

Orlagh O'Regan Deputy President Welfare Candidate 2025/2026

Who am I?

Hi all!! My name is Orlagh O'Regan (she/her), and I am a final-year Industrial Biochemistry student from Kinsale, Co. Cork. And I am running to be your next Deputy President Welfare Officer.

Where might you know me from?

Over the last four years, I've gotten really involved in campus life. I have spent four years on clubs and society committees, including the Windsports Club and the Kayak Club. And for the last year I worked in the First Seven Weeks hub, where I spent time answering students concerns and questions and gave them a welcoming space to relax on campus. I think these opportunities have given me an opportunity to talk to many different students and listen to their problems and concerns and I would hope to transfer that into the role if I am voted in.

What I'll bring to the role

The last four years have been some of the best years of my life, and I love the community we have here in UL. I want to make sure everyone has an equal chance to have the same experience that I did and not be burdened by issues such as finances and accommodations. My goal is to make sure every student has an equal chance to succeed and thrive here at UL by making sure every student knows their rights and the supports offered by the university.

Sexual health

I want to continue the great work Siofra put in with all the sexual wellbeing activities she ran, from penis power week to Viva la Vulva; those were a fun way for people to be open about our sexual health and common misconceptions.

I also want to ensure there are continued affordable options for testing and protection on campus for all students.

Greener campus

Being so involved with outdoor activities and growing up on a farm, I am very eco-conscious and want UL to become a single-use plastic-free campus. There is no reason why we can't be using reusable bottles and coffee cups to reduce waste and in the interest of our environment. With the 2GoCUP initiative being introduced on campus, it is the beginning of reducing plastic waste on campus, but my goal is to improve this further and make it a campus-wide initiative.

Accommodation

It is no secret facing an accommodation shortage, and with on-campus accommodations being limited and expensive, those who go to off-campus accommodations are facing poor living situations, including damp, mouldy housing and sky-high rent prices. My aim with accommodations is as follows:

- Regulated on campus accommodation prices—I want to make sure that accommodation can be as affordable as possible for all students.
- Let students know their rights as renters (whether their landlord is RTB accredited or not). Students are being treated horribly by landlords, and there are other services on campus to help you with these issues, but I want to put more emphasis on these so future students hopefully do go through the same thing.
- Put pressure on the university to continue to get more accommodations. The amount that is available is neither acceptable nor sustainable.

Commuter Students

Over 60% of UL students travel further than 1 hour to get to college.

These commuter students miss out on extracurricular activities and can struggle to maintain a study-life balance.

- One way I would aim to fix this is by implementing half days one day a week to encourage clubs and societies to hold commuter-friendly events. E.g., college for all students ends at 1 on a Friday and allows for clubs to hold day trips off site or for societies to have larger, more interactive events. This method is implemented in other colleges in Ireland and would boost the morale of our majority commuter student population.
- I would ensure the commuter hub remains a priority with the student officers, as it is a great facility for those who must get up at the crack of dawn to get to college each morning.
- Parking on campus is a nightmare; as seen in the Howya Now survey, only 10% of UL students were happy with on-campus parking. One aim I must improve is to remove paid parking on campus and make it more accessible for all students. To have to pay three euros a day should not be necessary.

A Final Word

Thank you so much for reading my manifesto, and if you have any questions at all, don't be afraid to reach out. As Welfare officer, I will do my best for every student to make sure all your needs are being heard.

Issued by Kevin O'Connor, Campaign Manager for Orlagh O'Regan