

WELCOME WEEK GUIDE

WELCOME TO SUSSEX



US
UNIVERSITY
OF SUSSEX

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WELCOME

Congratulations, you made it to Sussex!

You may be feeling excited, curious about what to expect, and perhaps a little unsure where to start. This guide is here to help you discover everything that's on offer and find out what you need to do, including where you can go to get help and advice on anything you need.

We are running many exciting events throughout Welcome Week to help you settle in at Sussex. Head to the Welcome pages on the Student Hub for events information and ticket bookings.

In this guide, you can 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 into university life. Give yourself time to 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'.**



GET YOUR STUDENT ID CARD

- **Home students** – once you have completed registration, you will be able to collect your student ID card. **Check here to know when to collect your card.**
- **International students (on a student visa)** – you will receive your ID card when you attend your in-person registration session. **Check here to know when to attend.**
- Your student ID card is also your **library card.**



CHECK OUT WELCOME WEEK EVENTS

Familiarise yourself with the Begin at Sussex schedule to get the best out of your first few weeks at Sussex. **You can access your academic induction information and full timetable of events.**



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.



DOWNLOAD THE STUDENTS' UNION APP

Download the Students' Union app to stay up to date with what's on, vote in elections, sign up for events, buy tickets and more!



ACCESS YOUR STUDY TIMETABLE

Log in to Sussex Direct to access your seminar and lecture schedule. You can find it under the Study tab.



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 make an appointment.

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'.



THE WELLBEING TENT

10am–4pm
Fulton Lawns
16–20 September

Create ✦ Play ✦ Relax

GETTING ONLINE

LOGGING IN

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

GETTING ONLINE

There are two Wi-Fi networks at Sussex: **eduroam** and **wifinity**.

Eduroam is the campus-wide Wi-Fi. We recommend that you set up eduroam on your devices as soon as you arrive. You should download the correct eduroam installer for your device.

Wifinity is only available in our halls of residence. Wifinity is primarily for connecting your games consoles and smart devices.

Find more information on how to set up eduroam and wifinity or scan the QR code below.



YOUR SUSSEX USERNAME AND PASSWORD

When you register online, you will be 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.

BEWARE OF SCAMMERS!

Scammers often target students, so please be vigilant of suspicious emails or questions. We will never ask you for your UCAS number when you're signing up for an event.

Find guidance for your phone, tablet or computer.

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 as part of Sussex's vibrant community.

'BELONG AT SUSSEX' ACTIVITIES PROGRAMME

Belong at Sussex aims to support all students to build a sense of belonging, offering inclusive activities open to all throughout the academic year. We also offer a range of more targeted activities designed to support students from underrepresented groups to find their support network and community. **Find out more about the Belong at Sussex programme.**

THE SPIRIT OF SUSSEX AWARD

The Spirit of Sussex Award celebrates the activities you take part in outside of your degree such as part-time work, co-creation, society memberships, or regular sport. You can collect points towards a Bronze, Silver or Gold award, which you will receive at your graduation ceremony as a University-accredited certificate. You have the whole length of your degree to complete it at your own pace.

Sign up today by scanning the QR code



Follow us on Instagram: **@sosasussex**

THE CONNECTOR PROGRAMME

The Connector Programme employs students to work as equal partners alongside Sussex staff, collaborating to improve the student experience at Sussex.

As a Student Connector, you'll 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 hours are flexible to fit around your studies.

Find out more here and following us on Instagram **@connectorprogramme**

FIND 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 – for example, by joining an international student meet up, or attending our weekly language café.

The Students' Union has over 180 student-led societies across areas including sports, international, theatre, music, games and more. There is something for everyone.

Find out how to get involved.

SUPPORT

THE STUDENT CENTRE

Starting university is a very exciting time, but can also be challenging. Support is available at the Student Centre all year round for everything you need to know to help you on your Sussex journey.

You can visit the Student Centre Welcome desk from 8.30am to 5pm, Monday to Friday.

You can also contact the friendly Welcome team by calling **01273 075700** or visiting mysussex.sussex.ac.uk once you've registered.

WELCOME WEEK SUPPORT

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 the Wellbeing Tent. There will be lots of fun activities, and an area to take time out from the busy week.



THE STUDENTS' UNION

If you're feeling lost or need any support or advice, the Students' Union will have staff and reps throughout campus and Falmer House.

You can also buy tickets to attend fun events during Welcome Week from the Box Office on the ground floor of Falmer House and online via the Students' Union website or app!

PART-TIME WORK

If you're looking for a part-time job, our Careers and Entrepreneurship team is here to support you.

- Keep an eye on our social media for news about our upcoming Student Jobs and Volunteering Fair
- Browse hundreds of vacancies, including part-time jobs and internships, on our CareerHub.

Find out more.



HERE TO HELP YOU!

**Come and meet the
student support services**

11am–3pm, Student Centre
16–20 September



MONEY

Student loans are activated once you have completed registration and collected your ID card. It can take three to five working days following ID card collection for funds to transfer to your chosen account. The earliest possible payment date for most students will be Monday 23 September (the start of teaching).

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.**

There is a cash point (ATM) on campus in Bramber House, opposite the Co-op.

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.**



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.

- ✓ 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

 **blackbullion**

HOUSING

Your student house is your home away from home. Living with new people in a new place can take some adjustment, but our Residential Life Connectors are here to support you to succeed at communal living. You will meet your Residential Life Connector at your kitchen meeting, or turn to 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 help yourself get settled in your space and make it a place of your own. Some great places to find items are:

- The Union Arch (next to the Student Centre)
- The Open Market and London Road shops, which sell cheap homewares, second hand books and records
- Falmer Quad for poster and plant sales
- The North Laine area in central Brighton, which is full of independent shops.

You can **find out more information** by selecting 'Get help and support'.

GETTING AROUND

Brighton has excellent public transport links, and it's 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 pay-as-you-go via contactless on board the bus, or purchase a physical key card from the 1 Stop Travel Shop in Brighton or via the [website](#).

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.

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 seven-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 for timetables and routes.

TAXIS



Taking a taxi is an alternative to buses and trains. Check with local operators for fares.

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






JOIN US FOR A DAY OF CELEBRATION!



**10am–4pm
Friday 20 September**



Enjoy faculty welcomes, live performances,
free food and activities across campus.



Don't miss out!



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

Main buildings

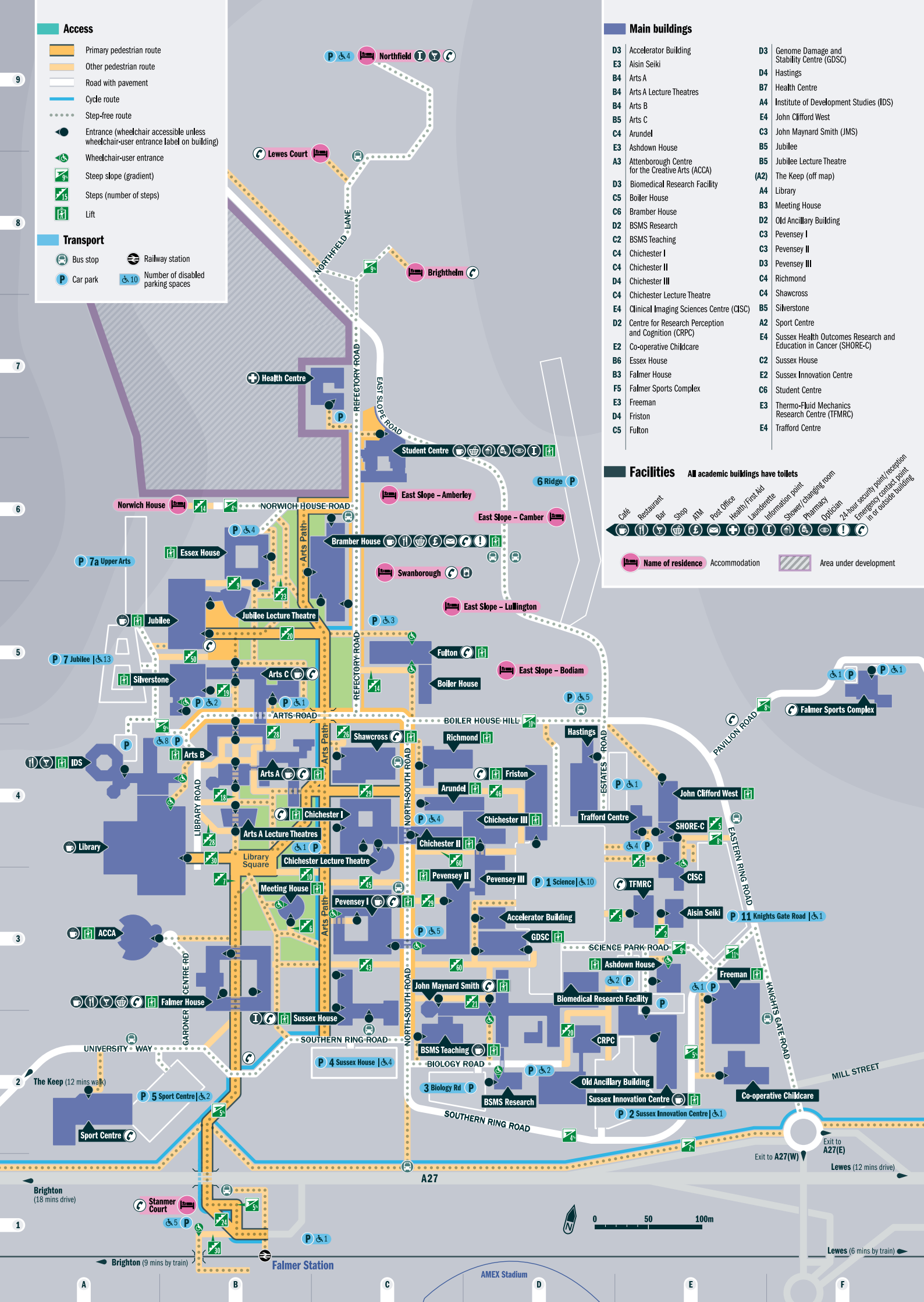
- | | |
|--|--|
| D3 Accelerator Building | D3 Genome Damage and Stability Centre (GDSC) |
| E3 Aisin Seiki | D4 Hastings |
| B4 Arts A | B7 Health Centre |
| B4 Arts A Lecture Theatres | A4 Institute of Development Studies (IDS) |
| B4 Arts B | E4 John Clifford West |
| B5 Arts C | C3 John Maynard Smith (JMS) |
| C4 Arundel | B5 Jubilee |
| E3 Ashdown House | B5 Jubilee Lecture Theatre |
| A3 Attenborough Centre for the Creative Arts (ACCA) | (A2) The Keep (off map) |
| D3 Biomedical Research Facility | A4 Library |
| C5 Boiler House | B3 Meeting House |
| C6 Bramber House | D2 Old Ancillary Building |
| D2 BSMS Research | C3 Pevensy I |
| C2 BSMS Teaching | C3 Pevensy II |
| C4 Chichester I | D3 Pevensy III |
| C4 Chichester II | C4 Richmond |
| D4 Chichester III | C4 Shawcross |
| C4 Chichester Lecture Theatre | B5 Silverstone |
| E4 Clinical Imaging Sciences Centre (CISC) | A2 Sport Centre |
| D2 Centre for Research Perception and Cognition (CRPC) | E4 Sussex Health Outcomes Research and Education in Cancer (SHORE-C) |
| E2 Co-operative Childcare | C2 Sussex House |
| B6 Essex House | E2 Sussex Innovation Centre |
| B3 Falmer House | C6 Student Centre |
| F5 Falmer Sports Complex | E3 Thermo-Fluid Mechanics Research Centre (TFMRC) |
| E3 Freeman | E4 Trafford Centre |
| D4 Friston | |
| C5 Fulton | |

Facilities

All academic buildings have toilets

- Cafe
- Restaurant
- Bar
- Shop
- ATM
- Post Office
- Healthy/First Aid
- Laundrette
- Information point
- Shower/changing room
- Pharmacy
- Optician
- 24-hour security point/reception in or outside building
- Emergency contact point in or outside building

- Name of residence
- Accommodation
- Area under development



EATING AND FOOD SHOPPING

EATING ON CAMPUS

There are plenty of great places to eat on campus. There are seven different cafés spread across the University campus with a range of different coffees, fresh grab-and-go or sit-down meals. **Visit them all and find your favourite spot.**

- **IDS Bar & Kitchen (Institute for Development Studies):** delicious, great value world food, coffees, and cakes. A licensed bar with an urban coffee house vibe, board games, and relaxed music situated next to the Library.
- **Eat Central (Bramber House):** the campus canteen where you can grab everything from a hearty breakfast to street food on the go. Just turn up, or download the UniFoodHub app to deliver anywhere on campus.
- **The Students' Union Falmer Market** offers a selection of street food vendors to suit all tastes. It takes place every Tuesday and Thursday during term time.
- **Northfield and Falmer Bars:** the Students' Union bars provide lots of great food and drink options at either end of the campus. Within Falmer Bar, there's also **Room 76 Café** and **The Deli** for freshly-made sandwiches to order.

FOOD SHOPPING

On campus

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

Visit the **Students' Union shop** 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, or get the 23 bus to Brighton Marina for the Asda supermarket.

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.





To keep up to date with all our exciting foodie pop-ups and events happening around campus, follow **@sussexfoodie** on Instagram

HEALTH AND WELLBEING

Starting university is exciting, but it also brings new challenges. It is normal to need extra support sometimes. 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, with tips and guidance that will help you throughout your student journey. We also have a fantastic online student support system, My Sussex, which brings student support information together in one place, and provides an online portal where you can get the advice and guidance that you need. To access My Sussex once you've completed registration, visit mysussex.sussex.ac.uk.

The Student Centre puts student support at the heart of our campus, with a dedicated team on hand to help with day-to-day issues and queries, enable you to 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 online or call **01273 075700** between 10am and 4pm. You can also drop by the Student Centre Welcome Desk Monday to Friday, 8.30am–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 courtyard garden.

SEXUAL HEALTH

The X-scheme gives you access to free condoms and sexual health resources on campus, with no intrusive questions. You can get a range of condoms, lubricant, chlamydia and gonorrhoea self-testing kits, and pregnancy tests from:

- the Student Centre Welcome Desk (24/7 in term time)
- Students' Union reception in Falmer House (Monday to Friday 9am–8pm, and Saturday and Sunday 10am–6pm, term time only)

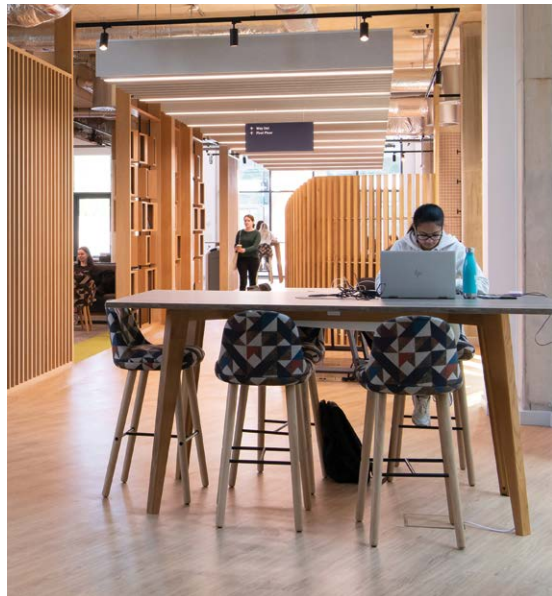
To find out how to pick up resources confidentially.

CONSENT MATTERS

We are committed to providing a safe, inclusive and respectful environment for every member of our community. Help keep our campus safe by completing **Consent Matters**, an online course covering areas of sexual consent, communication and relationships, with advice on how to step in if others need help.

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** 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 experience any form of abuse or harassment. You can report an incident and access specialist advice using the **'Report and support' tool**.

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**.

RESIDENTIAL LIFE

The Residential Life team can offer you support with navigating life in University-managed accommodation between 8am and 6pm, Monday to Friday. You can reach the team via the My Sussex online portal once you've completed registration: **mysussex.sussex.ac.uk**

Follow us on Instagram: **@reslifesussex**

Find out more here.

SECURITY

You can visit the **24-hour Security Office** at Bramber House to speak to the Security Team or you can call **01273 873333** in an emergency.

THERAPEUTIC SERVICES

The University's therapeutic and counselling services offer brief therapy to students who are experiencing mental or emotional distress. **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**.

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 **My Sussex online portal** once you've completed registration.

Find out more here.

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**.





SUSSEXSPORT

Being active 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 sport areas:

- **The Sport Centre:** indoor sports, group fitness 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 group fitness classes, facilities, and membership prices.

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, and 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**.

You can get independent advice throughout your time at Sussex from the Students' Union: email **advice@sussexstudent.com** or visit **[here](#)** to book an appointment.

Give them a visit at Falmer House or connect with the Students' Union on social media to stay in the loop, or visit the **Students' Union website**.



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 **Buddy scheme**.



**USSU – University
of Sussex Students'
Union**



@sussexsu



FRESHERS FAIR

SEPTEMBER 2024



FRESHERS FAIR

SU VENUES

12-4PM

18 SEPTEMBER

**FREE
ENTRY**

[SUSSEXSTUDENT.COM/FRESHERS](https://sussexstudent.com/freshers)

THINGS TO DO

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.





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M

A

GBK

TATTOO



#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.

The logo for the University of Sussex, featuring a large, stylized 'US' in a serif font.

UNIVERSITY
OF SUSSEX