



SU GUIDEBOOK

2021/22

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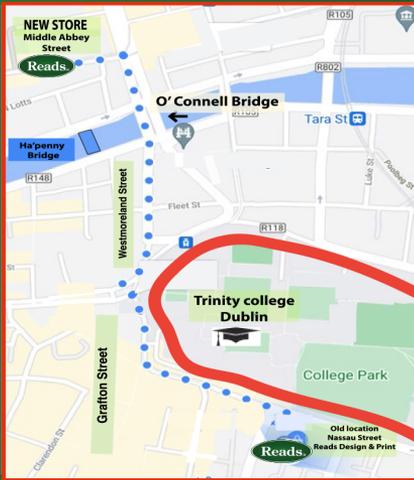
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An introduction to your Students' Union, including information on services, our sabbatical officers and how the Union works.

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Useful contact details; a quite funny A-Z and a map.



INSTAGRAM STORIES

FOLLOW US @**TCDSU**

We're constantly posting pics and stories, running competitions, and telling you about the SU on our Instagram account, so don't forget to follow us @**tcdsu**!

EDITOR AOIFE CRONIN

DESIGN & LAYOUT DÁIRE McNAB

ADVERTISING AOIFE CRONIN

PHOTOGRAPHY SINÉAD BAKER, ÚNA HARTY,
IVAN RAKHMANIN

*PLEASE RECYCLE YOUR GUIDEBOOK AT THE END OF THE
ACADEMIC YEAR*

Heya! My name is **Leah Keogh** and I'm our **Students' Union President**. First and foremost, congratulations on just being here, the past year has presented so many obstacles and you should be proud of yourself for overcoming them. I hope that this year is filled with less Zoom and more connection. We have been, and will continue to work hard to ensure a safe return to campus.

The Students' Union's job is to enhance your student experience, we do that through listening, providing services, running campaigns, offering advice and by acting as advocates. Our offices are based on the first floor of House 6 in Front Square, feel free to drop in or shoot us an email at any time. We work for you and we're here to help, so don't be a stranger! Finally, this is your reminder to grab every opportunity that College life presents, ask that question, join that club or society, run for class rep, talk to that stranger! Your College experience is exactly what it says on the tin, YOURS, so don't take it for granted.

I look forward to getting to know lots of you this year, it's going to be an incredible one.

Good luck,

Leah

she/her // president@tcdsu.org

★

Dia dhaoibh, is mise **Leah Keogh** agus is **Uachtarán Aontas na Mac Léinn** mé. Ar dtús, comhghairdeas ó chroí libh go léir as ucht a bheith anseo, bhí an bhliain seo caite lán le dushláin agus ba chóir go mbeadh sibh bródúil asaibh féin as iad a sárú. Tá súil agam go mbeidh níos lú Zoom agus níos mó caidreamh i mbliana. Bhíomar, agus táimid, ag obair go dian le cinntiú gur b'fhéidir linn teacht ar ais don choláiste go sábháilte.

An aidhm atá ag an AML ná d'eispéireas mar mac léinn a feabhsú, agus an tslí go ndéanamaid é sin ná trí éisteacht, seirbhísí a chur ar fáil, comhairle a thabhairt, agus a bheith inár ionadaithe daoibh. Tá ár n-oifigí loinnithe ar an gcéad urlár i dTeach 6 sa Chearnóg Tosaigh. Tá fáilte romhaibh buail isteach nó ríomhphost a chur chugainn am ar bith. Oibrímid daoibh agus táimid anseo le cúnamh a thabhairt daoibh, bígí cinnte bualadh linn!

Mar fhocal scoir, seo meabhrúchán daoibh gach deis a dtugann an Coláiste daoibh a tapú, chur an cheist sin, bí páirteach sa chumann sin, seas i dtoghchán na hionadaithe ranga, bíodh comhrá agat leis an strainséir sin! Is leatsa d'eispéireas sa choláiste, agus leatsa amháin, bain sult as!

Táim ag súil go mór le bhualadh libh go luath, beidh bliain iontach againn.

Ádh mór,

Leah

sí/í // president@tcdsu.org



SU PRESIDENT'S WELCOME

DON'T LET MONEY WORRIES COST YOU YOUR EDUCATION

The **Student Assistance Fund** provides financial support to **full- or part-time students** who are experiencing financial difficulties while attending higher education.



WHAT CAN I USE IT FOR?

The **Student Assistance Fund** is available to help with costs such as:

BOOKS &
CLASS
MATERIALS

RENT &
OTHER
UTILITY
BILLS

FOOD

ESSENTIAL
TRAVEL

CHILDCARE
COSTS

MEDICAL
COSTS

Part-time students who are lone parents are encouraged to apply as additional funding has been made available to support this group.

HOW DO I APPLY?

If you are in financial difficulty, you should contact the access or student services office in your higher education institution for more information on how to apply for the **Student Assistance Fund**.

The Student Assistance Fund is managed by the Higher Education Authority on behalf of the Department of Further and Higher Education, Research, Innovation and Science.

See www.studentfinance.ie for more information



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YOUR UNION

An introduction to your Students' Union, including information on services, our sabbatical officers and how the Union works.



YOUR UNION

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HOW DOES IT WORK?

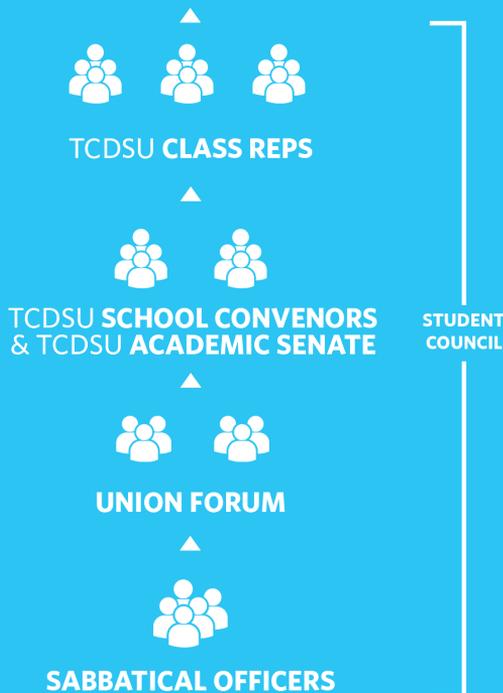
The Students' Union is run for students by students. We represent you at college level, we fight for your rights, we look after your needs, and we are here for you to have a shoulder to cry on or as a friend to chat with over a cup of tea. As a student of Trinity College, you are automatically a member of TCDSU. Remember—we work for you, and you decide what we campaign and fight for!

SABBATICAL OFFICERS

Your Union is run by 6 full-time sabbatical officers who are elected



17,000 TRINITY STUDENTS



annually in February. The officers are made up of the President, the Education Officer, the Welfare Officer, the Communications Officer, the Ents Officer, and the UT Editor. Their offices are all in House 6 in Front Square. Of course, TCDSU is far more than just 6 officers. There are hundreds of other students who ensure you are represented at every level and they are absolutely vital to the proper running of the Union. More about these individuals later!

SU SERVICES

TCDSU provides a wide variety of services, including two shops, an accommodation advisory service, a multi-award winning newspaper, confidential advice, and the best student entertainment

in Dublin. Feel like College isn't giving you the quality student experience you deserve or think the government is ignoring your voice? Talk to Leah, your President. Have any academic issues or want to run for Class Rep? Get in touch with Bev. Sierra is looking out for your welfare, from sex to finances. Got an ear for a news story? Why not give Emer, the editor of the University Times, a call? Aoife is our Communications & Marketing Officer, she's the one who'll respond to you on social media. Even if you just want to party, Greg is your go-to guy.

CLASS REPS

BE THE CHANGE YOU WANT TO SEE IN COLLEGE!

The work of Class Reps is vital to the operation of the Student's Union. Every class can elect at least one Rep to represent their views to the Union. As voting members of Council, Class Reps can use this to direct the SU's activities.

SO WHAT DOES A CLASS REP ACTUALLY DO?

A Class Rep is like five mini Sabbatical Officers rolled into one! From being the 'go-to' person for resolving minor issues facing the class to organising class parties, trips and nights out, there are many facets to being a Class Rep, and by getting involved you can enjoy as many of them as you like. The key role of the Class Rep is to be the spokesperson for their class to the College and to the Union. A good Class Rep can make a real difference to college life for your whole class.

OK, I'M LISTENING, SO WHY SHOULD I RUN FOR CLASS REP?

There are literally hundreds of reasons why students run every year, including:

Class Reps get to know their whole class and Reps from other courses. They can organise parties and trips away for their class. You'll be the voice of your course to College, and will be able to effect real changes to your course and College itself. You can attend Class Rep Training, where you meet loads of people and receive training on negotiation and leadership skills, public speaking, organising class parties and much more.

SOUNDS GREAT, HOW DO I BECOME ONE?

Hundreds of Class Reps are elected every year by their classes. If you think you want to be a Class Rep, keep an eye on tcdsu.org and our social media channels, as all nominations and elections will take place online this year. **Nominations will open on September 28th and close on October 9th, with the elections being held on the week of October 12th.**



Union of Students in Ireland

Aontas na Mac Léinn in Éirinn

USI is the sole national representative body for over 300,000 students in over forty third level education institutions in Ireland. It is a membership organisation of which Trinity College Dublin Students Union is a part.

USI is a democratic organisation. The main decision making body of the Union is National Congress, which is representative of each affiliated students' union, apportioned according to the size of the student body in each union at a ratio of one per every 1,000 students. You can apply for this in Hilary Term. If you'd like to talk to someone from USI, or just want to raise an issue, the best idea is to talk to your SU President, who will point you towards the relevant USI Officer. National Council is the executive body of the organisation and happens every 6 weeks where TCDSU sends one voting member.

USI works to promote equality and diversity and has spearheaded many successful student-led campaigns in recent years.

USI lobbies for equal access to education for all, rent freezes and reductions in student contribution fees to name a few.

USI is run quite like a local Students' Union-except on a national scale-with the various SU Presidents performing the 'Class Rep' role at USI National Council.

USI isn't made up of just Sabbats, every student in every affiliated college in the country is a member so it's your union too!



@usi.ie



/USI.ie

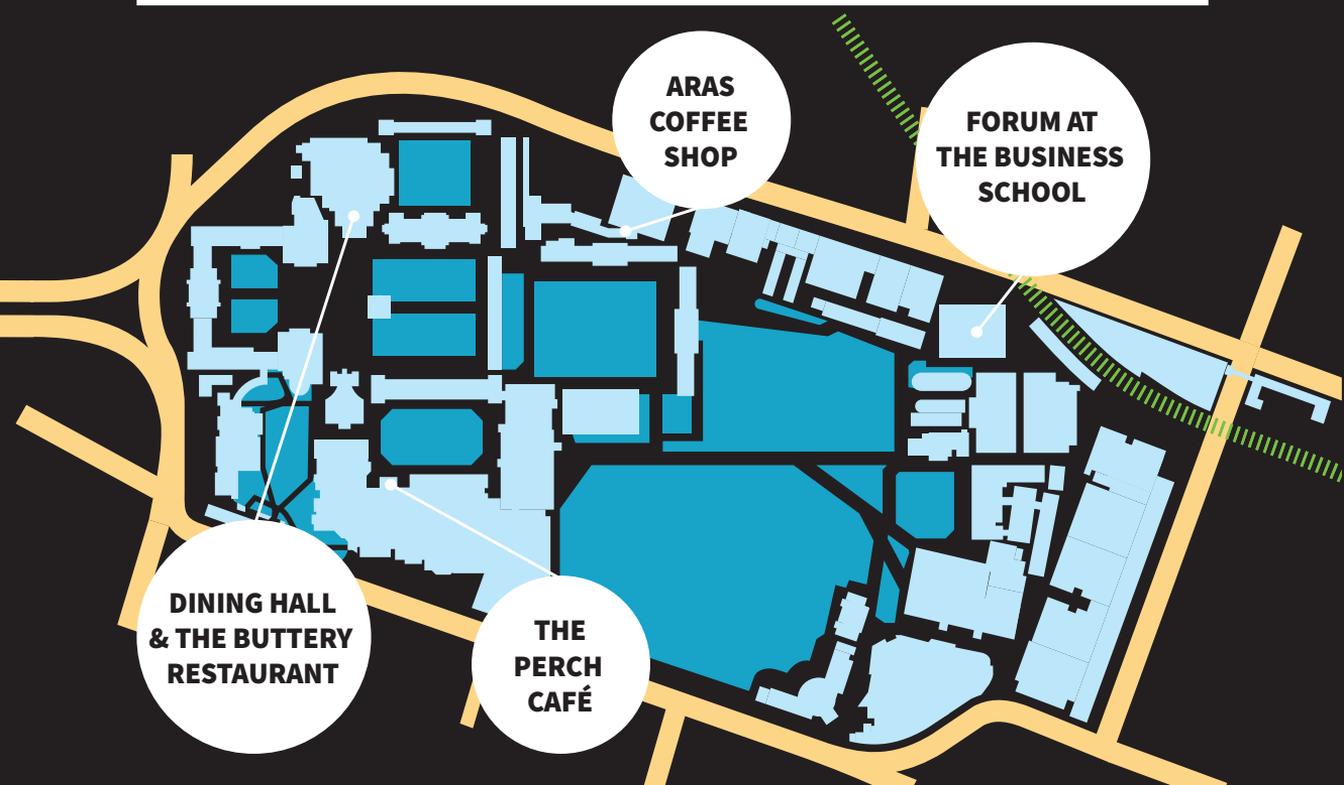


@theusi

www.usi.ie

TRINITY RESTAURANTS

The *Catering Department* would like to welcome all new and returning students and wish you all well for the year ahead. We look forward to seeing you in any of our outlets.



OPENING TIMES

THE BUTTERY RESTAURANT

7:30AM – 4:00PM

Monday to Thursday

7:30AM – 3:00PM

Friday

FORUM AT THE BUSINESS SCHOOL

8:00AM – 4:00PM

Monday to Thursday

8:00AM – 3:00PM

Friday

THE PERCH CAFÉ

8:00AM – 7:00PM

Monday to Thursday

8:00AM – 6:00PM

Friday

DINING HALL

12NOON – 3:00PM

Monday to Friday

ARAS AN PHIARSAIGH

8:00AM – 4:00PM

Monday to Thursday

8:00AM – 3:00PM

Friday

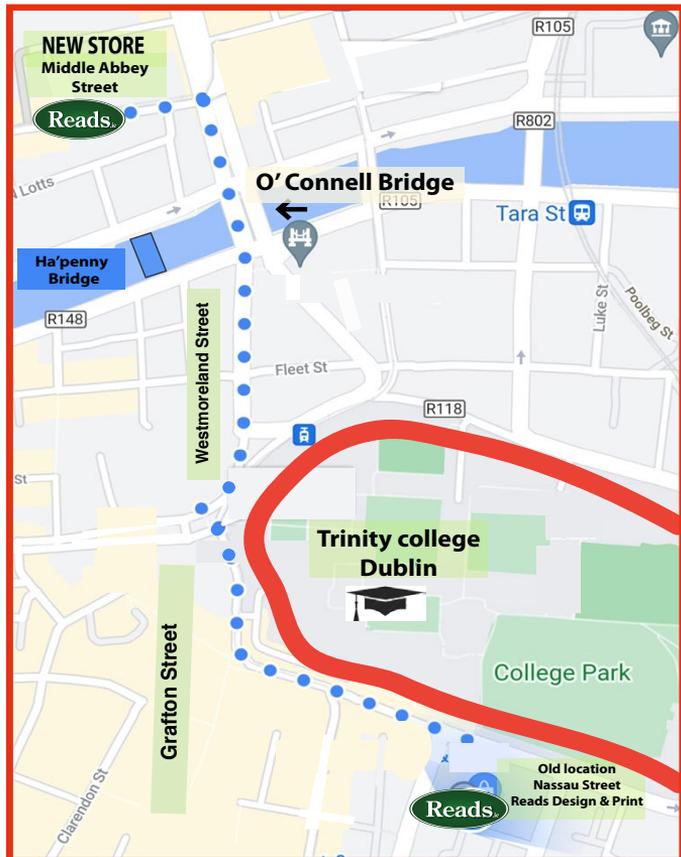
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GET INVOLVED!

TCDSU has always been dedicated to fighting and campaigning on behalf of its members for their rights as both students and citizens, within the walls of Trinity and beyond. The SU fought for Marriage Equality and for the Repeal of the Eight Amendment for decades on a national level. Locally, we fight to protect and improve your college experience, be that fighting against fees or calling for improved services, we serve to protect your interests, big and small. If you have any questions about what it is we campaign for, or would like to get involved, contact Leah at president@tcdsu.org.

SU COUNCIL

SU Council is the main decision making body in the Union and meets a number of times during year to discuss and debate issues that members of the Union feel are of interest to students. Essentially, whenever Council says “jump” the sabbatical officers say “how high?!”

CAN I GO EVEN THOUGH I'M NOT A CLASS REP?

Of course! Every student may attend council and speak on any topic that affects them, from the library to fees. However, only elected members, such as Class Reps and executive officers, can vote on an issue.

SCHOOL CONVENORS & UNION FORUM

School Convenors meet with lecturers and heads of schools to ensure that student interests remain at the heart of academic decisions. Union Forum are part-time officers who, not only handle their own casework, but also meet weekly with the Sabbats to discuss the issues facing students.

FACULTY ASSEMBLIES

Faculty assemblies involve Class Reps, School Convenors and Faculty Convenors from a particular faculty. They discuss unique issues facing Arts, EMS or Health Sciences students. They meet throughout the year and often devise policy to be brought to SU Council.

ELECTORAL COMMISSION

The EC runs all SU Councils as well as any election or referendum held by the Students' Union, ensuring clarity and transparency. As such, no member of the EC may hold another position in the Union, although the Chair of the EC is also Chair of Council.

CHAIR OF COUNCIL AND EC EMMA LOUISE ROSSITER

CATHAOIRLEACH AN CHOMHAIRLE

Hello, my name is Emma I am a SS Microbiology Student. This year I will be taking on the role of Chair of the Electoral Commission (EC). The EC ensures smooth running SU Councils and any elections or referendums within the SU. As Chair of the EC I'm also the Chair of Council. **they/them**
chair@tcdsu.org



OVERSIGHT COMMISSION

The OC are responsible for managing and maintaining the Union's policy. Any student in the college can ask the OC about existing Union policy and whether the Union has executed it. The Chair of the OC, Ewan Tushkanov, is also the Secretary to Council and can be contacted if you want to submit a motion or item for discussion.

CHAIR OF OVERSIGHT COMMISSION EWAN TUSHKANOV

CATHOIRLEACH AN CHOISTE MAOIRSEACHTA

I am the secretary to the council and the chairperson of the Oversight Commission. My primary function is to carry out secretarial duties such as accepting submissions for council, minuting Union Forum, distributing agendas and other relevant material etc. As the chair of the OC, I bring relevant matters to the Oversight Commission, represent the Oversight Commission at council, provide provisional interpretations on Schedule 4 (if the quorum of the OC is not available), etc. **he/him**
secretary@tcdsu.org



UNION FORUM

AHSS FACULTY CONVENOR JULIA BOCHENEK

TIONÓLAÍ DÁMH NA HEALAÍNE, DAONNACHTA IS EOLAÍOCHT SÓISIALTA

Hi! My name is Julia Bochenek and I am an SS English Studies student. I am going to be your Arts, Humanities and Social Sciences Convener for this year! I will make sure all AHSS students have their voices heard, and will act as the link between students, staff and the SU on all matters relating to AHSS courses. I will also work with all AHSS course conveners and class reps on any course specific issues. I look forward to listening to and helping students this year, so please reach out and contact me with any problems or concerns, I'm here to help! **she/her**

ahss@tcdsu.org



STEM CONVENOR ZÖE CUMMINS

TIONÓLAÍ DÁMH NA HEOLAÍOCHTA, MATAMAITICE IS INNEALTÓIREACHTA

Howdy folks, I'm Zöe and I'm your STEM Convener for the year. My job is to sit on college committees, help the STEM reps be legends and to make life better for us over in the Hamilton. From pigeons to virtual learning policy, it's my bread and butter. So if you have any suggestions on things to fix let me know! The topics closest to my heart are breaking barriers to third level education (yup TAP!) and promoting diversity in STEM. Outside of the SU I'm the President of SUAS and an S2S Head Mentor. **she/her**

ems@tcdsu.org



HEALTH SCIENCE CONVENOR SHAUNA SUTTON

TIONÓLAÍ DÁMH NA HEOLAÍOCHTAÍ SLÁINTE

Hey friends, I am a final year nursing student. As Health Science Convener, I organise and run faculty assembly and represent health science students at faculty meetings and university council. I am here to support you from academics to placement and anything else that may come up during the year. If you have any issues, questions or queries please do send me an email. I am excited to work with you all this year and can't wait to meet everyone! :) **she/her**

hs@tcdsu.org



ACCESS OFFICER EOGHAN GILROY

OIFIGEACH ROCHTAIN

Hi! My name is Eoghan, and I'm your Access Officer for the upcoming academic year. The role of the Access Officer is to ensure a seamless transition to third level education for all access students, including those who entered Trinity through the HEAR and DARE scheme, as well as those who came through the Trinity Access Programme's Foundation Courses. I'm really looking forward to getting started, so if you have any questions or concerns, please do reach out! **he/him**

access@tcdsu.org



CITIZENSHIP OFFICER JULIE SMIRNOVA

OIFIGEACH SAORÁNACHTA

Hey! I'm Julie - the SU Citizenship Officer. My job is to help organise campaigns that create good trouble in areas like climate & biodiversity, education, housing, and disability justice. For me, that means teaching one another to look at the world around us in different ways; to recognise how existing systems work to exclude & exploit people; to care for others; and to connect our collective strength into action that dismantles unjust power structures on a campus, local and global level. **she/her**
citizenship@tcdsu.org



COMMUNITIES LIAISON OFFICER CAOIMHE MASSEY

OIFIGEACH NA POBAIL

As communities liaison officer my role is to act as a supporting link for commuting students with the wider college community. I am here to advocate for students who live off campus and bring forward the unique issues that they are faced with to the SU. I hope to foster student engagement in both their own community and the student body. **she/her**
communities@tcdsu.org



ENVIRONMENTAL OFFICER SAM FOLEY

OIFIGEACH COMHSHAOIL

Hey! My name is Sam and I'm your Environmental officer for the year. With a commitment towards creating a more sustainable campus, I'm looking forward to ensuring that climate change and biodiversity are prioritised in the return to campus this year. The reopening of college provides an opportunity to create more awareness from Green week to the Green Campus Committee. Feel free to reach out via email with any ideas, concerns, or to get involved. **she/her**
environmental@tcdsu.org



ETHNIC MINORITY OFFICER GABRIELLE FULLAM

OIFIGEACH MIONLAIGH EITNEACHA

The Ethnic Minorities Officer is concerned with anti-racism on campus. They deal with the needs of ethnic minorities on campus on an individual and structural basis. Within the SU, they enforce student union mandates in relation to racial justice and ensure that ethnic minority rights are enforced. **she/her**
ethnicminority@tcdsu.org



GENDER EQUALITY OFFICER REBECCA KELLY

OIFIGEACH COMHIONANNAS INSCNE

Hey everyone! My name is Rebecca, I'm a final year law student and I'm this year's gender equality officer. This role will be dedicated to promoting gender equality within the college community. I will work with the other officers and students to strengthen supports for women and gender minorities to make campus a safe space for individuals to express their gender identity. I'm super excited for the year and can't wait to channel all of my passion in this area into my work with the SU. All students can reach out for help, advice or suggestions. **she/her**
genderequality@tcdsu.org



INTERNATIONAL STUDENT OFFICER DYLAN KRUG

OIFIGEACH NA MAC LÉINN IDIRNÁISIÚNTA

As the International Student Officer it is my job to represent the issues and interests of students from all over the world. Be it at union forum, council, or to the college directly, I am here to ensure the unique problems faced by international students are not overlooked. **he/him**
international@tcdsu.org



OIFIGEACH NA GAELIGE AISLINN NÍ DHOMHNAILL

IRISH LANGUAGE OFFICER

Haigh a chairde, is mise Aislinn, Oifigeach na Gaeilge. An ról atá agamsa ná an Ghaeilge a chur chun cinn san Aontas, i measc na hionadaithe ranga agus na hoifigh. Bíonn píosa aistriúchán á dhéanamh agam chuile seachtain, bíonn an Ghaeilge san Aontas á phlé agam le mo chomhghleachaithe, agus an aidhm atá againn ná úsáid an Ghaeilge a mhéadú inár measc. Táim ar fáil chun aon ceisteanna a freagairt! **she/her**
gaeilge@tcdsu.org



JCR PRESIDENT EVA CRAIG

UACHTARÁN AN JCR

Hello Hello,
 My name is Eva Craig and I am insanely lucky to be the 2021/2022 JCR president.
 The JCR is a committee of eleven elected 2nd year students who have the sole purpose of making sure Trinity Halls residents are happy, safe and having the time of their life in Trinity Halls.
 My role as president involves managing the other JCR officers, making sure we're using our funds efficiently, welfare work, interacting with college bodies, and making sure every JCR event is all in order.
 I am extremely excited to see how we can make the best of this year!
she/her
president@trinityhalljcr.com



LGBT+ RIGHTS OFFICER JENNY MAGUIRE

OIFIGEACH AR SON CEARTA LGBT+

Hello! My name is Jenny Maguire and I am your LGBT+ Rights Officer for 2021/22. I am a second year English Studies student and my job is to represent all of you stunning LGBTQIA+ students to the best of my ability. If you have any questions, comments or gossip at all, please reach out to me at any point this year via email, I'd only be delighted to help out! **she/her**
lgbt@tcdsu.org



OFF-CAMPUS OFFICER ELEANOR STARR (ELLIE)

OIFIGEACH AS-CHAMPAS

Hey! My name is Ellie, I'm a third year Nursing student and I am your Off-Campus Officer for 2021/2022. My role involves representing and working with all the students who spend time off the main campus as part of their course. I am super excited to work with everyone and if anyone needs help with anything, please pop me an email and I'll be happy to help! **she/her**
offcampus@tcdsu.org



OFFICER FOR STUDENTS WITH DISABILITIES CHLOE STAUNTON

OIFIGEACH DO DHAOINE FAOI MHÍCHUMAS

Hey, I'm Chloe and I'm the Officer for Students with Disabilities. I am in my fourth year of Business and Sociology (BESS). I hail from County Mayo, and I am a type 1 diabetic. I'm very excited to be working with the SU this year to help promote inclusion and equality here at Trinity. I want to help foster a welcoming and vibrant college experience for all students. I strive to help fellow students with disabilities to feel included in college life. Feel free to pop me an email for whatever reason - I'd love to chat and help whenever I can! **she/her**
disabilities@tcdsu.org



VOLUNTEER FORUM COORDINATOR ALICE PAYNE

COMHORDAITHEOIR FÓRAIM OBAIR DEONACH

Hi there! My name's Alice and I'm your Volunteer Forum Co-Ordinator. I love volunteering and my role in the Union is to make sure you love volunteering and charity work, too! My plan this year is to organise an unstoppable RAG Week and Charity Ball; to promote volunteering initiatives throughout College; and, to support our student volunteers and charity workers to the absolute best of my (and our Union's) abilities. Please do reach out to me if there's anything I can help you with! **she/her**
volunteer@tcdsu.org



Hey!

Congrats & welcome to Trinity! My name is **Aoife Cronin** and I'm the **Communications and Marketing Officer** for TCDSU this year. My main job is to make sure that students are getting all the information that they need. I'll make sure you know about every upcoming Union event, campaign or available SU service. Every week you'll get a Student Union email with my face on it. Make sure to take a look, this email always includes competitions, deals & sometimes free stuff!

Aside from sending emails, I do loads of stuff in the background to make student's lives easier. I contact businesses to secure sponsorship for the SU & get weekly deals for students. I help design posters and lots of other graphics for the Union. Lastly, I also manage the TCDSU social media accounts. You can find us **@tcdsu** on **Facebook, Instagram** or **Twitter**. Give us a follow so you don't miss out on anything! Our DMs are always open. If you're ever having trouble, need to ask a question, or just have a suggestion - shoot us a message.

If you ever wanna chat about anything, I'm more than happy to help out. You can email me or pop into my office on the first floor of House 6 !

Aoife

she/her // communications@tcdsu.org

★

Dia duit!

Comhghairdeas agus fáilte go Coláiste na Tríonóide! **Aoife Cronin** is ainm dom agus is mise an **tOifigeach Caidreamh Poiblí agus Margaíochta** don AML i mbliana. An post is mó atá agam ná cinntiú go bhfaigheann na mic léinn an t-eolas go léir atá ag teastáil. Beidh mé cinnte go bhfuil sibh go léir ar an eolas faoi gach imeacht, feachtas agus seirbhís ón AML. Gheobhaidh tú ríomhphost uaim gach seachtain le m'aghaidh air. Bí cinnte súil a chaitheamh air, bíonn comórtais agus margaí ann i gconaí, agus rudaí saor in aisce ó am go chéile!

Seachas na ríomhphoist, déanaim go leor oibre sa chúlra le tacaíocht a thabhairt do na mic léinn. Téim i dteagmháil le comhlachtaí chun urraíocht a fháil agus margaí a fháil go seachtainiúil. Cruthaím póstaer agus grafaicí eile don Aontas. Agus bíim i gceannas ar na meáin sosialta chomh maith. Táimid ar fáil **@tcdsu** ar **instagram, facebook** agus **twitter**. Lean muid le cinntiú nach chaillean tú amach ar aon rud! Tá ár DMs oscailte i gconaí. Má tá deachrachaí agaibh riamh, ceist agaibh, nó moltaí agaibh dúinn - chur téacs chugainn.

Má tá tú ag iarraidh rud éigin a phlé, táim lán sásta labhairt leat. Is féidir ríomhphost a chur chugam nó buail isteach chuig m'oifig ar an chéad urlár i dTeach 6!

Aoife

sí/i // communications@tcdsu.org



SU SERVICES

SU FRONT OFFICE, HOUSE 6

SU Front Office is located across from the SU Shop in House 6, on the immediate left as you enter the building.

Student Leap Cards (apply at leapcard.ie) first-TCD students can book an appointment to access the office and pick up their card by scanning the QR code.



ISIC Cards (international student cards) for €15

Photocopying

Accommodation Advisory Service for TCD Students during the Summer and again in January (service available online year-round; email accommodation@tcdsu.org)

CONDOM, PERIOD PRODUCTS & EAR-PLUG DISPENSERS

The SU offers free condoms from dispensers placed around campus. You can find them in the following places:

-The ground floor of **House 6**

-**The Buttery**

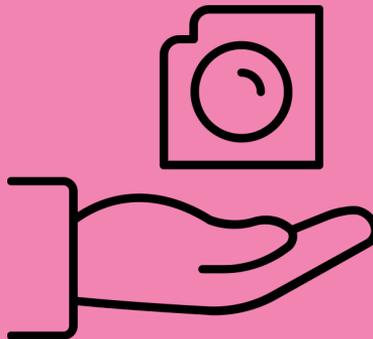
We also provide free period products on campus in the following locations:

-**Hamilton bathrooms**

-**Arts Building**

-The **first floor of House 6**, outside the Welfare Office

We also offer free ear-plugs from a dispenser on the first floor of House 6!



SU SERVICES (2)

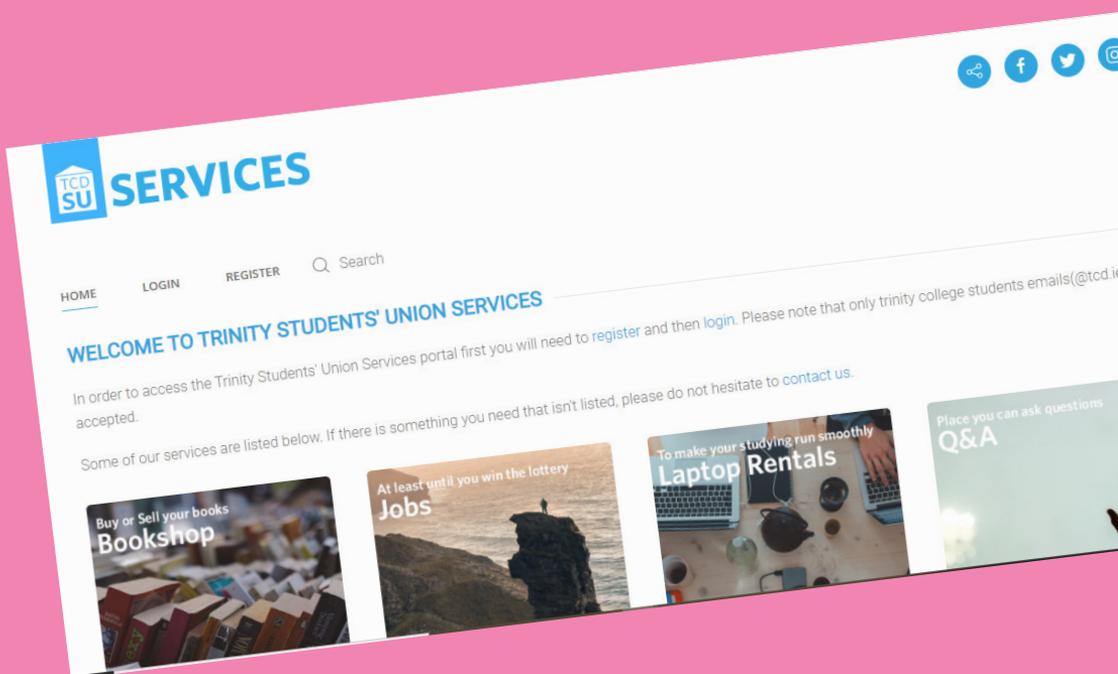
SU SHOPS

The Students' Union runs two shops on Campus. One on the ground floor of House 6 and the other beside the main entrance to the Hamilton Building (underneath the steps on the right). These shops stock basic provisions and a few extras:

- **Basic food** (noodles, bread, milk etc)
- **Sweets, crisps, drinks**
- **Stationery**
- A **coffee machine** (for a boost of caffeine before a long lecture)
- **Student Leap Card top-ups**
- **Newspapers**
- **Trinity hoodies** and other merch

PART-TIME JOBS

We have a Jobs Portal on **services.tcdsu.org**; it gets regularly updated with jobs listings every few days, so be sure to have a look there if you're looking for work!



SU ONLINE

The Students' Union can be found in a variety of places online!



@TCDSU



/TCDSU



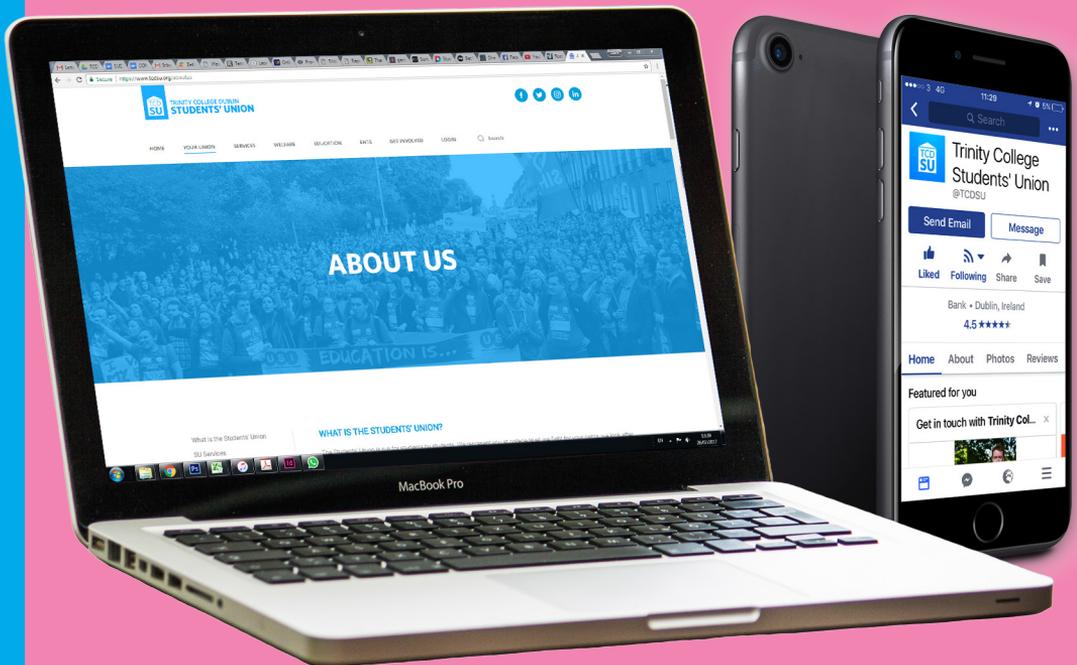
@TCDSU

You can find out about campaign weeks, deals-of-the-week and exclusive offers for Trinity Students. We also run regular competitions so be sure to follow us on all our socials!

The SU website is a vital resource. It has a services portal with a variety of student services, information about accommodation and details about the Union's constitution and organisational structure. It's the first port of call for important information about the Union!

www.tcdsu.org

SU ONLINE



SUSI

SUSI is the main support scheme for Irish students. Students can receive grants based on means-testing to support them through their time in college. They offer grants that cover fees, monthly maintenance payments and postgraduate contributions. It's a crucial resource for many students, and you can apply online at **www.susi.ie**. SUSI is awarded yearly, and you have to register with the system each year to continue receiving it. Once you make your initial application in first year, it's as simple as ticking a box for future years.

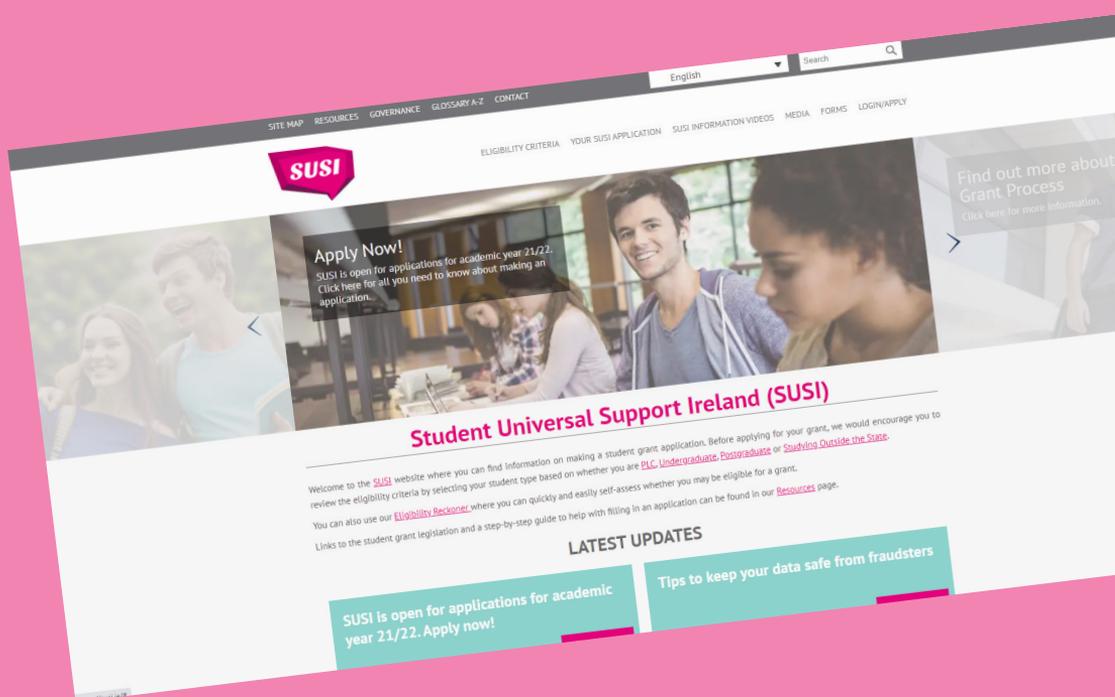
You can find out more about SUSI and other financial resources at **www.citizensinformation.ie**.

CONTACT

Opening Hours 9:00am–5:30pm Monday-Friday (excl. public holidays)

support@susi.ie

0761 08 7874



My name is **Emer** and I'm the **Editor of The University Times**, Ireland's largest student newspaper. We cover every issue affecting students, from the student accommodation crisis to the Trinity Ball lineup, and everything in between. In The University Times, we see ourselves as a service to students: whether it's as a writer or a regular reader, The University Times has something to offer to everyone.

Emer

she/her // editor@universitytimes.ie

★

Emer is ainm dom agus is mise an **tEagarthóir don University Times**, an nuachtán mic léinn is mó in Éirinn. Clúdaímid gach ceist a chuireann isteach ar mhic léinn, ón ngéarchéim lóistín go clár Báil na Tríonóide agus go leor eile chomh maith le sin.

Ag The University Times, creidimid gur seirbhís muid do mhic léinn, cé acu mar scríbhneoir nó ghnáthléitheoir, tá rud éigin oiriúnach ag The University Times do chuile duine.

Emer

sí/i // editor@universitytimes.ie

The University Times

IRELAND'S BIGGEST AND BEST STUDENT NEWSPAPER

The University Times is the largest student newspaper in the country. In 2015, 2016, 2017, 2018, 2020 and 2021, the newspaper won the Student Publication of the Year award as well as the Student Journalist of the Year award. In 2017, The University Times was named best all-round non-daily student newspaper in the world, and we were also named best-designed student newspaper in the world in 2015 and 2016.

OUR MISSION

At the heart of our mission is holding Trinity to account for the actions it takes that impact students. In recent years, The University Times has consistently broken stories that have taken students inside Trinity's decision-making bodies. When the College makes decisions that don't have students' best interests at heart, we're always there to highlight it.

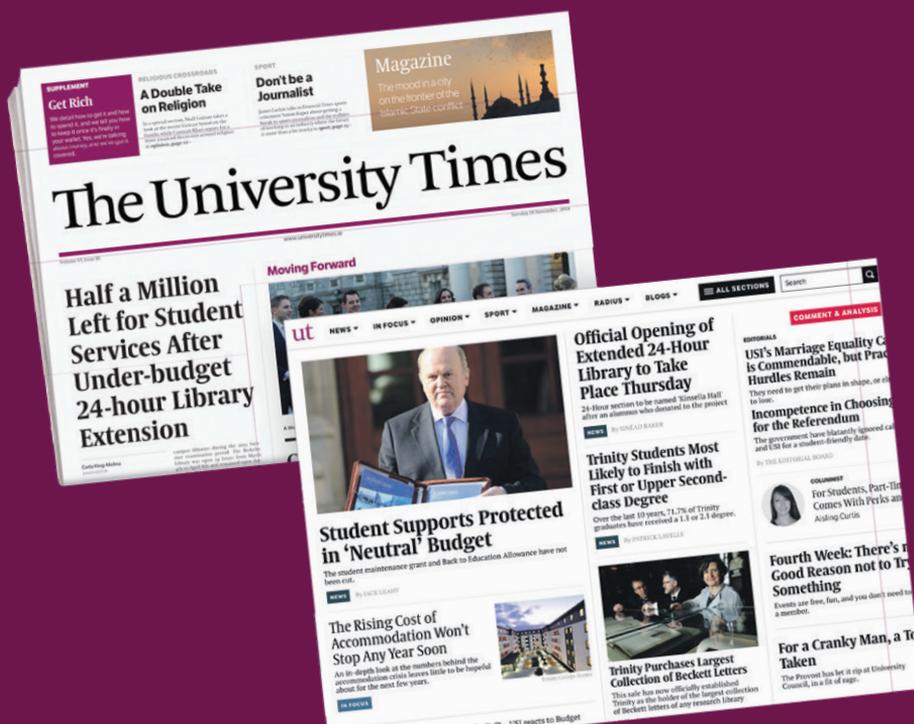
GET INVOLVED

The University Times has around 70 staff members — writers, photographers and designers. We're always looking to get more students involved. For more information, visit universitytimes.ie/getinvolved.

IN OUR PAGES

The University Times comes out roughly every four weeks in print, but we have a constant online presence. We cover everything from the activities of Trinity's societies, to the actions of its sports clubs. Check universitytimes.ie for daily breaking news or keep up to date on Facebook (search **The University Times**), Twitter and Instagram (@[universitytimes](https://www.instagram.com/universitytimes)).

UNIVERSITY TIMES



GSU

Trinity's Graduate Students' Union (GSU) was founded in 1971 to represent all postgraduate students in Trinity College Dublin. The two sabbatical officers of the GSU work full-time and represent postgraduate students on all major committees including Board, Council, Student Life, Graduate Studies Committee and Research Committee. The Union specialises in representing postgraduate students exclusively within the University and advocates on behalf of Union members on issues that impact your education internally and nationally; and protects the interests of our members during their studies.

The GSU President works to ensure that postgraduate students are heard, valued and respected internally and nationally and endeavours to create a progressive, inclusive, dynamic environment where everyone can participate fully throughout the academic year. The GSU President also creates new space for postgraduates by working in the area of successful policy oversight, strategy and implementation developing new partnerships and liaisons with College Officers. The President's office also coordinates the GSU communications, website, social media and a weekly e-newsletter and leads the core executive team and manages the student representatives and volunteers. The GSU Vice-President is the Welfare and Academic Officer whose focus is to help postgraduates realise their academic potential and provides confidential one-to-one advice, advocacy and support with issues like supervisor relationships and financial deprivation.

The Union also provides accommodation discussion and advice and social and recreational facilities for postgraduate students, manages the facilities of the 1937 Postgraduate Reading Room in Parliament Square and provides a Graduate Common Room for postgraduate students in House 7.

GSU SABBATICAL OFFICERS 2021/22

GSU PRESIDENT GISÈLE SCANLON

president@tcd.gsu.ie



GSU VICE-PRESIDENT ABHISWETA BHATTACHARJEE

vicepresident@tcd.gsu.ie



www.tcdgsu.ie // 01 896 1169

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THE LIBRARY

The Library of Trinity College Dublin is the largest library in the country. It is entitled to receive a copy of every book and journal title published in Ireland and the UK. You have access to 7,000,000 printed volumes and to an impressive online collection of 1,000,000 e-books and 150,000 e-journals.

LIBRARIES

There are five main library buildings:

BERKELEY, LECKY, USSHER LIBRARIES (BLU COMPLEX) Locate material for the Arts, Humanities and Social Sciences here, plus some other subjects such as Nursing & Midwifery.

THE HAMILTON LIBRARY Find books for the Health Sciences, Natural Sciences, Computer Science, Engineering, Statistics and Mathematics here.

THE JOHN STEARNE MEDICAL LIBRARY Located in the Trinity Centre for the Health Sciences at St James's Hospital, this library holds Trinity's medical collection.

THE 1937 READING ROOM A study area for postgraduate students only.

THE OLD LIBRARY The Joint Research Collections Reading Room (home to the Early Printed Books and Manuscripts & Archives departments) provides access to the oldest and most valuable books in the Library, as well as more than 20,000 collections of manuscripts and archives, dating from the 13th century BC to the present day.

SOME ESSENTIALS

ACCESS You must **pre-book** seats or quick visit time slots to gain access to Library buildings. When you arrive onsite you will need your student card (**TCard**) to enter the libraries and to borrow. The **Trinity Live App** can also be used to gain access to Library spaces. Opening hours are on the **Library website**.

Please note that the Library has implemented various Covid-19 measures in line with public health guidance. Check our '**Plan your visit**' guide for the latest information.

Pre-book <https://tcd-ie.libcal.com/>

TCard <https://tcard.tcd.ie/>

Trinity Live App <https://www.tcd.ie/itservices/internet/trinitylive.php>

Library website <https://www.tcd.ie/library/opening-hours/>

Plan your visit https://libguides.tcd.ie/plan-your-visit/the_basics

THE LIBRARY (2)

SUBJECT LIBRARIANS Subject Librarians have **individual websites** packed full of quality online resources to use in your assignment, essay or other research. E-mail your Subject Librarian about your training needs: classes and one-to-one consultations can be provided on a range of information skills, including using the Library catalogue, how to cite references and avoid plagiarism, database searching, evaluating information, and EndNote.

Subject Librarian websites www.tcd.ie/library/support/subjects/

CATALOGUE The Library catalogue, **Stella Search**, is the starting point for finding books, journals, DVDs and a huge range of online resources. Just type in a keyword or a title to begin your search. 3D floorplans are available to visualise the location of materials on our open shelves.

Stella Search <http://stella.catalogue.tcd.ie/>

STORAGE Because of the vast size of the collections, some books have to go into storage but they can be retrieved for you. The catalogue will prompt you to place a request and you will receive an e-mail when your book is ready to be consulted.

BORROWING Use the self-service kiosks to borrow and return books without having to queue at the Library counters. You can borrow up to ten books at a time. Some of the most frequently used books and journals – our high-demand reference materials – are available for consultation in each building. These are typically items on your Reading List and are for use in the Library only. This system gives everyone a fair chance to get hold of books in high demand. There may well be other copies of the books in the Library that you can borrow. Just check the catalogue.

MY LIBRARY ACCOUNT *My Library Account* is your own part of the Library website where you can see when books are due and renew them if required. You may be fined if books are not returned on time so keep an eye on your due dates. If nobody else requests the book you have borrowed, you can renew it up to five times, which effectively means you can have the book on loan for a six-month period.

LIBRARY HITS *Library HITS* courses will run online. They help you to familiarise yourself with the Library's vast resources and show you how to get them working for you.

Library HITS <https://www.tcd.ie/library/support/skills-training.php>

CHAT WITH US Use the *Chat with us* feature on the **Library website** to talk to Library staff in real time and get quick answers to your questions about the Library.

Library website <https://www.tcd.ie/library/>

COMPUTERS

IT Services manage all of the central computing services in Trinity, including maintaining the Trinity computer rooms, email services and Wi-Fi network.

All of the information you will need about IT facilities is on the **IT Services website**. Check out their **Student Orientation** webpages for a list of 8 things you'll need to know to get started.

IT Services website <https://www.tcd.ie/itservices/>

Student Orientation www.tcd.ie/itservices/students/orientation/

After you complete online registration at **my.tcd.ie**, you will get a unique Trinity username. You will need this username to check your email, gain access to Trinity Wi-Fi (**<https://www.tcd.ie/itservices/network/tcdconnect.php>**), search anything using Library services, etc.

As a student, you will receive an **@tcd.ie** email address. The email service (called MyZone) is powered by Google and so gives you access to other features including a calendar, Google Drive (with unlimited data storage) and more. You also get to keep your email address for life.

Additionally, all students are entitled to use the Microsoft 365 Apps suite of software, free of charge. For more information on Microsoft 365 Apps for Students, see **bit.ly/TCDOffice365**.

Computer rooms are located across campus, with both PC and Mac computers, and in some cases these rooms are 24-hour access using your Trinity ID card.

Computer rooms tcd.ie/itservices/facilities/computer-rooms.php

Printing services (including photocopying and scanning) are available in computer rooms and in various Library locations. In order to be able to use this service, you must first credit your print account. Full details are available at **www.tcdprint.ie**.

Getting help with IT is easy. The IT Service Desk can be contacted via a number of different ways. For a list of all the available options, check out **<https://www.tcd.ie/itservices/contact/>**.

REPAIRS

Don't forget, if you're having any issue with your laptop, smartphone or tablet, or if you want to buy a memory card, cable, headphones or chargers, then call into Refresh, our computer repair shop, which is located in the SU Front Office in House 6. Almir will also sell you laptops, desktops, iPads and tablets for very competitive rates.

refresh@tcdsu.org // 01 646 8440

PRINTING IN TRINITY

STUDENT PRINTING, PHOTOCOPYING & SCANNING

The printing, photocopying and scanning service in the Trinity Computer Rooms and various Library locations is managed by IT Services and the Library and provided by Datapac.

After completing student registration, your Datapac PIN will be emailed to your Trinity email address. You may then add credit to your Datapac account via the TCard Fundshuffle Kiosks located around campus, or online at www.tcdprint.ie, where you can also check your account balance, printing history and change your PIN.

To use the Datapac machines, touch your student card (or enter the first 8 digits of your Trinity ID number), enter your PIN, and follow the instructions on the touch screen panel. Choose Pull Print to print any file you have already sent to print; Copy to photocopy; or Email to scan to your college email address.

You can print from your own device to any Datapac machine in the Computer Rooms and Library by following the TCD Print Anywhere steps at www.tcdprint.ie/print-anywhere-tcd.

GETTING HELP

Full information on how the system operates, and how to get technical support, can be found at www.tcdprint.ie.

Further help is available by email from helpdesk@tcdprint.ie or by calling **087 738 0498** from 10am to 1pm or 2pm to 4pm, Monday to Friday. The Datapac technician is available at advertised times in Áras an Phiarsaigh (Room 0.03) and the Berkeley Library Basement.

www.tcdprint.ie



WHO'S WHO

PROVOST DR. LINDA DOYLE

The Provost is the face of the College, the senior academic administrator, and is responsible for all major decisions relating to Trinity College. The Provost is the Chief Executive Officer, responsible for planning, prioritising and managing a university of 18,500 students and 3000 staff and lives at no. 1 Grafton Street. The Provost chairs the Board of the College and represents the College at a national and international level. The Provostial term lasts ten years; Linda Doyle was elected in April 2021 and so this is her first year as Provost.



JUNIOR DEAN DR. PHILIP COLEMAN

The Junior Dean oversees the allocation of rooms on campus to students, and is also responsible for student disciplinary matters. Several Assistant Junior Deans deal with relatively minor disciplinary matters, while major breaches of College rules (plagiarism, damage to college property, murder) tend to be dealt with by the Junior Dean. The Junior Dean's office is located in the West Chapel, in Front Square.
junior.dean@tcd.ie



DEAN OF STUDENTS DR. CATHERINE McCABE

The role of the Dean of Students is to develop and coordinate policies to promote student life beyond the classroom. In pursuit of this objective, she works closely with the SU and GSU and also the various student services.
dean.students@tcd.ie



SENIOR TUTOR DR. AIDAN SEERY

The Senior Tutor is the democratically elected chief tutor. He is in charge of coordinating the entire college tutorial service. It is a confidential service, available to all undergraduate students, which offers advice and support in all aspects of College life. You should contact the Senior Tutor's Office if you have any problems with your tutor, or for a confidential meeting with a Student Support Officer.
stosec@tcd.ie



CHAPLAINCY

College Chaplain Rev Dr Julian [Jools] Hamilton answers some quick-fire questions to help us understand why the Trinity Chaplaincy is so highly thought of by students and staff.

WE HAVE A CHAPLAINCY IN COLLEGE - WHY?

Well-why not? Life is complex-and while at college you'll experience a huge range of stuff-from the best to the worst. Love, loss, pressure, pleasure, friendships, failures-it's all part of your real college life. We in chaplaincy recognize that life is complex, and at times really really difficult. We also understand that our spiritual selves need attention like every other aspect of our lives. So, we're there for those moments-and many others.

And of course, we give you free food.

YOU GIVE FREE FOOD?

Yes-every Tuesday from 12.30pm-2pm in House 27. It's always packed so get there early! Every day there is tea/coffee/ biscuits. And, actually, we do free lunches every day during Freshers' Week.

SO CHAPLAINCY IS JUST ABOUT HELPING YOU WHEN YOU'RE IN TROUBLE?

Not at all-there is also a wide range of religious services every week, some traditional, others not. We run special events and trips, and in doing it all we keep the God-side of life in college alive and meaningful. More than all though, our common room has people just hanging out in it all day-getting their free tea/coffee/ biscuits!



RELIGIOUS SERVICES?

They're all listed on the website, and on brochures-check them out. Everything from traditional masses, to 'God on Tap' in the Pav.

YOU KEEP SAYING 'WE' - WHO ARE THE OTHER CHAPLAINS?

Another good question-there are four of us. We are a fully functioning ecumenical chaplaincy, which means that everything we can we do together. At the moment though we are in a state of flux! I myself am a Methodist minister-the dirty prod from the North! There are two Roman Catholic priests-Fr Alan and Fr Peter. And we have just had a new Anglican/Church of Ireland chaplain arrive with us, Rev Steve Brunn.

YOU'RE ALL THE CHRISTIAN CHURCH, RIGHT?

WHAT ABOUT OTHER DENOMINATIONS/ FAITHS?

"That would be an ecumenical matter!"

Yes, we are a Christian chaplaincy, but we are open to people of all denominations and faiths and none. There is a Muslim prayer room on campus, and all of the chaplains are willing to help students of any faith (or none) in any way we can. We have good friendships in college with the Muslim Society and the Jewish Society, and work together when possible.

ARE YOU LIVING SUSTAINABLY? - CHECKLIST

- I use a reusable water bottle, coffee cup and shopping bag
- I ensure that my recyclables are dry and clean from food before putting them into the recycling bin
- I avoid using single-use plastic products
- I say no to plastic straws
- I don't buy into fast fashion; I repair broken clothes, I share clothes with friends and shop in second-hand shops
- I am conscious of my CO2 footprint so I often choose to cycle or take public transport to lower my CO2 footprint
- I buy package-free alternatives where possible
- I plug out my charger once my electronics are charged
- I cook in bulk with flatmates to reduce the resources and the electricity used
- When I see two options, I choose the one I know is more sustainable for our planet <3

FACTS

- **Coffee cups aren't recyclable!**
- **Cows produce approx. 16kg of Co2 per kilo of meat, chickens produce only 4.4kg per kilo of meat**
- **Roughly one third of food that's produced is wasted**
- **The production of a pair of jeans consumes 1500 gallons of water and expels 32 kg of Co2**

AN GHAeilGE SA CHOLÁISTE

Fáilte go Coláiste na Tríonóide. Faoi dheireadh, tá an ollscoil sroichte agat - áit iontach, spéisiúil a thugann deiseanna faoi leith duit. Fad is atá tú anseo, molaim duit a bheith oscailte. Bain triail as rudaí nua. Cuir aithne níos fearr ort féin, agus ar na daoine timpeall ort. Mar chuid de sin, cuir aithne níos fearr ar do chultúr féin, agus an nGaeilge atá lárnach dó. Muna bhfuil sé ar eolas agat cheanna féin, tá pobal Gaelach an-láidir i gColáiste na Tríonóide. Cuireann muid go léir fáilte romhat teacht agus do theanga féin a úsáid, pé caighdeán atá agat. B'fhéidir nár labhair tú í le tamall, b'fhéidir nár labhair tú riamh í, b'fhéidir gur cainteoir dúchais thú. Is cuma linn! Tar, agus bíodh bród ort a bheith sásta ár gcultúr Éireannach a cheiliúradh.

Má tá suim agat, tá go leor beallaí gur féidir leat é seo a dhéanamh. Tá roinnt deiseanna ann i dtaobh foghlaim de, agus tá roinnt eolas ar shuíomh Oifigeach Gaeilge TCD (Aonghus Dwane), www.tcd.ie/gaeiloifig. Chomh maith le seo, tá ár n-Oifigeach féin againn ar choiste Aontas na Mac Léinn Aislín Ní Dhomhnaill, gaeilge@tcdsu.org. Anuas ar seo, tá Cumann Gaelach láidir againn i gColáiste na Tríonóide. Tá Comórtas Náisiúnta Ghlór na nGael buaite acu dhá bhliain as a chéile, don Chumann Gaelach is fearr sa tír. Bíonn go leor imeachtaí ar siúl gach seachtain, a thugann deis duit do theanga a úsáid. Más comhrá ciúin, ná canadh glórmhar atá á lorg agat, tá rud éigin ann duit. Bíonn ár Seachtain na Gaeilge féin againn, Éigse na Tríonóide.

Is féidir súil a chaitheamh orthu ag www.cumann.ie, nó seol ríomhphost go eolas@cumann.ie. Chomh maith le seo go léir, tá Seomra na Gaeilge againn, sin seomra atá lonnaithe ar bharr an Bhutrach i mBotany Bay. Áit é Seomra na Gaeilge do chuid ghaeilge a úsáid pé slí is mian leat, agus bíonn soláistí soar in aisce ar fáil!

Fáilte go Coláiste na Tríonóide. Tapaigh an deis.



CENTRAL SOCIETIES COMMITTEE (CSC)

There are currently 128 student societies in TCD, catering to an array of interests such from yoga, debating, music, drama, language, arts, politics, literature, to gaming, zoology and photography...the list goes on!

Societies are run by students, for students. Getting involved or simply attending one of the array of events is guaranteed to ensure that your time in TCD is the best it can be.

You can join any number of societies and get involved!

The Central Societies Committee (CSC) facilitates the work of the student societies. The committee is comprised of elected students who are committed to ensuring societies have the best support possible.

Check out their website and social media for more info.

<https://linktr.ee/CSCTCD>



SPORTS IN TRINITY

Trinity Sport continues to strive towards sporting excellence, our vision is to provide the best possible university sporting experience for all Trinity students. Sport is not just beneficial to the individuals at the very top of their game. Alongside the obvious health and fitness benefits, students that participate in sport tend to be more engaged academically and socially. Sport assists the transition from school to university, develops leadership ability, and forms strong friendships. Whether students want to perform at a high level, be part of a team, learn a new sport or simply improve fitness, Trinity Sport has a wide variety of sporting opportunities to enhance your college experience.

Trinity boasts a state of the art Sports Centre on campus, along with a number of outdoor sports sites. The Sports Centre includes a variety of facilities including a swimming pool, sauna and steam rooms, a fitness theatre with over 600 stations and a fitness studio. The main sports hall hosts a range of sports including basketball, badminton, volleyball, netball and 5-a-side soccer.

On-campus facilities also include futsal and tennis courts, pitches for cricket, rugby, soccer and hockey, as well as a grass athletics track in the summer. Off-campus facilities include a new water-based hockey pitch, synthetic 5-a-side pitches and grass pitches for Gaelic games, soccer, rugby, American football and Ultimate Frisbee.

This extensive range of sports facilities ensure that all levels of fitness and physical activity are catered for, and over 30 weekly exercise classes are delivered by a highly experienced and motivated team of staff. Trinity Sport has recently introduced a key focus on the recreational sporting opportunities available to students, as fundamental to the health and well-being of the campus community. The range of activities organised include a campus run series, social leagues and coaching courses.

Sports centre membership is included in student fees so simply call over to the Sports Centre and activate your student card to get started and the Sports Team will be on hand to help. We look forward to welcoming you then!

www.tcd.ie/sport

SPORTS CLUBS IN TRINITY

Trinity has 49 sports clubs ranging from team sports, adventure sports, water sports to martial arts, there is something for everyone. Getting involved in a sports club is an ideal way to keep fit, learn a new skill, and build new friendships. An average of 10,000 students join one or more sports clubs each year. Joining a Trinity Sport club also gives you an opportunity to represent Trinity and compete at a high level against other universities. The Trinity Sports Awards take place in May and are open to all the university's sports clubs. The purpose is to acknowledge the extraordinary commitment made by the sporting community here in Trinity.

For more information on sports clubs in Trinity see the Trinity Sport website: www.tcd.ie/sport/student-sport/clubs.

VOLUNTEERING IN TRINITY

Trinity College has a longstanding tradition of student activism and of promoting charitable causes, both locally and abroad. From championing human rights to volunteering at an after-school programme, Trinity's charity societies offer an endless amount of opportunities to get involved and to make an impact.

Join **DU Amnesty** in the international fight for human rights. The society works to create awareness of human rights' violations through campaigns that call for positive action. Get involved by attending meetings and organising campaigns that highlight issues like the refugee crisis and safeguarding the lives of human rights defenders.



DU AMNESTY

www.facebook.com/DUAmnestyInternationalTrinity/

Trinity's branch of the **Cancer Society** is devoted to raising awareness and funds for cancer research through some of the college's zaniest events: keep an eye out for their annual naked calendar featuring many of Trinity's finest societies, and consider getting involved with their fundraising efforts!



www.facebook.com/trinitycancersoc/

FLAC promotes social justice and tackles issues like homelessness, disability law, women's rights, and more. FLAC holds regular clinics offering free legal advice, and offers a range of events throughout the year, from hosting guest speakers to moot court competitions. Join the discussion on social justice and fair representation in society!



trinityflac.wordpress.com

MOVE, a charity run by medical students, aims to raise much-needed funds that go to support underprivileged, under-staffed and under-financed hospitals in the developing world. Look forward to MOVE's many fundraisers, from the MOVE Ball to their annual mystery tour.



www.facebook.com/tcdmove/

S2S is a free service offering Peer Mentors to all incoming students, and trained Peer Supporters who are available to all undergraduate and postgraduate students. S2S runs exciting events for mentors and mentees alike, and works to ensure that a friendly face is never hard to find in Trinity.



student2student.tcd.ie

VOLUNTEERING IN TRINITY (2)

SUAS combines activism and volunteering, running educational programmes that bring Trinity students to India, Zambia, and the refugee camp in Calais every year. SUAS runs several great events during the year, including the 8x8 film festival, and publishes its own magazine, Stand. Speak out against global inequality and join SUAS's efforts!



www.facebook.com/suastrinity/

Trinity VDP is the college's largest charity society, running 20+ activities in the local community each week and hosting several large fundraisers throughout the year! VDP's weekly soup runs, visiting, and after-school clubs are just a few of the ways you can get involved! Look out for VDP's schedule of weekly activities.



www.trinityvdp.com

VTP, Trinity's Voluntary Tuition Programme, matches Trinity students with children and teens from nearby schools to help with homework and encourage them to consider third level education.



www.facebook.com/TCDVTP/

TRINITY ARTS FESTIVAL

In Hilary Term each year, Trinity Arts Festival takes over Trinity's campus for a week-long celebration of the arts. TAF aims to display the best of the arts in Trinity by running a packed schedule of workshops, talks, events and tours both on and off campus from morning till night. Attendance is always free! This year the festival will take place from the 14th-18th February!

Keep an eye out for volunteer call outs to get involved, and if you have any questions or suggestions, get in touch!

artsfest@csc.tcd.ie



TRINITY PUBLICATIONS

The award-winning newspapers and magazines that constitute Trinity College's vibrant independent student media are supported by Trinity Publications. We receive an annual grant from the Registration Fee, which we distribute among student publications in an effort to help meet printing costs.

Getting involved with Publications is a great way to make new friends and learn creative skills. All of our publications are student-produced, with a creative staff making up the editing, design and writing team for every publication you see on our stands around college! There are no secret tricks, no special qualifiers – all you need is enthusiasm and a willingness to try something new.

In a few months time you could be discovering your talents as a sports photographer, interviewing political figures, going to film premieres or seeing your poetry in print. Working with Publications can also give you the media experience you need to get into a career in journalism. You can contribute to any one of our award-winning publications, or even start one of your own!

Trinity News is Trinity's award winning independent source of news and commentary.
editor@trinitynews.ie

TN2 showcases the very best of arts and culture in Dublin.
editor@tn2magazine.ie

Icarus is our literary journal, founded in 1950.
icarusmagsubmissions@gmail.com

Miscellany was first published in 1895 and showcases the intersection of the social, the scientific, the cultural and the political. **trinitymisc@gmail.com**

The Piranha is our famously biting satirical magazine, and is proud to be the sole student publication that security flick through before throwing into the Arts Block bins.
piranha.editor@gmail.com

Trinity Journal of Literary Translation (aka JoLT) is Ireland's only literary journal dedicated exclusively to translation.
trinityjolt@gmail.com

Trinity Film Review (aka TFR) is Ireland's only student film journal.
trinityfilmreview@gmail.com

We also offer new publications the opportunity to apply for funding in both Michaelmas and Hilary term. Keep an eye on our social media for the opening of applications if you'd like to try your hand at founding your very own magazine or journal.

Our office is equipped with the latest in industry-standard design and publishing software. You'll find us on the second floor of House 6. Unlike anyone else, we won't charge you a penny to get involved; we're interested in your talent, not your wallets.

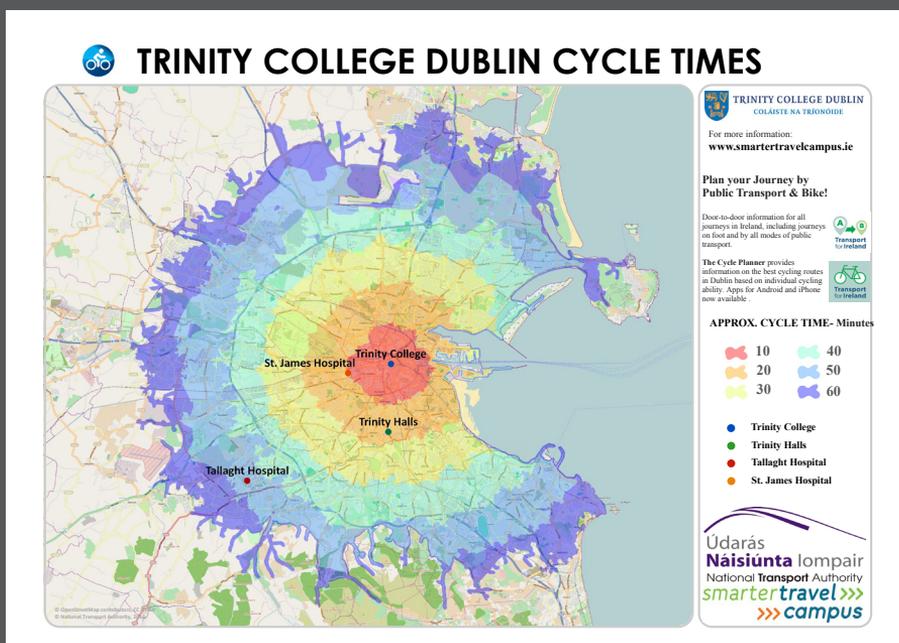
If you would like to get involved with Publications, but are unsure as to how, drop an email to **chair@trinitypublications.ie** and we'll sort you out. We're always looking for new writers, editors, photographers, artists, podcast hosts and more!

SMARTER TRAVEL

Smarter Travel Trinity aims to make walking, cycling or using public transport a simpler option for people. Below is some information on getting to and from Trinity.

DUBLIN BIKES

Dublin Bikes only cost €35 per year if you use them correctly. Register at www.dublinbikes.ie, and try not to use bikes for longer than 30 minutes, or you'll be charged a small fee. Check out www.tcd.ie/collegehealth/promotion/travel for further info. You can check out how many bikes are available at each station on www.dublinbikes.ie.



REAL TIME IRELAND

Trinity's campuses have excellent public transport. The Real Time Ireland App integrates all real time arrival information services from Dublin Bus, Bus Éireann, Dart, Irish Rail and Luas. It allows you to set alerts to tell you when your bus is 10, 20 or 30 minutes away from your stop. It can tell you when you're coming to a particular stop.

BIKE REPAIR

The Spokesman is Trinity's number one bike repair specialist. Bike experts set up a mobile repair unit on campus every second Friday throughout term and repair bikes at a low cost. (NB this may not happen initially this year due to Covid.)

STUDENT PARTNERSHIP

The Student Partnership agreement has been written as a collaborative effort between staff and students of the college. Trinity College Dublin, TCDSU and GSU are committed to upholding the following values to ensure that students are equal partners in the college environment.

TCDSU WILL ENDEAVOUR TO ENSURE

- The elections of class rep(s) that will represent your class to the Students' Union, Graduate Students' Union and to your department and school
- Treatment of students as partners, full members, and equal stakeholders in all appropriate decision making processes in the university
- The election of Academic champions in the form of School Convenors who will represent solely the academic interests of the student body at School Executive and other school meetings
- Opportunities to nominate and elect class, school, part time officers and sabbatical representatives
- Opportunities to vote on issues and engage in dialogue that affect the entire student population such as student levies
- An equal responsibility on staff and student officers in ensuring student appointment to all appropriate meetings
- Scheduling of meetings in such a way that students' academic commitments are reasonably accommodated
- Treatment of student reps as full voting members of the committees to which they are elected
- Proactivity of the student body in bringing concerns and opinions to the relevant University committees
- Communication from representatives to their representative body representative on University policy decisions made on the committees to which they are elected

TRINITY COLLEGE DUBLIN WILL ENDEAVOUR TO

- Provide opportunities for excellence in academic education through both depth and breadth of learning
- Ensure students are a key stakeholder in the University community
- Provide universal access to all the opportunities and supports that the university has to offer
- Ensure access to excellent research and research opportunities
- Provide guidance and support, both academic and personal, that commences upon entry and continues beyond graduation
- Treat all members of the University community with dignity and respect
- Achieve excellence in their programme of study
- Engage in the University community through academic and co/extra-curricular opportunities
- Respect and adhere to the rules and regulations of the University
- Treat all members of the University community with dignity and respect

STUDENT LEARNING DEVELOPMENT

Learning at university is different to secondary school and it can be a challenge to manage your own time, meet deadlines, submit assignments, understand the material and motivate yourself to study. This can happen to all students, no matter where you come from or what your background is. But no need to worry! Student Learning Development (SLD) can help you study effectively and be successful with our range of services. You can:

REGISTER ON OUR BLACKBOARD MODULE

'Academic Skills for Successful Learning'. You'll find loads of resources including podcasts, downloads and interactive workshops on topics to help you to manage your time, develop note taking, researching, writing and presentation skills. See the SLD website for details on how to enrol.

ATTEND FREE FACE TO FACE AND ONLINE WORKSHOPS

Topics include time management, essay writing, reading and note making, exam preparation and procrastination.

BOOK AN INDIVIDUAL CONSULTATION

Appointments can be made with a learning advisor, or you can attend the drop-in service to discuss your study issues.

"It being my first year at Trinity I didn't really know anything about how I should be studying. The person I spoke to at SLD helped me greatly as I was wasting a lot of time in the library and not getting much done."

More great learning supports are available from the Maths Help Room, the Programming Centre (scss.tcd.ie/psc) and Peer Learning in Languages. English Language support is also available for Trinity students for whom English is a second language (tcd.ie/slscs/English).

www.student-learning.tcd.ie

student.learning@tcd.ie

01 896 1407

CAREERS ADVISORY SERVICE

Successful careers don't just happen. Start your career by planning early and make the most of the opportunities on offer at Trinity.

JUNIOR FRESH

- Find out how we can support you from our website (www.tcd.ie/careers)
- Register with MyCareer (www.tcd.ie/careers/mycareer) to keep up-to-date with careers events and job vacancies
- Join clubs and societies and get volunteering (www.studentvolunteer.ie)
- Create your new 3rd level CV so you are ready to apply for exciting opportunities
- Apply for work experience – the best way to figure out what you want to do

SENIOR FRESH

- Visit the Making Applications section on our website to see how we can help you find work and make job applications
- Tailor your CV and apply for work experience and summer internship opportunities
- Consider applying for the Trinity Employability Award, the Laidlaw Undergraduate Research and Leadership Programme and other bursaries
- Build on your experiences and try new things that challenge you
- Use LinkedIn and Trinity Alumni Online Mentoring to be inspired by the success of Trinity graduates

JUNIOR SOPHISTER

- Use our online careers tools to help you find out more about yourself to inform your career choice
- Meet your Careers Consultant to discuss your strengths and explore your options
- Reflect on what you enjoy and organise new experiences for the summer. Trinity's Guided Reflection Tool can help you with this
- Consider taking on a leadership role e.g. officer in a society, Class Representative
- Attend Trinity mentoring events to meet with and talk to experienced graduates
- Find out what you need to know to prepare and plan for your final year

CAREERS ADVISORY SERVICE (2)

FINAL YEAR AND POSTGRADUATE

- Meet with your Careers Consultant to discuss your career strategy for the year ahead
- Attend Careers Fairs and events that interest you
- Know your deadlines for applications
- Engage with mentors and fine-tune your CV and LinkedIn profile
- Continue to be curious, talk to everyone you can and think BIG

Trinity Careers Service, 2nd Floor, 7-9 South Leinster Street, Dublin 2

(01) 896 1721 // 087 054 8081

ALUMNI OFFICE

The Alumni & Development Office is responsible for keeping Trinity graduates in touch with the College and each other through regular communications and events. With 90,000+ alumni scattered around the globe there's much to be gained from getting to know them. Student activities supported by the office include the Dean of Students Roll of Honour, Trinity Today Photography & Video Competition, Association & Trust Bursaries (for sports clubs and societies), the Career Network on Front Gate Online and assistance with student groups' alumni communications.

The office also fundraises on behalf of the College and administers donations from alumni and friends who wish to give back to Trinity and make a real difference in College life. These funds are used to support many different activities on campus including student support, postgraduate research and the Trinity Access Programmes.

SPUNOUT.ie

BY
YOUNG
PEOPLE
FOR
YOUNG
PEOPLE

Mental
Health

Study Tips

CV &
Interview
Advice

Sexual
Health

Sexuality

Ireland's Youth Information Website

 SpunOut.ie

 @SpunOut

 SpunOutMedia

EDUCATION

Want to know more about exams, lectures and academics in general? Your Education Officer, Bev, has all the information you need in this section.



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Hi All! I'm Bev and I'm your Education Officer for the year ahead. My role is to make sure you have a smooth year in Trinity, helping you with any academic queries or issues that you may have throughout the year. If you've failed an exam, are having difficulty within your course, want to transfer to a different degree, or just want to know the answer to something - I'm here and happy to help!

My job also includes sitting on a lot of college committees, alongside many senior members of academic staff. I represent the student voice, and I'm committed to ensuring that students aren't forgotten in the planning and implementation of academic changes, and that your voice is kept at the centre of all conversations.

If you would like to get involved in the students' union yourself - I also oversee our Class Representative system. Each class has a representative who speaks on behalf of them at SU council and to their lecturers and course administrators. Every course, module, and student faces different academic issues - and class reps are often the best way that these issues can be resolved!

If you would like to run for class rep (we'd love to have you!), we will be taking nominations throughout September and into the beginning of October. Being a class rep is a fun opportunity to gain new skills, meet new people, and have a say in your academic experience at Trinity - so be sure to put your name forward!

If you have any queries, you can send me an email or drop into my office on the first floor of House 6.

Bev

she/her // education@tcdsu.org

★

Haigh gach duine! Is mise **Bev**, an **tOifigeach Oideachais** don bhliain romhain. An ról atá agam ná cinntiú go mbíonn bliain furasta agaibh i gColáiste na Tríonóide, ag cabhrú libh le ceisteanna acadúil nó deacrachtaí a mbeadh agat i rith na bliana seo. Má tá tú ag streachailt i do chúrsa, scrúdú teipthe agat, ag iarraidh athrú go chúrsa eile, nó díreach má tá freagra uait faoi rud ar bith - táim ar fáil agus lán sásta cúnamh a thabhairt duit!

Chomh maith leis sin, bím páirteach i chuid mhór coistí sa Choláiste, in éineacht le líon mór ard-fhoireann acadúil. Is ionadaí mé ar son na mic léinn, agus beidh mé ag obair go díograiseach le chinntiú nach ndéanfar dearmad ar na mic léinn le linn pleanáil agus feidhmiú athruithe acadúil, agus go bhfuil bhur nglór i lár na comhráite go léir.

Más mian leat páirt a ghlacadh in Aontas na Mac Léinn sibh féin - déanaim maoirsiú ar córas na hionadaithe ranga. Bíonn ionadaí ranga ag gach rang a labhraíonn amach dóibh le linn comhairlí an AML, agus leis na léachtóirí agus na riarthóirí scoile. Bíonn deacrachtaí acadúla éagsúla ag gach modúil, cúrsa, agus mac léinn - agus is minic gurb iad na hionadaithe ranga a réitíonn na deacrachtaí seo!

Más mian libh seasamh i dtoghacán na hionadaithe ranga (ba bhreá linn sibh a fheiceáil), beidh na hainmniúcháin ar oscailt ó Mí Meán Fomhair go Mí Dheireadh Fomhair. Is deis spráúil í a bheith i d'ionadaí ranga scileanna nua a fhorbairt, bualadh le daoine nua, agus guth a bheith agat i d'eispéireas acadúil sa Choláiste - bígí cinnte sibh féin a ainmniú!

Is féidir libh ríomhphost a chur chugam nó buail isteach chugam i m'oifig ar an gcéad urlár i dTeach 6.

Bev

sí/í // education@tcdsu.org

EDUCATION OFFICER

QUICK LINKS

TCDSU

TCDSU EDUCATION OFFICER BEV GENOCKEY
education@tcdsu.org // 083 097 6558

TCDSU WEBSITE www.tcdsu.org

TRINITY COLLEGE

TRINITY STUDENT HOMEPAGE www.tcd.ie/students

MYTCD.IE REGISTRATION, FEE PAYMENTS, STUDENT RECORD
(INCL. TUTOR INFO), EXAM NUMBER, RESULTS, TIMETABLES,
ACCOMMODATION PAYMENTS

**SENIOR TUTOR'S OFFICE
FORMS FOR:**
ACADEMIC APPEALS,
READMISSION, MEDICAL
READMISSION; TUTOR INFO,
COURSE TRANSFER INFO,
FINANCIAL ASSISTANCE INFO
www.tcd.ie/seniortutor

ACADEMIC REGISTRY
EXAM INFO, PAST EXAM
PAPERS, FEES & PAYMENTS,
ACADEMIC TRANSCRIPTS,
DOCUMENT CERTIFICATION,
GRANTS, GARDA VETTING,
STUDENT ID CARDS
www.tcd.ie/academicregistry

SERVICES/SUPPORTS

IT SERVICES www.tcd.ie/itservices
COMPUTER, PRINTING, SCANNING AND INTERNET SERVICES

TCD LIBRARIES
www.tcd.ie/library

SENIOR LECTURER/DEAN OF UNDERGRADUATE STUDIES
PROF DAVID SHEPHERD www.tcd.ie/undergraduate-studies

CAREERS ADVISORY SERVICE
tcd.ie/Careers/Students

STUDENT LEARNING AND DEVELOPMENT
www.tcd.ie/Student_Counselling/student-learning

DISABILITY SERVICE
www.tcd.ie/disability

GETTING THE MOST OUT OF COLLEGE

ERASMUS & STUDY ABROAD

Erasmus and study abroad are incredible opportunities - many students who go abroad will tell you that it was the best part of their time in college. You can visit the study abroad website at <https://www.tcd.ie/study/study-abroad/> to see the options that Trinity offers to students looking to study abroad.

Going abroad to study might affect your exam regulations and some courses base eligibility to go on Erasmus on your grade in previous years, so be sure to ask your school or department for all the information first!

TRINITY ELECTIVES

Taking a Trinity Elective is an excellent opportunity to learn something new, perhaps entirely out of your current realm of study! You can engage with ground-breaking Trinity research, explore new languages and cultures or address key societal challenges.

The elective will be a standalone 5ECTS module outside of your core discipline. If you would like to find out more you can visit www.tcd.ie/trinity-electives/.

EXTRAMURAL & LANGUAGE CLASSES

Extramural courses, such as evening or non-degree classes, allow students to take short courses outside of their degree. There are a broad range of courses available. These courses do not count towards academic credit. For more information you can visit www.tcd.ie/courses/esc/.

GET INVOLVED!

Trinity wouldn't be the same without the incredible range of extracurricular activities it offers. Why not join a society, play a sport, write for a student publication or run for election? You can learn just as much from extracurricular activities as you can in the classroom! Check out the Freshers' Fair and the CSC's and SU's websites for more information.



STUDYING IN COLLEGE

Studying in college can be very different to how you might have studied up until now. You are now studying a subject that you have a genuine interest in and you can say goodbye to the days of just rote learning information! College gives you the space and the time to explore your interests through reading and forming your own opinion. Independent research and analysis is strongly encouraged throughout your degree. While this might seem a bit overwhelming at first, don't worry – there are plenty of resources and supports in place to help you!

TOP TIPS!

- Don't be afraid to talk to your lecturers if you don't understand something. If you feel nervous about asking questions during class, you can approach them at the end or send them an email!
- Develop a revision strategy that suits you – for example, some students will do past paper questions, others draw up mind maps - everyone is different! Find out what works best for you and try to stick to it.

If you want to find past papers for your modules, you can check out www.tcd.ie/academicregistry/exams/past-papers/annual/.

- Student learning development is also a fantastic service. They offer individual and group consultations on everything from exam advice to study skills to writing essays. You can check out their website for more information: student-learning.tcd.ie/.
- Don't leave it all until the last minute! College is, of course, about more than sitting in the library all day, but make sure that you keep up to date with assignments and lecture notes so that you're in a good shape by the time your exams roll around!
- Keep an eye on the Students' Union social media and our website for classes, exam practices and education campaigns. Don't forget, you can always call, email or drop in to Bev if you need pointing in the right direction!



LECTURES, TUTORIALS & SEMINARS

LECTURES

Lectures are the primary form of teaching in College and, depending on the size of your class, you could be sharing the experience with anything from 10 to 400 students!

This year will be a little bit different than usual, with some lectures taking place online - especially in the first semester. Try your best to participate in the class and become familiar with your timetable, and, when your classes are on campus, the various lecture halls.

All the information should be available to you on your my.tcd.ie page or from the department noticeboard. With most courses, you will be given a reading list for each topic either before or during your first lecture. A large portion of your course material will be covered during lectures, so it's advisable to go to as many as possible. If you do miss one, don't panic - your lecture notes should be made available online after the class. However it is worth remembering that in many courses, lectures are compulsory - be sure to check your course handbook.

Don't worry if you don't understand everything that goes on in a lecture - chances are the person sitting next to you is thinking the same thing. Remember that no question is too silly or too small. By asking you're doing yourself, and probably someone else, a favour!

TUTORIALS & SEMINARS

These are smaller classes to help you really get to grips with your lecture content. They often take a discussion format and are usually taught by teaching assistants (TAs) rather than lecturers.

Attendance at tutorials will often be compulsory, even if this isn't the case for your lectures. If you miss a tutorial but have a valid excuse, contact your TA and your module departmental head of year as soon as possible. It's very important to take part as this is a great opportunity to get to grips with new topics. Don't be afraid to ask questions!

Some departments don't hold tutorials in the first week of term, so be sure to check with the school administrators to see what the plan is for the first few weeks.



PRACTICALS & LABS, COURSEWORK & PLAGIARISM

PRACTICALS AND LABS

If you're in the faculty of Science, Technology, Engineering & Mathematics (STEM), or Health Sciences (HS), chances are that you are going to spend a lot of the time applying the material you learn in lectures practically.

Attendance is compulsory, and you may be required to write up detailed lab reports. In many courses, all of your lab marks will come from this report. Try to get all of your lab reports done and handed in on time - having six lab reports to do near the end of the module while revising isn't much fun!

COURSEWORK

Most students will have coursework to do during the year. This may be added to your final exam mark to determine the grade you are awarded for a particular module. Coursework can include anything from lab reports to essays, group projects, or other forms of assessment. If you're not sure whether an assignment counts towards your grade, be sure to ask your lecturer or consult your course handbook.

Though deadlines can seem distant, be sure to get started on your work early - deadlines are given in advance for a reason! Projects that seem simple at first sometimes become unclear once you start deeper research. Make sure to ask your lecturer any questions as early as possible, so you're not stuck the night before your work is due.

PLAGIARISM

Plagiarism, accidental or otherwise, is the most serious academic offence that a student can commit. College desks with plagiarism offences very seriously. You must make sure that all the work you hand in is your own work.

Every student is required to take an online tutorial in "Ready, Steady, Write - Plagiarism Tutorial." This is so that you can learn about what plagiarism is and make sure that it doesn't happen in your work. You will have to sign a declaration every time you submit work to be marked, to say that you have taken the plagiarism workshop, and that you have not plagiarised.

It is always worth double checking your referencing. Your course handbook will have guidelines on how to reference work properly, but if you have any questions you can visit www.tcd.ie/teaching-learning/ug-regulations/Plagiarism.php.

IF YOU FAIL YOUR EXAM

Sometimes, things don't quite go to plan, and that is okay. Failure is not the end of the world! There are a number of things that can be done if you fail an exam. Don't hesitate to email Bev at education@tcdsu.org if you are unsure of your next steps, or if you think you have grounds for appeal.

COMPENSATION

Sometimes, if your average mark was good and you only failed one or two papers with an F1 you may be able to compensate and go onto the next year as if you had passed. All modules and components within modules are compensatable (except in certain professional programmes where compensation doesn't apply). The rules for compensation vary from school to school, so make sure to check.

SUPPLEMENTAL EXAMINATIONS

You may be required to sit repeat exams (free of charge) at the end of the summer if you fail and cannot pass by compensation. These exams aren't usually offered to students if their exams count towards their degree, except in very special circumstances.

APPEALS

If you feel that your result is unfair or that your marks were added up wrong you can apply to have them rechecked or remarked.

If you are still not satisfied with your grade, you may be entitled to appeal. This is usually reserved for extenuating circumstances, and you have to act quickly. For more information, email your tutor or the Education Officer.

REPEATING A YEAR

If you can't appeal, then sometimes the only option is to repeat the year. Students can also apply to repeat off-books. This requires special permission, and the grounds for going off-books can be found in the University Calendar: www.tcd.ie/calendar/undergraduate-studies/general-regulations-and-information.pdf.

Keep in mind that you won't qualify for free fees if you have to repeat, except in special circumstances.



SCHOLS

The Foundation Scholarship or 'Schols' are an optional set of exams which can only be taken by students in Hilary term of their senior fresh year, except in exceptional circumstances. Past scholars include Edmund Burke, Samuel Beckett, and Mary Robinson!

This year the foundation scholarship examinations are scheduled to take place in January.

"The exams are designed to be searching, requiring candidates to demonstrate skill in synthesising and integrating knowledge across the full range of the set examination materials; to demonstrate rigorous and informed critical thought; and, in appropriate disciplines, to demonstrate a highly-developed ability to solve problems and apply knowledge."

www.tcd.ie/academicregistry/exams/scholarship/

For all the latest information on the application and deadlines, go to <https://www.tcd.ie/academicregistry/exams/scholarship/>.

Successful candidates – who must get an overall first in the exams, as well as first class marks in at least two out of the three papers in courses with three papers (and at least two out of four papers in courses with four papers) with the remaining paper/s achieving a mark of 65% or above – are elected by the Board on Trinity Monday.

Scholars enjoy significant benefits including Commins (dinner) free of charge every weekday and rooms free of charge for up to nine months of the year. Students who receive no outside scholarships or grants are also entitled to fee remission. The remission is for up to five years, to the value of EU student fees.



WELFARE

Sierra, our Welfare Officer, gives advice to keep you happy and healthy so that you can make the most of your time here in Trinity.



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Hello everyone and welcome to Trinity! I'm this year's **Welfare & Equality Officer** and I'm looking forward to the year ahead. One of my biggest jobs is to make sure that students who ask for help are given the support they need. Whether that be accommodation advice, mental and physical health services, financial assistance or anything else, I am here to be your advocate and help you find support. I will always have things like tampons, pads, condoms, and snacks in my office! Another big part of my job is putting on many of the campaign weeks throughout the year with the sabbatical team, SU part time officers, and other students. Additionally, I work closely with staff committees regarding student welfare.

If you're interested in being involved in the SU, look out for the Welfare & Equality Committee applications in the weekly email. Later down the line, I'll be looking for volunteers to help out during campaign weeks which will also be in your weekly email. I look forward to working with many of you!

First year is an overwhelming time for many students. This year is no different and your feelings may be exacerbated by the isolation of the past 18 months. If you're ever feeling anxious, sad, overwhelmed or lonely please reach out to myself or the services in the Welfare Directory. We won't know how you're feeling unless you let us know and asking for help is a brave thing to do. If COVID allows, I'll be holding office hours in my House 6 office and around campus. I will also continue to hold office hours over Zoom throughout the year. Enjoy, be safe, remain kind, and remember that no question is too big or small for the inbox.

Sierra

she/her // welfare@tcdsu.org

★

Dia dhaoibh gach duine agus fáilte go Coláiste na Tríonóide! Is mise an **tOifigeach Leasa agus Comhionannais** i mbliana agus táim ag tnúth leis an bhliain romhain. Ceann de na poist is mó atá agam ná cinntiú go dtugtar an tacaíocht ceart do na mic léinn agus í ag teastáil uathu. Más í sin comhairle tithíochta, seirbhísí sláinte mheabhrach nó sláinte choirp, tacaíocht airgeadais, nó aon rud eile, táim anseo le bheith i d'úrlábhraí agus cabhrú libh tacaíocht a fháil. Beidh earraí cosúil le pillíní, suitíní, coiscíní agus sneaiceanna ar fáil an t-am ar fad i m'oifig! Chuid mhór eile den phost agam ná na seachtaine na bhfeachtais a chur ar siúl i rith na bliana le na shabóidigh, na hoifigh páirt aimseartha, agus mic léinn eile. Chomh maith leis sin, oibrím go géar le coistí foireann na choláiste ar son leas na mic léinn.

Má tá suim agaibh a bheith páirteach san AML, coinnigí súil amach do na hiarratais don Choiste Leas agus Comhionannais sa ríomhphost seachtanúil. Níos déanaí, beidh oibrithe deonach á lorg agam le cuidiú leis na seachtaine na bhfeachtais, beidh é seo sa ríomhphost seachtanúil chomh maith. Táim ag tnúth go mór a bheith ag obair le chuid mhór daoibh!

Is tréimhse dochreidte é an chéad bhliain do líon mór mic léinn. Níl aon difríocht i mbliana, agus seans go mbeidh bhur mothúcháin géaraithe de bharr iargúiltacht an bhliain go leith seo caite. Más rud é go mothaíonn sibh inmíoch, brónach, nó uaigneach, le bhur dtoil téigh i dteagmháil liom nó ceann de na seirbhísí san eolaire leasa. Ní bheidh a fhios againn conas a mothaíonn tú muna insíonn tú dúinn, agus is rud misniúil é sin le dhéanamh. Ag brath ar srianta COVID, beidh uaireanta oifige ar siúl agam i m'oifig i dTeach 6 agus timpeall na choláiste. Beidh uaireanta oifige ar siúl agam thar Zoom i rith na bliana chomh maith. Bain sult as bhur am sa choláiste, bígí sábháilte, bí cinéalta, agus ná déan dearmad nach bhfuil ceist ró-bheag nó ró-mhór do bhosca isteach.

Sierra

sí/í // welfare@tcdsu.org



WELFARE DIRECTORY

For a comprehensive list of all supports available, go to pleasetalk.ie/tcd.
For further information, contact Sierra at welfare@tcdsu.org.

MENTAL HEALTH

Student Counselling Service

01 896 1407
tcd.ie/Student_Counselling
student-counselling@tcd.ie

Niteline

Listening and online chat service
1800 793 793
www.niteline.ie

S2S Peer Support

Listening service
student2student.tcd.ie/Peer-support

Turn2Me

www.turn2me.org

Aware

Depression helpline
1890 303 302
www.aware.ie

Pieta House

Suicide and self-harm
01 601 0000
www.pieta.ie

Reachout.com

Info on mental health & well-being
ie.reachout.com

Body Whys

Eating disorders
www.bodywhys.ie

Samaritans

01 671 0071
www.samaritans.org

Crisis Text Line

Freetext TCD to 50808

DRUGS AND ALCOHOL

Alcoholics Anonymous

01 842 0700
www.alcoholicsanonymous.ie

College Health Centre

01 896 1556
www.tcd.ie/collegehealth

Ana Liffey Drug Project

01 878 6899

The Deora Counselling Project

01 836 4524

Narcotics Anonymous

01 672 8000
www.na-ireland.org

Gamblers Anonymous

01 872 1133 // 087 748 5878
info@gamblersanonymous.ie

Problem Gambling Ireland

089 241 5401
info@problemgambling.ie

LEARNING DIFFICULTY & DISABILITY

College Disability Service

01 896 3111
Text/SMS (*for deaf students*)
086 344 2322
www.tcd.ie/disability

AHEAD

01 716 4396
www.ahead.ie

SU Disability Rights Officer

Chloe Staunton
disability@tcdsu.org

LGBTQ* ISSUES

LGBT Helpline

1890 929 539

www.lgbt.ie

Gay Switchboard

01 872 1055

TCDSU LGBT Rights Officer

Jenny Maguire

lgbt@tcdsu.org

Q Soc

Trinity's LGBTQ Society*

www.trinitylgbt.com

info@trinitylgbt.com

Transgender Equality Network

Ireland

Teni.ie

BeLonG To

01 670 6233

www.belongto.org

SEXUAL HEALTH & PREGNANCY

My Options

1800 828 010

www.myoptions.ie

Irish Family Planning

Association

1850 495 051

www.ifpa.ie

Well Woman Centre

01 872 8051

www.wellwomancentre.ie

Dublin Rape Crisis Centre

1800 778 888

www.drcc.ie

Women's Aid

1800 341 900

www.womensaid.ie

Rotunda Hospital

01 817 1700 (*ask for the Sexual Assault Unit [if applicable]*)

One in Four

01 662 4070

www.oneinfour.ie

info@oneinfour.ie

ACCOMMODATION

TCDSU's Accommodation

Advisory Service

tcdsuaccommodation.org

accommodation@tcdsu.org

01 646 8431

FLAC

Free legal advice centre

1890 350 250

www.flac.ie

Threshold

The national housing charity

www.threshold.ie

PRTB

Private Residential Tenancies Board

0818 303037

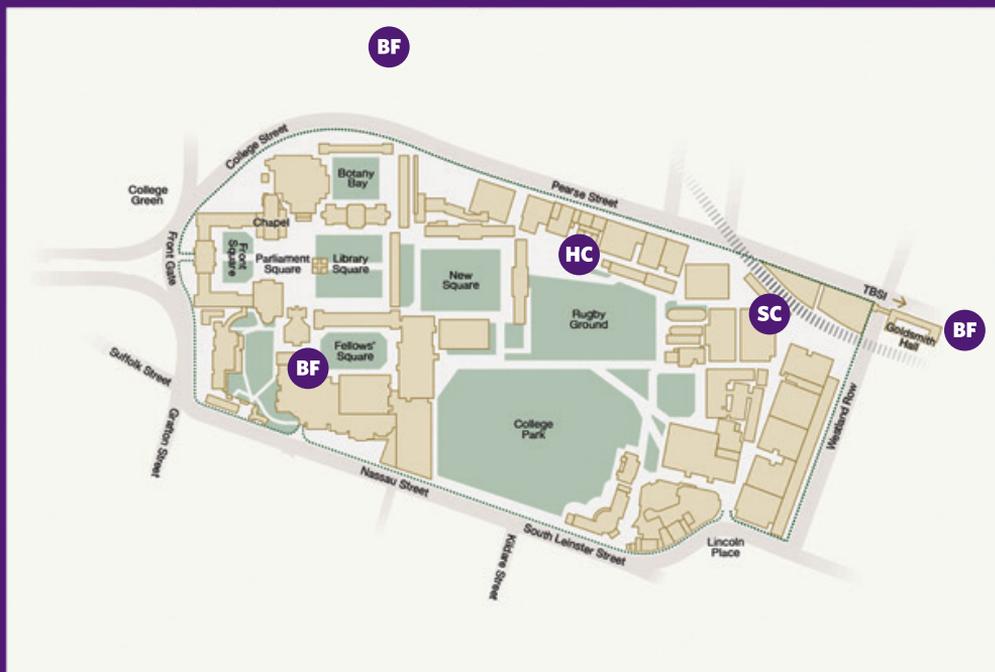
www.prtb.ie

Money Advice & Budgeting Service

0761 072000

www.mabs.ie

PHYSICAL HEALTH AND BREASTFEEDING



PHYSICAL HEALTH

The **Health Centre** is situated on Trinity Campus in House 47, a residential block adjacent to the rugby pitch. Due to the pandemic, walk-in appointments are not available at the moment. Call **(01) 896 1591** or **(01) 896 1556** to schedule a consultation. For more information visit tcd.ie/collegehealth.

The **Sports Centre** is situated on Trinity Campus near the Pearse Street Entrance. They are currently working through an online booking system which can be found on their website tcd.ie/sport. You can also ring them at **(01) 896 181**.

BREASTFEEDING

Access to the breastfeeding rooms are contingent on the college's COVID-19 guidelines. On campus, these rooms can be used by staff and students to breastfeed or express milk:

- **Room B119 in TBSI** is a shared resource which is used for nursing mothers, phlebotomy and a sick bay. Keys can be signed out from attendants at reception.
- **Room 2032 in the Arts Building** is a shared resource for college staff and students which is used as a respite room and for nursing mothers. Access is via the disability office at **(01) 896 3111**.
- **Room 1.12 in D'olier Street** can be used if you call to check for availability on **(01) 896 3891**.

HARM REDUCTION

ALCOHOL

Alcohol is a sedative and depressant and is legal to consume in most countries. It can start to set in within 5-10 minutes and lasts for several hours, depending on how much you drink.

Long-term effects include risk of damage to your liver, heart, stomach, brain and other organs. Alcohol poisoning, which is when your body has a toxic reaction against too much drinking, is also a risk. Drinking can also cause family and social problems like divorce, money problems and violence.

DRUGS

CANNABIS

Cannabinoids are the most commonly used controlled drug in Ireland. The chemicals in cannabis are used in some countries as an alternative to opioid treatment for chronic pain.

- **Short-term effects** may include: relaxation, giddiness, bloodshot eyes, dry mouth, hunger, confusion, anxiety, mild hallucinations (when using high potency products), impaired coordination and reaction time, and memory difficulties.
- **Long-term effects:** Smoking can lead to lung damage and breathing problems. Frequent use of cannabinoids has been linked with anxiety, depression, paranoia and loss of motivation in some people. It is possible to become dependent on cannabis use especially for people with a family history of substance use issues.
- **Synthetic Cannabinoids:** These are supposed to mimic the effects of THC from the cannabis plant but do not contain any THC. They are highly potent which increases their risk and there is little information on long term effects of synthetic cannabinoids.



HARM REDUCTION (2)

KETAMINE

Ketamine is a psychedelic dissociative drug that is normally sold as a grainy white powder. It is also used as an anaesthetic in human and veterinary medicine. Additionally, it is being tested for use in treatment-resistant depression. When used recreationally, it can create feelings of euphoria, relaxation, detachment from oneself and psychedelic experiences.

- **Short-term effects** depend on the dose, the potency of the substance and other personal factors. One can feel chilled, relaxed and happy while others feel energised. Some people experience an out of body experience or a sense of detachment. Other effects include hallucinations, numbness, muscle spasms, vomiting and loss of coordination.
- **Frequent use** can lead to depression, memory problems and panic attacks. If Ketamine is injected, it may damage veins and you risk HIV and hepatitis if needles are shared.

COCAINE

Cocaine is a strong and short acting stimulant drug which comes in a white powder. It can be used by dividing it into lines and snorting it up the nose. It can also be smoked or made into an injectable solution.

- **Short-term effects** start quickly and last for up to 30 minutes. You may feel more alert, energetic, exhilarated and confident. Your heart and pulse rate will rapidly increase along with pupil dilation, dry mouth, sweating and a loss of appetite.
- **Long-term effects** can include insomnia, exhaustion, depression, damage to nose tissue, kidney damage and extreme weight loss. When you mix cocaine and alcohol, they combine to produce cocaethylene which increases the risk of heart attack. It is extremely dangerous if injected with heroin, known as 'speedball'.

LSD AND PSILOCYBIN (MUSHROOMS OR MAGIC MUSHROOMS)

These are hallucinogenic drugs. Both take 30-60 minutes to set in and the effects are known as a 'trip'.

The kind of trip you experience is dependent on your mindset and setting. If you ingest the drug in an unsafe environment and with high feelings of anxiety, the experience will be very different from doing it with people you feel safe around and with a relaxed mindset. The effects can cause changes in perception, distorted colours and sounds, euphoria, nausea and a bad trip can cause panic reactions and risky behaviour ending in injury.

HARM REDUCTION (3)

ECSTASY (MDMA)

Most commonly sold as pills that can be identified by their logo, shapes and colours. It can also come as a capsule, crystals or a powder which can vary in colour.

The onset of effects can take 20-70 minutes and can last for up to 6 hours. A feeling of euphoria can make music and colours more intense and can increase feelings of empathy for those around you. Some people may hallucinate and it can cause nausea and loss of appetite.

- **Side effects** include heavy sweating, feeling warm, a tight draw and dry mouth and throat. You could feel extremely low or depressed for days after using in what is known as a 'comedown'.

SUPPORTS

If you are seeking support for a drug dependency, there are many supports available for you.

STUDENT COUNSELLING SERVICE Addictive behaviour and recovery group:

tcd.ie/Student_Counselling/counselling/groups-workshops/

HSE DRUG AND ALCOHOL HELPLINE 1800 459 459

helpline@hse.ie

If you are curious about your personal drug use, the ePUB survey can provide personalised feedback about:

- your individual drinking pattern
- your risk patterns
- helpful resources in your community

The survey can be found here:

<https://echeckup.sdsu.edu/irl/alc/coll/TCD>

CONSENT

Consent is an expression from the people involved that they are willing and happy to do something. In the context of sexual activity, it means that everyone involved is on the same page. It's not enough to assume that someone wants sex as much as you, it is important to always seek consent. Never make someone do something they don't want to do and say no if you are uncomfortable with a situation.

Always remember that consent is **FRIES**:

Freely-given
Retractable
Informed
Enthusiastic
Specific

If your partner seems nervous check in with them even if they've already agreed to a sexual activity.

SEXUAL HARASSMENT AND SEXUAL ASSAULT

College defines sexual harassment as 'any attempt to coerce an unwilling member of the college into a sexual relationship or to subject such a person to unwanted sexual attention, or to punish a refusal to comply or to create a sexually intimidating, hostile or offensive environment'. It includes all forms of harassment from unpleasant remarks to sexual assault. If you are being harassed, ask the harasser to stop (either verbally or in writing), keep a diary of events and any potential witnesses, and contact the Welfare Officer, your tutor or any other support services.

Sex without consent is not sex. If you would like to talk to anyone on a one to one basis about any issues regarding consent, the SU officer (welfare@tcdsu.org) the TCD Counselling team (tcd.ie/Student_Counselling), the S2S Peer supporters (student volunteers available on request at student2student@tcd.ie), Nitleline, and the College Health Service (tcd.ie/collegehealth) are all highly trained, confidential and non-judgemental sources of support. It is not unusual to find it difficult to talk about sex, how to negotiate consent, or to talk about non-consensual experiences. All of these services are open to you taking things at your own pace, in your own time, and are comfortable addressing any of your questions or concerns.

CONSENT (2)

SEXUAL HARASSMENT AND SEXUAL ASSAULT CONTINUED

If you have had a non-consensual experience, these services are a safe-space for you to talk to and process what has happened. None of us will insist on you taking legal action, but if you choose to do so we can help you through this process as well. If a crime has been committed, Gardaí advise you to not wash, change your clothes or clean up the immediate vicinity until you have made contact the the Gardaí and they have given you clear instruction to do so.

The **What do I do now? Document** gives an overview of disclosures of assault and rape in college. You can scan the QR code to access the document here:



SEXUALLY TRANSMITTED INFECTION (STI) AND HIV (HUMAN IMMUNODEFICIENCY VIRUS) TESTING

The pandemic has greatly impacted the resources available for those seeking STI and HIV testing but there are still services available. HIV Ireland and the Mater Hospital are conducting testing on Mondays and Tuesdays from 2-4:30 pm. Routine appointments can be booked at communityclinic@mater.ie and if you are experiencing symptoms, appointments can be booked by ringing **01 803 2063**. The College Health Service offers testing for all staff and students. You will be asked to pay €20 at the time of your booking and will be refunded €5 when you attend your appointment. TCDSU offers rapid HIV testing kits for students. Those can be accessed through this form: <https://www.tcdsu.org/services/hiv-rapid-testing>.

WHAT IS PrEP AND HOW DO I GET IT?

PrEP stands for pre-exposure prophylaxis. PrEP is taken by HIV negative people before having sex (pre-exposure) and after sex, to prevent HIV (this is called prophylaxis). PrEP has been shown in many studies to be safe and highly effective at preventing HIV. When taken correctly PrEP has been found to be about 99% effective. PrEP is the newest HIV prevention tool available and is best used in combination with other HIV prevention measures. If you decide to use PrEP, it is important to do this with support from a healthcare professional.

The HSE has recently begun offering PrEP **free of charge** for those who are deemed to be at a high risk of contracting HIV. This includes those who are having unprotected sex with partners who are HIV positive and are not on HIV treatment, those who are having unprotected sex with partners who are treating their HIV but do not have an undetectable viral load, and men who are having sex with men. If you want more information on PrEP, visit sexualwellbeing.ie/prep.

Where to go: If you want to begin taking PrEP, there are many clinics in Dublin that can provide it for you. The easiest to reach from Trinity campus are the Gay Mens Health Service in Dublin 8. They can be reached at gmhs.ie or **01 921 2730** and the GUIDE clinic at St. James' Hospital. An appointment with them can be booked on their website at guideclinic.ie.



NiteLine

“HELP WILL ALWAYS BE GIVEN AT TRINITY
TO THOSE WHO ASK FOR IT.”

FREEPHONE:
1800 793 793

INSTANT MESSAGING:
WWW.NITELINE.IE

OPEN EVERY NIGHT OF TERM
FROM 9PM - 2:30AM



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SCAN ME

CONTRACEPTIVES

NON-HORMONAL

CONDOMS Condoms are physical barriers used to ensure that different parts of the body or objects don't touch. There are two different types of condoms. The most common is the penile condom which covers a penis. The second kind is one that is inserted into the vagina to create an internal barrier. Condoms are unique in that they can prevent both pregnancy and the spread of sexually transmitted infections (STI).

DENTAL DAMS are used when performing oral sex on a vagina to prevent STIs. They can be made out of condoms by cutting the condom into a rectangle.

DIAPHRAGMS (CAPS) are small circular barriers that fit in the vagina. It covers the cervix which blocks sperm from entering the uterus and fertilizing eggs. The diaphragm can be covered in spermicide to offer additional protection.

COPPER COILS are small devices that are placed into the womb. The copper is toxic to both the sperm and egg. The copper coil works in several different ways. It prevents fertilisation by damaging the sperm and egg and it causes mild inflammation in the uterine lining which stops the egg from implanting.



CONTRACEPTIVES (2)

HORMONAL

EMERGENCY CONTRACEPTION (MORNING-AFTER PILL) Emergency contraception is a secondary method or back up contraception. You can use it if you want to avoid an unplanned pregnancy after you have had sex without using contraception or if contraception has failed (e.g. the condom slipped or you missed a pill). Emergency contraception can be used up to 5 days after having unprotected sex and is more effective the sooner you take it.

CONTRACEPTIVE INJECTION (DEPO PROVERA) is the artificial version of the female hormone progesterone. It is injected every 12 weeks by a healthcare provider and works mainly by stopping you from producing an egg

CONTRACEPTIVE IMPLANTS (IMPLANON) are a small flexible rod that releases the artificial version of the female hormone progesterone into the bloodstream. It is inserted under the skin of the upper arm and works mainly by stopping egg production. It also thickens the fluid at the neck of the womb and thins the lining of the uterus.

THE PILL is a tablet that is taken orally on a daily basis. There are two kinds of oral birth control-the combined pill and the progesterone only pill. The combined pill contains both oestrogen and progesterone and is taken every day for three weeks of each month. It works mainly by stopping the production of eggs. The progesterone only pill does not contain oestrogen. It is taken every day without a break and works mainly by stopping egg production. It may also thin the lining of the uterus which prevents an egg from implanting.

INTRAUTERINE SYSTEM (IUS) are a small flexible rod that releases the artificial version of the female hormone progesterone into the bloodstream. It is inserted under the skin of the upper arm and works mainly by stopping egg production. It also thickens the fluid at the neck of the womb and thins the lining of the uterus.

If you have any questions about any contraceptives or would like begin using one, you can contact the the **Student Health Service** at **(01) 896 1591** or **(01) 896 1556**, the **Irish Family Planning Association** at **1850 495 051 (ifpa.ie)** or the **Well Woman Centre** at **(01) 872 8051 (wellwomancentre.ie)**. Free condoms can be found on the ground floor of House 6 and in the Welfare Office.

PREGNANCY SUPPORT

If you suspect that you may be pregnant, pregnancy tests are available at all pharmacies. The College Health Service also offer pregnancy tests for €10.

Having an unexpected pregnancy can be a very isolating experience, especially for students. If you are struggling to understand your options or simply need to have a conversation about what to do next, it might be helpful to have an unbiased conversation with a healthcare professional. The **HSE** have a freephone number for anybody who wants to discuss their pregnancy options. You can reach them at **1800 828 010** or, if outside of the Republic of Ireland, call **+353 599 138175**.

THE ABORTION PROCESS

Deciding to have an abortion is entirely your decision but there are plenty of support services available for you; a good place to start is the Welfare Directory and the HSE freephone.

In order to for an abortion to take place, you must be less than 12 weeks (84 days) pregnant. The first step is to visit a doctor or GP who will certify that you are less than 12 weeks pregnant. Then you must wait 3 days or longer depending on how long it takes to certify the pregnancy term. Abortions beyond 12 weeks are only allowed under certain circumstances such as the pregnancy putting your life at risk.

There are two different kinds of abortion. A **medical abortion** is induced by medications that are ingested orally. The first tablet is called mifepristone which stops the hormone that allows a pregnancy to continue. 24 to 48 hours later you will take a second tablet called misoprostol which degrades the uterine lining. Two hours after this, most patients experience heavy bleeding and cramping for a few hours. If you are 9-12 weeks into the pregnancy, you will be asked to remain at a hospital during this time.

The second type of abortion is a **surgical abortion**. You will lie on a bed and be offered sedation before the procedure. The type of sedation will depend on what hospital you are in. A tube will be inserted into your uterus to terminate the pregnancy. After the procedure, you will be asked to stay in the hospital for a few hours. There are three hospitals in Dublin that perform abortions: the National Maternity Hospital, Coombe Women and Infants University Hospital, and the Rotunda Hospital.

If you are looking for help during or after a pregnancy, the **welfare@tcdsu.org** email is always open and we can find support that's right for you.

SEXUAL ORIENTATION AND GENDER IDENTITY

Finding your identity is a big part of becoming your own person. For many people, this happens as a young adult and in college. For those of you who don't identify as heterosexual or cisgender, sexual orientation and gender identity can become a big part of who you are. This stems from the historical marginalisation of those who don't fit into heterosexual and cisgender boxes but is also about showing pride for who you are and supporting each other.

Some people in the LGBTQ+ community feel very attached to a specific identity and others have a more fluid approach to who they are. Some will come out at a very young age while others may come out multiple times or not come out until they are well into adulthood. You may even choose not to come out at all or to come out to different people at different times! The most important thing to remember is that there is no 'correct' way to come out or be a member of the LGBTQ+ community and you are always worthy of respect and autonomy.

If you are looking for advice, want information, or are looking for a chat, please contact me (welfare@tcdsu.org), Jenny the LGBT rights officer (lgbt@tcdsu.org) or Q-soc, Trinity's LGBTQ+ society (info@trinitylgbt.com).



ACCOMMODATION

Finding accommodation can be one of the most stressful times of the year, but we are here to help!

The SU operates an Accommodation Advisory Service which is there to help you to explore all the different accommodation options to find what best works for you! They offer advice and host their own database of accommodation for TCD Students! Your accommodation advisors can be reached at **accommodation@tcdsu.org**.

You can also check out our TCDSU Facebook group for students looking for accommodation; just search "**TCDSU Accommodation Support**".

ACCOMMODATION OPTIONS

- Purpose-built Student Accommodation
- Private rental market
- Trinity Hall / On Campus
- Digs (renting a room in an owner-occupied house)

WHERE DO I BEGIN?

Some useful websites to begin your search are:

- www.daft.ie**
- www.rent.ie**
- www.myhome.ie**
- www.collegecribs.ie**
- www.tcdsuaccommodation.org**

TOP TIPS FOR DEALING WITH LANDLORDS

See next page



ACCOMMODATION (2)

TOP TIPS FOR DEALING WITH LANDLORDS

- 1 ALWAYS VIEW THE PROPERTY** It is important to be wary of scams, so, where possible always make sure to view the property in person before paying any money!
- 2 READ AND SIGN A LEASE** It is vital by law that your landlord is registered with the Private Residential Tenancies Board (PRTB) in order to protect both parties in the case of a dispute. Make sure your landlord is registered before signing a lease. If you feel the terms of the lease are unreasonable, ask for it to be altered before signing.
- 3 RECORD** After you sign the lease, go around the house with your landlord and make note of anything that might be considered damage, and what items are in the house. Both you and your landlord should sign this sheet and each should have a copy. This is to ensure that there are no allegations of foul play when the time comes to return deposits.
- 4 PHOTOGRAPH** the property as a record of what it looked like at the start of the year.
- 5 CHECK** for any mould or damage to the property. You can use the renting checklist shared by the SU.
- 6 USE A RENT BOOK** These are available from the SU and are useful for keeping on top of all your payments, as well as recording all appliances, damage and any other relevant information.

NEED MORE SUPPORT?

Sometimes landlords can be difficult and you may need more support, be sure to check out all of the resources available to you!

www.facebook.com/trinityflac/

www.threshold.ie

www.rtb.ie

THE DISABILITY SERVICE

The Disability Service provides a confidential and accessible service for students with disabilities. It aims to support your learning needs during your time in Trinity. The service is student centered and is committed to empowering students with disabilities to achieve their academic and vocational goals and access all aspects of college life.

If you are a student with a disability and are a registered student in Trinity, you can avail of support from the Disability Service. The Disability Service accommodates students with all kinds of disabilities ranging from physical or sensory disabilities, mental health difficulties, ADHD, ASD, learning disabilities, chronic illnesses and more.

The Disability Service can help support you in identifying your learning needs as a student and will offer resources and support that will allow you to actively engage in college life. These may include the provision of assistive technologies, access to respite spaces, access to reasonable accommodations (such as disclosure of your disability to your department, extra exam time, low distraction venues, etc.) and access to individual sessions with an occupational therapist. The OT will assist you in developing practical skills and strategies to help you to manage student life.

To get in contact with the Disability Service, visit their website at www.tcd.ie/disability or send them an email at askds@tcd.ie. They are currently meeting students on MS Teams, over telephone and by email.

THE ABILITY COOP

abilitycoop@gmail.com

<https://linktr.ee/abilitycoop>



STUDENT 2 STUDENT

S2S Mentors are student volunteers who are available to all undergraduate first years and visiting students. The S2S Mentors have personal experience of what it's like to come to Trinity for the first time. They are normally in your own course of study or a similar area and will organise regular group meetings for you to get to know other people in your course. New undergraduate and visiting students are introduced to their mentor group during orientation, but if you are unsure of who your mentors are, you can find out at student2student.tcd.ie/mentoring/group-query.php.

GAMBLING

Research shows that gambling has become a more prominent part of student life, be it online, in the bookies or at the races. With the rise in gambling has come the rise in gambling addiction. In simple terms, Gambling can be considered to be a problem in your life when it: gets in the way of work, school or other activities, harms your mental or physical health, hurts you financially, damages your reputation or causes problems with your family or friends.

If you feel that gambling has become a problem in your life, please reach out.

You can find support and information at problemgambling.ie or gamblersanonymous.ie. If you are affected by addictive behaviours, the counselling service run an Addictive Behaviours support group.

Get in touch with student-counselling@tcd.ie or phone **01 896 1407** to find out more.

PRAYER & REFLECTION ROOMS

Rooms are now available for students who are seeking a quiet room for prayer or reflection.

DIGNITY AND RESPECT

Trinity strives to be a place without discrimination, bullying and other harassment. Unfortunately, some Trinity students still face harassment and discrimination. The Dignity and Respect Policy is in place to set standards of behaviour that all staff and students are expected to abide by. Information on the Dignity and Respect policy can be found here: <https://www.tcd.ie/equality/policy/dignity-respect-policy/>. If you are being bullied or harassed or have witnessed someone else in college being bullied or harassed, do not hesitate to contact me at welfare@tcdsu.org.

MENTAL HEALTH RESOURCES

If your life is in imminent danger please call **999**.

If you are having suicidal thoughts please call **1800 247 100**.

Call Niteline on **1800 793 793** during term time or Samaritans on **01 671 0071** outside of term time for someone to talk to. Research shows that there is a strong relationship between talking and lower mental distress and higher positive adjustment. Venting is very healthy and there are people ready and willing to hear from you!

My email **welfare@tcdsu.org** is always open for problem solving, venting and advice!

Student Counselling Services aim to help you succeed at Trinity by providing free, confidential and professional support services. These services are available throughout the year to all registered students. SCS is staffed by professional accredited counselling or clinical psychologists and psychotherapists, interns, assistant psychologists and trainees. The pandemic has stretched their resources very thin and waiting times are longer than usual. However, they will do anything possible to get you the support you need as soon as possible.

The Counselling Services offer one-on-one counselling as well as group counselling. More information can be found online at **www.tcd.ie/Student_Counselling**.

STUDENT FINANCE

If you are experiencing financial difficulty, I am always available to help. The SU offers short term and interest free loans to students who need a little extra money to make ends meet. The SU also offers a childcare assistance fund, a placement bursary and a t-fund (for transgender students who are socially transitioning). For information on any of these services, email **welfare@tcdsu.org**.

The Higher Education Grant can be accessed at **grantsonline.ie** and eligibility information can be found at **susi.ie** or **studentfinance.ie**.

The Student Assistance Fund and the Student Hardship Fund are set aside for students in financial need. Allowances are allocated on a case by case basis. TAP and HEAR students should contact **tapadmin@tcd.ie**. Any other student should contact **welfare@tcdsu.org** or your personal tutor.

Benefactions, bursaries and prizes are also available for anyone who fits the criteria. A list of these and their criteria can be found on **tcd.ie/seniortutor**.

TRINITY ENTS

Greg, our Ents Officer, has one sole purpose - to make sure you have as fun-filled a time as possible in Trinity. Turn to this section for more information on filling your time, and body, with fun.



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Hi,

I'm **Greg** and I'm here to make sure that your college experience is as much fun as possible! After the last few years you definitely deserve it and I'm here to provide events for every level of covid restrictions that you're sure to enjoy. We have loads of events planned, from movie screenings and pub crawls, to nights out and mystery tours once restrictions allow. And of course, Trinity Ball! Having been cancelled the last two years, we're confident that Europe's largest private party will be back bigger and better than ever for the night of your life!

If you've any queries about events, want advice on organising your own events, or just want to chat and play some music, pop into my office on the second floor of House 6 (just beside front gate) or drop me an email!

Greg

he/him // ents@tcdsu.org

★

Haigh, is mise **Greg**, agus táim anseo le cinntiú go mbíonn bhur eispéreas sa choláiste chomh taitneamhach is gur féidir! Tar éis na blianta seo chaite, tá sé tuillte agaibh, agus táim anseo chun imeachtaí éagsúla a chur ar siúl a cloíann le gach cinéal srian COVID. Tá go leor imeachtaí pleanáilte againn, ó taispeantaí scannáin agus camchuairt na dtithe ól, go oícheanta amach agus turais rúndiamhracha chomh luath is gur féidir linn. Agus ar ndóigh, Bál na Tríonóide! Tar éis a bheith curtha ar ceal na dhá bhliain seo caite, táimid muiníneach go mbeidh an chóisir príomháideach is mó san Eoraip ar ais arís don oíche is fearr agaibh!

Má tá ceisteanna agaibh, comhairle ag teastáil faoi do chuid imeachtaí féin a chur ar siúl, nó díreach ag iarraidh comhrá a bheith againn agus píosa cheol a chur ar siúl, buail isteach chugam san oifig ar an dara urlár i dTeach 6 (in aice leis an Geata Tosaigh) nó chur ríomhphost chugam.

Greg

sé/é // ents@tcdsu.org



ENTS OFFICER

ENTS COMMITTEE

You'll see the Ents committee around campus and at the events in our red jackets! If you've any issues during events just look for the nearest red jacket- we've all had welfare training so are equipped to deal with any problems you have, small or big, in a discrete and careful way.

ENTS OFFICER GREG ARROWSMITH

SECRETARY COLIN HART

TREASURER ANTHONY GLEESON

PUBLIC RELATIONS OFFICER DARRAGH CLARKE

LIVE MUSIC OFFICER TADHG WILLIAMS

TECHNICAL OFFICER CILLIAN FOGARTY

JCR ENTS OFFICER OLIVIA ORR

PHOTOGRAPHY OFFICER KATE SHEEHAN

EQUALITY OUTREACH OFFICER ZWELI MAABIDIKANA

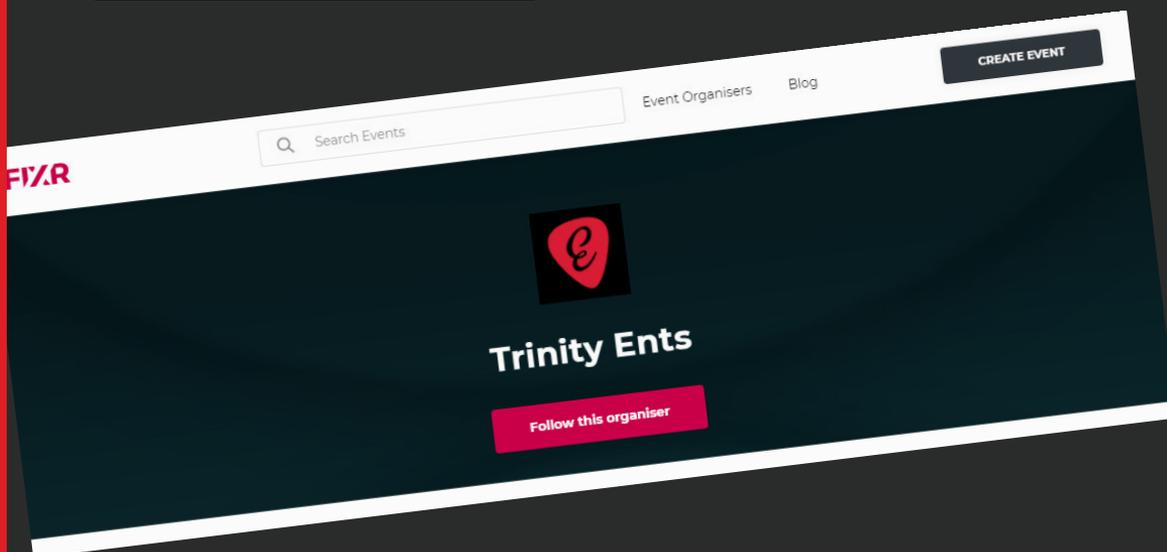
ART INSTALLATION OFFICER JESSICA PURDY

ORDINARY COMMITTEE MEMBERS (OCMs) KIERAN CLAFFEY,
ELENA MULLEN

TICKETS

At the start of the year, all of our events are going to be ticketed for Covid reasons- though most will be free! Find your tickets via the Trinity Ents Fixr.

<https://fixr.co/organiser/tcdents>



LIVING IN DUBLIN GUIDE

HOW TO LIVE ON A SHOESTRING

Whether its the end of the month and you barely have 5 quid to your name, or whether you're trying to save to buy some new socks because yours smell like death, we have a few practical tips to help you save money.

- 1 Start of term shop** It's a good idea to do one big shop at the start of each term, getting store cupboard essentials like spices, canned foods and dry cereals. Good time to get cleaning supplies too!
- 2 Choose your supermarket wisely** If you just need one or two things it's fine to go to the local newsagent, but over time this will add up. Try to do your shopping in the discount supermarkets like Lidl, Aldi and Tesco if you're getting more than a few things.
- 3 Carpool for shopping** It can be a hack lugging your shopping back home, so make sure to make friends with someone with a car! Seriously, try to carpool and arrange to all go grocery shopping the same day. Don't forget to chip in towards petrol money- you'll still be saving loads!
- 4 Reduced to clear** It's 6 o'clock, you're coming home via the shop, and have no idea what you want for dinner. Tip- head straight to the reduce-to-clear section and base your dinner on that. You can get some ridiculous deals, just go in with an open mind!
- 5 Lunch leftovers** When cooking dinner, always cook extra and you'll have a free lunch the next day. It's as easy cooking-wise, and you'll save loads! Definitely worth investing in some tupperware at the start of the year to enable this.
- 6 Veggies!** You can pad out any stir fry, curry or pasta dish by adding in loads of vegetables which are far cheaper than meat. Added benefits include being better for you, the environment, and not having to worry as much about food poisoning when reheating!
- 7 Bring snacks from home** Even if you're planning on going for lunch in college, its a good idea to bring some fruit, nuts or bars from home, as this will stop you shelling out on expensive snacks.
- 8 Student deals** Every shop you're in, chance your arm and try to get a student deal. Most have them, and many of those that don't, will cut you some kind of deal. Especially good are lunch deals.
- 9 Spicy chips** The absolute best meal you can get for under 4 euro is Xi'an spicy chips (this is not a paid ad). It's essentially a spice bag without the chicken. It's delicious, and finishing it is a feat in itself.

LIVING IN DUBLIN GUIDE (2)

CYCLING IN DUBLIN

Though it may seem intimidating at first, cycling is the cheapest, greenest and often fastest way to get to and from Trinity! There are bike lanes on most roads, and cyclists are allowed to go in bus lanes where there isn't.

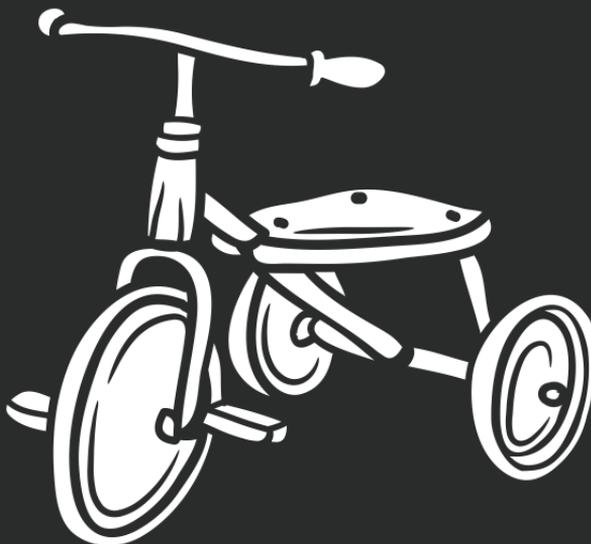
GETTING A BIKE

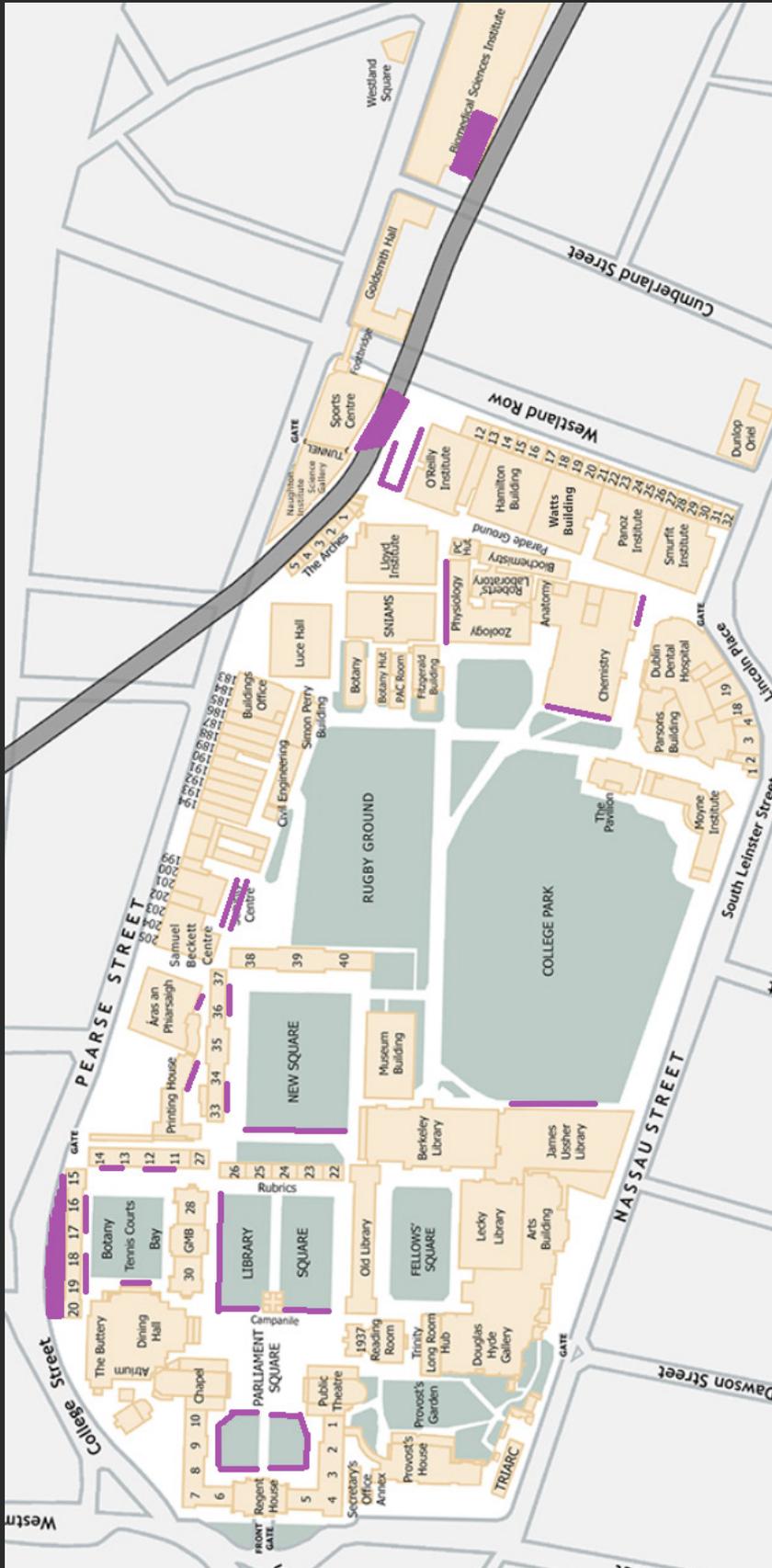
There are numerous second-hand bike shops in town which offer very good deals, or you can try Donedeal.ie or Adverts.ie, but make sure to test it out before buying! Another good option is joining a shared bike scheme such as Bleeperbike, Mobi bikes, and DublinCityBikes. These all offer great flexibility and value for bikes for commuting!

BIKE PARKING IN TRINITY

There's loads of bike racks in Trinity, including some protected bike lock-ups which require a student card to scan into. These lock-ups are located behind Botany Bay and beside the Business School. Try not to lock your bikes to the railings around Front, New and Fellow's square, as security have been known to cut bike locks and impound bikes parked there.

Bicycle parking on campus is available at all the areas marked in purple on the map on page 87.





LIVING IN DUBLIN GUIDE

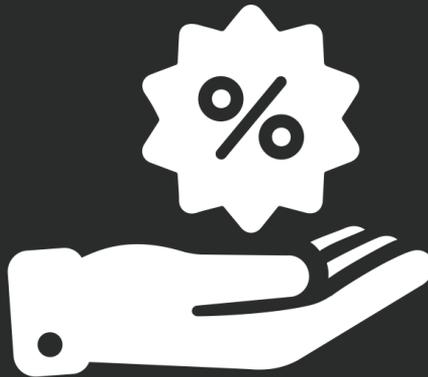
TRINITY ENTS CARD

The Trinity Ents Membership Card was digitised in 2019, and this year it'll be even better! The virtual card gives you access to tons of discounts & deals in local restaurants, clubs, and more. You can download your Trinity Ents card from tcdsu.org, or look for the Ents QR code posters we've put up all over campus!



artwork subject to change

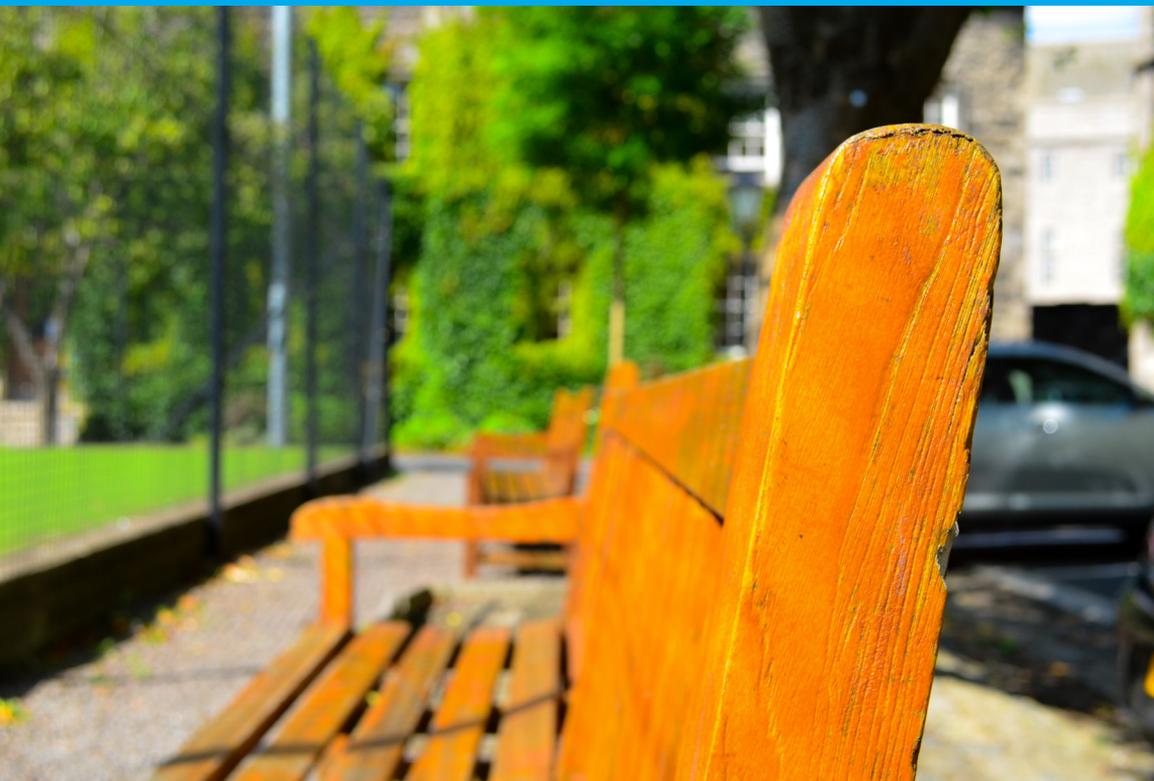
This year's card includes deals with several nightclubs, BBQ and burger joints, cafés, record stores, barbers & bookshops! Download it today and start saving on your day-to-day life around Dublin.



Discount by Gregor Cresnar from the Noun Project

MISCELLANEOUS

Greg, our Ents Officer, has one sole purpose - to make sure you have as fun-filled a time as possible in Trinity. Turn to this section for more information on filling your time, and body, with fun.



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A-Z

A ACCOMMODATION We have an accommodation advisory service to cater to all of your accommodation needs! Need advice on finding a gaff or disputing with a landlord, get in touch with accommodation@tcdsu.org.

B BUTTERY Located between the GMB and the Dining Hall, the Buttery is the best spot for a cheeky chicken nuggets and chips combo!

C CAMPANILE The bell tower located in Front Square that tourists are always taking photos of. Rumour has it that if you walk underneath it while the bells tolls you will fail your final exams.

D DUCAC This capitated body looks after all the sports clubs in Trinity; everything from aikido to windsurfing!

E ELECTIONS The Students' Union elections take place every February. Sometimes referred to as the #LeadershipRace, this period in the calendar is something one can only understand via experiencing it first-hand.

F FRONTSQUARE The heart of campus, the social hub and the historical centre-Front Square is actually built on the site of a monastery and has networks of tunnels running underneath it. One of the trees in the front half of the square is larger than the other as a result of a monks' graveyard being aptly located underneath the larger tree.

G GMB The only building in college owned by the students. Home of The Phil and The Hist, rival debating societies, the GMB was damaged by fire in 2000. The Hist Conversation Room appears in the film Educating Rita.

H HAMILTON The Hamilton is the science, maths and engineering hub of the college. Arts students tend to steer clear of this area of college. Here you can find the Bank of Ireland Trinity branch, Westland Eats and Academic Registry in the Hamilton area.

I ITSERVICES We would advise you to get your laptop and phone set-up with TCD wifi when you arrive to college. If you are having issues with this, IT Services are your mates.

J JCR The JCR are the committee in Trinity Halls and are usually composed of second years who lived in Hall the year previous. They run events and look after the welfare of the Halls residents. Confusingly enough, the JCR is also the old name for the SU Café located in Goldsmith Hall on Pearse Street where you can nab a cheap and cheerful sandwich!

A-Z (2)

K KINSELLA HALL Trinity's 24 hour library, hopefully to be returned to full capacity soon! This is a godsend if you have an overdue essay or need to charge your phone on campus at night!

L LIBRARY There are a plethora of libraries to be found in Trinity. The BLU libraries are composed of the Berkeley, the Lecky and the Ussher. Many a debate has been had over students' library preferences. There is also the Hamilton library, the John Stearne Medical library, the Glucksman Map library among others. Our personal favourite is Early Printed Books. To access one must travel through the Trinity tunnels under the Berkeley golden ball ("Sphera con Sphera") and is only allowed to use pencil while in the presence of the books.

M MUSEUM BUILDING Said to be haunted, the Museum Building is located in New Square and boasts some of Trinity's finest architecture. If you look at the ceiling of the entrance hall you can see that it is tiled in the shape of an owl (to symbolize knowledge). A true Trinity students' feat is to get onto the roof of the Museum Building.

N NITELINE A confidential listening service provided for students by students open from 9pm-2:30am. Give them a call on **1800 793 793**, or message them on **Niteline.ie**, if you need to chat to someone without fear of judgement.

O OVERSIGHTCOMMISSION the Oversight Commission ensures that the Sabbatical Officers, the Part-Time Officers and the Faculty Convenors are fulfilling their mandates and their plans for the year. The Secretary to Council, Ellen McGrath, is also in charge of the Oversight Commission.

P PAV The student bar on campus which faces onto the cricket pitch. Many a sunny evening will be spent having a few cold ones with the lads. Honestly the best place on earth.

Q QSOC Ireland's first LGBTQ+ student society was set up in Trinity in 1974. QSoc liaise with TCDSU to organise Rainbow Week, Trinity's official LGBTQ+ week. It's quite a colourful one!

R RUBRICS One of the oldest buildings in the college, the Rubrics now serve as staff accommodation. The Rubrics are infamous for the murder of Edward Ford which took place outside the building in 1734. Ford was disliked by the students and when he interfered with their late night partying the students decided to seek revenge by shooting him.

A-Z (3)

S SOCIETIES There are 125 societies in Trinity. These are governed by the capitated body the Central Societies Committee. Their office is located on the first floor of House 6. They offer everything to cover your interests; from Afro-Caribbean society to the Zoological Society.

T TUNNELS Trinity is connected by a series of underground tunnels. If you can find a way to get access to these tunnels then you can cross it off your Trinity bucket list. The tunnels were built when the college was first founded in 1592 in order to facilitate the rule that the Provost must never be seen between lectures. Instead, he would travel between his classes via tunnel.

U UNDERGRADS You may be one of the 12,500 undergraduate students in Trinity. Well done for getting here! Make sure to contact your Union if you ever feel unsure about your welfare, education or how you are being represented. We're here to help!

V VOTE The Students' Union is your Union. The best way to make sure the SU is doing what you want is to vote in elections and referendum. Watch this space! There'll be plenty of opportunities to have your say throughout the year.

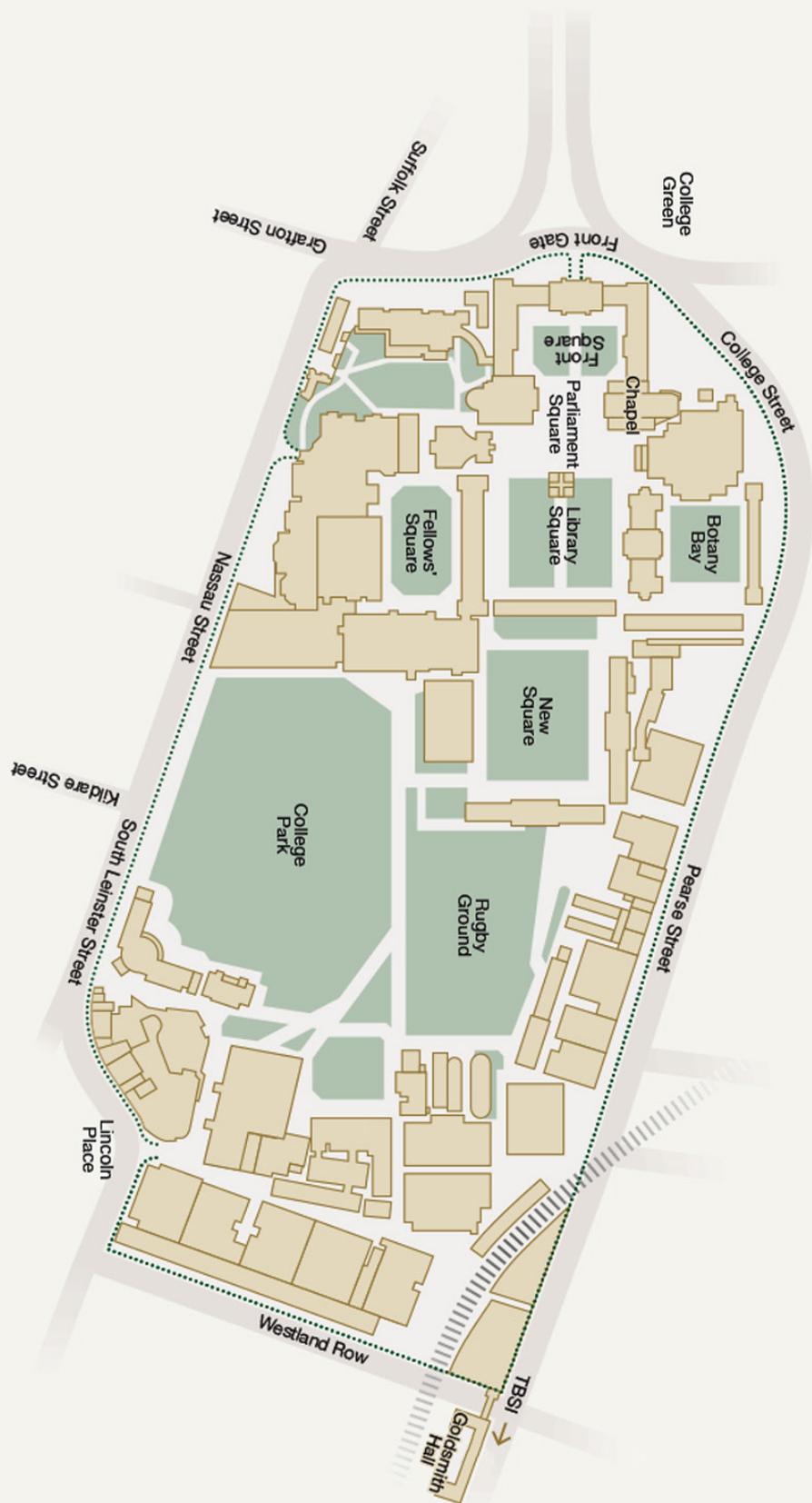
W WINE CELLARS College has an underground wine cellar that is thought to connect to the Royal College of Surgeons by a tunnel that was apparently used during the Easter Rising to transport ammunition. It is rumoured that a select few gain access to it each year on the night of the Trinity Ball.

X XXX Get free condoms from our stations round the campus (see p.22 for more). Be safe and get #consent.

Y YEAR The Trinity college year is broken down into three terms; Michaelmas, Hilary and Trinity Term. TCDSU runs campaigns during these terms such as Rainbow Week, Éigse, Body and Soul Week and Empowerment Week to name but a few. Pick up a copy of our wallplanner so you can plan out your year!

Z ZOOLOGICAL MUSEUM Trinity has its very own Zoological Museum located behind the Pav. Make sure to visit before your time in Trinity is over!

COLLEGE MAP



COLLEGE DIRECTORY

Academic Registry

Watts Building, Hamilton
academic.registry@tcd.ie
(01) 896 4500

Accommodation Office

House 10, Front Square (black door
left of the chapel)
www.tcd.ie/accommodation
(01) 896 1177

Careers Office

2nd Floor, 7-9 South Leinster Street
www.tcd.ie/Careers
(01) 896 1721 // (01) 896 1705

Chaplaincy

House 27, beside the GMB and
Rubrics; above Senior Tutor's
Office
www.tcd.ie/Chaplaincy
(01) 896 1260 // (01) 896 1402

College Day Nursery

Beside the Rugby Pitch, Health
Centre and Players Theatre
www.tcd.ie/about/services/
daynursery
coxao@tcd.ie
(01) 896 1938 // (01) 896 2277

College Disability Service

Arts Block Room 2054, beside the
Lecky Library
www.tcd.ie/disability
(01) 896 3111

College Health Centre

Beside the rugby pitch, Players
Theatre and creche
www.tcd.ie/College_Health
(01) 896 1556 // (01) 896 1591

Dean of Students

Dr. Catherine McCabe
www.tcd.ie/dean_students
dean.students@tcd.ie
(01) 896 1934

Equality Officer

Claire Marshall
www.tcd.ie/equality
equality@tcd.ie
(01) 896 3283

Graduate Students' Union

2nd floor, House 6
www.gsu.tcd.ie
equality@tcd.ie
(01) 896 1169

IT Service Desk

Ground Floor of Áras an
Phiarsaigh, to the left of Players
Theatre
www.tcd.ie/itservices
itservicedesk@tcd.ie
(01) 896 2000

Junior Dean and Registrar of Chambers

Dr. Philip Coleman
www.tcd.ie/Junior_Dean
junior.dean@tcd.ie

Niteline

www.niteline.ie
1800 793 793 (freephone)

Oifig na Gaeilge

www.tcd.ie/gaeloifig
gaeloifig@tcd.ie

Senior Tutor's Office

House 27, near the GMB & Rubrics
www.tcd.ie/Senior_Tutor
(01) 896 2551

COLLEGE DIRECTORY (2)

Student2Student

student2student@tcd.ie

Student Counselling Service

2nd Floor, 7-9 South Leinster Street

student-counselling@tcd.ie

(01) 896 1407

Student Learning Development

student.learning@tcd.ie

(01) 896 1407

Students' Union

House 6, Front Square

www.tcdsu.org

(01) 646 8431

Trinity Access Programme

Goldsmith Hall, Pearse St. (beside the DART station)

www.tcd.ie/Trinity_Access

(01) 896 3598 // (01) 896 2751

Trinity Hall

Rathmines, Dublin 6

www.wardentrinityhall.tcdlife.ie

(01) 896 8024

Unilink Occupational Therapy Support Service

www.tcd.ie/disability/services/unilink

(01) 896 3218 // 087 274 3858

TRINITY DEVELOPMENT AND ALUMNI

WHAT THE ALUMNI OFFICE CAN DO FOR YOU!

ALUMNI STUDENT MENTORING PROGRAMMES

FUNDING SUPPORT FOR STUDENT-LED ACTIVITIES

PART-TIME JOBS FOR STUDENTS

STUDENT EVENTS AND COMPETITIONS



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