WELCOME WEEK GUIDE

WELCOME TO SUSSEX
<table>
<thead>
<tr>
<th>CONTENTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Essentials – your ‘to-do’ list</td>
<td>4</td>
</tr>
<tr>
<td>Term dates</td>
<td>5</td>
</tr>
<tr>
<td>Getting online</td>
<td>6</td>
</tr>
<tr>
<td>Support</td>
<td>7</td>
</tr>
<tr>
<td>Get settled</td>
<td>8</td>
</tr>
<tr>
<td>Your student experience</td>
<td>9</td>
</tr>
<tr>
<td>Money</td>
<td>10</td>
</tr>
<tr>
<td>Housing</td>
<td>11</td>
</tr>
<tr>
<td>Campus map</td>
<td>12</td>
</tr>
<tr>
<td>Getting around</td>
<td>13</td>
</tr>
<tr>
<td>Eating and food shopping</td>
<td>15</td>
</tr>
<tr>
<td>Health and wellbeing</td>
<td>17</td>
</tr>
<tr>
<td>Sussexsport</td>
<td>22</td>
</tr>
<tr>
<td>The Students’ Union</td>
<td>23</td>
</tr>
<tr>
<td>Things to do</td>
<td>25</td>
</tr>
</tbody>
</table>
Welcome

Congratulations, you made it to Sussex!

Starting university is a wonderful and exciting experience, but it can also bring some challenges. Welcome Week is set up to help you settle in to your new life at Sussex and prepare you for your studies. This booklet will help you navigate your first week at Sussex.

We are running many exciting events throughout the week to make the transition to university life easy. Head to the Welcome pages on the Student Hub for events and to book your tickets. student.sussex.ac.uk/new-students/welcome

You can also find practical information about facilities, support, getting online, getting around, and fun things to do in Brighton.

Worried about where to start? Complete the essentials checklist on the next page to get you going.

Got questions? Our friendly staff and students are on hand to help – you’ll spot them around campus. Look out for the orange Ask Me signs.

Welcome Week is a great opportunity to make friends, learn about your course and settle in to university life. Make sure you relax, take it at your own pace and enjoy it.
ESSENTIALS
YOUR ‘TO-DO’ LIST

☑ ONLINE REGISTRATION
(if you haven’t done so already)
Completing Online Registration makes you an official member of Sussex and gives you access to facilities. Not completed it yet? Don’t panic. To finish it off, select ‘Before you arrive’ at student.sussex.ac.uk/new-students

☑ GET YOUR STUDENT ID CARD
• Home Students – your Student ID Card was posted to your home address.
• International Students – you will receive your ID Card when collecting your Biometric Residence Permit (BRP). You will receive details on how to collect your BRP.
• Your Student ID Card is also your Library Card.

☑ CHECK OUT WELCOME WEEK EVENTS
Familiarise yourself with the Get Settled and Get Started schedules to get the best out of your first days at Sussex. You can access your timetable at student.sussex.ac.uk/new-students/welcome

☑ DOWNLOAD THE SUSSEX UNI APP
Download the SussexMobile app to your phone to get instant access to course timetables, details of library loans and reservations, and other useful information.
student.sussex.ac.uk/mobile-app

☑ ACCESS YOUR STUDY TIMETABLE
Log in to Sussex Direct to access your seminar and lecture schedule. You can find it under the Study tab.
direct.sussex.ac.uk

☑ REGISTER WITH A DOCTOR
We have an on-campus NHS health centre. Register as soon as you can – don’t wait until you’re ill. In the event you need healthcare, you must be registered to be seen.
student.sussex.ac.uk/new-students/when-you-arrive/register-for-healthcare

Keep in mind that once you register with our surgery, it changes your status with your GP back home. You might need to access medical services there as a ‘temporary visitor’.

TERM DATES

Welcome Weekend
Saturday 17 September to Sunday 18 September 2022

Welcome Week
Monday 19 September to Friday 23 September 2022

Teaching begins (week one)
Monday 26 September 2022

SEMESTER ONE

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester and teaching begin</td>
<td>Monday 26 September 2022</td>
</tr>
<tr>
<td>Autumn term ends</td>
<td>Friday 9 December 2022</td>
</tr>
<tr>
<td>Winter vacation</td>
<td>Saturday 10 December 2022 to Sunday 1 January 2023</td>
</tr>
<tr>
<td>Spring term begins</td>
<td>Monday 2 January 2023</td>
</tr>
<tr>
<td>Semester one assessment period</td>
<td>Monday 2 January to Saturday 14 January 2023</td>
</tr>
</tbody>
</table>

SEMESTER TWO

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester and teaching begin</td>
<td>Monday 23 January 2023</td>
</tr>
<tr>
<td>Spring term ends</td>
<td>Friday 31 March 2023</td>
</tr>
<tr>
<td>Spring vacation</td>
<td>Saturday 1 April to Sunday 23 April 2023</td>
</tr>
<tr>
<td>Summer term begins</td>
<td>Monday 24 April 2023</td>
</tr>
<tr>
<td>Teaching ends</td>
<td>Friday 28 April 2023</td>
</tr>
<tr>
<td>Revision week</td>
<td>Monday 1 May to Friday 5 May 2023</td>
</tr>
<tr>
<td>Semester two assessment period</td>
<td>Monday 8 May to Saturday 27 May 2023</td>
</tr>
</tbody>
</table>
GETTING ONLINE

The campus Wi-Fi is called eduroam.

We recommend that you set up eduroam on your devices as soon as you arrive. You can download the correct eduroam installer for your device.

For instructions on how to set up eduroam, scan the QR code below.

YOUR SUSSEX USERNAME AND PASSWORD

When you register online, you are given a unique username and password. The username is made up of your initials followed by a number. You will need this to access your Sussex email, campus Wi-Fi and other IT services.

You will only be contacted on your Sussex email from this time onwards, so it’s a good idea to log in to your email straight away and check for messages.

LOGGING IN

Download the Microsoft Outlook app to your phone or tablet to get instant email notifications.

To find guidance for your phone, tablet or computer, visit sussex.ac.uk/connect
SUPPORT

THE ‘ASK US’ TEAM

Starting university is a very exciting time. We’re here to help with everything you need to know during Welcome Week and as you’re getting settled at Sussex.

If you have any questions, you can chat to us online via the Student Hub. Click on the orange Ask Us circle to connect with an advisor at student.sussex.ac.uk/new-students

You can also speak to our friendly Ask Us team. You can call us on 01273 075333 between 9am and 5pm (UK time) Monday to Friday.

WELCOME TENT

If you would like to speak to someone face to face, you can visit the Welcome Tent in the Library Square.

There will be representatives from both the University and the Students’ Union. You can also buy tickets to attend fun events during Welcome Week.
GET SETTLED

Get Settled is a comprehensive Welcome programme running from Monday 19 to Friday 23 September. The aim is to make your start to the academic year informative and enjoyable. This is the week to learn about your course, explore campus facilities, find out about our services and make new friends.

See what to expect, access your Welcome schedule and book yourself on to events.

PICK AND MIX

You are in control of your Welcome Week. That’s why we organised a selection of bite-sized sessions alongside your academic induction. You can choose what to attend at a time that suits you. Pick from a variety of events from wellbeing and campus tours through to learning about the Connector Programme.

Not sure what to attend? Come along to a Student Panel to hear from fellow students about their experiences at Sussex, or book yourself on to the treasure hunt.

Head to the Welcome pages to book yourself on to events.

student.sussex.ac.uk/new-students/welcome/get-settled

ACADEMIC INDUCTION

This is an essential part of Welcome Week. The sessions are delivered by your School and you are expected to attend them. You will learn about your course structure, how this unfolds during the academic year and what you can expect from your studies.

You will also have the chance to meet your tutors and to build connections with your course mates.

Your academic induction is in your timetable. Not sure how to find your schedule? Check out the Welcome pages. student.sussex.ac.uk/new-students/welcome

FRESHERS’ FAIR

Make time to have some fun too during Welcome Week. The Students’ Union has put on an exciting calendar of fun events both on and off campus, including the Freshers’ Fair on Wednesday afternoon. Want to do something chilled? Come along to a walking tour or café crawl. Fancy something more exciting? Give roller skating a go!

Find out what’s on via the Students’ Union website sussexstudent.com/whats-on
YOUR STUDENT EXPERIENCE

Your student experience doesn’t end when you leave the lecture theatre. There are many ways to enrich your time with us and be part of Sussex’s vibrant community.

THE SPIRIT OF SUSSEX AWARD

The Spirit of Sussex Award recognises your achievement by celebrating your engagement with the co-curricular and voluntary activities. Whenever you take part in activities, outside your degree, such as part-time work, co-creation and evaluation, society memberships, or regular sport, you can collect points towards either a Bronze, Silver or Gold Award. Your University-accredited certificate will then be awarded at your Graduation ceremony. You have the whole length of your degree to complete it, at your own pace, so you can show your spirit in your own way.

Scan the QR code and sign up today.

Keep up to date with award activities by following us on social media:
Instagram: @sosasussex
LinkedIn: Spirit of Sussex Award

THE CONNECTOR PROGRAMME

The Connector Programme sees students and staff working as equal partners, collaborating to improve the student experience at Sussex. Connector teams develop careers support, embed technology in learning, design new course modules and much more.

As a Student Connector you develop professional and personal skills and become part of a community of students and staff who want to make positive change. Connectors are paid for their work, and the hours are flexible to fit around study.

Find out more by visiting student.sussex.ac.uk/experience/connectors and following us on Instagram @connectorprogramme

YOUR COMMUNITY

Feeling part of the community, and finding people that you have common ground with, can really help you to settle in. It’s easy to find people from similar backgrounds at Sussex.

The Students’ Union has over 180 student-led societies. There is something for everyone. Find out how to get involved at sussexstudent.com
Student Loans are activated once you have completed Online Registration and your Student 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.

**BANKING**

If you are an international student, we strongly recommend that you open a UK bank account so you can manage your finances safely and effectively. Find out more about how to open a bank account on the Student Hub at student.sussex.ac.uk/new-students/when-you-arrive

There are two cash points (ATMs) on campus: one in Bramber House (opposite the Co-op), and one inside York House.

**HARDSHIP FUNDING**

Hardship funds are available to help students who fall into financial difficulty during their time at Sussex. Find out more about emergency funding at student.sussex.ac.uk/money

**BUDGETING AND FINANCIAL RESPONSIBILITY**

For some of you, coming to university is the first time that you will live independently. You will have financial responsibilities, which could feel a bit overwhelming. With this in mind, we have partnered with Blackbullion: an online learning platform that helps students manage their money.

Access it through: student.sussex.ac.uk/money/platform

- Develop financial confidence
- Gain confidence in decision-making
- Access help on all aspects of finance (loans and bursaries, budgeting, pension planning, investing and crypto-currency)
- Learn about scholarships and bursaries
Welcome to Sussex Housing

Your student house is your home away from home. Living with new people in a new place can take some adjusting to. Our Residential Life Connectors are here to support you to succeed at communal living. You can email your Residential Life Connector directly or see page 20 for details on how to contact the Residential Life Team.

**TOP TIP**

Unpack early! Make your room comfortable from the start, so you can focus on exploring our wonderful campus, making lifelong friends and enjoying Welcome Week events.

**MAKE IT YOUR OWN**

You can customise your space and make it a place of your own. You can shop for items at:

- The Students’ Union market on Tuesdays in Falmer Quad (term time only)
- The Students’ Union poster and plant sales
- The North Laine area in central Brighton (this area is full of independent shops).

You can find out more information by selecting ‘Get help and support’ at student.sussex.ac.uk/new-students
Brighton has excellent public transport links. It is easy to get to and from campus.

**BUSES**

You can catch a direct bus (number 25) from Brighton to the heart of campus. It takes around **20–30 minutes**, depending on the traffic. **Be aware that buses get busy at peak times.**

If you’re heading for town, you could get off the bus at St Peter’s Church for the North Laine area, or stay on for the shops at North Street/Churchill Square.

Google Maps can help you plan your return journey, or simply look out for buses that stop at the University of Sussex or Falmer Station.

You can get a night bus (**N25**) back to campus from Old Steine (central Brighton) if you are going out. Keep in mind that services are limited to two per hour after midnight.

The easiest way to buy a bus ticket is through the **Brighton & Hove Buses app**. Download and go! Alternatively, you can purchase weekly tickets from the **Students’ Union** shop on campus, pay-as-you-go via contactless on board the bus, or buy a physical key card from the **1 Stop Travel Shop** in Brighton. You can also visit the shop for any questions you have about bus travel in Brighton.

**CYCLING**

At Sussex, we care about making it easy for students to travel to campus sustainably. There are cycle lanes across Brighton, including along Lewes Road (the main route to campus from the city), the seafront, Grand Avenue and The Drive.

We are part of the Brighton BTN Bike Share. You can hire bikes from hubs and bike docking stations at 50 locations across the city. On campus you can pick up a bike from outside the Sports Centre or York House.
**TRAINS**

Falmer Station is only a two-minute walk from the campus. You can catch a direct train to Brighton (a 10-minute journey) or Lewes (a 7-minute journey).

If you want to travel to **Brighton**, cross the bridge onto **platform 2**. If you’re going to **Lewes**, catch the train from **platform 1**. Visit [nationalrail.co.uk](http://nationalrail.co.uk) for timetables and routes.

---

**TOP TIP**

Trains get full during peak times, so think ahead to avoid them where possible.

---

**TAXIS**

Taking a taxi is an alternative to buses and trains. You can expect to pay a fixed fare of **£15** for a single journey from the city centre to campus.

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

ON CAMPUS

There are plenty of great places to eat on campus.

- **Cafés**: grab a coffee and a quick bite to eat.
- **Street food vans**: great for trying something new. These are stationed in Library Square and opposite Bramber House.
- **Eat Central (in Bramber House)**: just turn up, or download the Time2Eat app to order a click-and-collect meal.
- **Students’ Union Food Market**: offers a selection of tasty street foods to suit all tastes. It takes place every Tuesday during term time.
- **Northfield and Falmer Bars**: the Students’ Union bars provide lots of great food and drink options on either end of the campus.

FOOD SHOPPING

**On campus**

You can buy your essentials from the Co-op supermarket in Bramber House.

Visit the Students’ Union Food Market to stock up on fresh fruit and veg.

**Taj the Grocer** in the Student Centre retail arches also provides an extensive range of fresh and international food.

You can do your food **shopping online** and have it delivered to your accommodation. Supermarkets like Sainsbury’s, Asda and Tesco are a good option, or you can order last-minute groceries from Deliveroo or Just Eat.

**Off campus**

You can catch a direct bus from campus to your local supermarkets. Get off on Lewes Road to find Aldi and Sainsbury’s.

There are more shopping options in central Brighton, including the Open Market.

Catch bus numbers **23, 25, 28, 29 or 5B** to go to the supermarkets.
HEALTH AND WELLBEING

Starting university is exciting, but it also brings new challenges, and it is normal to need extra support at times. You can take control of your experience by accessing the University’s support services in a variety of formats.

STUDENT ADVICE AND GUIDANCE

Our Student Hub pages provide focused information on a range of topics including tips and guidance around areas that will help you throughout your student journey. In the new year, we will have a fantastic online student support system called My Sussex which will bring student support information together in one place for you, and provide an online portal where you can get the advice and guidance that you need.

Our new Student Centre puts student support at the heart of our campus, with a dedicated Welcome and Triage team on hand to help with day to day issues and queries, help you find the information you need, and connect you with a specialist advisor for in-person advice and guidance when you need it. You can get information about:

- settling in
- housing and living with other people
- letters to support your study
- health and wellbeing
- disability support
- personal concerns
- visas and immigration
- jobs and careers
- funding and money advice
- attendance issues
- exceptional circumstances affecting your assessments
- changing your degree or withdrawing from your course

Visit student.sussex.ac.uk/centre or call 01273 075700 between 10am and 4pm. You can also drop by the Student Centre Welcome Desk Monday to Friday 8.30am to 5pm.
THE STUDENT CENTRE SPACE

The Student Centre is a great place to meet other students and study individually or in groups. The variety of spaces means that you can find places to discuss ideas and talk with friends, while other areas lend themselves to quieter working and calm.

The facilities include:
- spaces for workshops and group work
- rooms for confidential advice sessions and meetings
- flexible spaces where you can meet and collaborate
- heat and eat facilities
- a coffee tuk-tuk
- a peaceful courtyard garden to relax in and enjoy.

SEXUAL HEALTH

The University provides you with free condoms and self-testing kits when you sign up for the X-Card. You can also get advice on contraception at the Health Centre once you are registered.

Select ‘When you arrive’ at student.sussex.ac.uk/new-students to find out more.

ALCOHOL AND DRUGS

If you have concerns about alcohol, drugs, or smoking, or are worried about friends, you can find help and advice in the ‘Settling in’ pages at student.sussex.ac.uk/new-students or speak to the Welcome and Triage Team at the Student Centre.
BULLYING AND HARASSMENT
We are committed to providing a safe, inclusive and respectful environment for everyone. Support is at hand if you should experience any form of abuse or harassment. You can report an incident and access specialist advice using the ‘Report and support’ tool at reportandsupport.sussex.ac.uk

CORONAVIRUS
We want everyone to feel safe on campus. You will find all the advice and guidance you need about Covid-19 tests and vaccinations at student.sussex.ac.uk/coronavirus

RESIDENTIAL LIFE (RESLIFE)
The ResLife team can offer you support and advice in University-managed accommodation between 9am and 5pm, Monday to Friday. You can contact the ResLife team via residentiallife@sussex.ac.uk.

You can visit the 24-hour Security office at York House to speak to the security team or you can call 01273 873333 in an emergency.

UNIVERSITY COUNSELLING SERVICES
Our University Counselling Service offers brief therapy to students who are experiencing mental or emotional distress. Go to sussex.ac.uk/counselling to find out more about what we offer.

If you have a mental health condition or issues with your mental health, you should see your GP (doctor) in the first instance. You can register with the campus Health Centre at student.sussex.ac.uk/new-students/when-you-arrive/register-for-healthcare

DISABILITY SUPPORT
Our Disability Advisors provide confidential information to all students on:

- Disability-related study support
- Accessing disability-related funding for your studies

You can contact them via the Student Centre or by emailing disabilitysupport@sussex.ac.uk

COURSE-RELATED QUESTIONS
If you have questions about your course, teaching or assessments, speak to your School of study. Find the contact for your School on the Student Hub student.sussex.ac.uk/new-students/help-and-support/schools
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. Besides offering online classes we have two on-campus sports areas:

- **The Sports Centre**: indoor sports, pay-and-play classes, and the gym
- **Falmer Sports Complex**: main fitness rooms and sports pitches.

**MEMBERSHIPS**

- **GOLD**: All-inclusive, any-time use
- **SILVER**: All-inclusive, off-peak use only
- **BRONZE**: Reduced price, pay and play

You can find more information, including a full list of classes, facilities, and membership prices, at [sussex.ac.uk/sport](http://sussex.ac.uk/sport)
THE STUDENTS’ UNION

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

You can take part in events, sports clubs, and societies, or why not campaign for change and get your voice heard? Connect with the Students’ Union on social media to stay in the loop, or visit the Students’ Union website at sussexstudent.com

THE BUDDY SCHEME

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 in Brighton and beyond.

Find out more information and how to sign up for the scheme at buddyscheme.com
Choose from hundreds of clubs and societies at Freshers’ Fair 2022.

12 noon to 4pm on Wednesday 21 September, next to the Attenborough Centre for the Creative Arts (ACCA).

sussexstudent.com/freshers
THINGS TO DO

The first days of your new adventures can be busy. Make sure you look after your wellbeing and take some time to relax. **If you need a space to unwind, visit our Chill-out Zones in the Arundel Building (rooms 1A and 1B) and Pevensey I (rooms 1B3 and 1B8). They are open throughout the Welcome Week.**

There are plenty of cheap things to do around campus and Brighton. Check out what you can do in your free time while exploring our lovely city.

**ON CAMPUS AND NEARBY**

- **South Downs National Park** – go out for a walk (or a jog) and enjoy the tranquillity of the English countryside.
- **Stanmer Park and One Garden** – enjoy a peaceful walk through the woods or take a relaxing stroll in the beautiful walled garden.
- **Stanmer Village** – visit the local café for a cup of tea and a snack.
- **Northfield and Falmer Bars** – have a drink, eat, or socialise at one of the Students’ Union bars.

**IN BRIGHTON AND HOVE**

- **North Laine area** – wander the quirky streets and explore local shops while taking in Brighton’s unique atmosphere.
- **Brighton cafés and restaurants** – plenty to choose from to suit all tastes.
- **Royal Pavilion Gardens** – chill out in the gardens of Brighton’s iconic palace.
- **Brighton seafront** – take a selfie in front of the Brighton Palace Pier. Grab some fish and chips but be aware of the seagulls – they love to steal a chip or two!
- **Hire a bike** – cycle along Brighton seafront and explore the surrounding areas on two wheels.
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.

#heysussex