

WELCOME WEEK GUIDE

WELCOME



TO

SUSSEX

US

UNIVERSITY  
OF SUSSEX

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# Welcome

**Congratulations, you made it to Sussex!**

**We have lots of events throughout Welcome Week to help you settle into your new life here. This booklet will provide you with everything you need to know to get started.**

This year, we have gone the extra mile to create new and exciting events to welcome you, both virtually and on campus. The activities have been created together with a team of talented students – our Student Connectors. And that goes for our information too – whether you want to know about on-campus facilities, Covid-19 safety, transitioning to university, student life, or things to do in Brighton, we have you covered.

As well as orientation, the aim of Welcome Week is to give you time to prepare for your studies. There are some essentials you'll need to complete, such as registration, and making sure you've got your student ID card. You may also have admin to do, including sorting finances and tying up any visa matters.

Welcome Week is not a typical week, so try to relax and take it at a pace that suits you. And if you have any questions, Sussex staff and Student Connectors are on hand to help – you'll spot them on campus or can find out more at **[student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)**

## HELP

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If you have questions about any aspect of university life or just need help finding your way around, look out for our colourful beach huts that will be set up around campus with staff and Student Connectors present to help.

There will also be online help through webchats on UniBuddy and panels on Zoom. Check your Welcome Week timetable for more information on these sessions.

## ASK ME

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In your first couple of weeks you may have times when you feel a bit anxious or unsure. Look out for members of staff all around campus wearing orange 'ask me' badges. You can stop them at any time to ask a question.



## REGISTRATION

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It's really important to complete your registration. Registering is an essential first step because it makes you an official member of the University. It also:

- gives you a Sussex username and password
- opens your Library account, and
- gives you membership of the Students' Union.

It's likely that you will have completed registration before Welcome Week but if you didn't, don't panic. Try to complete it as soon as you can at [direct.sussex.ac.uk/register](https://direct.sussex.ac.uk/register)

## TIER 4 INTERNATIONAL STUDENTS

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For information about getting your Biometric Residence Permit (BRP) after you arrive in the UK, select 'visas and immigration' at [student.sussex.ac.uk/international](https://student.sussex.ac.uk/international)

## STUDENT ID CARD

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You should have already received your student ID card/Library card in the post at your home address. If you haven't, log in to Online Registration to make sure all of the steps have been completed. If you need to contact someone, please check the content-specific details in Online Registration.

If you normally live outside the UK, your student ID card will be posted to your nominated UK address. If you have a Tier 4 visa, you should receive it with your Biometric Residence Permit once you have completed registration.

# ESSENTIALS

## WELCOME TO SUSSEX

### WELCOME WEEK TIMETABLE

Your Welcome Week timetable contains your full calendar of events and talks. Find it at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)

### GETTING ONLINE

The campus Wi-Fi is called **eduroam**, and you need to go through several steps to connect. You will need your Sussex username and password.

To find guidance for your phone, tablet or computer, visit [sussex.ac.uk/connect](https://sussex.ac.uk/connect) or connect to the Wi-Fi network called **sussex-wifi-setup**

It may be helpful to download the Microsoft Office 365 email app so that any important information that you receive on your Sussex email can be sent as a notification directly to your smartphone. Alternatively, you can merge your mailboxes on your smartphone, so all your mail comes into your mail app.

### YOUR SUSSEX EMAIL

When you get your Sussex username and password, this sets up your Sussex email account. We will only contact you on your Sussex email address. This is your username followed by @sussex.ac.uk (for example, abc123@sussex.ac.uk).

You can access your email by visiting **outlook.office.com** and logging in with your Sussex email address and password. To receive your Sussex email on your phone, install the Microsoft Outlook app. Alternatively, you can access your email online at **webmail.sussex.ac.uk**



BIENVENUE Bienvenue croeso

WELCOME welcome WELCOME

come 欢迎 willkommen

# Get Started

Welcome week is all about getting a smooth start to the academic year, and our help and advice has been tailored to our current circumstances. Whether you start the term mostly on or off campus, getting involved will help you become much more familiar with your academic facilities, School and course. And if you are not from the UK, you can also get information that will help you adapt to a new or different culture.

This is the week to learn how everything works. You can do this by attending your Welcome Week talks, asking questions, virtually touring the facilities, exploring the online guidance or just getting settled.

## SCHOOL WELCOME EVENTS

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School welcomes will be in your Welcome Week calendar and you are expected to attend these sessions. These events will give essential information to help you start your course. There will also be 'pick and mix' time blocks where you can choose what to go to.

## 'NEW TO THE UK' TALKS

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If you've come to Sussex from outside the UK, these talks are for you. They are full of advice to help you settle and adjust to the UK and Sussex life. You will need book these sessions through your Welcome Week calendar.

## ACCESSING ONLINE RESOURCES

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Visit the Library homepage at [sussex.ac.uk/library](https://sussex.ac.uk/library) for more information on library resources, including how to make the best use of the library facilities for your subject area and one-to-one tutorials.

The online Skills Hub also provides lots of advice and workshops to support your academic study skills: [sussex.ac.uk/skillshub](https://sussex.ac.uk/skillshub)

## WELCOME TO SUSSEX: TOURS AND TUTORIALS

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Get familiar with Brighton and campus through our videos and virtual tours via the Welcome portal at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students). This includes library tours, campus tours and the best places to visit in Brighton. You can also check out the videos our students have made about life at Sussex.

## COURSE ESSENTIALS: CONNECT, READ, LEARN

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Course essentials include library tours, course inductions, and meeting your tutor. These will give you the chance to gain insight into ways of working online, doing your reading, attending seminars and connecting with tutors and classmates.

## STARTING YOUR DOCTORATE?

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Visit our Doctoral School pages for advice and additional welcome information at [sussex.ac.uk/internal/doctoralschool/new-doctoral-researchers](https://sussex.ac.uk/internal/doctoralschool/new-doctoral-researchers)



WELCOME TO SUSSEX

# Get Settled



Head over to your Welcome Week timetable to see the full list of events available to you. Each day this week will be focused on a different aspect of your student life.

## **MONDAY – WELCOME TO THE UNIVERSITY**

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Our big welcome to Sussex! This includes Student Panels, Support Sessions and Fears and Dreams activities. Get settled into Sussex, explore the campus, chat to students and ask any questions you may have during our panel sessions.



## WELCOME TO SUSSEX

### TUESDAY – YOU AND YOUR COURSE

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Time for you to focus on your course and get all the necessary information you need before you start. There will be a lot of important information about how your course will run, what online learning will look like and what tools you are likely to use. For PhD students, you'll also have an induction from your Doctoral School.

### WEDNESDAY – YOU AND YOUR SUPPORT

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Here's your opportunity to get a better insight into the various support services the University provides. Meet your academic advisor, tutors, and get to meet your course mates.

### THURSDAY – YOU AND YOUR PROGRESS

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If you have any questions or worries about the change from school/college to university, this day will bring you up to speed on the academic differences between school/college and university. Find out about the grading system at university, what you can expect from seminars, and how your assessments will be evaluated.

### FRIDAY – YOU AND YOUR STUDENTS' UNION

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This is our final, action-packed day with the Students' Union. Here's your chance to explore the hundreds of societies you can join, and find out what work your Union does at Sussex. You can also check out Falmer House, the cafés and bars, and chat to the Students' Union Officers about ways to get involved.

Access the full Welcome Week timetable at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)





You pay your tuition fees and accommodation fees as part of the registration process. If you're paying fees via a student loan, this will be reflected in the Online Registration.

If you have a scholarship but it is not showing up in the Online Registration, please email the scholarships team at [scholarships@sussex.ac.uk](mailto:scholarships@sussex.ac.uk)

# MONEY

Student Loans loans for living expenses are activated once you have completed Online Registration and your ID card is mailed to you. **You should receive funds, in the account you have selected when you applied for your loan, on the first day of term or within three working days.**

You need to make sure that you have enough money to see you through to when your loan arrives. If you're struggling to manage, please ask for support and advice at the Student Life Centre at [sussex.ac.uk/studentlifecentre](http://sussex.ac.uk/studentlifecentre)

## BANKING

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There's a Barclays Bank on campus, located at Sussex House. There are also five ATMs on campus: two at Barclays Bank, two in Bramber House (outside the Co-op) and one inside the entrance to York House. The Post Office in Bramber House also provides some banking services. For information on setting up a bank account, select 'when you arrive' at [student.sussex.ac.uk/new-students](http://student.sussex.ac.uk/new-students)

## BUDGETING

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Use our cost-of-living table as a guide to how much you are likely to spend. Visit [sussex.ac.uk/study/fees-funding](http://sussex.ac.uk/study/fees-funding)

You can also get advice on money matters and budgeting at the Student Life Centre or from the 'Settling in' pages at [student.sussex.ac.uk/new-students](http://student.sussex.ac.uk/new-students)

Your accommodation is your home away from home. We know that living with new people can be a challenge and your Residential Life Connector can support you in dealing with any welfare issues that might arise.

You'll receive a welcome email from your Residential Life Connector with their details and you'll meet them at your kitchen meeting. You can find out more information by selecting 'Get help and support' at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)



# HOUSING

## STUDENT TIPS FOR YOU

Here's a piece of advice from one of our own Residential Life Connectors:

"Moving into your University accommodation for the first time is an exciting and big step so remember if you feel nervous, anxious, or even completely unprepared then that's absolutely fine! There is plenty of help and support to help you settle in, have an unforgettable university experience, and remember everyone is in the same boat! A top tip is to unpack early. As you'll be busy getting to know our wonderful campus and the surroundings, meet new people and make life-long friends, it's a good idea to make your place as comfortable as possible from the get-go!"

We know it is important for you to customise your space and make it your own. If you would like to buy furnishings, bedding or kitchen items, you can order items online from IKEA and get it delivered directly to campus. You can also head into Brighton and check out the plant shops, the North Laine area, or the Open Market to get any other things you want to put in your room.

### Access

- Primary pedestrian route
- Other pedestrian route
- Road with pavement
- Cycle route
- Step-free route
- Entrance (wheelchair accessible unless wheelchair-user entrance label on building)
- Wheelchair-user entrance
- Steep slope (gradient)
- Steps (number of steps)
- Lift

### Transport

- Bus stop
- Railway station
- Car park
- Number of disabled parking spaces
- Car park under construction

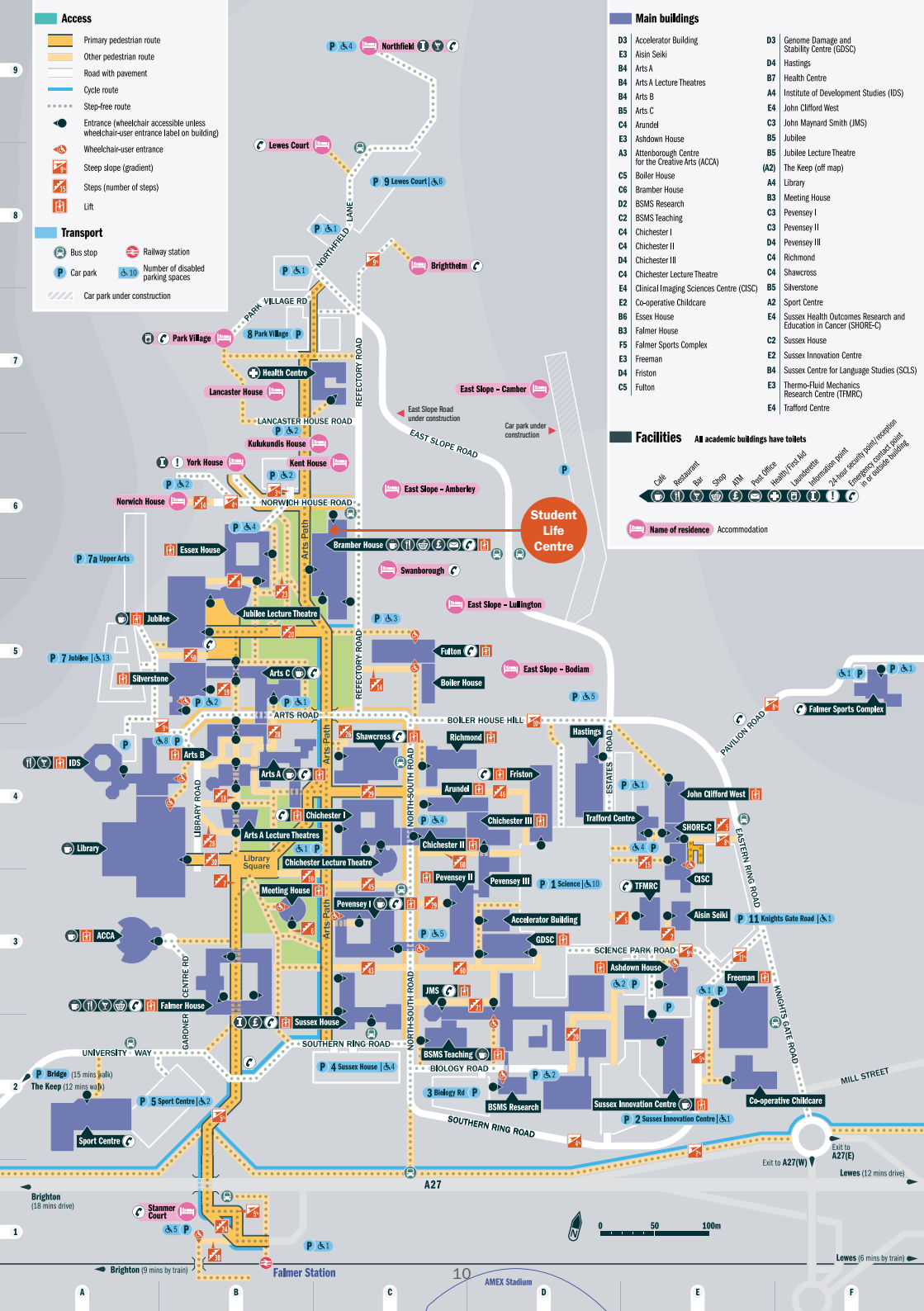
### Main buildings

- |                                                     |                                                                      |
|-----------------------------------------------------|----------------------------------------------------------------------|
| D3 Accelerator Building                             | D3 Genome Damage and Stability Centre (GDSC)                         |
| E3 Aislin Selki                                     | D4 Hastings                                                          |
| B4 Arts A                                           | B7 Health Centre                                                     |
| B4 Arts A Lecture Theatres                          | A4 Institute of Development Studies (IDS)                            |
| B4 Arts B                                           | E4 John Clifford West                                                |
| B5 Arts C                                           | C3 John Maynard Smith (JMS)                                          |
| C4 Arundel                                          | B5 Jubilee                                                           |
| A3 Ashdown House                                    | B5 Jubilee Lecture Theatre                                           |
| E3 Attenborough Centre for the Creative Arts (ACCA) | (A2) The Keep (off map)                                              |
| C5 Boiler House                                     | A4 Library                                                           |
| O6 Bramber House                                    | B3 Meeting House                                                     |
| D2 BSMS Research                                    | C3 Pevensey I                                                        |
| C2 BSMS Teaching                                    | C3 Pevensey II                                                       |
| C4 Chichester I                                     | D4 Pevensey III                                                      |
| D4 Chichester II                                    | C4 Richmond                                                          |
| D4 Chichester III                                   | C4 Shawcross                                                         |
| C4 Chichester Lecture Theatre                       | E4 Clinical Imaging Sciences Centre (CISC)                           |
| E4 Chichester Imaging Sciences Centre (CISC)        | B5 Silverstone                                                       |
| E2 Co-operative Childcare                           | A2 Sport Centre                                                      |
| B6 Essex House                                      | E4 Sussex Health Outcomes Research and Education in Cancer (SHORE-4) |
| B3 Falmer House                                     | C2 Sussex House                                                      |
| F5 Falmer Sports Complex                            | E2 Sussex Innovation Centre                                          |
| E3 Freeman                                          | B4 Sussex Centre for Language Studies (SCLS)                         |
| D4 Friston                                          | E3 Thermo-Fluid Mechanics Research Centre (TFMRC)                    |
| C5 Fulton                                           | E4 Trafford Centre                                                   |

### Facilities

- All academic buildings have toilets
- Cafe
  - Restaurant
  - Bar
  - Shop
  - ATM
  - Post Office
  - Health/First Aid
  - Luggage
  - Information point
  - Free access point (people with disabilities)
  - Emergency phone point
  - Cycling building

Name of residence    Accommodation



# Getting around

The University has good public transport links into Brighton and the surrounding area.

Face coverings are mandatory on all forms of public transport. Please check for our most recent guidance about when to wear face coverings  
[student.sussex.ac.uk/coronavirus/campus](https://student.sussex.ac.uk/coronavirus/campus)

## BUSES

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Buses to and from Brighton come on to campus. Depending on traffic, the journey time is about 20–30 minutes. Be aware that buses can be busy at peak times.

Buses may not pick up at the same point that they drop off at. If you are going out at night, make sure you know where to get your bus home before the evening starts. It's a good idea to choose a busy, well-lit bus-stop as well, so that you feel confident and not isolated. Between midnight and about 5am you can get a night bus (N25) back to campus from Old Steine. Just two services per hour run after midnight, compared to services about every 10 minutes before midnight.

You can buy one-week bus tickets from the Students' Union shop on campus. Alternatively you can tap on and tap off with contactless – or use cash – on the bus, or you can use the buses app to buy m-tickets. Find full details at [buses.co.uk](https://buses.co.uk)



## CYCLING

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Many people cycle to and from campus. If you have your own bike, you can park it in the racks outside each building on campus. Or you can take part in the Brighton bike-sharing scheme – we have over 50 bike-docking stations on campus. Join the scheme at [btnbikeshare.com](https://btnbikeshare.com)

Check the latest information, including links to detailed information about travel and parking on campus, by selecting 'Settling in' and then 'Getting around' at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)



## WELCOME TO SUSSEX

### TRAINS

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Falmer Station is directly opposite campus, through the underpass. Trains to Brighton take 10 minutes, and trains to Lewes take seven minutes. Please bear in mind that trains can get full at peak times, which could make it harder to maintain social distancing. For information about timetables and routes, visit [nationalrail.co.uk](http://nationalrail.co.uk)

### TAXIS

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There is a fixed taxi fare from campus into Brighton city centre of £14. (This may be more to other destinations or late at night.)

The Students' Union runs a Student Taxis scheme. If you find yourself in town without enough money to get back to campus or to your accommodation, you can call **01273 204060** and quote the Sussex Student Take Care Scheme. You pay the Students' Union back for the fare the next day.

Don't walk home alone very late at night. Always get a registered taxi, go with friends or use reliable public transport.





# Eating and food shopping

## EATING ON CAMPUS

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You can find the location of all of the places to eat and drink on the campus map (page 10).

The Students' Union Shop is in Falmer House. You'll find sandwiches and snacks here and a small supply of essentials.

You can buy hot and cold food (including vegetarian and vegan options) at the cafés, or visit the mobile food vans near Bramber House. There's also a food market at Falmer House selling a variety of street food, which runs each weekday. SussexFood also runs a click and collect service using the Time2Eat app.

## FOOD SHOPPING

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### On campus

The Co-op supermarket in Bramber House offers a range of food, drinks and snacks. You'll also find the Post Office located here.

You can buy fruit, vegetables and street food at the market every weekday at Falmer House.

You can also do your food shopping online and arrange a delivery to your accommodation.

### Off campus

In Brighton you'll find Sainsbury's and Aldi supermarkets on Lewes Road, just a 15-minute bus ride away. There are Tesco and Aldi supermarkets in Lewes, around 15 minutes away by bus – head for the bus stop on the A27, near the bottom of the Southern Ring Road on campus.

In central Brighton you'll find plenty of supermarkets and independent food shops, as well as the Open Market.

Catch the number 23, 25, 25X (limited stops), 28, 29 and 5B buses to access the nearby supermarkets, as well as those in town.

For more information on shopping, select 'Settling in' at

[student.sussex.ac.uk/new-students](http://student.sussex.ac.uk/new-students)





# Health and wellbeing

## BE VIGILANT ABOUT YOUR HEALTH

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It's important that you stay well and safe. If you feel as if you have any Covid-19 symptoms, please visit [student.sussex.ac.uk/coronavirus](https://student.sussex.ac.uk/coronavirus) for information on what to do.

## REGISTER WITH A GP

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Don't wait until you're ill: register with a local GP as soon as you can. If you live on campus, you can register with the on-campus Health Centre. To register at the Health Centre, find other local doctors and to read more about healthcare options, select 'When you arrive' at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)

## REGISTER WITH A DENTIST

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You can find out about registering with a local dentist at the link above.

## HEALTH SERVICES IN BRIGHTON

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GP services don't deal with accidents, injuries or any issues out of hours. You can find out about 'out-of-hours' and 'walk-in' services in Brighton at the link above.

## SEXUAL HEALTH

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Go online to find out more about sexual health and contraception, and sign up for the X-Card service at the link above.

## ALCOHOL AND DRUGS

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If you have concerns about alcohol, drugs and smoking, or are concerned about friends, you can find help and advice in the 'Settling in' pages at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)

You can also find help and support at the Student Life Centre.

## HELP AND SUPPORT

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Beginning a whole new way of life is exciting but also brings new challenges, and it's up to you to deal with any issues that arise. It is normal to need support, information and advice at this stage. We have plenty of services to help:

- the Student Life Centre
- International Student Support
- the University Counselling Service
- Sussex Regional Access Centre
- Student Support Unit
- Campus and Residential Support
- Student Mentors in your School
- Student Experience staff in your School.

To find out more about the services available, visit the 'Get help and support' section at [student.sussex.ac.uk/new-students](https://student.sussex.ac.uk/new-students)





# Sussexsport



**Getting involved in sport is a great way to make new friends and to look after your health. Sussexsport – our sports service – works with the Students’ Union to provide a packed programme of sport, fitness and wellbeing activities.**

You can become a member of Sussexsport or use the facilities on a pay-and-play basis. We have two on-campus sports areas:

- The Sport Centre, for indoor sports, group exercise classes and the gym
- Falmer Sports Complex, housing the main fitness rooms and sports pitches.

You can find more information, including a full list of classes and facilities, at [sussex.ac.uk/sport](https://sussex.ac.uk/sport)

To find out more about what’s on offer and get in touch, contact Sussexsport via Facebook and Twitter.

You can also join sports teams and clubs run by the Students’ Union. Browse clubs and societies by selecting ‘Get involved’ or ‘Join the community’ at [sussexstudent.com](https://sussexstudent.com)

# The Students' Union

**The University of Sussex Students' Union is a massive part of life on campus and in Brighton. Once you've completed Online Registration, you're automatically a member, so you can get out there and get involved.**

The Students' Union is independent from the University. Through the Union, you can get involved in events, sports clubs and societies, you can campaign for change and get your voice heard. Connect with USSU – University of Sussex Students' Union – on social media to stay in the loop.

The Students' Union has over 180 sports clubs and societies so there's bound to be something you're interested in. They also run their own student newspaper, TV channel and radio station. Find out more at [sussexstudent.com](https://www.sussexstudent.com)

## **THE BUDDY SCHEME**

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The Students' Union also runs the Buddy Scheme, which can help you settle in by matching you with a student already studying at the University. Your buddy can support you through the first few weeks, introducing you to life at uni, Brighton and beyond. Find out more information and how to sign up for the scheme at [buddyscheme.com](https://www.buddyscheme.com)





# Things to do

**In these busy first few days it's important to get the balance right and find time to relax. Here are a few ideas for things to do for free or very cheaply.**

## FROM CAMPUS

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- Walk or jog around the campus boundary – it's green, peaceful and well sign-posted. For details visit [sussex.ac.uk/sport/students/walkrun](https://sussex.ac.uk/sport/students/walkrun)
- Stanmer Park (next to campus – just across the road that's alongside the Sport Centre) has woodland that's perfect for a good walk. Or for refreshments, you can head to the café in Stanmer village.
- Rent a bike for just 3p per minute and cycle around town or along the coastal path under the cliffs towards Kemptown, Brighton Marina and Rottingdean. This is a great way to get around if you do not already have a bike.

## BRIGHTON AND BEYOND

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- Wander the North Laine area in central Brighton to take in the atmosphere and spot the fantastic street art on display. Between the small independent shops and cafés you'll find loads of great murals.
- Explore the Royal Pavilion Gardens that surround the historic Royal Pavilion.
- Brighton's iconic seafront is perfect for spending a few hours at any time of the year. Stroll along the promenade, visit the pier or paddle in the sea if it's warm enough. There's plenty to see and do, and it won't cost you a penny.

- Brighton Museum is free to Sussex students and holds temporary exhibitions and permanent collections. Hove Museum and Art Gallery and the Booth Museum are also free and worth a visit. Although most places in Brighton are up and running again, please check websites of places before you visit them to ensure they are open and to be informed of their specific safety measures.
- Go inside Brighton Pavilion to learn about the history of this unique building. Opening hours are 10am–5pm with the last admissions at 4pm. Make sure to book in advance via their website.
- For £1 you can swim at local Freedom Leisure and Wave Leisure pools in Brighton & Hove or Lewes. You need to register in advance with the leisure centre you want to use, book a timeslot and go along with your student card. Find out more at [sussex.ac.uk/sport/facilities/swim](https://sussex.ac.uk/sport/facilities/swim)
- Lewes, around 15 minutes away by bus, has a Medieval castle and Tudor architecture to explore, along with interesting shops and cafés.

This information is accurate at the time of going to print (early September 2020). Please be aware that any information in this booklet about Covid-19 and our on-campus facilities may change over time to align with the latest Government advice. For up-to-date information, visit [student.sussex.ac.uk/coronavirus](https://student.sussex.ac.uk/coronavirus)





**#heysussex**

**FOLLOW US ON SOCIAL MEDIA**

Keep up to date with our latest news,  
events, and information.

Use the hashtag to show the world  
how you're settling in to Sussex  
and to ask us any questions.



**US**

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