Please note: This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Volunteering Fair, resilience workshops and more

Send to a friend | View in a browser









# It's all systems go

We're fully back into the swing of things here at UWE Bristol - welcoming new and returning students alike.

Remember, if you have any questions about your course, the campus, support services or anything else you can contact our <u>Information Point</u> team. They're on hand to answer all of your queries, no matter how big or small. Just bear with them if the queues are long - it's a really busy time of year but they'll help you as soon as they can.

# Moved recently?

#### Register to vote at your new address

It's quick and easy to <u>register to vote</u> online - do it now and you'll be ready to have your say if an election's called. You can use the same online form to re-register at your new address.

#### **Update your address on myUWE**

Check your home and term-time addresses are correct on the <u>myUWE</u> My Details tab. Both need to be listed, even if they're the same. If they're wrong or you only have one listed, update them by adding a new address.

# Wellbeing support

Whether you're a new student or not, the start of term can be difficult with the change of routine and homesickness.

Don't forget that our Wellbeing team are here to support you - come along to a drop-in session, any weekday between 14:00 - 16:00 in 2FC050 (Felixstowe Court, Frenchay Campus). Or, <a href="mailto:chat anonymously online">chat anonymously online</a> with a counsellor.

Find out more about our Wellbeing Service

### Beware of scams and phishing emails

Be cautious of any emails, texts or calls that ask you for personal information or money - even if they seem genuine. Scams are common, especially around this time of year. Think before you click any links, open any attachments or reply to any emails.

Read our guidance

# Don't miss our Volunteering Fair

Volunteering is a great way to gain skills and experience that will help your CV to stand out.

Not sure where to start? Come along to our Volunteering Fair on **Wednesday 3** 

# Download our Meet the Employers Fair app

The biggest careers fair in the South West is back on **Wednesday 17 October**.

Make sure you're ready by downloading the Career Fair Plus app. You'll be able to see who's attending, filter companies by **October** between 11:00 – 15:00 at the Exhibition and Conference Centre, Frenchay Campus. You'll be able to speak to over 80 organisations offering a variety of opportunities.

Find out more

sector or course area, save your favourites and add notes.

Download from <u>iTunes</u> or <u>Google Play</u> now and search UWE Bristol under organisations.

Find out more

### Give sport a go!

We've got lots of fantastic facilities and services to help you achieve any health, fitness or sporting goal, including two gyms on Frenchay Campus, over 40 exercise classes per week, a climbing wall, squash courts, sports hall, astro pitch, physiotherapy and more.

We're running Give it a Go sessions from Monday 24 September – Friday 28 September so that you can try the facilities for free.

Head to the Centre for Sport on Frenchay Campus for a free gym session, every day between 10:00 - 15:00. Make sure you complete the <u>online induction first</u> and check-in at reception when you arrive.

We're also offering free circuits classes on a first-come-first-served basis - check the full <u>Give it</u> a Go calendar for dates and times.

Find out about membership options

### Travel updates

#### **Bristol Parkway temporary closure**

Remember that Bristol Parkway is closed until Saturday 6 October due to <u>electrification works</u>. Diversions and replacement buses are in place, so make sure you plan your journey.

#### **Cycle September**

Help UWE Bristol win the Cycle September Unicycle challenge. It's a competition to encourage more people to try cycling and you only have to ride for 10 minutes to take part. There are lots of prizes up for grabs too, so <u>register now</u>.

### Become a Student Ambassador

Student Ambassadors are a diverse team of current students who undertake paid work to support university events, including open days, UCAS fairs, course selection events, school visits, campus tours and much more.

They're the face of the University and play an important role in encouraging people into Higher Education and to apply to UWE Bristol.

You can apply to become an Ambassador at any time. Shortlisting and interviews take place during set points in the academic year.

Apply now

# Settling in and managing stress

September's Feel Good Focus looks at settling in and managing stress.

Moving to university is a massive change and can feel pretty intense. Coming back for a second or third year or starting postgraduate study can be equally nerve-wracking.

We've pulled together our top tips to hep you beat stress and have a positive first month here at UWE Bristol.

Read September's Feel Good Focus

### Reminder: free printing pilot

In response to a campaign led by students and driven by The Students' Union, we're making black and white printing free for a trial period.

Full details



<u>News</u>

What's on

### **WELCOME**

Welcome to all of our new students at UWE Bristol, whether you have already moved on to campus or you're arriving in the next few days. And welcome back to our returning students!

We've got some great events planned for your Welcome Week, both day and night-time, which provide you with great opportunities to immerse yourself in life at UWE Bristol and meet new people on campus.

From comedy nights to live music and more, you can check out our Welcome events programme online.

See what's happening

### FREDDIE GOUGH

VP Societies and Communications



# AUGUSTA CHIDINMA NNAJIOFOR

VP Community and Welfare



# DON'T MISS OUR FRESHERS' FAIR

Our Freshers' Fair is full of opportunities, from signing up to sports clubs and societies, to finding out more about life at UWE Bristol and of course, filling your bags with some awesome freebies.

# FUN AND SAFE NIGHTS OUT

Here at The Students' Union we want you to have fun and safe nights out, which is why you'll see our Late Night Do It Right team at a number of our night-time events providing food, water and making sure you all get home safe.

This year's fair takes place from 11:00 on **Friday 21 September** in the Exhibition and Conference Centre (Frenchay Campus). We have over 200 stalls, including Domino's, Amazon and McFlurry and there'll be fantastic live performances from our sports clubs and societies.

We know we have loads of great night-time events throughout Welcome, but you should never feel pressured to drink in order to socialise at university. You can find out more about our Late Night do It Right campaign online.

Find out more

Find out more

### Quick links

- » myUWE
- » Academic advice
- » Study support
- » Term dates

#### Contact us

**Information Points** 

Email: infopoint@uwe.ac.uk

Tel: +44 (0)117 32 85678

More contact options

Registered address | University of the West of England, Frenchay Campus, Coldharbour Lane, Bristol BS16 1QY

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As a student, you will receive emails from the Student Communications Team.
We promise not to overwhelm you and we'll only send you things that are relevant.
You'll get a regular newsletter and some targeted communications.
If you unsubscribe you'll miss important emails. Contact us if you have any questions.

#### **Dynamic content**

#### **EE/EN students**

# Complete your online registration on myUWE

Look for the registration tab on myUWE and follow the steps to make sure you've registered online for the 2018/19 academic year.

Registration guidance is available for <u>new students</u> and <u>returning students</u>.

#### New students, non-Tier 4

### Missed your registration session?

Visit the Welcome Hub in Frenchay Library (09:30 - 16:00) to complete your registration and collect your student ID card. Don't forget to bring some photo ID with you.

#### New students, Tier 4

### Missed your registration session?

Visit the Welcome Hub in Frenchay Library (09:30 - 16:00) to complete your registration and collect your student ID card. You'll also need to bring your passport, visa and qualifications for checking.

#### Tier 4

### Responsibility for your Tier 4 student visa

As a Tier 4 student there are certain things you need to do to maintain and protect your visa, such as:

- keeping your passport, BRP and documents safe
- checking if you have any work restrictions
- notifying us and the Home Office if you change your address or other personal details
- registering with the Police, if necessary.

Read our guidance on protecting your visa

#### **Full time students**

#### **Council tax exemption**

If you've moved into a new house make sure the council knows you're a student, or you could be charged council tax. You'll find an exemption certificate under the <a href="myUWE">myUWE</a> My Details tab.

#### **Frenchay Campus**

### Build your resilience

Resilience is the ability to bounce back from life's challenges. Our resilience workshops, run by students, will help you build confidence and feel empowered whatever life throws at you.

We have workshops coming up on Frenchay Campus this **Wednesday 19 September** or **Wednesday 10 October**.

Book your place now (login required)

### Stop by our fruit and veg stall

Trying to avoid Freshers' Flu? Stop by the fruit and veg stall on the ground floor of E Block (next to the cash points) – at £1 per bowl it's an easy and affordable way to get your five a day. Open every weekday from 08:00.

#### New U3 bus service started today

The <u>U3 bus service</u> runs between Frenchay Campus and the city centre up to six times an hour during peak times. It follows the same route as the M3 Metrobus, and you must buy a ticket before you board.

#### Car parking

You can only access car parks on campus if you have a valid parking permit. If you park without a permit you'll receive a Penalty Charge Notice. Full guidance on student parking at Frenchay Campus is available online.

### Fire alarm familiarisation

Please be aware that a 10 second demonstration of the fire alarm will take place every day between Monday 24 September - Friday 28 September at 09:40 and 14:40.

#### **Glenside Campus**

### Build your resilience

Resilience is the ability to bounce back from life's challenges. Our resilience workshops, run by students, will help you build confidence and feel empowered whatever life throws at you.

Our next workshop at Glenside Campus is next **Monday 24 September**.

Book your place now (login required)

#### Car parking

You can only access car parks on campus if you have a valid parking permit. If you park without a permit you'll receive a Penalty Charge Notice. Full guidance on student parking at Glenside Campus is available online.

### Fire alarm familiarisation

Please be aware that a 10 second demonstration of the fire alarm will take place every day between Monday 24 September - Friday 28 September at 09:55 and 14:55.

#### **City Campus**

# Build your resilience

Resilience is the ability to bounce back from life's challenges. Our resilience workshops, run by students, will help you build confidence and feel empowered whatever life throws at you.

Our next workshop at Bower Ashton is on **Wednesday 17 October**.

Book your place now (login required)

#### **Car parking**

Parking on campus at Bower Ashton is very limited and requires a valid parking permit. If you park without a permit you'll receive a Penalty Charge Notice. Public car parking is available close to all City Campus sites. Full guidance on <u>student parking at City Campus</u> is available online.

#### Fire alarm familiarisation

Please be aware that a 10 second demonstration of the fire alarm will take place every day between Monday 24 September - Friday 28 September at 09:50 and 14:45.

#### **FBL**

### Talk: digital transformation of banking

Ashok Vaswani, CEO of Barclays Bank UK, visits Frenchay Campus on **Wednesday 3 October** to deliver a talk entitled 'Digital Transformation of Banking'. All welcome!

Find out more and register

#### Level 2 Art and Design, Film and Journalism courses

### Apply now to study abroad next term

Fancy jetting off on an adventure? Spend next term abroad! Places are available at 32 universities across Europe and further afield in Seoul, Hong Kong, Taipei and Bologna.

It's a great opportunity to grow your professional network, develop your communication skills and discover a new perspective on your creative practice. Plus with financial support available, it's never been easier to go global.

Come along to our <u>exchange reflections meeting</u> on **Wednesday 26 September** to find out more, or check out <u>how to apply</u> online. Applications close on Friday 21 September for Hong Kong institutions, and Friday 5 October for all others.

See where you could go

#### Level 1 UG

# Opportunity to become a co-researcher

Help us understand the ways in which students study at University by joining our Academic Journey Project as a co-researcher.

You'll be asked to produce a series of five blogs about your experiences in your first year, and work as part of a team to analyse the blogs.

It's a great opportunity to reflect on your academic experiences and improve your research skills. We'll also give you vouchers for each element of the project you participate in.

Find out how to take part

#### Level 2/3 FBL

### Business and Law start of year careers forum

Our start of year careers forum gives you the chance to talk to a variety of employers and gain an insight into different job roles and sectors. Find out about graduate jobs, placements and internships and discover tips to help you stand out.

Head to Level 3 of X block this **Wednesday 19 September** between 10:00 - 14:00.

Find out more

#### **Returning students**

Changes to the academic regulations and procedures

Our <u>academic regulations and procedures</u> are in place to make sure you're all treated fairly. They're updated every year, so make sure you familiarise yourself with the regulations for 2018/19 and the key changes.