights (1948), Article 1)

Fact
All animals are equal but some animals are more equal than others.
(George Orwell, Animal Farm, Ch 10)

With the break-up of former Soviet bloc and other Eastern European countries, Western Europe has seen a greater influx of other races seeking asylum, refuge and security with their wealthier neighbours. Without exception, almost all continental countries in Western Europe, from Sweden to Spain and Portugal to Poland, have assumed some form of responsibility for the settling and care — directly through rehabilitation or indirectly through employment — of a large amount of displaced peoples. Ireland has largely escaped the flight of refugees for a long time.

On a global scale, it is estimated that there are between 20 and 30 million refugees extant, and a further 10 to 15 million displaced people seeking some sort of home for themselves. From 1956 to 1992, the Irish Government — mainly at the request of the United Nations — gave refuge to less than 1,500 non-nationals.

Of these, most of a group of Hungarians fleeing Soviet oppression in 1956 resettled later in the US and Canada; of 200 Chilean political refugees settled here in 1974, most returned home when democracy was restored to that country.

A 200-strong Vietnamese contingent which arrived in 1979 has grown to a population of just under 600 in the meantime. 26 people arrived from Iran in 1985, forced to leave their country of origin because of their political undesirability.

There are many reasons for the low percentage of refugees and other immigrants in this country:

our geographical extremity made it difficult to reach our shores.
we were not a wealthy country; potential immigrants were not attracted to a "land of opportunity".
we had not colonised, invaded or politically controlled any other country, and therefore did not have to deal with a "contra-flow" of the citizens of such countries.

(The above reasons deal mainly with immigrants looking for employment and perhaps improved living conditions. Only the first one could really apply to asylum seekers and political refugees.)

Since 1992, and the break-up of former Yugoslavia and Eastern Europe in particular, the past five years have heralded a vastly increased percentage of people fleeing political oppression coming to Ireland, though still virtually insignificant to the global picture. From 39 applications for refugee status in 1992 to over 1,500 to date in 1997 (June), the growth has been comparatively staggering.

What it has meant, for Irish people, is that we are now faced with our own racial prejudices on a major scale for the first time. Before now, Irish people in Ireland weren't really racist, they claimed. This was due in large part to the fact that there were hardly any examples of individuals from other races living here.

Now that we are confronted by this, for us, relatively new phenomenon, we should take care to think carefully and behave accordingly about our stance on the issue. We don’t have to bend over backwards and give-in to PC crap, or make irrational compromises to suit people coming to this country, but we can share some of our resources with them.

We should take care to recognise alarmist theories and stories in the press concerning incidents involving foreign nationals. There is also a danger that in many instances refugees/political asylum seekers will be confused with immigrants — this cannot be allowed to happen; not all immigrants are asylum seekers.

With Mary Robinson as United Nations High Commissioner for Refugees, now is a good time to respond favourably and maturely to the wider ramifications of human rights abuses, conflicts and disasters in other countries.

1997 was the European Year Against Racism (EYAR), and various events have taken place organised for the year in all EU member states, to raise awareness and to promote understanding. Remember — you don’t have to pogo on a Nazi to show concern.

Considering the amount of people we’ve sent around the world we ought to understand sooner than most the implications of leaving hearth and home in search of a better life.

The following are definitions of some terms associated with the issues in question, in an Irish context.
SAFETY FIRST

Do not let such fears rule your life. But do be aware and do take precautions, especially when alone.

On the Street (especially at night)
- Do NOT ignore anything you think may mean danger. Stay alert and act accordingly.
- Do NOT walk with your shoulders rounded and your head down, even when cold and tired. You will appear vulnerable and unaware. Look alert, walk confidently.
- Do NOT be tempted to take the short cut if it means using dimly lit, deserted streets. Take the longer, safer route.
- DON’T use a torch. It attracts attention and will restrict your vision to a small pool of light. Accustom your eyes to the dark.
- Do steer clear of doorways, bushes and laneway entrances, be prepared to walk in the middle of the road if you have to, but be aware of cars drawing up behind you.
- If you think you are being followed, go to a pub or other public premises, phone the Garda and/or a friend. Tell the publican/cashier or anyone who may be able to help. Do not be embarrassed.
- Do NOT scream and don’t yell “Rape!” Yelling “No!” or “Fire!” is more likely to cause passers-by to react.
- Do carry your keys in your hands, not in your bag. They can make a useful weapon. Always have them ready to use when you arrive home so that you do not have to fumble in your bag or pocket.
- If your keys are stolen, get your locks changed as quickly as possible; the thief may know where you live.
- Think about what you carry: try to avoid anything too heavy or bulky. A shoulder bag, carried across the body, is best. It leaves your hands free and won’t hinder you should you have to run.
- Do NOT carry more than you have to, only what you know you will need. If the worst happens and you have to drop your bag to avoid attack, or it is dropped in a struggle, at least you will be losing less.
- Think about what you wear. Flatter shoes are easier to run in and some are easier to kick off than others if escape from attack is necessary. It is often advisable to wear shoes that make little noise.
- Carry a personal alarm if it is readily accessible.

Public Transport
- Do NOT try to avoid isolated bus stops.
- Do NOT try to sit near other women passengers, the driver or guard on a bus or train if there are few people about.
- Do make a fuss immediately if you are bothered.
- Do NOT be afraid to pull the emergency cord on a train.

Hitch Hiking
- It may seems obvious but Do Not hitch hike alone.
- Garda advice to women is to never hitch hike, alone or not.

Is mór an bagairt ar sláinte na mban é an foréigean. Is bagairt é nach mbeadh ann dá mbeadh an saol forfire ach tarlaíonn sé de bharr dearadh seanaimseartha cuide de na fíor mearsa leis na mban - dearadh na bhfear a cheapann gur daoine den dara trách iad na mban. Ní dhiúsantaí ìgnúir ar mná de bharr a n-lompair féin nó a n-éadair mar is maith le roimh daoine a chur in iúl, Tar­laíonn sé de bharr an dearadh atá ag cuid mhaithe daoine sa phobal i leith na mban.

TÚS AITE DON SÁBHALTEACHT.

Ní mór do gach bean a bheith ar airdeall faoina sábháilteacht féin. Tá treorach anseo thios le cabhrú le mná bagairt an forlígean a laghdú.

AR AN TIRSAID

-Ná déan neamhaidr ar aon rud a cheapann tús a bheith dainséarach; glaice leis gur dainséar atá ann agus beartacht dá reití.
- Fiú má tá tú fuar agus turisceach, ná siúil le do chloicheogann agus do ghuaillí croim. Cuir cuma airche ort féin agus bhí an airdeall breathnaigh agus éist go currachம le haghaidh aon chomharthacht dáisnir.
- Ná siúil isteach in ndáinsí tré dheal an cóngar. Cuir níos mór siúil ort féin má féidir leat sláinte a dhéanamh dorcha, unghnaíchar a sheachaint.
- Ná b ainseas a tóirse. Tarrainginn siad aír ort agus ní féiceann tús a úachtar den bhóthar atá lasta, ba chóir leat do do shuíle duil i dtáithi ar an dorchaír.
- Fan amach as doire, in Éirinn is gnách a chuisleadh agus agus tús a siúl ar an gcocán, coiínigh súil amach do charranna ag stopadh in aice leat.
- Má cheapann tú do bhuífeadh duine sa tóir ort agus má féiceann tús a tabhairne ní áit phoiblí eile oscailte tighde isteach ann agus cuir glaoch ar na Gardaí agus/fá rochar. Inis d’fheith an tÚ i/ d’eon deireine eile a bhfear in ann cabhráil a thabhairt duit.
- Ná scráid! Má bhíteann ní “No” nó “Tine” nó “Fire” tabharfaidh daoine i bhfadh níos mó aíre ort nó má chloíseann sláinte an deach tríd a deacht san “Cabhair!”
- Bi réidh le buaighd aír ort féin a bhí le do chomh solás losta ann má cheapann tú do bhuífeadh tú i mbaol agus mhinigh an scéal.
- Nó coithinn eochrach i do mhála - coithinn ar do phhearsa iad. Is féidir lads a úsáid, más gá, le brú isteach in aghaidh an ionsaitheóra. Bióidh siad réidh agat le doras an tí a oscailt iomhá nach mbeadh an fiosfaidh san cabhair.
- Má ghlódhachtaí do cheol eochrachtaí, thraither na ghlasanna, chomh luach agus is féidir - seanach go bhfuil a thionóil ag an tÚ a ghoid lá eile an cabhall Cóin í ón deich.
- Smoainigh faoin mheid atá a lompar agat. Seachain rudaf tríoma a lompar nár rudaf móra - is fearr mála gur fédlir leat a lompar thart do chorp le do cheol lámha a fhágail saor.
- Nó lompar níos mó ná mar is gá - rudaf luachmhar na húthraithe agus cróiteach leat a chaillílta, cáipéisí pearsanta, airde breise agus leat a chosaint. Nó tabhairt leat na rudaf nó leabhadh gá le. Má tharlaíonn sé go mbéann ort do mhála a fhágail le rhith ní bheidh tú ag caill­línt gach rud.
- Smoainigh faoin éadach atá do ort - bhróga cearta gur fédlir leat rith lontu nó péire a bheas tú sása a fhágail i do chuíleidh leis an tionsaí a sheachaint. Moltar duit bhróga nach ndéanann mórán toradh a roghnú orthu gur fédlir leat bagadh go clúin, má bhionn an gá sin ann. Seachain éadach a chuirfidi iad a thamhacht ar bhogadh go tapaidh i. scior­tai teanna.
- Biodh aláráim pearsanta éigní agus agus biodh sé éasca teacht air.
There is for, wanted or reciprocated; hence the term 'harassment'. Otherwise impose and reinforce their power. It is often suggested the harasser is the guilty person, the harasser is responsible. It is unwe lcome.

The type of behaviour we are referring to is not asked to establish a personal relationship; instead it is a way of asserting power over a woman and sexual harassment is one of the most insidious ways by which men unconsciously or otherwise impose and reinforce their power. It is often suggested that there is an intruder present. Phone the Garda straight away and go to a neighbour’s place to wait.

- DO get out of the house or flat immediately if you think that there is an intruder present. Phone the Garda immediately.

What to do if you are being harassed
1. Confront the harasser and inform him that the attention is unwelcome.
2. Keep a written record explicitly describing the incidents of harassment with date, time, place, witnesses and your response.
3. Look for witnesses, other victims and further evidence.
4. Talk to other women in the college or friends to find out if they have had similar experiences.
5. Complain formally to the Students’ Union or the college authorities. Students’ Unions should be able to put you in touch with a member of staff who can help you deal with the problem.

The students’ union and college should guarantee confidentiality. Use you witnesses to substantiate your complaints. The DIT authorities have recently developed a very comprehensive policy against sexual harassment details of which are available from your Students’ Union offices.

Harassment should not be tolerated from lecturers, staff, students or anyone else. Many people still say that there is an intruder present. Phone the Garda immediately.

- DO get out of the house or flat immediately if you think that there is an intruder present. Phone the Garda immediately.
Rape

Rape is a crime of violence which uses sex as a weapon. The motivation behind rape is anger, power and control and not sexual gratification. Rape remains a subject surrounded by ignorance, fear and myth: ignorance on the part of the victim and not sexual gratification. Rape remains a subject of distorted sexual beliefs and assumptions about the role of the victim in the attack.

What is Rape?

1. If any of the following happen to you without your consent, it is rape: Sexual intercourse (Vaginal), Oral Sex, Anal Sex or penetration of the vagina by any object held or manipulated by another. These offences together with aggravated sexual assault - ie sexual assault with serious battery - carry a maximum sentence of life imprisonment. 'Ordinary' sexual assault carries a maximum penalty of five years imprisonment.

2. Rape is not a sexual act. It is a violent aggressive act, mostly used against women. Force, rather than sexuality is the overriding feature of rape. Even where physical force does not occur, unwanted sexual intercourse is horrifying, brutal and psychologically disturbing.

3. Most rapes are planned and over half the cases reported to the gardaí are not to blame. The rapist is the person who commits the assault and not sexual gratification. Rape remains a subject of distorted sexual beliefs and assumptions about the role of the victim in the attack.

4. Most rape victims are known to their assailants. The rapist can be a husband, boyfriend, partner or neighbour. For happen in the attack.

5. Women do not ask to be raped. Women are frequently raped or sexual abuse can be one of the most distressing and damaging human experiences. The effects on the victim can be devastating. Despite greater awareness, there is still a negative attitude towards victims of rape, incest and sexual abuse: Most victims carry with them a great sense of guilt, believing that they are somehow to blame for the abuse perpetrated against them.

Common Immediate Effects

1. Tabhair aghaidh ar an t-eitil atá i gceist agus cur in irl dó nach bhfuil fáilte roimh a lompar.

2. Cionngh cuntas scórsa ag cur síos go mion ar gach a tharla, cén dáta, cén t-ama, cén dhíli a tharla na heachtaí, cé a bhí ann agus cén fhreagra a thug tú féin.

3. Lorg finn níthe, iobairtí éile agus fionnasa sa bhreise.

4. Labhair an má é eile sa Choláiste nó le caidh le fáil amach an bhfuil fadhbanna den chinneáil an sna n'aonach.

5. Dáine ghearrán oifigiuil le Comhaltas na Mac Léinn nó le hUdarás an Choláiste féin. Ba cheart go mbeadh Comhaltas na Mac Léinn in ann a thucú ó dtreo thóireann an Choláiste a bheas in ann cabhrú leat deilséil leis an bhfadhb. Faoi rún uilig a bheas gach plé a bheas agat le Comhaltas na Mac Léinn agus leas an gComhláiste. Bain úsáid as do chuid finn níthe chuí tacaíocht a thabhairt do do scéal.

6. Más gá dáin teangmháil leis an tseirbhis chomhthóirile dlí, leis an gNóinmhoirí Chatha Chomhthóireachta Fostalocheach nó leis an gCoimisiún Chomhionnneas Deiseanna.

Ní rud fáinach é an ciapadh gnéasach. Ba neamh sé linn uilig idir fir agus mná.

Éigíniú.

Coir é an t-éigíniú a bhaineann úsáid as forfearge agus gnéas mar arm. Ní sásaimh gnéasach a bhionn i lorg as an duine ach faoi asamh on bhfear, a chumhacht agus a smacht a fheirliú. Is mó ar mhead anseileacht, eigeal agus miotaí a bhaineann le ceist an éigíniú. Anseileacht, miotaí agus a sheacharnis ar an rashdath éithe a tharaigh Leanúin na Fórsaí a bhíonn ag an duine an éigíniú. Leanúin na Fórsaí a bhíonn ag an duine an éigíniú.

2. Don chuid is mó den an duine a dhéanann amach as an iomsaitheoir cheana an éigíniú. Tarlaionn níos mó na leath acu i dithiú agus ag an miotá i dtreach na mná féin nó i dtreach an iomsaitheoirí.

3. Bhíonn aithne ag an gcuid as de na hiobartaigh ag na hionsaitheoirí agus is mínic gur caidre iad nó go dtí agus an am mban sin is mínic nach mbionn an mná saústa i an éigíniú a thabhairt.

4. Ní forfeargeonn mná éigíniú. Is mínic a cuirtear an milleán orthu ina thaoibh de bharr a chuid éadair agus a n-lompar. Taispeánann taighde idirnaisint nach a lorg sásaimh gnéasach a bhíonn i fíor ag iarraidh mná a náisiú agus a failú.

Toirghd an Éigíniú ar Mhainn.

Tá an t-éigíniú nó mí-úsáid gnéasach ar ceann de na heachtaí sa mheas le fáil leis an duine a thualánt. Dhíitheadadh sé blianta a thogail go dtí go mbeadh an t-iomparach in ann teacht chun réiteach ina hichtín féin ar a tharla di. De bharr dearadh comhlíonta an phobail leis an iomparach éigíniú, coll agus miúsad gnéasaigh bhíonn na hiobartaigh iad féin a chruadh chomhthóireachta. Creideann siad go bhfuil loch orthu féin toisc an mhead a tharla díobh.

Torthaí Cothanta ar an Toirt
Hysteria or withdrawal
Vomiting - sometimes for a number of days
Inability to eat or sleep
Bruising or soreness, especially around the genital area
Fear of going outdoors
Tendency to dwell on details of the assault.

Possible Long term Effects
Lack of trust in men and unwillingness to be alone in the company of men.
Problems in relating sexually to a partner.
Many women analyse why they were raped, often blaming the attack on their dress, behaviour, etc.
A fear of being alone in the dark, or in unfamiliar social situations.
Depression, embarrassment, anger, humiliation and other confused feelings.
Largely dependent on how successfully the hurt and pain experiences have been blocked out.

To many, the crime of sexual abuse is perceived as something which is sex based. It is not. Rather, it is an abuse of power, a total betrayal of trust, very often by those who are closest to the victim.

Blocking out the hurt is for many the only way of coping with the experience, a survival tactic which the victim uses to provide a counselling service. Unfortunately, because how long ago it happened, the Rape Crisis Centre can not want it reporting to the Gardaí with so-called domestic abuse.

Here are some interesting statistics for you to consider:

- In the year 2000, the Women's Aid National Helpline received over 6,000 calls
- In the same year the Women and Child Garda Unit received over 5,000 calls for help due to domestic violence situations in the Greater Dublin Area
- In America, 4,000 women are beaten to death every year by their partners
- In Sweden, a woman is beaten to death by her partner every 10 days
- The reality is that many women who are abused by their partners are afraid to report it, fearing amongst other things, further abuse, be it physical or mental. Add to this the sense of not wanting to trouble the Gardaí with so-called domestic problems, the social history of marriage and the feeling of nowhere else to go and you have a recipe for a terrifying domestic set-up that has been the source of misery and pain for women and children for centuries, tacitly supported by civilised societal norms and until recently fairly ignored by our lawmakers. (Yes, some men are victims of domestic abuse but we shall concentrate here on the 99% of victims who are women). Domestic Violence, in whatever form, is one of the most grave social problems facing women in this country.

What then qualifies as domestic abuse? Is it rape, a severe beating when the dinner isn’t hot enough, the occasional cuffed

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Histéire nó Coilú
Uraic an nó cur amach - uaireanta ar feadh cúpla lá
Eachumas íthe agus/nó codaláta
Brú craicicín agus planta, go mór mhóir sa réiléin giniúinach
Eagla dúl taobh amuigh de dhóras an tí
Clíonadh dúl ar an eachtra

TORTHAL CONTAINTA FADTÉIRMACHA

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It doesn’t have to be like that and it shouldn’t be.

Remember:
• No man has the right to assault you
• You have the right to live in safety and peace
• There are people who can help and support you to rebuild your life
• Do not protect him

In this country, as with others, we have been disgracefully slow in recognising the extent of domestic violence and the damage it causes. It was only as recently as 1991 that the crime of rape within marriage was recognised in this country.

A bill has been passed which amends the woefully inadequate law regarding protection of people (primarily women) from violence in the home. The Domestic Violence Bill 1995 extends the law on barring orders and protection orders, at present confined to spouses and their children, to wider classes of person, including co-habitsants and their children. It gives the court power to order long-term protection orders called 'safety orders', which are in effect long-term protective orders available to or against all members of a household. Such an order may be sought as a remedy in its own right and not as an interim-type order pending the making of a barring order. The District Court will have jurisdiction to make a safety order for five years, renewable for a further five years. The Circuit Court will have unlimited jurisdiction.

The Bill gives the Health Boards new powers, subject to conditions, to apply for court orders. It also increases the penalties for breaches of orders of the court and it gives the Gardaí new powers of arrest to deal with cases of domestic violence.

- The Bill empowers the courts to grant a barring order against a respondent who is a spouse, cohabitant or adult child of the applicant subject to conditions.
- Barring orders will be available on an interim ex-parte basis in situations of extreme emergency, subject to conditions
- The District Court will have jurisdiction to make a barring order for three years whilst the Circuit Court will, as at present, have unlimited jurisdiction.
- The Gardaí will have new powers of arrest without warrant in cases of domestic violence. They will continue to have powers of arrest without warrant for breaches of barring orders and protection orders and that power is being extended to breaches of safety orders. The Bill enables the Gardaí to enter a household to effect an arrest for breach of these orders and

- Cuífear ceisteanna talthíchta ort.
- Cuífear scrúdú dochtúra ort, scrúdú seachtrach agus imhméanú. Is féidir leat do dhochtúir fein nó bandhochtúir a larracht.
- Seans go n-lfarar ort breathnú ar ghríanghrafanna, dul leis na Gardaí chuíg an áit in ár thairla an t-eiginí nó an t-iont- saiteoir a ainmníú.
- Is féidir leat larracht nach léifear úsáid as d’ainm os ar sa Chhuirt.

SCRÚDÚ DOCHTÚRA.

Ba cheart d’aon bhean ar rinneadh éigini nó ionsai gnéasach uirthi scrúdú dochtúra a fháil chomh luath agus is féidir léi tar éis an ionsaithe (is cuma má tá nó nach bhfuil sé i gceist aici dul chuig na Gardaí), chun aon ghotú nó s an gníomhaíochta a n-achumgáil as d’fhás amach an bhfuil sí torrach.

Má tá sé i gceist aici dul chuig na Gardaí cuimhneach ná marfadh an fhianaise díol-eolaíochta ina corp ar feadh a bhfad tar éis an ionsaithe. Tá lán chead ag bean cara, gool nó comhairleoir a thabhairt léi chuig an scrúdú dochtúra seo.

IONAD LEIGHSIS IONSAITHE GNEASACH

Tá ionsad Leighis ionsaithe Gnéasacha bunaíte in Ospidéal an Rotunda i mBailé Átha Cliath. Tá sé oscailte 24 uair sa lá agus is féidir dál anuas go n-áthas agus ceann a dhéanamh leo. Déanann an t-ionad freastal ar gach duine agus t’fhuaile éigini nó ionsai gnéasach for tharla. Má tá aon ghotú a mháthú agus a tharla an t-ionsaí éigini, raibh an chomhairle bunsach a chur ar lorg an t-ionsaí gnéasach.

Tá gach cóir leighis riachtanach le fáil ann chomh maith leis an t-ionsaí gnéasach a spreagadh agus a chur rith i bhfeidhm de dhóthair a chur i bhfeidhm agus a chur i bhfeidhm de dhóthair a chur i bhfeidhm. Tá an t-ionsaí gnéasach a tharla agus is féidir leat a chur i bhfeidhm leis an t-ionsaí gnéasach a tharla. Ionad Leighis ionsaithe Gnéasach a léiriú.

IONASAI GNÉASACH

Ní dhéanann sé an t-é ar rinneadh ionsaí Gnéasach air agus é ina pháiste dearmad ar sin ar feadh a shaol. Brathann tortsaí ar an t-ionsaí gnéasach ar chumas a bhíodh dearmad nó neamhainm iomlán a dhéanamh ar an ngtóir a d’fhuaile sé.

where there is an assault or such assault is suspected.

Protection Order

A Protection Order comes into force immediately and gives the Gardaí the right to arrest and charge when you are being threatened with violence of any kind. It is granted as an interim-type order pending the determination of an application for a barring or a safety order.

Barring Order

Previously, this was given by a judge to bar a violent spouse from the home. If the spouse broke the order he would be arrested and charged. You do not have to be in the home to get the order and your spouse does not have to be living in the home to be barred from entering it. Under the new bill this has been extended to include cohabitants and their children.

Domestic violence is not only a problem for the individual affected. We cannot turn our backs on it with the half-hearted conviction that it is none of our business, that it is somehow a family problem. An abusive man could marry your sister, friend, niece or even your daughter. Think about it.

Ach déanann an dearmad seo scriots orainn fín. Ní mórdún agailch a thabhairt ar an bpíon agus ar an bfearg. Is féidir linn é seo a dhéanamh go sabsáite tríd comhaire a tháil a thabharfaidh an deis móin in mothú aris. Ní mórdún a tháil ar ais an ngortó, an fearg a scoileadh amach agus tuilleadh in ndaoine a tháil ar ais aris.

Más rud é gur rinneadh ionsaí ort ba cheart duit comhaire a thostóir go gcaithfeadh an deis móin in mothú aris. Is cuma más ég nó sean thú, más fhearr nó bean thú tá seirbhís comhaire ar fáil ón lonad Éigeandála Éigíthiú duit. Farraigh, toisc go bhfuil an oiread sin úsáidtear lenaíne an tionsaí gnáasach orthu tá liosa fada feilthimh ann ach tabharfar coinne diúlt chomh luath agus is féidir. Cuir glaoch inniu orthu, tá sé toilte agat.

Seoltaí Úsáideacha
Useful Addresses

Dublin Rape Crisis Centre
70 Lr Leeson Street,
Dublin/BÁC Cillth 2
Tel./Tel.: 661 4911
(9am-5.30pm Mon./Luan- Frl./Aoine)
Tel. 661 4564
After/Tar éis 5.30pm and
weekends/ D Seachtaine.

Sexual Assault Treatment Unit
Ospúidéal Rotunda Hospital
Parnell St.,
Dublin/BÁC 1
(Tel./Tel. 874 8111
Women’s Refuge,
Tel./Tel. 4961002

Women’s Aid Helpline,
Tel./Tel. 1800-341-900, (free)
10am-10pm, Mon-Fri, 10am-6pm on Sat.,
P.O. Box 791, Dublin 7
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