Keep up to date with all the latest news and events throughout the week: download your SU app from the App Store or Google Play

su.nottingham.ac.uk       +44 (0)115 846 8800
Welcome to your Students' Union

Willkommen

Witamy

Selamat datang

欢迎

University of Nottingham
Students' Union
Welcome is your introduction to the year, whether you’re here for the first time or returning as an undergraduate or postgraduate.

It’s your chance to learn about everything your SU offers, everything you can offer, and how we all work together to make sure your University experience is the best it can be.
Hi! Welcome to Nottingham!

You’re part of the University of Nottingham and, whether you’re a new student or a returner, this makes you a member of our Students’ Union!

The Students’ Union is the political voice of the student body. It’s your democratic body. It’s here to defend your interests as a student, represent you to the University, and fight for the change you want to see. And you can directly shape the SU by getting involved in any of our elections (keep an eye out, some are coming very soon).

We're not just a team of elected Officers, though. We're made up of hundreds of student groups, including societies, sports clubs, and volunteering projects, not to mention our famous media groups. We're made up of all of your Course Reps and Hall Committees. But most importantly, we're made up of you and every other student at UoN!

So whether you’re feeling anxious, excited, or overwhelmed (or most likely a bit of all of them at once!) take Welcome Week as the great opportunity it is to get involved with the other 34,000 of us here in the Students’ Union community.

Come along to our fairs and Try-It sessions (and be sure to check your emails) to find out more about what we do and how you can get involved.

I hope you have a great time during Welcome and seize the opportunities the Union has to offer!

James Pheasey
SU President
supresident@nottingham.ac.uk
@UoNSU_President
Your Students' Union is at the heart of student life. We're a brilliant and vibrant community of 34,000 students, run by you, for you – and proudly independent from the University. We're first year students and PhDs, elected Students' Union Officers, SU staff, volunteers and pioneers.

And we're all here to make sure you have the best possible time at University – from the day you accept your place to the day you graduate.

Welcome to your Students' Union!
Welcome... hello!
You can find us at all of the campuses this week, so come and say hello!

Check out our manifestos at su.nottingham.ac.uk and find out what we’ve got planned for this year.

And don’t forget to follow us on Instagram @uonsu_officers
We're a friendly bunch of students just like you. Some of us graduated this summer, some of us are having a year out, but most importantly, we're here to represent you. That means making the changes you want to see, so you have the best time here at Nottingham.
Your part-time SU Officers

Delphine Avraam
Women*s Officer
suwomensofficer@nottingham.ac.uk
@UoNSU_Womens

Bridget Mohammed
Black and Minority Ethnic Students’ Officer
submeofficer@nottingham.ac.uk
@UoNSU_BME

Omolade Osinaike
Black and Minority Ethnic Students’ Officer
submeofficer@nottingham.ac.uk
@UoNSU_BME

Sam Hawkins
LGBT+ Officer
sulgbofficer@nottingham.ac.uk
@UoNSU_LGBT

Denis Lelin
International Students’ Officer
suinternationalofficer@nottingham.ac.uk
@UoNSU_ISO

Beth Titchiner
Disabled Students’ Officer
sudisabledofficer@nottingham.ac.uk
@UoNSU_Disabled

Lee Taylor
Environment and Social Justice Officer
suenvironment@nottingham.ac.uk
@UoNSU_ESJ

Rebecca Craven
Mature Students’ Officer
sumatureofficer@nottingham.ac.uk
@UoNSU_Mature
Get Involved Fair

Where: David Ross Sports Village (DRSV), University Park
When: Monday 23 and Tuesday 24 September

Come to our Get Involved Fair for the chance to sample more than 200 societies and 70 sports clubs, as well as find out about volunteering, campaigning and our media groups.

Whether you’re pursuing a passion from home or trying your hand at something new, don’t be afraid to have a go.

If you can't make it to this fair, we’ll be holding bite-sized versions at Sutton Bonington, Derby and Queen’s Medical Centre.

Head to su.nottingham.ac.uk/welcome to find out more.
So what do we do?

Each of our services, facilities and activities fall into three main areas, empowering you to get involved with our 200+ societies, more than 70 sports clubs, and student-run groups; make change to your own student community through elections; and find support from Students' Union Advice or student groups such as Night Owls.

Get involved...

...is all about getting stuck into the student experience here at Nottingham. Whether you’re a Welcome Mentor showing new students the ropes, are part of a Network or society (or looking to join one), playing your favourite sport or volunteering your time – whatever it is that makes you tick, you’re getting involved in your student community.
Make change...

...is your platform to **stand up for what you believe in**. Got ideas to improve the student experience? Feeling inspired and want to champion a cause? Or maybe you want to stand with others who share your passion? Make your voice heard by nominating yourself for roles across the SU, including Course Reps or as part of our democratic committees. You can also work with your SU Officers and Networks to really make a difference to student life.

Find support...

...when you need it. A **warm welcome and friendly advice** can really help you overcome the trickier times at University – whether you’re here for the first time or a seasoned student.

If you’re having issues with money, housing or your course, if you’re looking for work and don’t know where to start, or if you just need someone to talk to, chances are someone else has felt the same and can help.

Whether it’s support from your friends, the Chaplaincy or SU Advice, **you’re not alone.**
Discover Nottingham Fair

Get to know Nottingham's biggest brands – through Welcome Week and beyond.

This commercial fair brings together some of the best names around to give you a flavour of the brands you can find in Nottingham.

There are more than 40 of them, including Domino's, Wilko, local cinemas and Unicabs, your exclusive taxi app, so look out for special offers, some hidden gems – and plenty of pizza!

Portland Building, University Park
Wednesday 25 September
Thursday 26 September
Wellbeing Fair

Start University refreshed, relaxed and ready to go with a trip to our Wellbeing Fair.

Take time out to think about your health and wellbeing while having a go at some mindful activities – and you might just get your hands on an exclusive offer too!

Go on, treat yourself!

Portland Building, University Park
Friday 27 September
Get involved...

Student groups

You’re here to get a degree, and your studies are really important, but there’s loads more to University life than lectures and assessments.

And that’s where we come in. Whatever you’re into, there’s something for you, so you might as well try some of it out, right? After all, the University helps you learn; your SU helps you live.

Societies and clubs

We’re home to more than 200 societies and over 70 sports clubs, all waiting to say hello. From faith, culture, music and dance to games and science fiction, badminton and powerlifting, there’s plenty to get stuck into.

And if you can’t find what you’re into?
No problem! We can help you start it.

Head to su.nottingham.ac.uk/societies/find-a-society to find out more.
Student media groups

Fancy yourself as TV's fresh new face? Reckon you're radio's next big thing? Or are you a wordsmith with a talent for tracking down the latest scoop? **Check out our media groups and get your big break.** There's plenty to choose from, including Impact – our student-led magazine, University Radio Nottingham (URN), and Nottingham Student Television (NSTV).

Volunteering

The perfect chance to make a difference, boost your feel-good factor and get some top marks for your CV. With **more than 100 opportunities** coming up throughout the year, when it comes to volunteering, the world – or your local community – is your oyster.

Want to know more? [su.nottingham.ac.uk/volunteering](http://su.nottingham.ac.uk/volunteering)

Networks

Make a difference to student life: join a Network of like-minded people and champion those causes that really matter to you. There are lots of different Networks to choose from, so if you'd like to know more, visit [su.nottingham.ac.uk/student-groups](http://su.nottingham.ac.uk/student-groups)

Global Buddies

If you're a new international or EU student and would like a student mentor to show you round, answer your questions and make you feel welcome, join our Global Buddies scheme. Visit [bit.ly/globalbuddies](http://bit.ly/globalbuddies) or email [globalbuddies@nottingham.ac.uk](mailto:globalbuddies@nottingham.ac.uk) to find out more.
Early bird sport and fitness membership

Access our state-of-the-art David Ross Sports Village, Jubilee and Sutton Bonington sports centres.

Your membership includes:
- Fully-equipped fitness suites with training workshops
- 25m Swimming Pool and Climbing Wall
- The choice of over 200 fitness classes per week
- Squash courts and Indoor sports hall

Early bird rate £209* until 2 October 2018

Join online at nottingham.ac.uk/sport or visit any sports centre reception

*Price shown for GB Students only, prices may vary for other groups.
Membership valid until 31 July 2019
Sporting ambitions for everyone

When it comes to sport, UoN Sport are hard to beat. We provide an incredible range of sports facilities, the latest in fitness technology and more than 70 sports clubs to get stuck into.

David Ross Sports Village is a sector-leading, inspirational venue that’s home to a 200-station fitness suite, swimming pool and climbing wall. And that’s not all: our student teams train in the martial arts dojo, table tennis, archery and fencing salle, all-glass squash court and bespoke High Performance Zone. New for 2019, we’ve opened a health and wellbeing suite, which boasts a Finnish sauna, steam room, arctic ice fountain and ice-cold bucket showers – so you’re refreshed and ready to take on the world!

Our all-inclusive membership also provides access to our sports centres at Jubilee and Sutton Bonington, and an extensive health and fitness programme that includes over 200 weekly fitness classes.

Our Engage programme, Intra Mural Sports Leagues and our Leadership Academy are dedicated to helping you get active and involved in sport, so there’s no reason not to stay fit, active and healthy while you’re here.

So come and join the #GreenandGold family.
Want to find out more? Visit nottingham.ac.uk/sport
Start the year in style

A well-established part of Welcome, your SU-hosted events are the stuff of legend. We take over a selection of Nottingham’s top venues, getting to know each other in some of the city’s best nightspots.

Saturday 21 September – Music and Mixer at Portland Building
Kick off Welcome Week in style – head to Portland Building for a night of food, drink and live music.
Portland Building, University Park, Free, 7pm – 2am

Sunday 22 September – Back to School
Go back to school for your first big uni night of the year! Dig out your old tie, pull on your blazer and get ready to party.
Pryzm and NG1, £6.50, 9.30pm – 2am

Monday 23 September – Baywatch
Channel David Hasselhoff and Pamela Anderson and dive into Nottingham’s legendary Baywatch night.
Ocean and Rock City, £6.50, 8pm – 2am
Tuesday 24 September – Zoo
Unleash your wild side with a night at the zoo! Dress as your favourite animal, monkey around in jungle décor and shake your tail feathers to some great music.
Rock City, £6.50, 9pm – 2am

Thursday 26 September – Glitter Party
Get set to sparkle at the biggest, glitziest night of the week! Grab your glitter and party in style all night long.
Ocean and Pryzm, £6.50, 8pm – 2am

Friday 27 September – Yoga on the Downs
Join us for an outdoor yoga session and stretch your way into the new academic year. Start the new term relaxed, refreshed and energized.
The Downs, University Park, £2, 11am – 12.30pm

Saturday 28 September – Nottingham treasure hunt
Grab your team and complete your treasure hunting tasks around Nottingham city centre. The team that completes the most tasks in the time wins!
Old Market Square, Nottingham, Free, 12noon – 2pm

Download the UoNSU app or visit su.nottingham.ac.uk/welcome to find out more about the 100+ events happening this week
Elections

Elections are a key part of SU life. From voting for your SU Officers to choosing your Course Reps and Hall Committees, there are plenty of opportunities to pick your representatives – or stand yourself.

The first day of term also marks the first elections of the year. This time, it's the turn of your Course Reps. Every course has elected reps to gather feedback and work with University staff to make the changes you want to see. It's their job to represent everyone on their course, so if it sounds like your cup of tea, nominate yourself for the role. Not for you? Just remember to vote for your representatives.

Head to our Make Change pages to find out more about nominations and elections:

su.nottingham.ac.uk/make-change
su.nottingham.ac.uk/make-change/democracy-and-elections
Networks

Join a student-run Network. They support equality, diversity and liberation for your fellow students, and share your passion for causes that matter to you.

Meet like-minded people and discover ways to make a difference. There are lots of Networks too, including Women’s, LGBT+, Mature Students, Postgraduate Students, Environment and Social Justice, Black and Minority Ethnic Students, and Disabled Students. We also have an International Students’ Network, and all international and EU students are automatically members when they arrive at the University.

We also have an Education Network, which represents you academically and is made up of almost 700 student reps, as well as your Education and Postgraduate Officers.

Interested? Find out more at: su.nottingham.ac.uk/student-groups
Because we know phones get left in taxis

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We know anything’s possible at Uni. That’s why we have different levels of cover designed around student life, so you can choose insurance which suits your needs.

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broadgatepark@upp-ltd.com
Find support
We're here for you

University is exciting; it might be the first time that you've lived away from home, or it might be your first experience of education for a little while.

And sometimes that can be a bit scary. But whatever your circumstances, Students' Union Advice are here to help – from Welcome Week to your final exams.

We're a friendly, expert team offering free, impartial support and advice if you're having housing issues, money worries, course-related problems or just need to talk.

And we're always here when you need us. Find us on C floor in the Portland Building, or get in touch via email, phone or through the website.

E: suadvice@nottingham.ac.uk
T: +44 (0)115 846 8730
W: su.nottingham.ac.uk/advice

If you’re looking for a counselling service, the University can help.

nottingham.ac.uk/studentservices
Nightline

Nightline is a confidential, non-advisory service run by students for students. Our team are here from 7pm to 8am every night during term time, and 24 hours during exam time. Our email service is available every day of the year.

Whether you're worried about exams, friends or just need someone to talk to, we're here for you. Give us a call, drop us an email or chat to us via instant messaging.

E: nightlineanon@nottingham.ac.uk
T: +44 (0)115 951 4985
W: nottinghamnightline.co.uk

The Chaplaincy

The Chaplaincy is here for you, whether you need faith support, someone to talk to, or just a safe, quiet space to relax and take stock. Pop in for a chat on A Floor of the Portland Building.

Student finance

Whether you're a savvy saver or not, it's important to get to grips with your finances from the beginning of term. If you do have any money worries, or find yourself in debt, get in touch with your SU Advice team straight away. They're here to help with and offer advice about any financial conundrums, from budgeting to debt.

su.nottingham.ac.uk/advice to find out more
Money and budgeting

It can be tricky managing your money and budgeting for the term ahead. But follow our top tips and you’ll be saving smart in no time.

**Track your cash** – work out how much money you have and how much you’ll spend on accommodation, food, bills, your course and leisure time – and keep track of it. Remember, you’ll need to **budget for the whole term**, not just your first month. And try to keep some for a rainy day!

**Deals, deals, deals** – make sure you take advantage of money-saving deals and don’t forget to use your **TOTUM** card where you can.

**Struggling to make ends meet?** If you’re worrying about money or find yourself in debt, make sure you ask for advice sooner rather than later. Your **SU Advice is here to help** you deal with your debt.

**Need more information?**
Visit **su.nottingham.ac.uk/advice**
Welcome Mentors

Welcome Mentors are student helpers who were in your position last year, so they know just how you feel right now.

That means they’re best placed to offer a friendly face, a warm welcome and a knowledgeable answer to all your questions. Look out for their pink t-shirts during your first week.

Key contacts

SU Reception
T: +44 (0)115 846 8800

Students’ Union Advice
T: +44 (0)115 846 8730
E: suadvice@nottingham.ac.uk

Nightline
T: +44 (0)115 951 4985
E: nightlineanon@nottingham.ac.uk

University of Nottingham Health Services
T: +44 (0)115 846 8888

Cripps Health Centre
T: +44 (0)115 846 8888
Campuses

You probably already know that the University has more than one campus. But what can you find, and where?

Portland Building, University Park
This is where your Students’ Union lives. It’s home to the SU reception and box office, as well as SU Advice, Volunteering, the Get Involved Zone, the Media Zone and a SPAR shop. You’ll also find your SU Officers here.

UNAD, Derby campus
Studying at the Derby campus? You’ve got your own SU group, the UNAD committee. It’s home to loads of sports and societies, as well as a great welfare and support network.

Queen’s Medical Centre Campus (QMC)
City Hospital Campus
Your SU is represented at both hospital campuses, whether that's through MedSoc and the Nursing and Midwifery Association (NMA) at QMC, or the Physiotherapy and Sport Rehabilitation Association (SUPRA) at City Hospital, so you don't need to go far to find us.

Sutton Bonington
Here, your SU is represented by the Sutton Bonington Guild. Look out for their dining-in events – they're great fun (especially if you fancy dressing up for a formal dinner now and again!).
And don’t forget – you’ll find The Studio, Mooch Bar, Portland Clothing Co., Portland Printing Co. and Portland Coffee Co. in Portland Building too. Make sure you visit sometime!

Exchange Building, Jubilee Campus

You’ll find another SPAR shop here too – perfect for all your essentials – and it’s just down the road from University Park!

You can find out more about the campuses, as well as loads of useful information for new students, on the University’s online Welcome hub. Visit nottingham.ac.uk/welcome or download the MyNottingham mobile app.
Transport information

Getting around Nottingham couldn't be easier. The free Hopper Bus service takes you from campus to campus. Here are the numbers and destinations:

- 901 – Sutton Bonington
- 903 – Jubilee
- 902 – King's Meadow
- 904 – Derby

You can also catch the Medilink service between Queen's Medical Centre and City Hospital. It's free for students and runs every 10 minutes.

Want more info? Visit universityhopperbus.co.uk

And if you're heading into town? Hop on the 34 or 36 Nottingham City Transport bus. It's only £1.50 with your student card. Bargain! NCT buses don't give change, so make sure you pay the exact fare. Plus, you can save more money if you use the NCTX app. You can also jump on the SkyLink or Indigo Trent Barton buses, which stop on University Boulevard and drop you right in town. Don't fancy the bus? Catch the tram instead! It has stops at University Park and QMC, and takes you into the centre of town. For info visit thetram.net

Need to travel further afield? Catch the train! As a full-time student, you can apply for a 16–25 railcard, making rail travel cheaper. Brilliant!

If peddle power is more your style, check out the cycle hire scheme in the city centre and head out on the Cycle Network.

Of course, if you're looking for a more relaxed mode of transport, hiring a boat and setting sail on the University Park lake is highly recommended!
Unicab
Safer Taxi Scheme

Sometimes a taxi is the best option. So we’ve joined forces with DG Taxis to bring you the Unicab Scheme, a service set up to make sure you’re always able to get home safely.

Text UNICAB to 80818 to use a fixed price list, or call on +44 (0)115 9 500 500

Don’t have enough money? No problem. Use Unicab. Just tell them your student ID number and sign a form, and you’ll be able to pay the next day. A safe and easy student transport initiative driven by DG Taxis.
With live departures, timetables, service updates and mobile tickets, the NCTX Buses App is packed full of everything you'll need to get mobile.

Plan your journey from where you are using 'My Location'. Save your regular journeys and departure boards to 'Favourites'. Your mobile is your ticket to ride.

nctx.co.uk/app

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Save your regular journeys and departure boards to ‘Favourites’

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FRIDAY

THE OFFICIAL UNIVERSITY OF NOTTINGHAM FRIDAY NIGHT

www.iloveocean.co.uk
University Park campus map
For all our campus maps, check out our app or visit us online

Key contacts

**SU Reception**
**T:** +44 (0)115 846 8800

**Students’ Union Advice**
**T:** +44 (0)115 846 8730
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