

YOUR FRESHERS' BFF



YOUR BIG FAT FRESHERS GUIDE



Welcome to the University of Nottingham

Welcome to Nottingham! We are so excited for you to join the UoN Community and to join the UoN Students' Union.



What is the Students' union?

The Students' union is a charity connected to the university who's job is to make sure you have the best time at university. We are led by a team of elected student officers, who make sure that students are always at the front of our decisions.

The SU has lots of different departments:

- **ADVICE** our independent advice services for all students.
- **COMMERCIAL** Our shops, bars and services that make sure you have all you need on campus.
- **COMMUNITIES** Our department for societies, sports, volunteers and community groups.
- **VOICE** Our representation team to make sure your voice is heard on campus.

As a student at UoN, you are automatically a member of the union and can use any of our services! Everything that we do from society memberships, ticket to events and news can be found on our website.

This guide is to help you navigate the first few weeks at UoN so you can get the most out of your of your time here!

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Welcome to Your New Home

HELPFUL
FOR ALL

What is Freshers Week?

Freshers' week is the week before term starts that is dedicated to welcoming you to the University of Nottingham! This week is packed full of fun things to try!

These activities range from fun fairs brimming with freebies, interactive 'try-it' sessions from over 300 societies, and exciting events to help you get make friends and get settled-in.

Settling In

A.K.A. orientation. The first thing you'll want to do when you arrive on campus is to nail down the basics. This will look different to each student, but essentially just means ensuring you have everything you need set-up and ready for you to begin living and studying independently.





Living

Health. First things first, you will need to register with a GP surgery. For University Park students this will be Cripps Health Centre, for Sutton Bonington students this will be Orchard Practice. The infamous freshers' flu spares none! You can also find essential information on health and wellbeing and the counselling service [here](#).

Friends. Often the easiest place to find friends is right where you are. If you're living in halls, consider propping open your door to let your new neighbours know you're open to a chat and spend some time getting to know each other.

Explore. There is so much to discover when you arrive and the best place to get information in-person is at our freshers' fairs. Meet our wonderful societies at Socs and Sports fair, discover fantastic local businesses at the Discover Nottingham Fair, load up on fantastic free stuff at our Freshers Fair, and slow-down at the recharge fair where you can do crafts, play board games, or peruse stalls hosted by our support teams at your leisure.

You can find a comprehensive step-by-step list of everything you need to get done on the Welcome to Nottingham pages [here](#).

If you're an international student, you also need to need to consider things like setting up a bank account, ordering a sim card for your phone, and identifying the nearest supermarket. International students can find useful information [here](#).

Studying

Your academic orientation involves completing registration, collecting your university card, viewing your academic timetable, and exploring our libraries!

Explore campus. This is where you will be spending most of your time as a new student, so give yourself some time to familiarise yourself with your new surroundings on a campus tour.

Making Friends

EVENTS

[Freshers' Week events](#) are fun and a fantastic way to meet and get to know people who can go on to become lifelong friends.

Our events range from laid-back board games meet-ups on-campus to our huge IKEA Takeover where you will race against the clock to build flat-pack furniture, play finders-keepers in a student room-set, and much more.

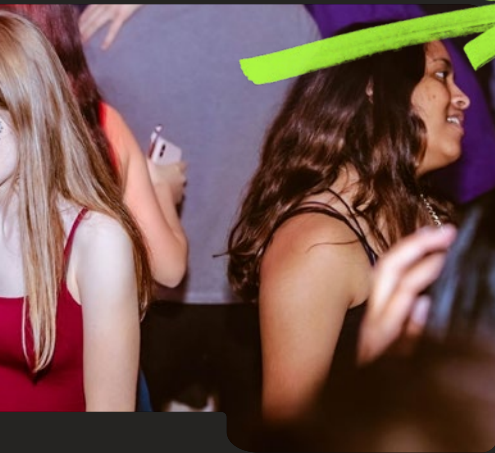
TRY-ITS

Our societies run lots of taster sessions during Welcome, so you can get an idea of the sorts of activity a society gets up to before purchasing a membership for yourself.

You can view a full-list of try-it sessions running [here](#).

Once you've found your people, you can join a society by purchasing a membership through the society page on our website. You can find a full list of our groups [here](#).





NIGHTS OUT

Fresher's club nights are a fun way to explore the vivid Nottingham night life. The Students' Union partners with some of the city's best clubs to bring you fantastic events throughout Welcome Week. See the full list of club nights →

Freshers' nights might be your first proper night out, but don't worry, you're not alone. Freshers' Week club nights will be a first for most of our first-year students.

We know this can be daunting, but we have your back with a whole host of resources detailing nighttime safety, drinking responsibly, and more!

Check out some of the excellent resources available below:

[Safety in the city](#) → includes useful tips for nights out

[Report and support](#) → contains essential information and support



YOUR COURSE

Your school will also have organised lots of orientation activities and socials for you to meet and make friends. You can find out about these through your course info pages on the University website → Find your school or department

We also have loads of student-led course-based societies that organise fun socials for their members. View the full list here → link and filter for 'Societies' then 'Course Based'. You can view the activities they have planned here → Activities List



Welcome to Campus

HELPFUL FOR
INTERNATIONAL &
DISABLED STUDENTS



The different campuses in Nottingham:

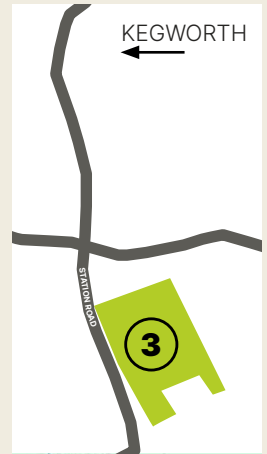
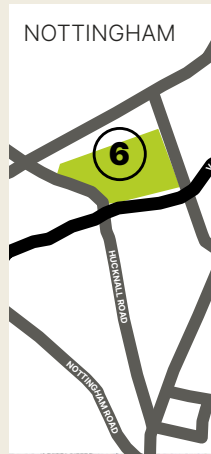
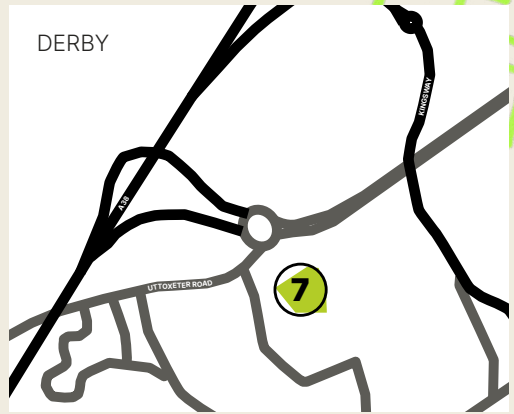
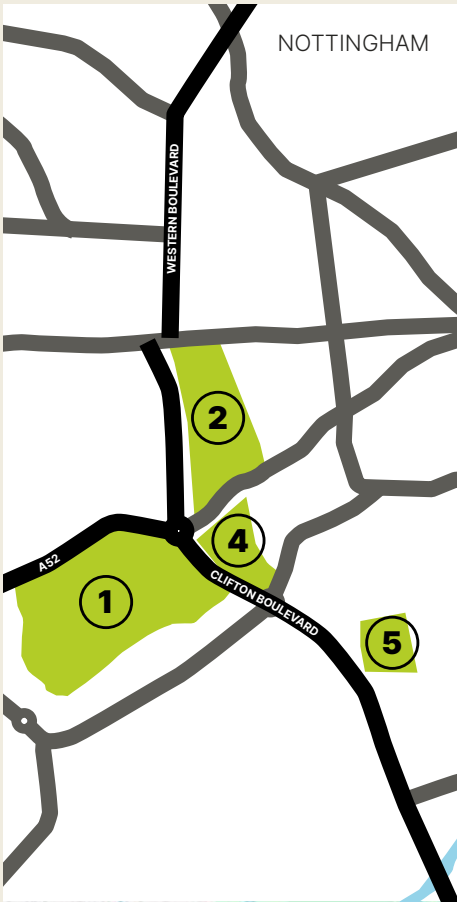
1 University Park Campus: this is the University's largest campus. Here you can find your Students' Union (Portland Building), teaching and research facilities, halls of accommodation, sports facilities, student bars, food places, convenience stores (SPAR) and libraries. A lot of student events are held on this campus throughout the year.

2 Jubilee Campus: Close to University Park is Jubilee Campus. In this campus you will find teaching and research facilities, a library by a lake, sports center as well as food places (cafe, restaurant), a shop and green areas, and halls of residence. This is an award-winning green campus and is recognised for its innovative architecture and sustainability.

3 Sutton Bonington Campus: A bit further away from Nottingham, you will find this campus, home to our biosciences and veterinary students. This campus has many green areas, teaching and research facilities, a library, a student bar, food and shop, as well as halls of residence.

4 Medical School (QMC): Adjacent to the Queen's Medical Centre and University Park campus, you will find the Medical School. It is used by medicine and health sciences students and those studying life sciences. It also houses labs, lecture rooms, seminar rooms, a library and cafe.

5 King's Meadow Campus: What was a former ITV studio, now refurbished into the University professional services and business support departments. As a student you might need to go to this campus during exam period!



6 University Hospitals: The University hospitals are QMC, Royal Derby Hospital and City Hospital. The Royal Derby Hospital is home to the School of Medicine. The University of Nottingham at Derby (UNAD) Committee represents all students at Derby and work hard to organise events and activities but also putting forward ideas or concerns you might have about life at the Derby Campus.

7 Castle Meadow Campus: The newest university campus, in the city center, where you will find the Nottingham University Business School. You will find learning and research facilities.



The University provides free buses between campuses and some student areas to all students and staff. They have set timetables during term and out of term time. If you want to find these, go to the University's website where you'll find the updated timetables.

[CLICK FOR INFO](#)

Transport on campus

Transport for disabled students

Minibus Service for disabled students:

[CLICK FOR INFO](#)

A minibus service is available to disabled students to travel to lectures, seminars, tutorials, library, meetings with support teams and attend other academic activities. Journeys need to be pre-booked in order to accommodate all students. The minibus operates during term time but availability changes during out of term time.

Hopper buses

Sutton Bonington (901/901K): This bus will take you between University Park Campus, Sutton Bonington and Kegworth

Kings Meadow (902): This bus is between Uni Park and Kings Meadow Campus. On this route, you can request the driver to drop you off at the bus stop next to Gregory Street Tram Stop. However, this is a request-based service so make sure you request this to the driver as you hop-on.

Jubilee Campus (903): This bus is between Uni Park and Jubilee Campus

Derby City Hospital (904): This bus is between Uni Park and Derby City Hospital

Evening Library Service (906): This service runs across University Park Campus, Jubilee Campus, Lenton and Beeston, in the evenings.

Food banks for students

UoNSU Food Bank is there to provide students with food support on a one off or long-term basis. Feel free to take what you need and after your first visit you can access SU Advice for money management and job support. The food bank can be found in the Student Union (C Floor, Portland Building) and is open Tuesday 4-7pm and Friday 1-3pm.

You are also able to volunteer at the Food Bank. Volunteering will cover collecting donations, date checking, stock take and most importantly, supporting students! Volunteer hours can contribute towards your Nottingham Advantage Award and earn you 10% off at Mooch. If you are interested in volunteering, please contact alexandra.lyonmiyake@nottingham.ac.uk.

SB Community Pantry

Can be located in the upstairs kitchen, in the Barn. Students can access pantry essentials, meal kits and recipes. Find more info on Instagram [@uonpantry](https://www.instagram.com/uonpantry).



We asked students about their favourite places on campus:

BEST PLACES TO STUDY

Jessica, student:

"Top floor of Monny P!"

Leonie, 3rd Year:

"Trent Cafe on Up!"

Kushal 5th year:

"Physics common room"



BEST PLACES TO EAT ON CAMPUS

Georgia, 2nd Year Undergrad:

"Portland Cafe or DRSV cafe (UP)"

George 3rd Year Undergrad

- "Saijokai, (Portland food Court)"

Samuel PHD Research -

"Buy a meal deal and hide in some nook or cranny"

Jake, 2nd Year Undergrad:

"Mooch has great space so you can study, and get food! it's also got a Portland Coffee machine so you can get your hot drinks here too!"



BEST PLACE TO RELAX ON CAMPUS

Eddie, 1st year undergrad -
"A walk around the lake"

Emily, 2nd year undergrad:
"The fairy stones lake crossing at the south west end of the lake"

Victoria, 3rd Year:
"George Green!"

In a survey for their favourite library Hallwood Library came out on top!



TOP TIPS ON STUDYING...

Ambrose, 2nd Year: **"Start your coursework as soon as possible and check in with your lecturers regularly for feedback."**

Chloe, 3rd year: **"Familiarise yourself and read the moodle pages! All the information you need is on there!"**

Georgia, 2nd year: **"Give it time. Uni is different from Alevels so it may take you a while to settle into the learning style."**

Martin, 1st year: **"GO TO YOUR LECTURES"**



Welcome to Nottingham City

Nottingham has a lot to offer, so we've compiled some resources and recommendations to get you started.

Visit Nottinghamshire is a great site to visit for info on what's happening in the city. Here, you can find things to do including the 'Ultimate Nottingham Bucket List', current and upcoming events, and all the best places to go for food and drink.

It's In Nottingham - Discover what's going on, make plans for what's around the corner and stay up to date with everything Nottingham city centre – all in one place. Whatever your vibe, Nottingham's got it – and It's in Nottingham is the best way to find out about it.

The university has also put together a webpage with some great inspiration for exploring Nottingham city.

If you want to keep up with what's going on in Nottingham, check out the It's In Nottingham app for the latest news of what's going on in Nottingham as well as great discounts and updates about the city.

Local attractions



Light Night

In early February in the city centre, you can catch an immersive and interactive light-based spectacle of various installations, performances, and activities, all for free.



Goose Fair

Nottingham Goose Fair is one of Europe's largest funfairs and has been held annually in since c.1284. Held at the Forest Recreation Ground during the first week of October, the fair has more than 250 rides, attractions and thrills for all ages.



Music and Venues

Hockley Hustle

The Hockley Hustle is a festival of creativity featuring 100s of acts on stages across the City Centre. The venues and streets of Hockley will be full of fantastic music, performers, art, food – all for charity!



Dot to Dot

Splendour

Rock City & Rescue Rooms

MotorPoint Arena

Beat the streets

The music festival brings the Nottingham community together providing a stellar day of live music all to raise awareness of and funds for the charity Framework which supports people who are homeless or at risk of homelessness.

Food and Drink

Ye Olde Trip to Jerusalem – the “Self-Proclaimed” oldest pub in Britain

Check out **NTU's International Food Guide**

Visit here for more information about local food and drink

History

The home of Robin Hood

City of Caves

Justice Museum

Major Oak in Sherwood Forest

Green Spaces

Highfields Park on University Park Campus

Wollaton Park and Hall a.k.a. Wayne Mansion in Chris Nolan's Batman Series

Arboretum



Culture

Lakeside Arts

Broadway Cinema

Theatre Royal and Royal Concert Hall

Nottingham Contemporary

Lace Market Theatre



Sport

Nottingham Forest Football Club

Notts County Football Club

Trent Bridge Cricket Ground

(Hosting international Tests, T20's and ODI's as well as Nottinghamshire domestic matches and the new Hundred Competition (2020))

Nottingham Tennis Centre

Nottingham Ice Centre

The National Water Sports Centre



Shopping

City Centre

Check out all there is to know about shopping in the City Centre

Beeston high street

Our local Beeston high street is packed with quirky independent retailers and cafes, charity shops and restaurants!



What's great about Notts?



We asked our students what their fave bits about Notts were:

Fave Shop?

Ambrose, 2nd year: **"Glass Onion Vintage"**

Georgia, 2nd year: **"Credible Clothing. It's tucked away at the back of My Sights Notts charity shop, bit is filled with lots of vintage sportswear. I once found a Mercedes top and Tottenham football shirt for £5 each."**

Jessica, SU officer **"White Rose, especially in Beeston"**

Fave pub/bar?

Martin, 1st year undergrad: **"If you're living in Beeston has to be the Star" (Best Pub)**

Georgia, 2nd year: **"Any of the bunks! Cosy Club and Bodega bar are a close second."**

Samuel, PHD Taught: **"Pit & Pendulum, the aesthetic goes hard, and the themed cocktails are great"**

Constanza, 1st year undergrad: **"Sheaves garden or Rose and Crown" (Best Pub)**

Fave restaurant/cafe?

Kasia, 1st year undergrad: **"Waterstones Cafe or 200 degrees (by the train station)"**

Constanza, 1st year undergrad: **"Pizza pilgrims - their tiramisu is gorge"**

Zoe, 2nd Year: **"Slice 'n' Brew!"**

The SU can help you find some great discounts and deals, just follow us at @Uonsu_Perks to catch all the best deals on and off campus.



Welcome to Nottingham at Night



This next section is an introduction to club culture and guidance on how to keep yourself, and others safe on a night out.

Before the night out

Be prepared - Make sure your phone is charged and you know the address of your accommodation.

Know who you will be attending the event with and have their socials or number saved on your phone.

Plan for how you will get to and back from the event.

Trams operate until 12am Monday -Saturday and until 11pm on a Sunday.

The N34 Orange NightBus runs between Beeston, University Park and the city centre until 4am.

For evening campus events, the free 906 Hopper Bus runs between University Park, Jubilee and Lenton/Beeston every day until 11pm, beginning at George Green Library.

The 901 Hopper Bus runs from University Park to Sutton Bonington until 12am. Uber/Taxis are accessible 24/7.

If you are drinking alcohol, begin slowly and make sure you eat dinner. Even though it is cheaper to pre-drink for a night out, excessive pre-drinking will lead to you becoming unwell and unsafe.

The best way to avoid the negative effects of drugs is to avoid taking them. However, if you do want to take drugs:

Start low with dosage and go slow with usage. You won't feel the effects immediately.

Do not use them alone.

Don't mix drugs or take drugs of unknown strength.





During the night out

Stay hydrated. Between each alcoholic drink, have a glass of water.

Always watch your drink being made and do not leave it unattended with a stranger, this includes new friends.

If you experience unwanted behaviour from others, deescalate the situation if safe to do so. Otherwise, move away from the situation as soon as possible and stay with a friend. If the problem persists, tell a member of staff as soon as possible.

If you see someone else experiencing unwanted behaviour, only intervene if it

is safe to do so. Take a friend with you and make sure the person gets support. Otherwise, tell a member of staff who will intervene for you.

After the night out

Avoid walking home alone, travel by bus, taxi, tram where you can.

Once home or the day after, check in with others to make sure they are home safe and had a good night.

Drink lots of water when you get home and rest as much as you can the next day. This is also important if you are experiencing anxiety. (Hangover anxiety)



We asked Students for their top tips for staying safe on a night out

Victoria, 2nd year:

"Eat before going out!"

Alex - 1st Year Student: **"Go with friends you trust, know your limits with alcohol and don't feel pressured to drink, be careful if you have sensory issues. There are options for socialising beyond clubbing."**

Kasia **"Particularly for girls - wear clothes with pockets! You'll probably only need your phone and your id anyway and you're much less likely to lose stuff than taking a bag"**

Eddie - 1st year: **"Make use of all of the city's public transport, there's loads of it"**

Georgia - 2nd year: **"Always have a plan for getting home and make sure your phone has enough charge in to get you home."**



Nightlife Culture

Nottingham has a rich nightlife culture with a good mix of bars, clubs, live music and regular club nights. CRISIS (Wednesday at Rock City) and Ocean Friday's are very popular student night events with tickets selling out most weeks. To keep informed with what's going on in Nottingham, most students follow their favourite local venues and clubs on Instagram to find out what events are happening. Some social media accounts also collate the most interesting events happening in the coming weeks so that you can find all the information in one place. You will learn a lot about clubbing and nightlife culture by being exposed to it in the first few weeks of being a student at Nottingham, however, allow us to jumpstart the process so that you can concentrate on enjoying yourself.

Nottingham is a purple flag city, meaning its recognised for its safe and high quality nightlife!

**"For 80s and Indie music
I like Rescue Rooms and
Bodega on Wednesdays"**

Dan, Student

Where can you access support at night?

Campus Security 0115 951 8888 – emergency support available for all campuses.

Police 999 – Emergency support and can test if you've been spiked

Topaz Centre 0330 223 0099 – Specialist sexual assault support, phone lines open 24/7.

Club welfare teams – Most clubs will have designated welfare support, including our affiliates Ocean and Rock City who both have welfare staff, welfare room and an Ask for Angela scheme.

Street Pastors – A team of volunteers who support community in need at night.



What is clubbing like in Nottingham?

Most students, to socialise and to save money, have pre-drinks/pres (pronounced pree-s) at their accommodation before heading into the city. People will typically do pres anywhere from 9-11pm, aiming to get to the venue from 11pm-midnight. Of course, you will have to make sure you have the correct ticket as some require that you enter the club before a certain time. The most important piece of advice is to make sure you don't overdo it as you can (and will) be turned away by the bouncer at the door if you are too drunk to enter.

When dressing to go out, you want to consider whether the place you are attending has a cloakroom or whether you want to use it. Most people travel light and either have a light jacket or go without. This is at odds with UK weather but most people expect that they will be cold until they get into the club. Wear comfortable shoes you don't mind getting drinks spilt on and that you can easily dance in, steer away from open-toed shoes for this reason as you don't want someone to stomp on your toes!

Once in the club, most people alternate between dancing on the main floor, being with their group in a corner/section of the dance floor and going in between the smoking area. Most venues will not allow you to bring your drink into the smoking area, so be mindful of this. The typical student night lasts until the club closes or finishes about 3am, whichever comes first. At this point people will typically get some food and/or split into groups to take taxis home.

"For House music I go to Unit 13"

Rachel, 2nd Year



"Ocean is the best for cheesy pop"

Kushal, 5th Year



Live Music:

The music scene is iconic and historic, with some famous UK venues including Rock City and the Motorpoint Arena. Some of the biggest artists have played in Nottingham (see: Nirvana, David Bowie, Katy Perry, Elton John, Lady Gaga etc.) you never know when the small band you saw at your time at University becomes the next big thing. With the Bodega, Rescue Rooms and numerous pubs and bars joining the mix, you won't find it hard to find a venue that plays the bands you like. There are also regular open mic nights to get involved in across the city if you want to get involved.

"I've gone to the free BBC East Midlands introducing concerts at the Metronome where you get to here up and coming music acts from around the East Midlands all in one evening."

Georgia, 2nd Year

Music not your thing?

Nottingham is the home of Warhammer after all, so you are never at a loss for gaming and chill evening events across the city. With numerous gaming cafes, UoNSU societies and public clubs, there is always something to do. Why not join a regular games night, or one of the chess clubs, or to a board game tournament? There is always something to do and you can always visit one of the many local businesses in Nottingham that cater to your interests to ask about how you can get involved!



Mooch is your on campus Bar + Kitchen. With chilled vibes, easy conversation flows in the newly refurbished spaces to offer you a clean, fresh place hang out, grab a bite to eat, and stay a little longer if you want to dance into the evening! With pool tables, darts, live bands, karaoke and more, it's a fantastic setting for lowkey or all out partying! The best bit, it's yours! Run by students, for students. So your favourite cocktail might just get served to you by a mate!

Welcome to your new friends

HELPFUL
FOR ALL



Meeting people and making friends...

Meeting new people can be exciting, but daunting too! At university, there are lots of opportunities and ways you can find your people. Here is some advice on meeting others and making friends:

Where can I find friends?

Similar interests/causes - Look for opportunities to meet people that reflect your own hobbies and interests.

Freshers Fair is a chance to discover all the Student Union's societies. These cover hobbies/interests, faith and culture, degree, volunteering, and campaign groups.

Each society will be running their own events through Welcome. Once you know what you're interested in, look out for what they're putting on.

Degree - Your degree is a great place to find friends you know hold a similar interest. Your school and most relevant course society will run events in the first couple weeks so you can meet course mates outside of lectures and seminars. For most courses there will be a group chat for your cohort created in the first couple weeks that you can find through word of mouth or through the app Unifi.

Accommodation - If you are living in university halls, you can chat to your neighbours, people along your corridor or in the dining hall. Events are regularly hosted in halls as another way to make friends and develop new skills.

Welcome Events - The SU and university hosts a range of events geared towards specific groups for example, LGBT+, Mature, Derby + SB residents, undergraduates or with just the aim to have fun! Keep up to date with the Welcome schedule here-

Sometimes when making friends, you may feel like you want to put yourself out there, but anxiety can prevent you from doing so. To overcome a challenging situation, it's easier to break it down into smaller parts.

Approaching the event

Wear something you feel comfortable in. This can be clothes that are physically comforting or clothes you feel are a true representation of yourself.

Distract yourself on the way there. Listen to music or podcast, count what you see on your walk. Focus on the moment, not what is coming up.



At the event

If you feel overwhelmed, take a moment to allow yourself to relax and breathe. This may look like taking a couple extra moments outside a room before you head in, in the room or different breathing techniques. Try breathing in for 4 seconds, holding for 7 and exhaling for 8.

Talk to the event facilitators. They are there to support you and will be able to introduce you to other people.

Don't force yourself to stay there any longer than you need. If after 5, 10, 30 minutes you feel like you would like to leave, then leave. Don't act based off of time, but how you are feeling instead.

Imagine you are talking to a friend. Remember that everyone is in a similar position of wanting to meet others. Talk to them like they are a friend, or chat how you would want to be spoken to.

Conversation Starters

If you're worried about awkward silences, try using this helpful mnemonic when starting conversations with other new students.

- F From** Where have they come from? How was the journey to Nottingham?
- R Relationships** Do you have any siblings? Do you know anyone else who came to this uni?
- I Interests** What groups are they thinking of joining? What do they like doing in their spare time?
- E Environment** What do they think of the campus? Is there anything interesting in the room?
- N Neighbour** Are they living in halls? How are they finding the experience so far?
- D Degree** What degree are they doing? Why did they choose it?



We asked students for the top tips for making friends when you start Uni:

Alex, LGBTQ+ Student: **"Go to societies/networks for minority groups if you are one. (eg. DSN, ASN, LGBT soc, international students groups)."**

Ambrose, 2nd Year: **"Be friendly and talk to anyone and everyone; they're all in the same boat as you."**

Kushal, 5th Year Undergrad: **"Get involved with as much as you have the capacity for. Don't stress you'll make friends at your own pace"**

Eddie, 1st year Undergrad: **"Be brave and knock on the doors of rooms/flats in your building and introduce yourself."**

Rachel, 3rd year undergrad: **"If you are in catered: go to your JCR your first night as there will most likely be lots of people in there and it's a good way to meet people"**

Emily, 2nd year: **"Be prepared for spontaneity, go with the flow"**

Georgia, 2nd year: **"Speak to everyone! I made friends from standing in queues, at dinner, going along to society events. You never know who will end up being your friend!"**

Azaki, LGBTQ+ Student: **"Join societies with a lot of queer people, this doesn't just have to be LGBTQ+ Soc but also things NNT, RPGsoc"**

Weiyi Sun, International Student: **"Find friends who suit you based on your goals and hobbies."**

Welcome to your Student Community

HELPFUL
FOR ALL



At the University of if Nottingham Students' Union we have over 450 Societies and Sports Clubs, all of which you can join! Whether you want to try something new or carry on a hobby, every club and soc has a place for you.

What is a Student Group?

A student group is a student run club or hobby that allows students to engage in something they love independently on campus. There are lots of different types of Student Groups such as competitive sports teams, hobbies, course-based societies, cultural societies or media groups. Each have a membership fee for the year which once you pay makes you a member for 12 months and lets you take part in all their activities.

Student Groups are run by committees of students, supported by the SU. The run things like socials to local clubs, study sessions, cultural celebrations, talks with professionals and formal balls! A student group is an amazing way to make friends and get to do what you love while you study.

How to join a student group?

You can join all of our student groups at our website under Activities. All activities are under the A-Z of activities in alphabetical order or you can define your search to type of group.

Each group has their own page with their name, email, their social media handles and a little description all about them. All you need to do is press join and purchase your membership, easy done!

Once you have your membership you may be emailed by the group but its best to follow them on social media to keep an eye out on what events each groups have upcoming.



FRESHERS >> UONSU.COM

What if I'm not sure I want to buy a membership?

Not sure a group is right for you? Don't worry, clubs and societies run free sessions all throughout fresher's week and even after to help you decide if a group is for you after you have taken part.

What kind of groups are there?

Hobby Groups

Course based

Cultural Groups

Campaign Groups

Volunteering Groups

Sporting Societies

Medical Societies

Sutton Bonington Societies

Student Run Services

UoN Sport Affiliated Clubs



We asked students what was their favourite experience in student groups

Kasia, 1st year: "Versus event with Radio Soc (URN). It was such a crazy night, but it was so much fun! A massive bar crawl/treasure hunt all over the city! It was amazing!"

Sarah, 2nd Year Undergrad: "Joining Board Games Society - everyone is so friendly, and they have so many games to choose from"

Ambrose, 2nd Year: "Going to Bonkerz Bingo dressed as pumpkins for Halloween with UoN Boat Club."



Brought to you by UoNSU - NottsAboutEvents was established in 2023 as the new home for everything you can get involved in. From Freshers to Grad Ball, what ever you want to do, you'll find it with NottsAboutEvents!

Welcome to Notts About Events-the only place you need for all things fun at UoN! Whether you're ready to hit up epic club nights like Rock City, plan a trip abroad, or chill with your mates at socials, we've got something for everyone. From pub crawls to weekend getaways and everything in between, Notts About Events is your ultimate guide to making uni life unforgettable. So, if you're down to create memories, get involved, and live your best student life -this is where it all starts!

VISIT NOTTSABOUTEVENTS





Your Academic Experience Matters – And We're Listening



At the University of Nottingham Students' Union, we're working with the University – not just alongside it – to make your academic journey the best it can be. This year, we're strengthening our partnership to ensure your voice actively shapes how teaching, assessment, and academic support are delivered.

Your Vice President Education, Vice President Postgraduate and International, and our Academic Voice team are working closely with university staff and leadership to prioritise academic excellence and champion what matters most to students.

A key part of this collaboration is the Academic Rep system which consists of a network of over 1,000 students who represent their peers' views on everything from lecture delivery to marking turnaround times. Reps collect feedback from across the student body and take it directly into key decision-making spaces within Schools and Departments, as well as our very own academic forums to shape the work we do to support you through your academic journey here at Nottingham.

Reps bring your views into Student-Staff Forums, where they collaborate with academic staff to discuss course-level feedback and co-create solutions. On a wider scale, Academic Forums bring together students, and SU officers to address broader challenges and

opportunities across departments and faculties.

This year, we're focused on making these spaces more impactful than ever – ensuring your feedback doesn't just get heard but drives meaningful change. Through a stronger, more united partnership between the SU and the University, we're committed to building an academic environment where you can thrive.

"I've been a course rep for most of my time studying at UoN, and it's been an incredibly rewarding experience for me - I'm offered consistent opportunities to share the honest feedback of myself and my course mates and be taken seriously by course staff who use our thoughts to better our experiences in future. I've been able to discuss course content, the fairness of assessments, and even help to design a new module for future 2nd years studying Natural Sciences. The only difficulty I've had is communicating feedback back to other students and wider communities, but this is something the SU is working tirelessly to improve - through closing feedback loops, and leading open and non-judgemental Academic Forums for reps on different courses to tackle wider issues."

Leacsaidh MacDonald Marlow,
Course Rep for Life Sciences

Welcome to your Student Community

HELPFUL
FOR ALL



Supermarket run down:

£: Aldi (available online), Lidl, Asda (available online)

**£-££: Sainsbury's (available online), Tesco's (available online),
Morrisons (available online)**

**££: Marks and Spencer's (available online), Co-op (available online),
Waitrose (available online)**

**SPAR - your very own on campus shops! Located on University Park, and Jubilee
Campus's, they have the essentials and student friendly prices!**

We asked students what their favorite place to do a food shop was and big Tesco was a clear winner with Lidl coming up shortly behind!

As much diversity of products that there might be in supermarkets, these might not have a wide range of international products. Don't worry though, you can also find a range of international supermarkets around student living areas.



Lenton Area:

Marhaba Halal
Supermarket (NG7 1RQ)

Radford Area:

U-shop international
store (NG7 3FF)
ASIA SUPERSTORE
(NG7 3FF)
Deyi Oriental Food
Supermarket (NG7 3FX)

Beeston Area:

Fresh Asia (NG9 2LG)
Oriental Mart (NG9 2LE)
City Centre:
Oriental Mart (NG1 5ED)
Asiana Express
(NG1 1FF)
Murat Food Centre
(NG3 1JB)

Loughborough

International
Supermarket (LE11 1DE)
J&S Oriental
Supermarket (LE11 3AA)



Food bank

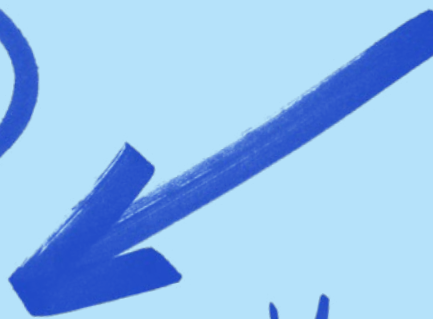
UoNSU Food Bank is there to provide students with food support on a one off or long-term basis. Feel free to take what you need and after your first visit you are able to access SU Advice for money management and job support. The food bank can be found in the Student Union (C Floor, Portland Building) and is open Tuesday 4-7pm and Friday 1-3pm.

You are also able to volunteer at the Food Bank. Volunteering will cover collecting donations, date checking, stock take and most importantly, supporting students! Volunteer hours can contribute towards your Nottingham Advantage Award and earn you 10% off at Mooch. If you are interested in volunteering, please contact alexandra.lyonmiyake@nottingham.ac.uk.

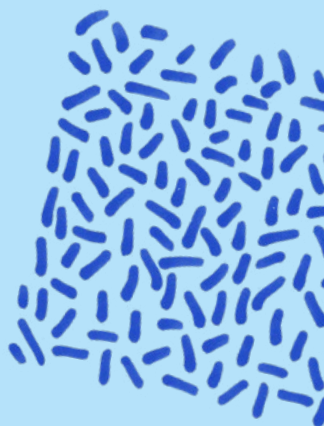
SB Community Pantry

Can be located in the upstairs kitchen, in the Barn. Students can access pantry essentials, meal kits and recipes. Find more info on Instagram [@uonpantry](https://www.instagram.com/uonpantry).

New student checklist



- ☐ Register with University
- ☐ Register with local GP and dentist
- ☐ Open a UK bank account (If needed)
- ☐ Identify yourself with your faculty and campus
- ☐ Check out societies and opportunities available at your Students' Union
- ☐ Check out the Fresher events and freshers' fairs (and grab all the freebies you can)
- ☐ Find your local supermarket
- ☐ Plan for you monthly budget
- ☐ Plan your walk route to your lectures and seminars
- ☐ Attend consent training



Managing finances

We asked students for their top tips for saving money at uni:



Rachel, 3rd Year: "Try to work out how much you could spend a week early on and stick to this, but allow yourself to go over if you have to by spending less some weeks"

Leonie, 3rd Year: "Try not to go to corner shops too much - it adds up!"

Ciara, Masters research:
"Take advantage of any deal's supermarkets have and build your meals around what's on reduction / offer!"



Georgia, 2nd Year: "Make a budget, and don't be afraid to get a part time job. I have a part time job which helps me pay for stuff at university, while also being a great opportunity to develop my employability skills."

Dan, Student: "Cook at home! Student discounts! Go to the reduced isles in supermarkets and go indie shopping cause its cheaper!"





Students' Union Advice

Students' Union Advice provide free, confidential, and impartial information and guidance to all University of Nottingham students on academic, money and housing issues. Email them at suadvice@nottingham.ac.uk or visit the SU Advice desk on C Floor, Portland Building to arrange an appointment with an Adviser.

University of Nottingham - resources available around finances and managing your money

Cost of Living:

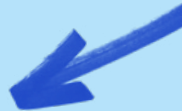
This useful university page gives information on financial support and advice, keeping costs down and earning while you learn.

<https://www.nottingham.ac.uk/studentservices/money/cost-of-living.aspx>

Managing Your Money:

Learning how to manage your money is a crucial part of university life and for many of you, this may be the first time you're experiencing financial independence. This webpage includes suggestions as to how you might manage your finances whilst studying, including a link to the 'Understanding your Budget' Moodle module.

<https://www.nottingham.ac.uk/studentservices/support/financialsupport/managingyourmoney/index.aspx>



Funding and Financial Support Team:

Advice on all aspects of student finance including Student Loans, Government grants, University scholarships, bursaries, and support funds:

<https://www.nottingham.ac.uk/studentsservices/support/financialsupport/talktous.aspx>

Part-time and Vacation Work:

Information from the University Careers and Employability Service:

<https://www.nottingham.ac.uk/careers/students/work-experience/what-can-i-do/part-timework.aspx>

University Wellbeing Team:



The University Wellbeing Team host a range of services including mental health and disability support. More information can be found [here](#).

If you have any worries or questions about your finances, please do contact the SU Advice or UoN Funding & Financial Support team – they've all had many years advising UoN students and are here to help. For the full university wellbeing guide, please follow [this link](#).

Cherry Tree Lodge

Specialist services, including Accessibility (Academic Support and Disability Support), Visas & Immigration, and Funding and Financial Support can be found at Cherry Tree Lodge building. This is the building number 13 on your campus map. Visit Student Services for more details of services available.



Wellbeing services

	University	Students' Union	External
Academic Concerns	Personal Tutors Support and Wellbeing	SU Advice, Nightline, Academic Reps	
Anxiety	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Trent PTS
Depression	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Trent PTS
Disability Support	Disability Support Service	Disabled Students' Network	
Domestic Abuse	Report + Support Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Equation, JUNO
Eating Disorders	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	
Emergency	On campus 24/7: University security +44 (0)115 951 8888 Off campus: Emergency services 999		
Estrangement	Support and Wellbeing Financial Support Accommodation Services (Guarantor)		Trent PTS Stand Alone
Financial Concerns	Student Services Financial Support Team	SU Advice	
Gambling	Support & Wellbeing GP/Cripps/Orchard Practice		Be Gamble Aware Gam Anon UK GamCare
Hate Crime Reporting	Report + Support		
Housing Concerns	Residential Experience Team, Off- Campus Affairs	SU Advice	
International Student Support	Visa and Immigration International Student Welcome Kit	Global Buddies	
Night-time Safety	Report + Support SVLO	Unicab	
Panic attacks	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Trent PTS
Religion and Spirituality	Chaplaincy	Student Faith Societies	
Self-Harm	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Harmless
Sexual Assault, harassment or rape	Report + Support (SVLO) Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Topaz Centre, Nottinghamshire Sexual Violence Service POW
Sexual Health	University Condom Card Service GP/Cripps/Orchard Practice	SU Advice- Condom pick-up	Nottinghamshire Sexual Health Service POW
Substance Misuse	Support & Wellbeing GP/Cripps/Orchard Practice	Nightline	Nottingham Recovery Network
Suicide	GP/Cripps/Orchard Practice Security	Nightline	Samaritans The Tomorrow Project

Campus security

Emergency: +44 (0)115 951 8888
Non-emergency: +44 (0)115 851 3013

Chaplaincy and Faith Support

Oasis, A Floor, University Park
B Floor Xu Yafen Building, Jubilee Campus
B Floor, The Barn, Sutton Bonington
W: chaplains@nottingham.ac.uk
T: +44 (0)115 9513931

Counselling service

The Orchards, University Park,
Nottingham, NG7 2RD
T: +44 (0)115 951 3695
E: counselling.service@nottingham.ac.uk

Cripps Dental Centre, University Park, Nottingham, NG7 2RD

T: +44 (0)115 951 3099

Cripps Health Centre, University Park, Nottingham, NG7 2RD

T: +44 (0)115 846 8888

Disability Support Service

T: +44 (0)115 823 2070
W: nottingham.ac.uk/go/disability-support

Harmless

E: info@harmless.org.uk or
tomorrow@harmless.org.uk
W: tomorrowproject.org.uk

International Student Welcome Kit

W: xerte.nottingham.ac.uk/play_31140#page1

Let's Talk Wellbeing

T: +44 (0)115 956 0888
E: letstalknottingham@nottshc.nhs.uk

Nightline

T: +44 (0)115 951 4985
E: nightlineanon@nottingham.ac.uk
IM: nottinghamnightline.co.uk/instant-
messaging Skype: Nottingham.Nightline

Nottingham Recovery Network

T: +44 (0)800 066 5362
W: nottinghamrecoverynetwork.com

Nottingham Sexual Health Service

T: +44 (0)115 962 7627 W: nuh.nhs.uk

Nottinghamshire Sexual Violence Service

T: +44 (0)115 941 0440
E: support@nottssvss.org.uk

Orchard Surgery

The Dragwell, Kegworth, Derby, DE74 2EL
T: +44 (0)1509 672 419

Report + Support

W: reportandsupport.nottingham.ac.uk

Samaritans

T: 116 123
E: jo@samaritans.org

Student Service Centres

T: +44 (0)115 748 6500
W: nottingham.ac.uk/studentsservices/contact-
us/locations.aspx

Students' Union Advice

C Floor, Portland Building, University Park,
Nottingham, NG7 2RD
T: +44 (0)115 846 8730
E: suadvice@nottingham.ac.uk

Support and Wellbeing Team

W: nottingham.ac.uk/studentsservices/services/
support-and-wellbeing-service.aspx

Topaz (sexual assault referral centre)

T: +44 (0)800 085 9993 E: notts.sarc@nhs.net

Trent PTS (psychological therapies service)

T: +44 (0)115 896 3160
E: enquiries@trentpts.co.uk

Unicab Scheme

T: +44 (0)115 9 500 500

HELPFUL FOR
INTERNATIONAL STUDENTS

FRESHERS

Welcome to your Student Community!

Whether you're a new student at UoN or a returner, we are so excited to see what you get up to with your time here! The Students' Union is here for you in any aspect of your university journey so here is how you keep in the loop!

YOUR EMAIL

We will email you with any big news and exciting opportunities so watch your inbox

UONSU.COM

Upcoming events, updates about all things SU and society events can all be found on our website!

WHATSAPP @UONSU

Get the official Freshers Announcement as they happen and make friends with other new UoN students.

INSTA @UONSU

@UoNSU is most relevant social media platform where we regularly post about all things SU, any events the officers are running can also be found there!

TIKTOK @THEUONSU

Your Official UoNSU TikTok

Portland Building,
University of Nottingham Students' Union,
University Park, Nottingham NG7 2RD

