



# YOUR UCD STUDENT UPDATE

Find out what's happening in your community

25K+

STUDENTS

80+

SOCIETIES

150

EVENTS  
EACH WEEK

50+

SPORTS  
CLUBS

WWW.UCD.IE/STUDENTS



## Student Desk Launches Charley Chatbot

The Student Desk has officially launched a new service for students, [Charley Chatbot](#). A WhatsApp chatbot, add Charley to your phone contacts 00 353 1 716 1580 and say 'hello'. Our chatbot is designed to answer simple, routine questions 24/7.



## Apply to be 2022/23 Peer Mentor - Applications Now Open!

Peer Mentors help new students to make friends, become familiar with their programme of study and learn about all that UCD has to offer. Volunteers for the 22/23 programme receive training and support delivering the programme to incoming first years. Apply via SISWeb - Programme Services - Peer Mentor Applications.



## UCD Bikes Open On Campus

UCD Bikes, the on-campus bike shop is open and located next to Belfield House. UCD Bikes offers a wide range of new and second-hand bikes & ebikes for sale, comprehensive service & repairs and parts, accessories and clothing for sale all on campus!



## Work Life Balance Key at Exam Time

End of trimester assessments are on everyone's mind at this time of year. Remember to balance study with time for relaxation, friends, exercise and hobbies. If you are feeling overwhelmed contact your [Student Adviser](#).



## Demolition of Former AIB Bank Building

Demolition has commenced of the former AIB Bank building located next to the Tierney Building. As the demolition progresses a level of noise disruption in the local area can be expected. The demolition forms part of the [UCD Future Campus project](#).



## Healthy UCD Wellbeing Event: "Wellbeing Wednesday"!

Healthy UCD's annual [Wellbeing event](#) will take place on **Wednesday, 13 April**. The day will feature a number of free events including a HIIT class with Shane Finn, gym challenges with prizes, a yoga class and seminars on training and healthy eating.



## UCD Neurodiversity Celebration Week, 21-25 March 2022

Join Sienna Castellon, Founder of Neurodiversity Celebration Week & very special guests for a week-long celebration in UCD to reflect on & celebrate lived experiences & neurodiversity in art & culture, architecture, business, higher education & tech. [Register](#) for events, webinars, and explore UCD Neurodiversity Celebration Week.

## Volunteer for Good! Series of Workshops to Support Student Volunteers



Trinity, TU Dublin & UCD are collaborating with community organisations to provide a series of workshops to support students. Join us online **Wednesday, 23 March from 3-4 pm** for Series 2 of our workshops: "CONCERN Digital Café, Build a Better World". Register via [Eventbrite](#).



#### Comórtas Theach na Gaeilge UCD 2022-2023 oscailte anois

Tá an comórtas do [Scéim Chónaithe Ghaeilge na hOllscoile](#) oscailte anois, spordháta d'iarratais **11 Aibreán**. The competition for the Gaeltacht UCD Irish Language Student Residence Scheme is now open.



#### Koru Mindfulness for Students Starting Today

Koru Mindfulness is a 4 session course that will teach you the skill of mindfulness. The course starts today, **22 March, at 2pm** in the O'Brien Science Centre and runs every Tuesday for the next 4 weeks. Register via the [website](#).



#### Brand New Careers Podcast!

"All Things Careers" is not your typical Careers podcast; in the first series of this brand new podcast, guests share their journeys and tell their unique story of their career path to date. The podcast is available on [Spotify](#).



#### Bereavement Support Group

A Bereavement Support Group for UCD Students will commence on **Wednesday, 6 April 2022** from 4pm to 5pm via zoom. For details, please contact [Bronagh.hanna@ucd.ie](mailto:Bronagh.hanna@ucd.ie) - (UCD Student Counselling)



#### UCD ThesisIn3 Competition 2022

The [UCD ThesisIn3](#) supports graduate research students in their development as confident research communicators, and we invite all UCD Stage 2 PhD Students to submit an entry and share their research with the UCD community.



#### Residential Assistant (RA) Positions 2022/2023

RAs live in the residences (subsidised accommodation) and provide leadership and assistance to their peers. The RA role offers an excellent opportunity for skills development and experience to enhance your CV. Are you interested? For further information and application forms see the UCD Estates [website](#).



#### Become a Career Ambassador

UCD Careers Network are recruiting for their team of Career Ambassadors for the 2022/2023 year. This is an excellent opportunity to gain valuable paid experience in a leadership role and develop your personal and professional skills. For more information, check out the UCD Careers [website](#).

#### Would You Like to Improve Your Diet Quality?



We are investigating if personalised dietary advice is more successful in improving your diet quality. We are looking for adults who are 18 years or older, overweight, have a poor-quality diet and have risk factors (high blood pressure/cholesterol/smokers) to take part in the research. If you are interested in participating in the study, please contact [metabomarkers@ucd.ie](mailto:metabomarkers@ucd.ie).

The UCD Student Update is published fortnightly on a Tuesday during the academic term by the [Communications Office, UCD Registry](#).



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