

Starting with us



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Welcome from the Vice-Chancellor

Thank you for choosing to study at the University of Sussex. You will soon be one of over 6,000 new undergraduate and postgraduate students who join our community.



We have prepared this handbook to give you an early taste of what to expect during your first days at Sussex – the busy period of social and academic orientation activities that we call Freshers' Induction.

Our schools of study and other University services will all be hard at work over the summer months to finalise their parts of this year's busy induction programme. This year we have enhanced the induction programme to ensure there are as many opportunities as possible for you to make friends and welcome each other, whether you are from the local area or have travelled from overseas. A third of students arriving at Sussex will be from overseas – the highest number in the University's history. For those students eager to get into the class room – teaching begins on Thursday 20 September!

You can expect to receive further and more detailed pre-arrival information from a number of our teams over the coming months, including a full timetable for your academic induction from your chosen area of study. We'd also love to hear about your experiences of your first week with us so we hope you will feel inspired to enter our blog competition to let us know your first impressions of campus life. You'll find more details about how to enter on page 13.

In case you have any pre-arrival questions that are not answered by this guide or subsequent mailings, you will find a list of useful University contacts on page 29, to help you direct your enquiry to the right department. Please don't hesitate to get in touch – many of the staff you will be speaking with have been students themselves or have family members who are just starting university and we all appreciate how much you have to organise over the next few months.

As our 50th anniversary year draws to a close I look forward to welcoming you to the University, as you join us to play your part in making the future at Sussex.

Professor Michael Farthing
Vice-Chancellor



How to get to Sussex

The University campus is located at Falmer, on the outskirts of Brighton, within easy reach of London and major international airports (Gatwick and Heathrow).

Road

The University is on the A27 road between Brighton and Lewes. Visitors driving from London and the north should take the M23/A23 towards Brighton, which then joins the A27.

There will be RAC signs in place on main local junctions for the weekend of 15-16 September 2012.

Coach, bus and taxi

There are regular coach services from London Victoria station and the Gatwick and Heathrow airports to the Brighton Pool Valley coach station. Number 25/28/29/29B buses run frequently from the city centre to campus; alternatively, taxis from central Brighton to the University cost around £12.

When arriving on campus, make sure that you are dropped off near York House (at the back of campus) and not near Sussex House at the front of campus. The taxi or bus driver will be happy to advise you.

Rail

Regular trains from London Victoria to Brighton station take as little as 50 minutes, and run approximately every 20 minutes (although less frequently on Sundays). Falmer station – which is directly opposite the University campus – is well served by frequent local trains from Brighton and Lewes (the journey takes about nine minutes from either direction).

Air

London Gatwick airport is approximately 25 miles (40km) north of Brighton, half an hour by road or rail. London Heathrow is a little over an hour's drive away.

If you are arriving by air, we recommend that you go by rail to Brighton train station (if you will be living off campus) or to Falmer station if you will be living on campus.

National travel enquiries:

National Rail Enquiries 08457 484950

www.nationalrail.co.uk

Coach enquiries 08717 818178

www.nationalexpress.com

Eurostar 08432 186186

www.eurostar.com

Eurotunnel 08443 353535

www.eurotunnel.com

Gatwick Airport 0844 892 0322

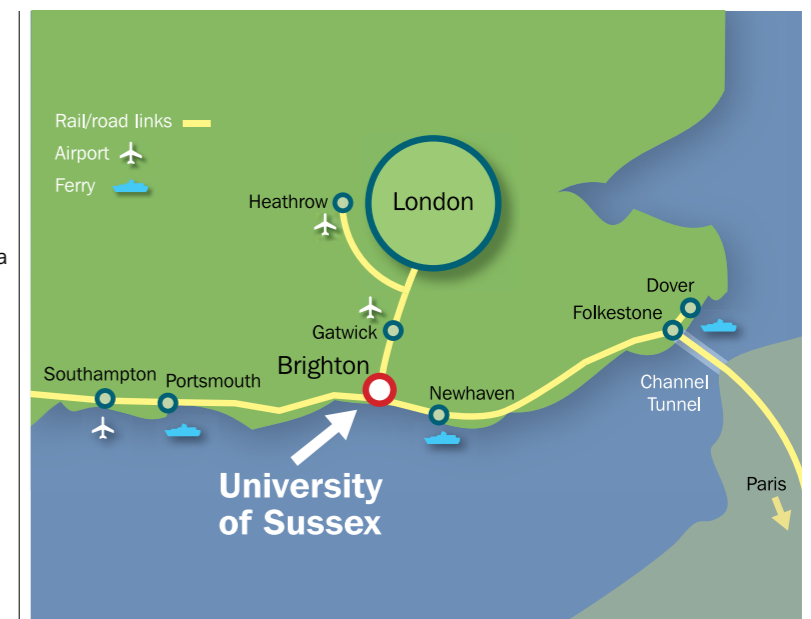
www.gatwickairport.com

Heathrow Airport 08443 351801

www.heathrowairport.com

AA Roadwatch 09068 884322

www.theaa.com



On arrival

Once you have unloaded all your possessions, you'll find a whole host of people waiting on campus to welcome you to your new home.



Car arrivals

If you are arriving by car and will be living in campus accommodation, simply follow the RAC directions located at the campus entrance to the residences.

There will be student helpers and security staff posted along the route to guide you.

Once you have unloaded your belongings (or if you have no luggage to unload) please ensure that you park in one of the designated general car parks at the front of the campus, to give other new arrivals space to unload.

Parking restrictions

Parking charges will not apply for new students or their visitors on Saturday 15 and Sunday 16 September 2012.

Please note, however, that students who live in University-managed accommodation at Falmer are not usually allowed to park a vehicle on campus. The only exceptions are for students with a mobility disability or students with their families living with them. Students residing in off-campus accommodation are eligible to apply for a permit or pass to park, but charges apply.

For more information on our student parking policy – including contact details for queries – please go to our transport website at

www.sussex.ac.uk/transport

Residential Advisors

University-managed accommodation areas on and off campus have Residential Advisors (RAs) allocated to them. RAs are predominantly second- and third-year students who have gone through a rigorous selection and training process to ensure that they are able to give ongoing support for new students living in University residences. RAs – who

are clearly identifiable in their black tops – will be busy in accommodation areas over Welcome Weekend and beyond to help new arrivals settle in and get involved in social activities.

International Team welcome

The International Students' Welcome Team will be based in the Fulton building during arrival weekend between the following times:

Saturday 15 September: 10am-6pm

Sunday 16 September: 11am-6pm

From Monday 17 September we will be back in the International and Study Abroad Office in the Friston building and will be open as follows:

Monday 17 to Friday 21 September: 9am-5pm

T + 44 (0)1273 678422

Or ext 8422 from campus phones

We will also have a team of international student ambassadors (wearing blue tops) located around campus over Welcome Weekend to help new international students settle in to life at Sussex.

Vice-Chancellor's Welcome Reception

The Vice-Chancellor and senior officers of the University invite new students and their guests to join them for refreshments in our Conference Centre, on level 3 of Bramber House. You are welcome to attend at any of the following times and the Vice-Chancellor will give a short welcome address at each.

Saturday 15 September: 2-2.45pm, 3.15-4pm, 4.30-5.15pm

Sunday 16 September: 2.30-3.15pm

Travel information

Brighton & Hove Buses

Come to the Brighton & Hove marquee near Bramber House throughout Welcome Weekend, where you can find out travel information for rail, coach and local bus services.

Pick up your local Bus Times and buy your Saver ticket to use on all Brighton & Hove buses, including night buses. Our buses run 24 hours a day, 7 days a week to the University – see the Brighton & Hove Student Guide for details.

Chill out at Falmer Bar

Once you've unpacked why not come along to Falmer Bar (in Falmer House) to enjoy some excellent food, drinks and sunshine (hopefully) on our lovely patio. This is also a great opportunity for students living off campus to make new friends, soak up the Welcome Weekend atmosphere, and start socialising!

Falmer Bar will open from 11am, food will be served from 12 noon onwards.

Your family and Sussex

The Sussex Family Programme will help keep your family in touch with your academic life and feel part of the Sussex community.



Your family and friends back home will be an important support for you while you settle into life at University. The Sussex Family Programme will help them feel involved in life at Sussex, keeping them in touch with University news and events, and giving them practical information such as term dates and places to stay in Brighton and the surrounding area.

Termly e-newsletter

Each term we produce an email newsletter with news from the University, important dates for your family's diaries and other information that they may need to know.

Invitations to special Sussex events

Your family can expect invitations to a variety of special events on campus, in London and around the world. Find out more about what's going on at www.sussex.ac.uk/events

The chance to support Sussex students

Through the Sussex Fund, your family may wish to support student hardship, scholarships and bursaries, and make a difference for someone like you.

Hotel list

If your family are looking for somewhere to stay the night after dropping you off, visit www.sussex.ac.uk/aboutus/findus/wheretostay for the University's approved hotel list, with specially negotiated rates. The list is managed by the Family Programme team.



Meet the Vice-Chancellor

You and your family will have an opportunity to meet the Vice-Chancellor at one of his popular welcome receptions over Welcome Weekend. The Family Programme team will be there too, so come along to find out more about us and add your family members to the Programme.

For more details about the Vice-Chancellor's welcome receptions, please see page 4.

For more information about the Family Programme and to sign up online, visit www.sussex.ac.uk/families

Registration

To become a member of the University and the University of Sussex Students' Union, and to activate your IT and Library accounts, you need to complete registration. This section tells you what you need to know about this essential first step in becoming an official Sussex student.



How do I register with the University?

All students registering with the University of Sussex are required to register online.

The process of registering online can be completed easily by most students and is open from 1 September. You are asked to confirm personal details, home address, term address and next of kin. You are also required to pay, or set up a payment arrangement (eg recurrent credit/debit card payment), for any rent or tuition fees for which you are liable.

The system will hold details of any payments being made on your behalf such as support through Student Finance England, a research council, or any other third party sponsor. If confirmation of these arrangements has been received by the University it will show on the online registration system and you will only have to pay for any portion of the fee or rent for which you are responsible.

Photo for University ID card and Systems

You are asked to upload a passport style photograph of yourself. The system allows you to crop the image but the final image should have only you in picture, facing the camera and only show head and shoulders. Full guidance on acceptable images can be seen by visiting www.sussex.ac.uk/studentssystem/idcard

Images that don't meet this criteria will be rejected and you'll receive an email asking you to upload another image.

If you are not able to upload a suitable image this will not stop you from completing online registration but you may have to queue to get your identity card issued.

What do I have to do before I arrive on campus?

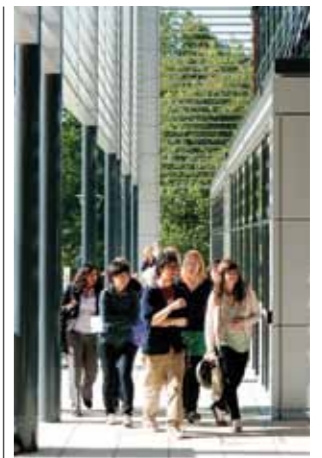
Firstly, either attach a photograph of yourself to the identity card form enclosed in the mailing with which you received this handbook OR alternatively you will have the opportunity to upload a photo of yourself as part of the online registration process (note: Visiting and Exchange students should have already received this form in a previous mailing). Make sure to cut off the barcoded slip before returning the form in the return envelope (also enclosed with this handbook), as you will need the slip in order to access the online registration system.

Next, follow the instruction on the How to Register leaflet – this will enable you to collect your username and password for the University's IT services.

Your Candidate Number, which you will need in order to collect your username and password, is on the barcoded slip of your identity card form and also in an email which will be sent to your personal email address.

Once you have your username and password you should log in to the online registration system at www.sussex.ac.uk/registration and then use the checklist to navigate the system. For ease of use, when a task is completed the red cross changes into a green tick. Once all tasks have green ticks against them you are registered and the system will give further information.

If you have applied for University-managed accommodation, you will shortly be receiving a separate mailing from our Residential Services team, which gives details of your housing allocation.



How can I pay?

The online registration system will let you pay in full by credit or debit card. It will also allow you to set up a termly credit or debit card instalment payment plan. For overseas students there is also a Travelex payment option.

If none of these payment methods suit you, you should call the Student Accounts hotline on 0800 849 4979 (freephone from UK landlines) or +44 (0)1273 673276 (from overseas).

Why should I register before I arrive?

Registering before arrival allows you early access to your University IT Services account and also allows us to prepare your identity card, which also functions as your Library card – thereby giving you quick on-arrival access to key services.

On arrival

If you complete registration online, the system tells you when and where you should collect your identity card.

Note for undergraduate students: once you've collected your card we will notify Student Finance England that you are in attendance. This means that – if you have had a student loan approved – we are able to authorise payment on the first day of Induction Week, with the money entering your account within three to five working days. Remember to make sure you have given Student Finance England your bank or building society account details before the beginning of term to avoid delays with your payments. You can contact them either through their website

www.direct.gov.uk/studentfinance or by phoning Student Finance England on 0845 300 50 90.

Identity cards

These are issued on campus. You can only collect your card once you are fully registered. The online registration system will inform you when your registration is complete.

Part-time postgraduate students will have their identity cards sent to their home address once online registration has been completed.

What if I can't complete online registration?

Completing registration online should be fairly straightforward for most students. The most common reason why you will not be able to complete the process is payment of fees. This can sometimes be problematic for overseas students and also for some UK undergraduates who have applied for support through Student Finance England but for whom we have not yet received confirmation.

Don't worry though, if you haven't managed to complete registration online then click the 'I need help' button at the bottom of the online checklist and you will see information about what to do – this includes a link to details of where and when you can go to register once you get to campus. If you have to do this we still need you to complete all of the other tasks online prior to attending the registration session on campus.

I don't have internet access – what should I do?

Once on campus you should go to IT Services who can inform you where you can access a computer on which to register.

Late registration

If you know in advance that you will be unable to register by Friday 28 September you should write to the Registration Officer, University of Sussex, Sussex House, Falmer, Brighton BN1 9RH, UK, who may be able to grant you exemption from the late registration penalty.

You can register late at the Student Accounts office, in Sussex House. The Office is closed throughout the registration period while staff are at registration, but it re-opens on Wednesday 26 September.

If you have not made special arrangements and do not register before Friday 7 October, you will be liable to pay a penalty of £50.

Students with special needs

All student are required to register online. Students who have problems accessing IT facilities – which may affect your ability to register online – should contact the Registration Officer, Tim May, on +44 (0)1273 678761.

Terms and conditions

You should be aware that by registering you are agreeing to abide by and accept:

- the University ordinances and regulations at www.sussex.ac.uk/studentssystem/ordsregs
- the Library regulations at www.sussex.ac.uk/studentssystem/libraryregs
- the University regulations for the Use of Computers and Computer Networks at www.sussex.ac.uk/studentssystem/compregs
- the University's general terms and conditions, as set out in our prospectuses:
For undergraduates: www.sussex.ac.uk/studentssystem/ugtandc
For postgraduates: www.sussex.ac.uk/studentssystem/pgtanc

Housing

If you have been allocated University-managed accommodation, you will be sent details of your residence and an accompanying residence handbook during August and early September.



In that emailing you will also be given instructions on where you need to go to collect your key and a last reminder about the need to set up a payment arrangement for your rent before you arrive.

For most students (except early arrivals for CPE and pre-sessional courses) accommodation will be available from Saturday 15 September.

Undergraduates

If you have been allocated a room on campus, you will be able to collect your keys from the porter at your residence by showing a signed copy of your tenancy agreement. If you are going to be living off campus, please refer to the direction guide and instructions sent to you with your tenancy agreement for how and where to collect your keys.

University accommodation is in high demand so if you will not be arriving by 4.30pm on Monday 17 September you must inform our Housing Office to avoid your room being reallocated.

Postgraduates (including postgraduate Erasmus students)

If you have been allocated a room on campus, you will be able to collect your keys from the porter at your residence by showing a copy of your tenancy agreement. For all off-campus residences, please refer to the direction guide and instructions that will be sent to you with your tenancy agreement for how and where to collect your keys.

In any event you must ensure that you move into your accommodation by 12 noon on Wednesday 19 September. If you fail to do so, your accommodation will be reallocated unless you have informed our Housing Office of your late arrival in advance.

Visiting and Exchange students

If you are a visiting student from abroad for part of – or the full – year, and have applied for accommodation, you should receive your tenancy details by the end of August. If you are a visiting student on the Sussex in September programme your tenancy details will be sent to you at your campus address.

University accommodation is in high demand so if you will not be arriving by 4.30pm on Monday 17 September, you must inform our Housing Office to avoid your room being reallocated.



Living off-campus, arriving by train

If you will be living off campus and arriving by train, there will be a minibus service between Brighton Station and King's Road between the following times:

Saturday 15 September, 9am-6pm
 Sunday 16 September, 9am-6pm

Outside of these times you will need to pay for a taxi from Brighton station to 51-53 King's Road, Brighton to collect your keys. There is 24-hour cover at King's Road on 15 and 16 September.

If you are without University-managed accommodation

If you are an undergraduate student who applied for University accommodation for a full year, but have been told that you are to be offered a host family or details of private-sector accommodation instead, you will automatically be placed on a waiting list for University-managed accommodation. You will also receive details of a meeting in September for all students in this position so that you can raise any concerns and receive information about the support arrangements being made for you. There will be a designated residential advisor for students with host families and the Students' Union will also be providing extra facilities.

If you are an overseas or research postgraduate student who has applied unsuccessfully for University accommodation, you will also be placed automatically on our waiting list. You will, however, have to make your own housing arrangements in the meantime.

If you are on the waiting list for University-managed accommodation our Housing Office will contact you at your University email address as soon as a room becomes available, so make sure you check your email account frequently.

Train and coach arrivals

Living on campus, arriving by train

A minibus service is available from Falmer train station to campus for new students who will be living on campus and arriving by train between the following times:

Saturday 15 September, 9am-8pm
 Sunday 16 September, 9am-5pm
 Monday 17 September, 9am-2pm

If you arrive at the train station outside of the minibus hours then you should follow the signposts to campus, which is just on the other side of the underpass. It takes on average 10 minutes to walk to your accommodation, and number 25 buses are free to travel across campus. If you have a lot of luggage then there is a bus stop outside Sussex House, at the front of campus.

Living on campus, arriving by coach

If you will be living on campus and arriving by coach, you will need to take a taxi to campus from the Old Steine taxi rank (just behind Pool Valley Coach Station) or a bus (25/28/29/N29). We do not recommend the bus option if you have lots of luggage.





Private-sector accommodation
 If you would like to explore what is available in the private rented sector as an alternative to University accommodation, you can use the online housing database, Studentpad, at www.yourstudentpad.co.uk

This also has a message board facility to allow you to get in touch with other new and returning students who may also be looking for housing.

Contact us

If you will be arriving late, or you have applied for accommodation but have not heard anything by mid-September, then please contact our Housing Office:

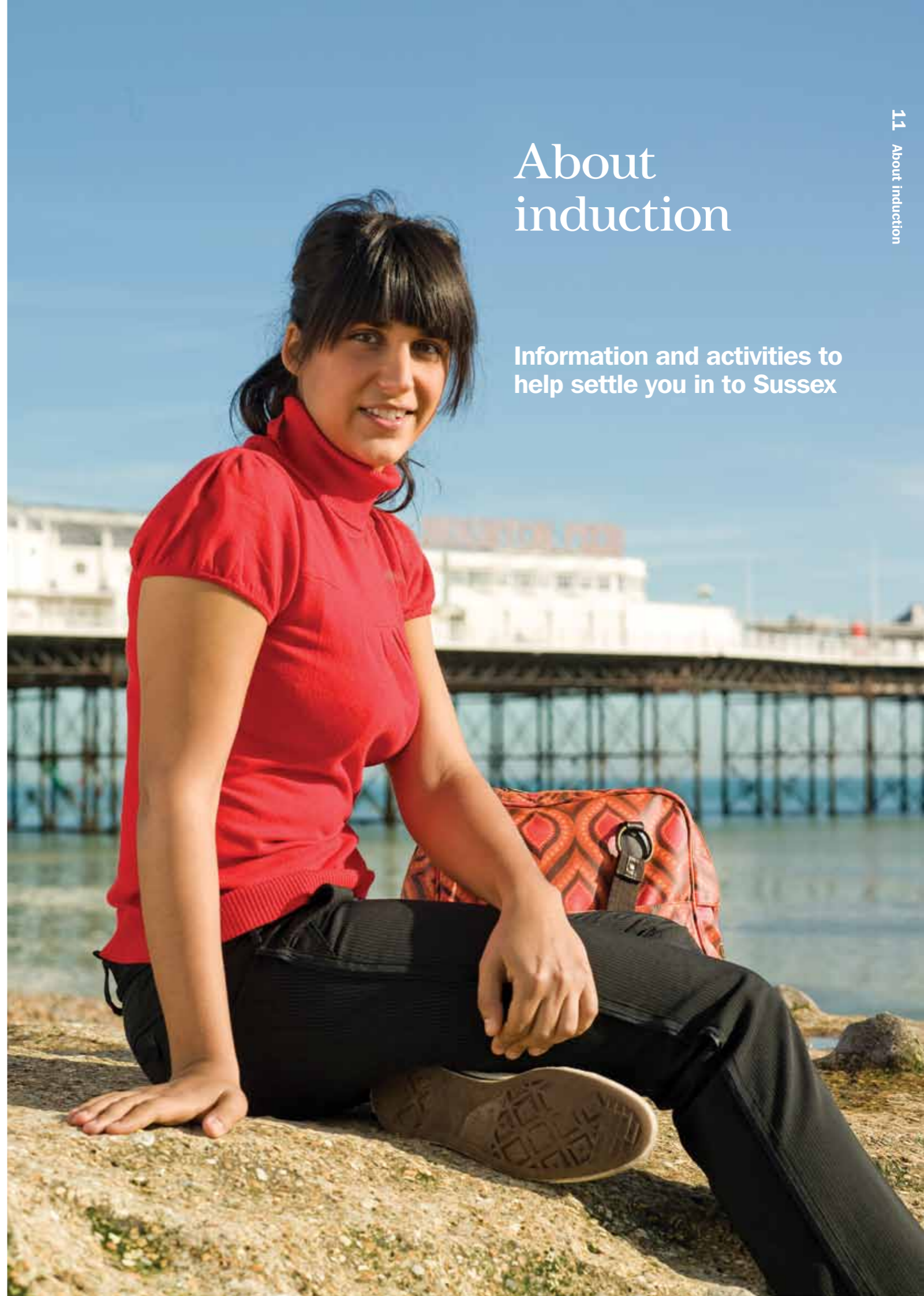
E housing@sussex.ac.uk
T +44 (0)1273 678220

For more details about all aspects of University housing, please refer to the website www.sussex.ac.uk/residentialservices which is regularly updated with the latest information, or to the Residence Handbook for your residence, which is sent out with the tenancy agreement (and is also available on the website).



About induction

Information and activities to help settle you in to Sussex



About induction

Induction is the timetable of academic and social orientation activities designed to help you ease into university life. During these activities you will meet your tutors and fellow classmates, find out important information about your chosen disciplines, hear about student services and facilities and start to explore the campus.



There is so much to do in your first few days that planning your time carefully is the key to making the most of everything that Sussex has to offer. Dividing your time carefully between academic and social activities will help you make the most of your experience and ensure you don't miss anything important.

As part of your induction programme there are a number of compulsory activities which you will need to attend in order to be fully part of life at Sussex. These are outlined below:

Induction talk

This is your first opportunity to meet fellow students who will be studying alongside you, as well as those who are studying other subjects within your school of study.

The University's Vice-Chancellor will formally welcome you to Sussex and give an introduction to the University and life on campus. The President of the Students' Union will explain all the services, activities and support available within the Union and how you can get involved.

You will also meet your Head of School and learn about the structure of your school as well as its aims, objectives and achievements. In addition, this session will give you an idea of the level of academic commitment required of you, and what support and guidance you can expect in return.

Getting connected at Sussex

During this session you will learn about the facilities offered by our Library, IT and Careers and Employability services on campus and find out how to use infoSuss (an online information literacy tutorial) and Sussex Direct (your personalised and

secure gateway to University information). Much of this induction is specific to Sussex, which is why it is essential that you attend.

Subject introduction

Your subject introduction is where you will meet the course tutors and administrative staff who will support you during your studies. You will also receive details of when you will meet your academic advisor; this is a tutor who you will meet with regularly during your time at Sussex to discuss your progress, review your marks and discuss issues relating to your academic performance. In addition, you will learn how to access your timetables, reading lists or handbooks.

Introduction to studying a joint degree at Sussex (for undergraduates only)

If you are studying a joint degree programme (for example Geography and a Language or History and Politics) this session will explain the special requirements linked to studying two disciplines at Sussex.



You can expect to receive plenty of information before and during your first few days on campus, but until then here are a few activities to put into what will soon be a very full social calendar.

Blog competition

Share your experiences to win £100!

Share your first memories and experiences with us by writing a blog throughout Welcome Weekend and Induction. Tell us about the highs... the lows... your first impressions... any new experiences... and just what induction has meant to you!

The judges will select one blog, which, in their opinion best illustrates the theme of the competition. In choosing their winner they will be looking for a blog which is focused, well-written and entertaining, as well as considering its originality, personality and interpretation of the brief.

The prize is a cheque for £100 for the best blog and more details can be found at www.sussex.ac.uk/induction

Firework finale and BBQ

Friday 21 September 2012
7.30pm, alongside the Attenborough Centre

Celebrate the start of the new academic year and ensure that your Fresher's experience ends with a flourish not a fizzle! With spectacular fireworks and tasty food it's a great chance to relax after a busy week - and to have some fun with your new classmates.

It could also help whet your appetite for the famous 5 November bonfire celebrations in nearby Lewes, when six competing bonfire societies parade the street with fireworks and flaming torches for the entertainment of 70,000 visitors - a great spectacle though not for the faint-hearted!

Getting connected

Information on campus services and the Students' Union, to help you start your studies and feel at home



IT Services

We provide a range of IT services to help you study successfully. To find out more about Sussex-specific facilities, make sure you attend your scheduled induction, *Getting Connected at Sussex*.

Getting started

An online introduction to the University's IT Services can be found by visiting www.sussex.ac.uk/its/welcome

You can also see our Facebook page [facebook.com/ITSSussex](https://www.facebook.com/ITSSussex) or follow us on Twitter @ITServices

When you register with the University you will receive a computer username and password that will give you access to all the computing facilities you will need for your course, including your own Sussex email address and file storage.

Using a computer at University

IT Services provides over 850 student computers giving access to the latest versions of Microsoft Office, specialist departmental software, printing across campus and the web which you can use for research, accessing learning resources and online course sites.

Using your own computer

If you are thinking about purchasing a computer before coming to University, Sussex-specific advice about compatibility and software can be found online (see above).

You will be able to connect your computer to the University campus network using a wired and WiFi connection in the residences and WiFi across many areas of campus.

Virus protection

When using your own PC on our network, it is essential that you have virus protection software installed and that you keep it regularly updated. We recommend that you use Microsoft Security Essentials – this is free, and you can find support and advice about it on our IT Services webpages.

Learning support

Students with specific learning needs or disabilities can take advantage of the assistive PCs in various locations around campus.

Start of term events

Getting Connected at Sussex

You will be scheduled to attend one of IT Services' introductory sessions as part of your induction (please check your timetable for the exact time as attendance is compulsory). These sessions provide vital information about IT services specific to Sussex so it's very important that you attend.

The sessions cover:

- using your Sussex filespace
- printing at Sussex and how to credit your printing account
- accessing your Sussex email on and off campus
- changing your password and setting email options
- using Sussex Direct – your personalised and secure gateway to University information
- using Study Direct – the system that is used to deliver e-learning
- using Sussex Mobile – a web app for your mobile phone
- where to find help with IT-related enquiries
- information about other free IT training courses
- useful hints and tips.

Drop-in help sessions

If you're living on campus you will be given information to help you connect your computer to the residential and wireless network. However, if you are unable to connect, you are welcome to attend one of our 15 minute drop-in sessions in IT Services, Shawcross:

Saturday 15 September 2-4.30pm
Sunday 16 September 10am-4.30pm
Monday 17-Friday 21 September 9.30am-5pm

You'll need to bring your laptop and power supply with you to the session.



The Library

The Library supports the University's learning, teaching and research. At the heart of campus, it offers 24-hour weekday access during term time.

The Library holds over 700,000 books and over 25,000 journals both print and online and provides the ideal place to study. The building provides a technology-rich, quiet study environment, with a variety of group and individual spaces over three floors.

Your Library induction

At your Getting Connected at Sussex induction session, you will learn about:

- how to find and use the Library
- its value to your studies
- how we can help you
- online subject guides to help you with your course of study at www.sussex.ac.uk/library/subjects
- InfoSuss, our information literacy skills tutorial www.sussex.ac.uk/library/infosuss
- the services we provide for researchers, including infoPlus, our online information skills tutorial for research postgraduates www.sussex.ac.uk/library/infoplus

What next?

- during Induction Week tours of the Library are available. For more information about dates and times, go to the Information hub in the Library or visit the Library website www.sussex.ac.uk/library
- look out for the Library Freshers' Fair stall and other events in the Library
- ask us a question using our instant messaging service
- look on the webpages for researchers at www.sussex.ac.uk/library/research
- look at our online guides at guides.lib.sussex.ac.uk
- keep up to date with Library news by following us on Facebook and Twitter www.facebook.com/sussexlibrary www.twitter.com/sussexlibrary



Training in tutoring and demonstrating for doctoral researchers

You may have a role as an Associate Tutor or Demonstrator as part of your studentship, or you may be offered this opportunity by your school of study at some stage during your time at Sussex. Preparation and support for these roles is provided by your school and by the Teaching and Learning Development Unit.

It is University policy that all doctoral researchers who are employed as Associate Tutors and Demonstrators, or who undertake teaching as part of their studentship, attend this training if they have fewer than three years' Higher Education teaching experience.

Some training may be available before your teaching duties start, but you will always have training and support in the first term that you teach.

Further details of the training available can be found by visiting the webpages below, or please email us if you have any other enquiries

E sattp@sussex.ac.uk

www.sussex.ac.uk/associatetutors

Turnitin

Turnitin is a service provided exclusively for students at Sussex to help with checking references and quotations in written work. The service will appear automatically on your list of Study Direct sites: as 'Turnitin – essay checking tool' if you are an undergraduate or a postgraduate student on a taught programme, or as 'Turnitin for doctoral researchers' if you are a doctoral researcher. Both these sites are designed for you to use successfully quite independently, and to answer your routine questions about referencing, but you should always take specific questions to your tutor or supervisor.

Royal Literary Fellows

The University also hosts two professional writers – Royal Literary Fellows – who offer one-to-one tutorial sessions to help with drafting and organising written work. You can find out more about the Fellows and how to book a session, by visiting www.sussex.ac.uk/tldu/studentskills/rf



Professional development for researchers

The Doctoral School cultivates an interdisciplinary environment in which doctoral researchers engage with their own professional development and with each other. Activities cater for all levels of expertise and experience, with access to resources, workshops and events provided through a single portal.

The Doctoral School aims to enhance research and professional skills, to enable researchers to complete their doctoral journey successfully, and to prepare researchers for whatever career path may lie beyond the doctorate.

For further details visit

www.sussex.ac.uk/researcherdev

Check out our blog at

www.doctoralschool.wordpress.com

Follow @SussexDocSchool on Twitter

www.twitter.com/sussexdocschool

Have a look at our facebook page

www.facebook.com/sussexdocschool

Careers and employability

Do you stand out from the crowd? The Careers and Employability team look forward to working with you from the first moment you come to Sussex!

Why so soon?

If you want to be employable when you complete your studies then it's in your best interest to use the service as soon as possible!

Our team of career professionals can help you to enrich your student experience and develop strategies and the evidence to wow employers or postgraduate study and training providers in the future. We help you to find opportunities suited to your skills, knowledge and interests. You'll find us in the Library and our services include:

- **Help with job hunting** – group and individual discussions to help you hone your approach whether this is for part-time work, internships and work experience or graduate jobs
 - **Web and on-line vacancy pages** – featuring part-time jobs, internships/work experience, finalist and graduate vacancies
 - **CV preparation and advice** – and help with researching potential employers
 - **Information** – on different types of work, career pathways, employers, further training and study
 - **The Employability and Career Accelerator programme** – a full programme of events and training opportunities, such as leadership and skills workshops – designed to introduce the Sussex Plus initiative and put you in touch with employers and professionals, from workshops to help you secure that first interview or help you develop your skills, to fairs and employer talks about graduate opportunities.
- We also look forward to welcoming our first-generation scholars to themed events and activities. These will be concerned with supporting your learning, personal development and paid work/summer internships to enable you to build the experience you require to enter different professional career pathways.



Sussex Plus: a success story to help you become employable in the 21st century

Whether you think you want to be the Chief Executive of a global corporation, set up a charity or a social enterprise, become a scientific researcher and write a ground-breaking book, find a way to travel the world with your work and be a journalist or stay in Sussex and make a difference to the local community ...it all starts with an idea in your mind. But how can you make these dreams a reality?

You need to get involved with Sussex Plus and do something new!

The Sussex Plus initiative will help you turn your experience at University to your career advantage, develop a range of skills by getting involved with the amazing opportunities across the University, with the Student Union and the local community.

Sussex Plus enables you to plan your personal development and review your learning so that you understand and feel confident about communicating your skills, knowledge and experience in the future.

Sussex Plus is for undergraduates and Masters students and encourages you to create a webfolio, which is like an online CV, but with so much more. You can scan in certificates and links to web pages. Include photos, details of projects you've completed, skills developed. Bring together your academic achievements, part-time work, volunteering, extra-curricular activities and life experience. Many Sussex students have used their webfolio to give them a competitive edge when applying for jobs, internships and work experience.

The Careers and Employability team looks forward to working with many more individual students, specific courses and programmes on Sussex Plus in 2012-13.

Study Success at Sussex

Academic skills – such as analytical critical thinking, presentation skills, essay writing, report writing, referencing and time management – become the employability skills employers look for when they recruit graduates. Study Success at Sussex is an interactive website especially designed to help you. The site includes online tutorials, video guides and tips from students and staff. We will be running Study Success at Sussex workshops to introduce you to this resource and to make sure you're prepared to study at Sussex. In the meantime you can take a look at the website by visiting:

www.sussex.ac.uk/s3

Where to find us

Careers and Employability Centre, The Library

T 01273 678429

E careers@sussex.ac.uk

www.sussex.ac.uk/careers

Stephen's perspective

'I like Sussex Plus because it allows you to create an interactive, dynamic CV to share with employers. The software is very easy to use and allows for customising and creativity, which helps to make each webfolio memorable rather than the standard black and white CV on two sides of A4. I found the suggestions and self-help guides very useful, because - while I'd extensively covered my academic and work life - I hadn't even thought about my personal life! It made me realise the gaps in my experience, and how much I could utilise from my life to sell myself to prospective employers. I would recommend it to all my friends.'

Stephen Greenaway
MEng Robotics



The Students' Union

From the moment you arrive at the University of Sussex, the Students' Union will kick-start your university life with a whole range of Freshers' activities and events.



The Students' Union is an independent organisation, democratically-run by students for students. The Union facilitates students in organising sport, societies, volunteering and media as well as supporting students through any problems and helping with campaigns.

The annually elected Students' Union officers ensure that there is student representation throughout the University community so that the student voice is heard. Membership of the Union is free and all students are members.

During Freshers' Week, the Students' Union Welcome Team will be running around in red tops to help you settle in and make sure you don't miss out on any of our Freshers' activities.

Freshers' highlights

There will be lots of Freshers' events to choose from, including alcohol-free events, family-friendly events and postgraduate events but the ones not to be missed are:

- **Freshers' Fair:** all the clubs, societies and volunteering opportunities in one venue, to make it easy for you to sign up for lots of activities. This year you'll also have the opportunity to pick up loads of free stuff from local companies – everything from free food to haircuts.
- **Freshers' Ball:** mark the end of Freshers' Week at the Freshers' Ball. With lots of great entertainers, you're guaranteed to get your university years off to an unforgettable start.

Socialising

Headline events aside, do make sure you also explore the venues on campus.

- **East Slope Bar:** the perfect place for a laid-back drink and bite to eat, and in the daytime, the patio makes it a great place to watch the world go by between lectures.
- **Falmer Bar:** the shortest of walks from the Library and a great place to grab hot meals on campus.
- **Falmer House common room:** newly-refurbished, this is a relaxed space with comfortable couches, WiFi and study spaces.

Shops

The Students' Union also runs the shop in Falmer House which sells an extensive range of lunchtime options, best value quality stationery and the famous Sussex hoodies and T-shirts.

The best thing about using these bars and shops is that all the profits go back into the Students' Union to help provide things like advice services and campaigns, as well as funding for sports clubs and other student activities.

Buddy scheme

The Students' Union runs a 'buddy scheme' which pairs current Sussex students with new incoming students (based on their preferences, such as interests, hobbies or course and so on) with the aim of helping students to interact and communicate during the transition into university life. This will be both a learning and cultural sharing partnership, with the current Sussex student 'buddy' providing new students with practical information, answers to initial questions as well as help with signposting to other relevant student services.

If you would like to be paired with a current Sussex student or would like to find out more, please visit www.sussexstudent.com/buddyscheme

Indi's perspective

I really enjoyed my time as a student at Sussex. I made lots of friends and fell in love with Brighton.

'It's exciting to now be involved in Freshers' Week as one of your elected officers and I hope everyone finds events and activities they enjoy.'

'We have events just for postgraduates, family-friendly activities, a range of alcohol-free events, fancy dress, arts events and more!

'I look forward to meeting you during Freshers' Week and the coming year.'

Indi Hicks
Welfare Officer
2012-2013





How to get involved in Freshers' events

You'll be sent some pre-arrival information so keep a look out for this in your letterbox. You can also check out the Union website www.sussexstudent.com, where you'll find a full schedule of events and links to other useful sources of information.

In addition, the Welcome Team (the ones in red tops) will be distributing flyers and posters throughout Freshers' Week to make absolutely sure you know what's going on.

If you have any questions about the Students' Union Freshers' Week events, email the Welcome Team at [E welcometeam@ussu.sussex.ac.uk](mailto:Welcometeam@ussu.sussex.ac.uk)

And if you're just too excited and can't wait to start making friends, join the official Freshers' Facebook group through www.facebook.com/thestudentsunion and chat to fellow freshers and Students' Union officers.

Advice and Representation

The Students' Union has its own Advice and Representation Centre which provides free, independent and confidential information, advice and representation for all students. If you need to talk to someone about a practical issue such as money, housing, employment – or if you have a complaint – the Centre should be your first stop. In addition to face-to-face advice services, the Centre has comprehensive information on the Union website, a phone you can use to make free calls to Student Finance England and a PC with a database of educational trusts and charities to which you may be able to apply for additional funding. If you feel there's a problem brewing, don't hesitate to get some advice.

The Students' Union also works to improve the university learning experience and helps to ensure that students get the best facilities, support and treatment possible. The Student Reps scheme ensures that student concerns, views and opinions are heard and acted upon, offering students the chance to have a genuine impact within the University.

Other Students' Union services include sport, societies, a lettings agency, volunteering opportunities, computer repair service and an events box office.

If you have any questions about the Students' Union or Freshers' Week, check out our website at www.sussexstudent.com or email the Students' Union at [E welcometeam@ussu.sussex.ac.uk](mailto:Welcometeam@ussu.sussex.ac.uk)

See you in September!



Where to eat

With so much to do in the first few weeks, you'll want to avoid creating too much washing-up in your new home. Here are details of where to eat out or grab ready-made snacks on campus.



- Eat in**
- Eat Central**
Bramber House, Ground floor:
- The Deli Bar**
Daily fresh made sandwiches, and an evening made to order menu service.
Monday-Friday 10am-10pm (last food order 9.30pm)
Saturday 9am-8pm
Sunday 12 noon-7.30pm
 - Chef's Centre**
Monday-Friday 7.30am-3.30pm
Saturday 8am-6pm
Sunday 12 noon-7.30pm
 - Grab and Go**
Pre-packed sandwiches, muffins, fresh fruit, drinks.
Monday-Friday 8am-10pm
Saturday 8am-8pm
Sunday 12 noon-7.30pm
- Dine Central**
Bramber House, First floor:
- Chef's Kitchen**
Lunch service
Monday-Friday 11.30am-2.30pm
 - Bar Central**
Coffee bar
Monday-Friday 10am-3pm
- Arts Piazza Café**
Located at the front of Arts A
Barista coffee and speciality teas plus a wide selection of sandwiches, panini, wraps, salads, cakes, pastries, fruit and yoghurt pots.
Monday-Friday 8.30am-6pm
- Bridge Café**
Pevensey 2, Level 1
Quiches, salads, sandwiches, big rolls plus a good vegetarian selection.
Monday-Friday 9am-4.30pm
- Chichester Café**
Chichester 1, Ground floor
Sandwiches, baguettes, hot and cold beverages.
Monday-Friday 9.30am-3.30pm
- Dhaba Café**
Arts C, Ground floor
Hot snacks, big rolls, salads, quiches plus a good vegetarian selection.
Monday-Friday 9am-4pm

- Doctor's Orders Café**
Brighton and Sussex Medical School, Ground floor
Sandwiches, rolls, toasted paninis and baked potatoes.
Monday-Friday 8.30am-3.30pm
- Library Café**
The Library
Hot snacks, jacket potatoes with various fillings, baguettes, sandwiches and bagels. Vending machines for hot and cold drinks plus snacks out of hours.
Monday-Thursday 9am-8pm
Friday 9am-4.30pm
Saturday 11am-4pm
- East Slope Bar**
All your pub favourites from burgers to jacket potatoes plus dishes from around the world, including curries and our tasty enchiladas. Excellent Sunday roasts and Chef's daily specials.
Food served Monday-Sunday 12 noon-9.30pm
- Falmer Bar**
Falmer House, Ground floor
Traditional pub food, daily specials, fabulous coffee and wide range of draught beer, local ales and spirits.
Food served Monday-Friday 12 noon-8.30pm
- Falmer Deli**
The original campus deli! Serving breakfasts, freshly made sandwiches, paninis and bagels, as well as super-healthy salads and smoothies.
Monday-Friday 9am-4pm

- On the go**
- Students' Union Shop**
Falmer House
Great range of 'grab and go' snacks, sandwiches, bagels, salads, vegan foods and coffee. Stationery and Sussex clothing/hoodies and souvenir items. Off-licence.
Open Saturday 15 and Sunday 16 11am-7pm and Monday-Friday 8am-10pm
- The Co-operative Food Store**
Bramber House
Extended fresh produce and chilled range. Butchery and in-store bakery. Snacks, sandwiches and drinks. Large Fairtrade range. Post Office. Off-licence.
Open seven days a week 7am to 11pm



Wellbeing and support

Information on personal wellbeing and study support



Support for you – and for your studies

We understand that starting any new course of study can seem quite overwhelming – even for postgraduate students who are embarking on higher degrees – so we put great effort into ensuring that your first (and future) terms go well and leave you feeling positive and confident.

Student Life Centre

Based at the heart of campus in Chichester 1, the Student Life Centre Team can help you make your way through University successfully, whoever you are and whatever problems you may encounter.

Feeling alone or struggling to settle in?

Something bothering you that you need to talk through?

Confused by University facilities, rules and procedures?

Concerned about personal issues, need someone to talk to in confidence?

Unsure how to get where you want to be in your life?

Dyslexia, disability, mental health and ASD support

The Student Support Unit is the base for the University's dyslexia, disability, mental health and ASD support services, offering advice and assistance to students with additional support needs.

Based in Pevensey 1, North-South Road.
Open 9am-5pm Monday-Thursday,
9am-4pm on Fridays.

T +44 (0)1273 877466
E studentsupport@sussex.ac.uk
www.sussex.ac.uk/sas/1-4-3-1.html

Student Life Advisors

The Student Life Advisors have the knowledge and experience of all non-academic aspects of the University so we can give guidance to ensure that you can resolve your difficulties. Student Life Advisors provide one-to-one advice and support on a wide range of issues and where you need expert help, we can refer you to other services quickly and smoothly.

Whatever the situation, the Student Life Centre will try to help or ensure we direct you to someone else who can!

Based in Chichester 1, you can contact the Centre in a number of ways:

Open Monday-Friday 9am-5pm, for you to drop by or make an appointment to meet a Student Life Advisor at a specific time that suits you via Sussex Direct. Alternatively, you can contact the Centre by phone, text or email.

T +44 (0)1273 876767
E studentlifecentre@sussex.ac.uk
www.sussex.ac.uk/studentlifecentre

Student Funding Team

Also based in the Student Life Centre, our Student Funding Team are available to contact about any funding queries, as well as general help and advice on funding and money matters including budgetary advice in our Money Doctors workshops.

You can ask us about:

- **Student Finance England**
Information such as the application process, amount you should be receiving and general advice and guidance. We also offer a SFE free phone so you can speak with SFE directly to resolve problems
- **Scholarships and bursaries and US Federal loan process**
Information, guidance and application forms for all undergraduate scholarships and bursaries including the Sussex Bursary and Chancellor's Scholarship, and all taught Postgraduate Scholarships
- **discretionary support to students in financial difficulty**
Including the Vice-Chancellor's Loan for students in short term financial difficulty, and the Access to Learning Fund and the Alumni Hardship and Opportunities Fund for students in more severe financial difficulty.

Student Advice and Representation Centre

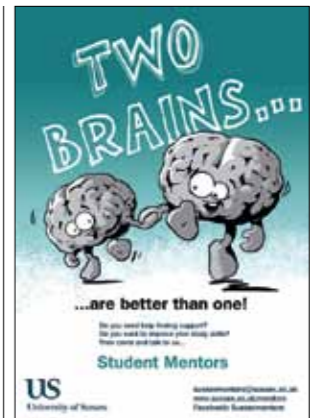
The Students' Union have their own team offering free, independent and confidential information, advice and support on a range of academic and non-academic issues. For more information see page 20.

Student Mentors

Student mentors are second year and third year undergraduate and postgraduate students who are here to help you succeed in your studies and to make the most of your time here at Sussex. There are mentors from each school and they have been trained to offer students advice and support on a range of issues:

- if you're feeling lost and unsure during the early months of university life
- if you want to talk through how to manage your time or improve your study skills
- if you want to be referred on the most appropriate source of support
- if you need help finding your way around the library or any part of the Sussex website.

Contact details for student mentors can be found at www.sussex.ac.uk/mentors



Safety, security and personal conduct

At Sussex, you will be joining a diverse and welcoming community who live and work on a well-supported campus. This section outlines the 24-hour services that you can call on, as well as the expectations that we have of you as a new member of the University.

Emergency telephones

There are a number of emergency telephones throughout the University that are easily recognisable. Telephones that are outside on campus will be lit up with either a blue flashing light or white light with the word 'emergency' illuminated. There is a telephone inside every building, normally by the main entrance, which is clearly marked.

24-hour security services

For any emergency, incident or accident on campus call the emergency hotline on extension 3333 or – from a mobile or external line – 01273 873333. Do not dial 999 (emergency vehicles are met by security personnel and guided to the required location. If security are unaware one has been requested a delay will occur in reaching the person requiring assistance). The emergency hotline is staffed 24 hours a day, all year round.

Our 24-hour security team, based at York House, can also be called on their non-emergency line on extension 8234 or 01273 678234 for the following services:

- first aid
- call out to campus residences in case of a disturbance or late-night noise problem
- advice on how to protect your personal belongings, your bicycle and your personal safety
- lost and found property.

Although our students consider campus to be a safe and unthreatening environment, our security team are always available to escort you across campus or to and from Falmer train station if you feel vulnerable out of daylight hours. To use this service, simply contact 24-hour security on 01273 678234 to agree a time and meeting point.

If you would like to be escorted from Falmer train station to campus, you are welcome to ring on arrival at the train station if you do not know your arrival time in advance – however, please be aware that you will then need to wait for at least 15 minutes while a security team member is sent out to you.

24-hour reception desk

If you are living in campus accommodation and cannot contact the duty porter for your immediate residences area, our 24-hour reception desk in York House can be contacted at any time of the day or night on extension 7020 (from student residence phones only) for assistance with the following:

- help with access if you have locked yourself out of your room
- support with electrical, water or heating problems in your flat or room.

Equality and diversity

As a student at Sussex we are expecting you to play your part in supporting the University in our commitment to promoting equality and diversity, providing an inclusive and supportive environment for all of us.

For our full equality policy, plus lots more information on campus-based and local area diversity groups please go to the equality website at www.sussex.ac.uk/equalities/documentsandpolicies

Living in University-managed residences

If you will be living in University-managed accommodation, you will receive a detailed pre-arrival handbook from our Residential Services team, which outlines – among many other things – all of the safety procedures and personal conduct policies that you will be expected to abide by as a Sussex student. Please make time to read that handbook carefully and keep it with you in your new home.



Looking after your health and wellbeing

We have a range of on-campus facilities to help you to look after your physical, mental and emotional wellbeing while you study.

Health and wellbeing

We care about your health and wellbeing while you're at university and encourage you to access information and support both on and off campus.

Top tips for keeping well:

- get registered with either our health centre on campus or with a local NHS doctor (General Practitioner)
- get vaccinations for meningitis, mumps and measles before you arrive
- get to know your flatmates so that you can support each other
- practice safe sex by signing up for a C-Card to collect free condoms on campus
- plan your shopping and eat well. Use the Tuesday fruit and veg market on campus
- experiment with the cheap recipes on our website
- get down to Sussexsport and sign up for the many sports/classes available
- manage your diet, alcohol intake and tobacco use. Have fun, but look after yourself!

E healthandwellbeing@sussex.ac.uk
www.sussex.ac.uk/studentlifecentre/wellbeing

Psychological and Counselling Services

Staff at PCS provide a free and confidential service to all Sussex students. Issues may range from academic difficulties to emotional, sexual, family and mental health concerns, as these may arise during the normal stress of student life.

Everyone contacting the Unit is offered an initial 30 minute interview at which problems and therapy options are discussed. Individual and group counselling, as well as cognitive behavioural therapy, eating disorder and substance misuse programmes, are included in the range of interventions offered. Workshops on Stress Management, Understanding Depression and Being Confident run throughout the year.

For more information, please contact us:

T +44(0)1273 678156

E counsellingreception@sussex.ac.uk

www.sussex.ac.uk/counselling

The Health Centre

The Health Centre on campus provides medical care under the National Health Service (NHS). This is available to all Sussex students living in the Brighton area or on campus, who have registered with the Centre on arrival – including students from overseas who are studying a full-time programme of six months or more.



Doctors Surgery

- appointments with NHS doctors and nurses
- telephone consultations and emergency home visits available.

Dentist

- NHS treatment available
- appointments with dentist and hygienist.

Pharmacy

- prescription service
- over-the-counter medicines.

Sport, fitness and wellbeing – with Sussexsport

Sussex has excellent sports facilities, offering a wealth of opportunities. We cater for diverse interests and levels of ability. Getting involved in sport is a good way to try out new things, improve your skills and make new friends while you are doing it.



Sussexsport's facilities are available to all Sussex students. Access to these facilities is via either membership or pay and play. Memberships operate on a gold, silver and bronze basis and offer great value for money. The membership categories include the following:

Annual gold membership (£165)

- unlimited fitness room use at peak and off peak times
- a fitness room introduction
- one health and fitness assessment
- one fitness programme
- unlimited group exercise classes
- free court hire for all racket sports at peak and off peak times
- 10 per cent discount on courses throughout the year
- and up to two weeks advance bookings including online.

Three month gold membership (£85)

- unlimited fitness room use at peak and off peak times
- a fitness room introduction
- one fitness programme
- unlimited group exercise classes
- free court hire for all racket sports at peak and off peak times
- and up to two weeks advance bookings including online.

Annual silver membership (£130)

- unlimited fitness room use at off peak times only. Access to the fitness room during peak times will cost £4.20 per session
- a fitness room introduction
- one fitness room programme
- unlimited group exercise classes
- free court hire for all racket sports at off peak times only
- and up to 10 days advance bookings including online.

Annual bronze membership (£20)

- discounted access to our facilities
- a fitness room introduction
- and up to one weeks advance bookings including online.

Non-members

You can still access our facilities and classes as a non-member by paying full prices.

Sports facilities

Sport and exercise facilities are located on two main sites – the Sport Centre at the south end of campus and the Falmer Sports Complex. Facilities include:

Sport Centre

- two sports halls
- dance studio/Dojo
- fitness room with Life Fitness Circuit Series
- four glass-back squash courts
- therapy room.

Monday-Friday 9am-10pm
Saturday 9.30am-6pm
Sunday 9.30am-9pm
T +44 (0)1273 678228

Falmer Sports Complex

- newly refurbished state-of-the-art air-conditioned fitness room
- new strength and conditioning room
- a floodlit artificial turf pitch
- grass soccer, rugby and cricket pitches
- six hard tennis courts.

Monday-Friday 7.30am-10pm
Saturday and Sunday 9am-6pm
T +44 (0)1273 877125

Drop-in group exercise classes

Drop-in group exercise classes are an excellent way to maintain and improve your fitness, health and well-being. With a gold or silver membership you get unlimited access to all group exercise classes or you can access these on a pay-and-play basis. We run over 25 drop-in group exercise classes a week including spinning, boxercise, yoga, mountain biking, H.I.T and the very popular zumba classes. Details of all our classes can be found at www.sussexsport.com

For more information, email t.cooper@sussex.ac.uk or visit www.sussexsport.com

Sports bursaries

To ensure we know who our talented sports men and women are, Sussexsport is keen to hear from all students who have played or currently play at county level or above. If this is you, then please contact Luke Terrill at the email below so we can try to provide you with as much sporting advice and help as possible during your time here.



Sports bursaries are offered to talented students who have reached national representative standard in their chosen sport. Students will receive access to a comprehensive support package including:

- free use of facilities
- fitness testing
- fitness programmes
- sports injury support
- links to external clubs
- student mentoring
- financial support
- car parking privileges.

For a Sports Bursary application form or for further information about sport at Sussex generally, please contact Luke Terrill:

T +44 (0)1273 678228
E l.o.terril@sussex.ac.uk

Student sports clubs

If you take sports seriously, you may want to join one or more of the specialist clubs organised through the Students' Union. Sports are the largest and one of the most active student groups on campus, supporting a combination of over 30 different teams and sports clubs. Most clubs provide coaching and instruction and take part in British Universities and Colleges Sport (BUCS) competitions as well as local Sussex leagues. Our basketball, volleyball, football, fencing and ultimate frisbee teams have all achieved a measure of success in recent years.

For a comprehensive list of active sports clubs and teams, check the Union website at www.sussex.ac.uk/studentsunion

Intra-mural/inter-residences sport

Intra-mural/inter-residences sport is designed to promote 'participation through sport' to help develop friendships between fellow students within your own and other halls and areas of study. Students of all abilities are encouraged to participate, as well as those, for a variety of reasons, unable to play regular inter-university sport. Activities include indoor 5-a-side football, outdoor 6-a-side football, squash leagues, badminton leagues, and one-off tennis, rounders, dodgeball and futsal tournaments.

For more information, please visit www.sussexsport.com

Martial arts

The martial art clubs listed below train in the Dojo which is situated at the Sport Centre. All these clubs are open to University of Sussex students. Further details on each of the clubs are listed below.

Shaolin Kung Fu

Shaolin Nam Pai Chuan Kung Fu (North South Fist) is an ancient style of Kung Fu that has its roots in the traditional martial arts practised over 2,000 years ago. Training will help you to become fitter and more fluid and co-ordinated in your movement, while at the same time providing valuable self defence experience. You will also study Chi-Gung breathing exercises.

Kickboxing

Kickboxing is a sport that combines both western boxing and eastern martial arts. Becoming a member of this club will offer you the opportunity to increase your fitness, build your confidence, learn practical self defence and increase your co-ordination and flexibility. Regular gradings are available so that you have the opportunity to progress through the grading system.

Integrated martial arts

This club pursues self defence as a priority for both men and women. It will train you to be able to: generate rapid massive impact with the arms and legs with Muay Thai kickboxing drills; clinch and control an opponent; use relaxed and effortless movement for locks, use throws and escapes; use ground fighting skills and pressure points. The club will help to strengthen every muscle in the body, legs and arms and provides aerobic, anaerobic and plyometric exercise, while developing flexibility and co-ordination

Judo

This club is open to students of all abilities from complete beginners to established judo enthusiasts. The club is supported by The British Judo Association.

All students are able to take advantage of a £20 newcomer package including 6 free lessons, a judo suit, a grading and a years BJA membership and insurance.

Felix's perspective

'Before buying a gold membership, I found myself going to the gym on a monthly basis. Now that I have the gold membership I go on a daily basis – just having a break from work at uni and cycling for 35 minutes, then doing muscle exercises for the remaining 25 until the hour is up. I find myself fitter than before and waking up with a better feeling after having pushed myself physically. It is not only a way to get fit, to get my heart fit, but also to feel less tense in myself and let stress out. The gold membership is totally worth it.'

Felix Roscam-Abbing
LLB Law with
Contemporary
European Studies



US University of Sussex **sussexsport**

E sussexsport@sussex.ac.uk
www.sussexsport.com
www.facebook.com/sussexuniversitiesport

Shopping for food

There are a range of food services, specialist food stores and supermarkets both on campus and in the local area.



The Co-operative Food Store (campus)

Bramber House

Open:
Seven days a week 7am-11pm

Each year the Co-op provides part-time on campus employment to over 100 Sussex students.

Lidl

T 0870 4441234
45 Arundel Road, Brighton BN2 5TB

Open:
Monday-Saturday 8am-10pm
Sunday 10am-4pm

By bus: service 23 runs between the University and Royal Sussex County Hospital on a frequent basis. From the hospital it is a five-minute walk down Eastern Road to the store.

By car: as you exit the campus, follow directions for Woodingdean (B2123). Continue through Woodingdean to Rottingdean. At the traffic lights near the seafront, turn right onto Marine Drive and continue on the A259 (signposted Brighton). Continue past the Marina and turn right onto Arundel Road. After a short distance, Lidl is visible on your left.

Sainsbury's

T 01273 674201
93 Lewes Road, Brighton BN2 3QA

Open:
Monday-Saturday 8am-10pm
Sunday 11am-5pm

By bus: services 23 and 25 run between the University and Sainsbury's on a frequent basis.

By car: as you exit the campus, follow directions for Brighton City Centre (A270). Sainsbury's is located about two miles south of the University, on the A270, on the right hand side of a complex junction (signposted as the Vogue Gyatory). The supermarket is clearly signposted but getting into the correct lane can be tricky.

Waitrose

T 01273 32654
130-134 Western Road, Brighton BN1 2LA

Open:
Monday-Friday 7.30am-10pm
Saturday 7.30am-9pm
Sunday 11am-5pm

By bus: service 25 runs between the University and Waitrose on a frequent basis.

By car: as you exit the campus follow the signs for Brighton City Centre (A270) follow Lewes Road along to Old Steine and at the roundabout at the

seafront turn right onto the A259. Turn right onto Preston Street then left onto Western Road and Waitrose will be on the right.

Tesco

T 0845 6779420
Brooks Road, Lewes BN7 2BY

Open:
Monday-Saturday 6am-midnight
Sunday 10am-4pm

By bus: service 28 runs from the Lewes Road bus stop near the mini-roundabout at the traffic exit from campus. The service runs regularly during the day, Monday to Saturday and provides a direct route between the University and Tesco. The journey takes about 20 minutes.

By train: Lewes is very easy to reach by train, as it is just one stop from Falmer. The Tesco store is a 15-minute walk from Lewes railway station.

By car: as you exit the campus, follow directions for the A27 to Lewes. Turn left at the second roundabout which takes you towards Lewes from the north, through the Cullfail Tunnel. Bear left towards Lewes town centre and, after a very short distance, the supermarket is visible on your right.

Asda

T 01273 606611
Brighton Marina BN2 5UT

Open 24 hrs a day from:
Monday 7.30am-Saturday 10pm
Also open Sunday 11am-5pm

By bus: service 23 runs between the University and Brighton Marina on a regular basis.

By car: on leaving the campus from the roundabout at the top of Knights Gate Road take the second exit, at the next roundabout take the second exit onto the B2123 signposted to Woodingdean and Rottingdean.

Follow this road until you reach a set of traffic lights in Rottingdean near the sea front. Turn right onto the A259 towards Brighton. This road will take you to the Marina, which is approximately 3 miles further on, on the left hand side of the road.

Useful contacts

Sussex has over 2,000 academic and support staff who work to support the university experience of our students. This section provides a guide to the some of the key teams you may want to contact before and after you arrive.



University switchboard

T +44 (0)1273 606755
Open 9am-5.30pm
Monday-Friday

For queries relating to admissions and registration:

Admissions Office

Our reception area in Sussex House is open from 10am-4pm Monday-Friday in term time. Please note the office closes for lunch between 1-2pm.

Undergraduate admissions:

T +44 (0)1273 678416
Lines are open Monday-Friday
10am-1pm and 2-5pm
F +44 (0)1273 678545
E ug.applicants@sussex.ac.uk

Postgraduate admissions:

T +44 (0)1273 877773
Lines are open Monday-Friday
10am-1pm and 2-5pm
F +44 (0)1273 678545
E pg.applicants@sussex.ac.uk

International and Study Abroad Office

Located in the Friston Building, contact this office for all international student enquiries other than those related directly to admissions and registration.

Our term-time opening hours are 10am-4pm, Monday-Friday. See page 4 for our opening hours over Welcome Weekend and Induction Week.

T +44 (0)1273 678422
F +44 (0)1273 678640
E international@sussex.ac.uk

Personal and financial support services:

Nursery and Pre-school

The University runs childcare facilities for staff and students, taking children aged four months to five years.

T +44 (0)1273 678356 (mornings)
+44 (0)1273 877956 (afternoons)

www.sussex.ac.uk/childcare

Council Tax

You can work out whether you are likely to be eligible for Council Tax exemption and how to apply for it by going to

www.sussex.ac.uk/sas/counciltax

Meeting House and Chaplaincy

Information on the University's centre for spirituality, social action, counselling, music and prayer is available at www.sussex.ac.uk/chaplaincy



Residential Services

The Housing Office is located in Bramber House. Opening hours are as follows:
Saturday 24 and Sunday 16 September 10am-6pm
9.30am-4.30pm weekdays (closed for lunch 1-2pm every day except Wednesday)

T +44 (0)1273 678220

F +44 (0)1273 678696

E housing@sussex.ac.uk

www.sussex.ac.uk/residentialservices

Student Accounts

This is the office to contact for queries relating to fees and payment methods. At busy times priority is given to telephone callers rather than in-person visitors to Sussex House.

T +44 (0)800 849 4979

Lines are open Monday-Friday

10am-1pm and 2-4pm

F +44 (0)1273 877367

E studentaccounts@sussex.ac.uk

www.sussex.ac.uk/finance/students

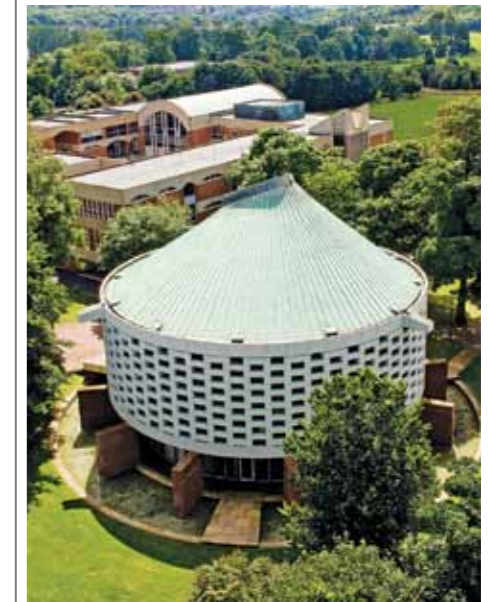
Sussex Regional ACCESS Centre

Sussex Regional ACCESS Centre is an accredited centre for carrying out needs assessments for students applying for the Disabled Students Allowance. Specialist IT training is also available. Based in Lancaster House.

T +44 (0)1273 678497

E srac@sussex.ac.uk

www.sussex.ac.uk/srac



Brighton

The city of Brighton & Hove really does have everything: sun, sea, brilliant clubs, great places to eat, fabulous shops and a truly cosmopolitan atmosphere. And, since students form 15 per cent of the population, you can be confident that you'll find plenty to satisfy your needs. This is your beginner's guide to getting out and about in your wonderful new city.



Culture

If you're a culture vulture, Brighton is definitely for you. Highly creative, the city has a truly diverse cultural scene with a wealth of theatres, galleries and cinemas.

Theatre Royal Brighton

New Road BN1 1SD
T 08448 717650

Two centuries old, with a resident ghost, this is the venue for pre-West End premieres and big shows.

The Dome/Corn Exchange/Pavilion Theatre

New Road BN1 1UG
T 01273 709709

All being well, you'll be guaranteed your own spot on the stage at the Dome when you successfully complete your degree and attend our graduation ceremony. Before then, this is the place to go for dance, music and comedy events.

Komedia

Gardner Street BN1 1UN
T 0845 293 8480

If you're into cutting-edge cabaret, award-winning comedy and an eclectic mix of live music, there's bound to be something to interest you at Komedia.

Duke of York's Picturehouse

Preston Circus BN1 4NA
T 0871 902 5728

The oldest purpose-built cinema in Britain, showing art-house and foreign films alongside quality mainstream blockbusters. Also serves great coffee and cakes!

Brighton Museum and Art Gallery

Royal Pavillion Gardens BN1 1EE
T 03000 290900

With a range of galleries featuring fashion and style, twentieth-century art and design, and world art the Museum and Gallery will appeal to all ages.

Brighton Festival

The highlight of the cultural year is the annual Brighton Festival. Held in May, it's England's biggest arts festival, attracting hundreds of performers to its three-week stint. This is your chance to catch internationally renowned musicians, dancers, poets and writers. Complementing the mainstream festival is the Brighton Fringe, a heady mix of comedians, artists, speakers and street performers who spill out into the parks and onto the streets, entertaining the city night and day.

Something for everyone

And when the Festival finishes there's always the London to Brighton Bike Ride, the Veteran Car Run, Paddle Round the Pier, the Brighton Marathon, the Pride Festival, the Brighton Comedy Festival and the Burning the Clocks parade.



Food

Whether you're a gourmet or a fast food addict you'll find plenty to suit your palate in Brighton. There are over 400 restaurants – more than anywhere in the UK outside London – but here are just a few popular time-honoured destinations:

Preston Street

Running vertically between the seafront and Western Road (the main high street which runs through Brighton into Hove), Preston Street is lined on both sides with restaurants and take-aways offering cuisine from around the world.

Market Diner

19 Circus Street BN2 9QF
T 01273 608273

Getting through this all night cafe's infamous 'Gutbuster' fry-up has become a rite-of-passage for generation after generation of Sussex students.

Terre à Terre

71 East Street BN1 1HQ
T 01273 729051

Nationally renowned vegetarian restaurant, serving stylish and innovative food in a relaxed, modern environment.

Fresh air

There's Brighton beach and the pier of course, but you're only a short bus ride away from some of the most beautiful countryside England has to offer. Devil's Dyke is a great place to enjoy breath-taking views of the South Downs, while nearer to campus Stanmer Park has acres of open space and a traditional tearoom that should go down well with your family when they visit.

Nightlife

When the sun sets, Brighton's legendary nightlife kicks in. The city boasts over 200 pubs and bars. Start at the seafront's Fortune of War for a great winter warmer to celebrate your first term at Sussex.

If you're planning on staying out until the early hours you'll find plenty of choice in Brighton's many nightclubs. Home of Nick Cave and Bat for Lashes, the music scene is a way of life in Brighton and with clubs like Oceana, Audio and The Honey, you won't be short of somewhere to go for some serious dancing. And don't worry about missing out on anything – you'll be handed flyers at every street corner.

Places to stay

Being based near Brighton you can expect more frequent visits from friends and family than students at most other British universities. The best hotel availability search engine for the city can be found at www.visitbrighton.com but remember that the University maintains a list of approved hotels and guest houses with which we have negotiated special rates for our students' family members. This list can be found at www.sussex.ac.uk/aboutus/findus/wheretostay

Shopping

When you're in need of retail therapy Brighton can satisfy even the most jaded credit card addict. Big name stores can be found in Churchill Square shopping centre, but if you're looking for something slightly off-beat, visit the North Laine, a laid-back area of independent clothes shops, cafés and record shops (not to be confused with the up-market Lanes area with its cobbled alleyways of exclusive fashions and expensive antiques).

Local travel

Regular number 25 buses run seven days a week between Brighton and the campus, as do trains between Brighton station and the Falmer stop at the edge of campus.

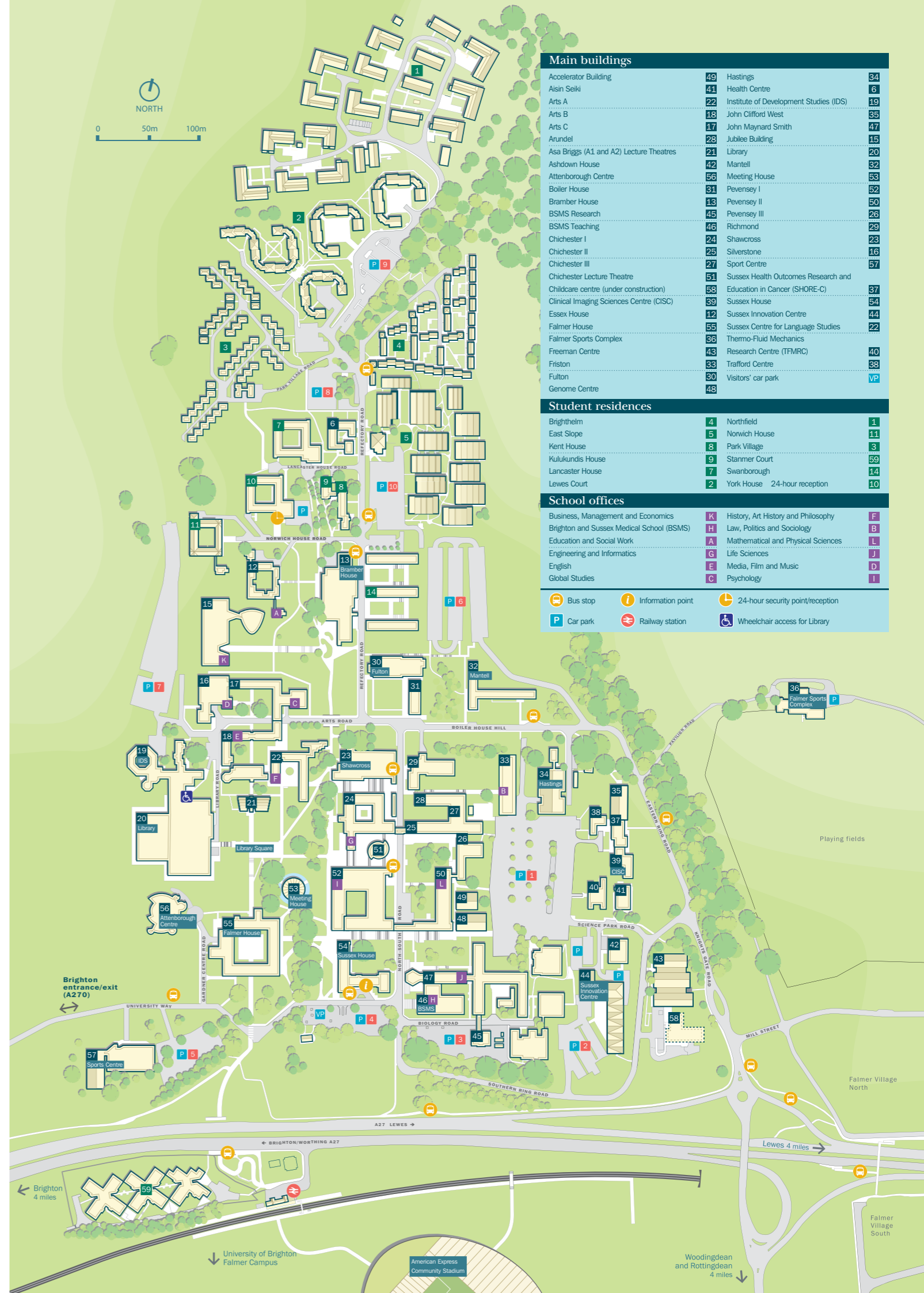
Brighton Streamline Taxis offer good rates between Brighton and campus, and can be called on 01273 747474.

(For more information on local transport, please see page 3.)



Brighton map

Now you have some ideas for where to go, here's a map to help you find your way.



Student Recruitment Services

University of Sussex

Sussex House,

Falmer Brighton

BN1 9RH UK

T +44(0)1273 876787

E induction@sussex.ac.uk

www.sussex.ac.uk

Celebrate with us Vice-Chancellor's Welcome Reception

Saturday 15 September 2012
2-2.45pm, 3.15-4pm, 4.30-5.15pm

or

Sunday 16 September 2012
2.30-3.15pm

The Vice-Chancellor and senior officers of the University are looking forward to welcoming you and your guests to Sussex.

(See page 4 for further details)

The logo consists of the letters 'US' in a large, white, serif font.

University of Sussex