

# Open

# Day



**Mayo**

**Wednesday  
11th March**

[atu.ie/opendays](https://atu.ie/opendays)

**10:00am – 12:00pm**



# Experience what ATU has to offer



## Your Open Day Plan

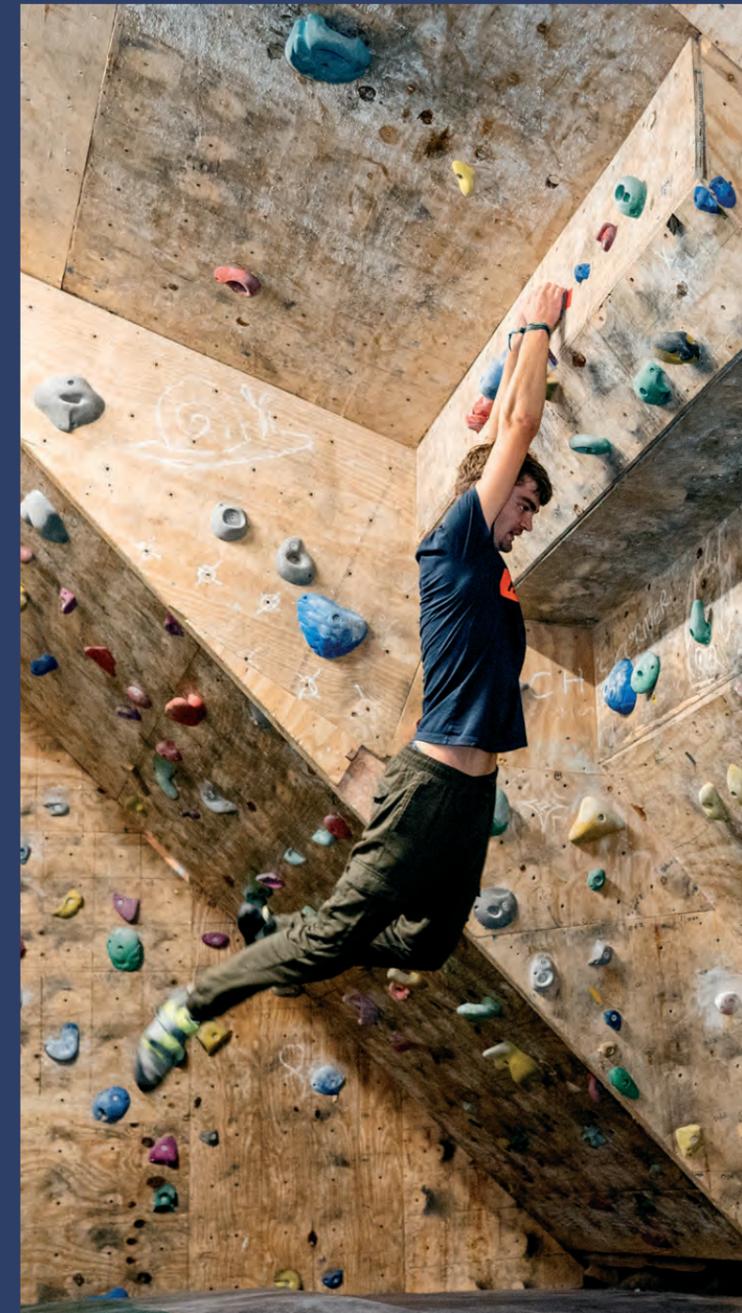
Meet current students and lecturers while enjoying live demonstrations across our range of CAO programmes.

### Don't miss:

- Demonstrations and interactive activities
- Programme talks
- Students' Union information
- Grant and financial support guidance
- Learning and disability support information
- Campus tours
- ATU goody bags

Time	Talks, Demonstrations, and Interactive Experiences	Location
All day	<b>Early Childhood Education &amp; Care Workshop</b> A visit to the Early Years Studio	BO19 (ECEC studio)
10:00am and 11:15am	<b>Mental Health Nursing Talk</b> Fundamentals of the 4 year degree programme (20 mins plus Q&A)	P110
10:45am and 11:45am	Mindfulness and mental health	P205
10:00am and 11:15am	<b>General Nursing Talk</b> Fundamental nursing principles of the 4 year degree programme (20 mins plus Q&A)  Restart a heart  CPR demos and practice  Nursing demonstration/participation  Hand hygiene, vital signs assessment	P002  Main Reception Seating area near P107  Upstairs skills lab (P102)  Downstairs skills lab (Y011)
10:30am	<b>Psychology Talk</b> Why dive into the exciting world of psychology at ATU Mayo by Elaine McHugh	P009
11:00am	<b>Applied Social Care Talk</b> Discover the joy of studying Social Care & Social Care as a Career by Dr Jarka Velartova and Teresa Fahy	R104

Time	Talks, Demonstrations, and Interactive Experiences	Location
11:00am	<b>History &amp; Geography Talks</b> Studying History and Geography at ATU Mayo by Dr Fiona White  Genealogy: Discover your Family History	Y002  Ground Foyer outside St. Mary's Hall
10:30am	<b>BA in Outdoor and Environmental Education Talk</b> Adventurous Learning – The BA in Outdoor and Environmental Education by Orla Prendergast	P009
11:00am	Rock climbing wall - the 'fundamentals of movement' by 3rd year students.	Climbing Wall
11:00am	Ever wanted to learn how to stand up on a surfboard - learning the pop-up technique by 3rd year students.	Outside (Area 15 in case of rain)
11:00am	<b>Mayo Recovery College Workshop</b> Join us for an Introduction to Recovery Education & Transformative Learning. This is a supportive environment where participants explore mental health, recovery, personal growth and wellness. Through interactive learning, peer connection and practical tools, it encourages resilience and positivity.	P105
	<b>Moore Library</b> Visits to the Mayo University Library (Moore Library)	



## Refreshments

Students are welcome to bring a packed lunch or purchase snacks, lunch and refreshments in our canteen.



Scan the QR code to download the 'Mazemap' to find your way around campus



### PUBLIC TRANSPORT

For all the latest transport information, check out Transport for Ireland:  
[journeyplanner.transportforireland.ie](http://journeyplanner.transportforireland.ie)



### PARKING

Free and ample parking available on ATU Mayo campus for this event.



Bus Stop on old Westport Road directly outside entrance to ATU Mayo

## Information Stands 10:00am to 12:00pm

Information Stand	Location
DARE Personal Advice	R107
Access and Participation HEAR, Scholarships, Financial Support	Western Reception
Student Support Services	Western Reception
Students Union	Western Reception
Disability Support	Western Reception
Applied Social Care	Western Reception
History and Geography	Western Reception
Outdoor and Environmental Education	Western Reception
General Nursing	Western Reception
Mental Health Nursing	Western Reception
Psychology	Western Reception
Early Childhood Education and Care	Western Reception
Tertiary Education	Western Reception
Agri-Business	Western Reception
Apprenticeships	Western Reception
Mayo Recovery College	Western Reception
Community Development and Youth Work	Western Reception



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an Atlantaigh

Atlantic  
Technological  
University

If you have accessibility or additional requirements and would like to arrange assistance or support for the day, please contact [slo.galwaymayo@atu.ie](mailto:slo.galwaymayo@atu.ie) before Monday, 9 March 2026.

[atu.ie/openday](http://atu.ie/openday)

