

# FRESHERS' GUIDE 2021



**AUBSU**

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## OH, HI THERE

We were expecting you.

We're your Students' Union, here for you and led by you, to make your time at AUB as fulfilling as possible. We host events, support clubs and societies, run campaigns, and make sure your voice is heard at the higher levels of the University.

Our door, whether real or metaphorical, is always open to everyone.

If you have questions, or just want a chat with some friendly faces, give us a shout.

Our opening hours are  
Monday to Friday  
9am to 5pm.



# WELCOME

Hello,

Congratulations on starting at AUB!  
We're Ellie and Judith and we want to wish you a very warm welcome to the AUBSU family! As your Sabbatical Officers, we're here to represent your voice and help you have an amazing university experience.

Don't forget you can keep up-to-date on all our activities via social media and email us with any questions or concerns you have throughout the year. You can even pop by the Student Union office for a chat about all things student-y!

All the best,

Ellie and Judith  
AUBSU President & Vice-President



# WELCOME

“AUBSU has offered me loads of opportunities to make a real difference and further my skills beyond the studio. Getting more involved with the SU is the best thing I’ve done at uni!”

- Phoebe, Illustration

# MEET THE SU

## YOUR OFFICER TEAM

The Union is run by students, for students.

Your Executive Committee includes a group of part-time, voluntary Executive Officers and two full-time Sabbatical Officers.

We are here to represent and support AUB students, within the University, locally and nationally. Everything we do is to improve your University experience!

### SABBATICAL OFFICERS

The Sabbatical Officers work in the office for their one-year term, making sure that you're represented at the highest levels of University and bringing their manifestos to life!



**President 2020-21**  
**Ellie Grant**



**Vice President 2020-21**  
**Judith Allen**



# MEET THE SU

## EXECUTIVE OFFICERS

The Executive Officers represent specific cohorts of students, making sure that the SU can stay up to date with issues and concerns from various groups of students. They also help to create events, campaigns and activities for students, like Black History Month, Go Green Week, and Pride.



Clubs & Societies  
**Miles Bagarinao**



Green  
**Beatriz Saramago**



International  
**Moni Tan**



LGBTQ+  
**Vee Marston**



**Robyn Hill**



Race Equalities  
**Emily Ong**



Students with Disabilities  
**Carter Brown**



**Meg Hewison**

# MEET THE SU

## YOUR STAFF TEAM

Not only do you have a group of incredible Officers to help support & represent you, you also have seven incredibly dedicated staff members working in the Students' Union office all year round.

Whether you want to talk more about setting up a society, find out about SU elections, or maybe even just come in for a chat, your staff team are here to assist in any way they can.



Activities & Communities  
Coordinator

**Nuala**



SU Assistant  
(maternity cover)

**James**



Democracy Coordinator

**Bethan**



Office Manager

**Katherine**



Digital Media Assistant

**Emma**



Sports Assistant

**Joss**



# WHAT WE DO

## Course Reps

Course Reps pass your feedback onto academic staff to help improve your course. Sound interesting? If you'd like to be a Course Rep, pop to page 10.

## Student Voice

AUBSU do a lot more than just hold events and help you meet new people. We also represent you at the highest levels of the University. Our Sabbatical Officers are elected by you every year to work on making sure your voice is heard by the University. Find out more on page 10.

## Give it a Go

Exercise? What's that? Here we only have fun. Our Give it a Go sessions are casual, fun and make it easy to get involved. Try some unique activities and pop to page 18.

## Clubs and Societies

Clubs and Societies are a great way to meet new friends with similar interests. All of these groups are created by students and run by students, so you could even start your own! Find out how on page 12.

## Volunteering

Volunteering is good for other people, and also good for you. Help us to make positive change in our local community. Find out more on page 16.

## Welfare

Feeling stressed? Need to learn some wellbeing tips? Wanna pet some dogs? We've got all this and more with our campaign The Small Things Matter. Take a peek at page 20 to find out what else we can do to help you settle in.

# STUDENT VOICE

AUBSU finds all sorts of ways to pick your brains and give you a chance to have your say. From Think Tank, our anonymous comment card feedback system; to big important meetings where you get to shape the future of AUBSU through discussion, debate, and voting. What you say, goes!



If you have any questions about democracy or representation, get in touch with our Democracy Coordinator, Bethan!

## Exec

Whether you want to save the planet, campaign for social justice, or just put on cool events in the Arts Bar, there is an Exec role for you!

The Exec are a group of volunteer students who work together to lead the SU for the year. They are elected every October and March.

## Course Reps

A Course Rep's job is to collect feedback from students about all the academic stuff. All of that feedback is used to make life better at AUB: from getting water fountains installed in studios, to totally changing the curriculum. Reps are powerful!

We'll be coming to your lectures to elect your Course Reps very soon, so have a think about putting yourself forward.



# YOU SAID WE DID

We've done all kinds of things to improve student life at AUB. Here are a few things that you might not know about:

## ANTI-RACISM WORK

**You Said:** performative gestures aren't enough, anti-racist action is essential.

**We did:** continuous lobbying of the University to create an AUB EDI team to make meaningful and significant change.

## WELLBEING

**You said:** we want more wellbeing support and activities during lockdown.

**We did:** a long-term campaign called Positive Post, featuring AUB student artwork and wellbeing gift boxes.

## COVID-19 & AUB

**You said:** how will AUB give us the education we need during a pandemic?

**We did:** a Town Hall meeting where students got to ask questions and request answers directly from the people in charge.

Have something you want to change at AUB?  
Send us an email or pop us a message on social media.



## CLUBS, SOCIETIES & NETWORKS

We've got a whole bunch of student-led clubs and societies that you can get involved in. They're all inclusive and open to everyone, no matter your ability. If you've ever wanted to try out Volleyball or just want to take some time out to draw, then there's no better time.

You can check out our up-to-date list of clubs and socs on our website: [aubsu.co.uk/clubsandsocs](https://aubsu.co.uk/clubsandsocs)

Nuala deals with all things clubs and societies, so chat to them if you want to join a group or even start your own.



### How Do I Join a Club or Society?

There's no pressure to commit to a club or society before you know it's right for you, so we recommend attending some sessions and trying anything that grabs your interest!

Once you're smitten, you can buy membership through the club or society's page on our website.

Loads of our societies are free to join and any membership costs go straight back into helping the group run. You can attend and join as many clubs and societies as you'd like. You can't have too much of a good thing!

Wanna see a list of our Clubs,  
Societies and Networks?  
Click me!



### Set Up Your Own

If you find that there's something missing from our provision, then help us sort that out!

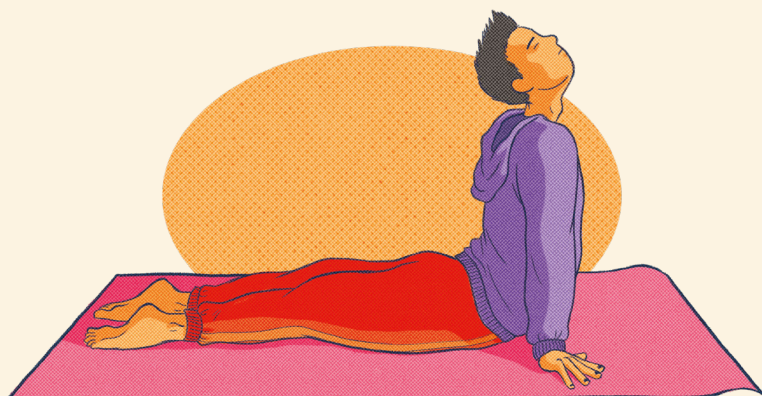
All our clubs and societies are student-led, which means that you can start your own.

If you have an idea, all you need to do is grab some like-minded friends, chat to our Activities and Communities Coordinator about what sort of things you'd like to do, and fill in a form with some details. Once your form has been approved, your society is official! We'll be here to support you each step of the way, so you won't be on your own.

### Networks

Our networks are all about connection.

Connecting you with your creative community, with global causes and with development opportunities. Through our networks you could find yourself trekking the Atlas Mountains in Morocco, showcasing your artwork in your own exhibition, or making real, positive change at AUB, that'll impact students for years to come.



# GREEN

## Green Team

Now more than ever our planet needs our help! The clock is ticking on climate action and our team of green beans are passionate about making sustainability a number 1 priority. They're always looking for new members to help run impactful campaigns, spreading the environmental message and showing how to make life-style changes for the better.

## Campaigns

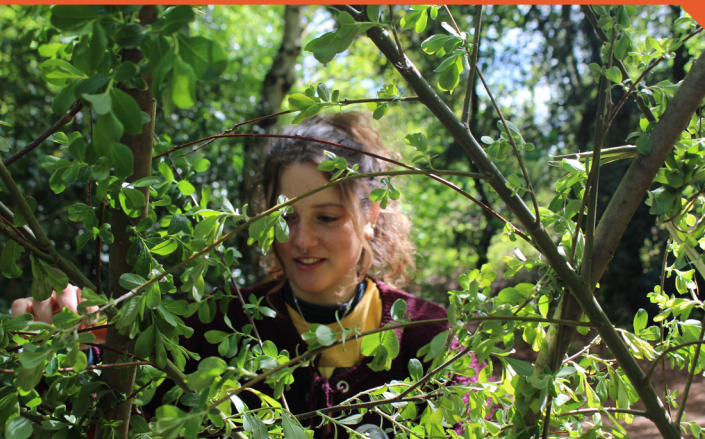
From our annual tree planting event (where we donate and locally plant around 1000 trees) to beach cleans, there's always something green on the go. Go Green Week in March is packed with sustainability-centric events for you to get involved in. Plus, if you're keen on sharing the green message or want to see your artwork in print, our fourth edition of AUB Green Zine needs you!

## Sustainability

We genuinely care about being green at AUBSU, but don't just take our word for it; pop into the office and check out our many NUS Green Impact awards.

Oh, and did we mention that we were just awarded three stars for being a Fairtrade University (that's the highest you can get)?

If you have any ideas for a greener campus then please do get in touch; now's the time for change.



## RAG Team

Not many people know what RAG is before they come to uni but once they arrive they realise pretty quickly that RAG means global kindness, raising a load of money for worthy causes and having a real good time doing it.

So if you're passionate about... well, being a good person then join our RAG Team. Together they think up new and exciting ways to raise money for charity (quite often involving waffles) and then run those events as a team. So if you fancy helping with the events or just attending them, get in touch!

**@aubsu\_rag**  
**rag@aub.ac.uk**

## Choose A Challenge

Our RAG Team have partnered with Choose a Challenge to deliver you amazing opportunities for adventure, all in the name of charity! Next year, you could be hiking the three highest mountains in the UK over one weekend as part of the 3 Peaks Challenge or jetting off to the Morocco to summit the Atlas Mountains!

You'll have the whole year to meet a fundraising target before your chosen trip next summer and after months spent in lockdown, why pass that up?

# VOLUNTEERING

## What would make you volunteer?

To make a positive difference?

Because your friends are doing it?

To gain personal skills?

Because there are sweet rewards at the end of the year?

Well, we've got you covered for all four.

We work with local, not-for-profit organisations and charities needing helping hands, bringing you opportunities to lead creative workshops, get planting outdoors and engage with people in need of a friendly chat.

2020 hasn't been the best year for society, but we saw people step up and show a keenness to help others.

We want to keep that community-spirit going and make some real difference to the lives of local residents, especially now the need is even greater.



You can browse the range of volunteer opportunities on our Level Up platform and apply direct through our website: [aubsu.co.uk/levelup](https://aubsu.co.uk/levelup)

Level Up also helps you track the hours you put in and the skills you develop in your volunteer roles, so that you can gain awards and download your portfolio at the end of the year!

Click me to visit the Level Up platform!



## BUMF

BUMF is our very own award-winning art publication and gallery, featuring your work.

Issues are printed once per term and are available around campus and from the SU Office. Our wonderful BUMF pals also have an online blog where students' work is published regularly.

We're looking for more editors, designers and writers for BUMF, so if you'd like to find out more, come and chat to us.

### The BUMF Gallery

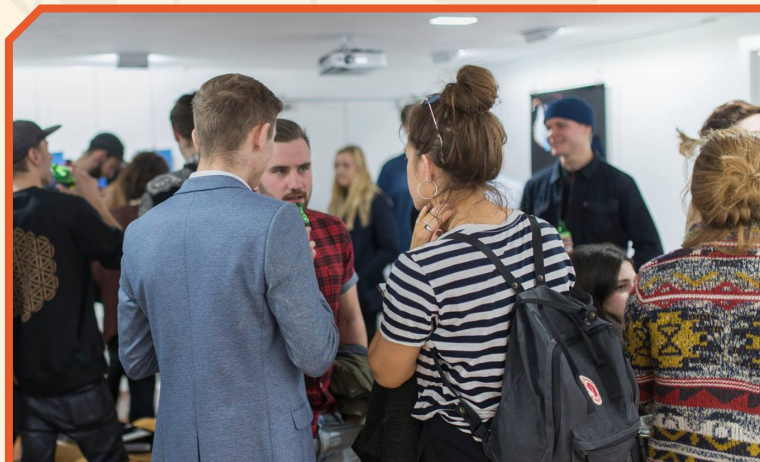
BUMF: Gallery was established in July 2015 and is an exhibition space on campus for students and alumni to use.

You can find BUMF: Gallery in the lower floor of South House.

If you'd like to exhibit your work, chat to us or contact BUMF directly.



Check out previous issues of BUMF [here](#)



# GIVE IT A GO

Your time at University is something you should never forget, so it's important to live it to the full. Have you ever found yourself sat there thinking "I could do that", or "I'd really like to try something different"?

Our Give it a Go programme gives you the chance to try out new activities in a fun and inclusive environment. All sessions are open to everyone, no matter what level, and are flexible so that you can fit activity around your studies.



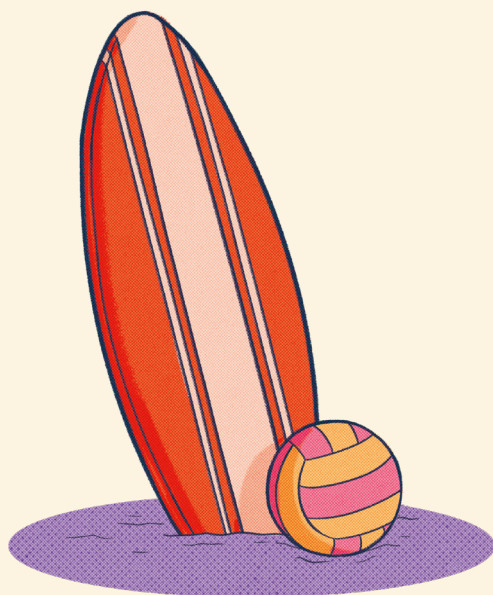
All our Give it a Go sessions are heavily discounted so everyone can get involved. Each term we publish a full list of Give it a Go sessions and taster events on our website, and our newly created Activities Hub, which contains loads of opportunities for you to take part in.



Our Sports Assistant, Joss will be able to tell you all about Give it a Go, as well as sports and competitions at AUB.

Across a the UK, a large majority of Universities encourage student to participate in national competitions, one of the biggest of these being BUCS - British Universities and Colleges Sport.

If you'd like to compete, come and chat to our Sports Assistant; we can support individual competition or team sports from our existing clubs.



We're always proud to see our teams do well in their sports, but it's not all about competing. You might just want to have some fun and meet some new friends! It doesn't matter how experienced you are; our sports clubs welcome everyone who wants to participate.

If competition doesn't spark joy for you, try out one of our Give it a Go sessions.

## THE SMALL THINGS MATTER

### Campaigns

We know that most days the small things feel just that – small and insignificant. But the small things can actually be the big things: a cosy night-in to recharge, a kind word to someone feeling down, a catch-up over a cuppa with a pal.

The Small Things Matter campaign is all about giving you the tools, knowledge, and courage to look after yourself and your mental health.

EVERY STEP  
YOU TAKE  
IS NO STEP  
TOO SMALL.  
SMALL STEPS  
HAVE  
BIG IMPACT.



### What we do

The Small Things Matter will be with you all the way up to your graduation and beyond. We're often out and about, talking wellbeing and sharing tips. Expect events like cacti-repotting and creative workshops, which are great ways to get some headspace and mix up your day. Last year, we even transformed a lecture theatre into an immersive sensory experience!

You can find us online too @aubsu\_matter. It's the first spot we announce upcoming events and hold giveaways (we're pretty into spontaneous gifting!) Give us a follow and say hello.

Our webpages are home to a whole variety of online resources, including interactive activities you can download and print. We deal with everything from managing anxiety to connecting with others, so you're covered however you're feeling.

Our wellbeing Journal of Small Things is also back for another year, so make sure you grab a copy for yourself.



## Academic Issues

Despite your best efforts, your studies may not always go to plan. We can help direct you to some amazing services around campus, such as the wonderful team at Student Services.

We both work closely together to help support you with academic procedures including appeals, results, and also provide the opportunity for you to meet a friendly member of staff to who can help move your support forward. All your Officers, and staff team are really friendly so you're welcome to come in for a chat!

## Housing

Your housing circumstances can make a big difference to your University experience, and Student Services is here to help you with any issues that may arise during your time at AUB.

## Campaigns

Look out for The Small Things Matter and Think Tank throughout the year; both provide platforms for you to express any concerns you may have whilst studying.

There are also lots of student-led campaigns throughout the year; liberation months are a good time to catch these events!



FRESHERS 2021

# FRESHERS 2021

Here's what you've all been waiting for; the schedule for Freshers 2021!

It's probably not quite how you've imagined it, but we're curating our events to help you settle in, make friends, and find great opportunities in this weird environment we find ourselves in.

Join us as we walk you through the events and workshops available for you in the next couple of weeks!





# FRESHERS' 2021



## WARM-UP WEEK

**Thur 16th September**  
16:00 - 18:00 - Welcome Event

## WELCOME WEEK

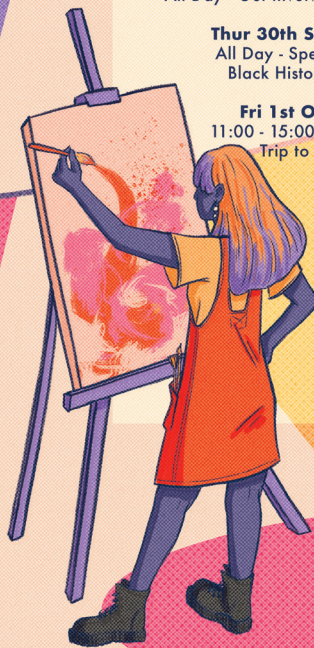
**Mon 27th September**  
13:00 - 14:00 - Meet Your Officers

**Tue 28th September**  
11:00 - 15:00 - Cooking Masterclass

**Wed 29th September**  
All Day - Get Involved: Clubs & Socs

**Thur 30th September**  
All Day - Special Event:  
Black History Month

**Fri 1st October**  
11:00 - 15:00 - Shopping  
Trip to IKEA



## FRESHERS' WEEK

**Mon 4th October**  
10:00 - 14:00 - Freshers' Fair

19:00 - 21:00 - Drink & Draw

**Tue 5th October**  
11:00 - 15:00 - Stitch 'n' Bitch

19:00 - 21:00 - Murder Mystery

**Wed 6th October**  
11:00 - 15:00 - Creative Workshop:  
Upcycle with Vinyl

19:00 - 21:00 - Pub Quiz with RAG

**Thur 7th October**  
11:00 - 15:00 - Creative Workshop:  
Paper Marbling

17:00 - 18:30 - Campus Scavenger Hunt

**Fri 8th October**  
11:00 - 15:00 - Lunchtime Yoga

19:00 - 21:00 - Don't Talk About  
Cinema Club

**Sat 9th October**  
9:00 - 15:00 - Outdoors Activity Day



# AUBSU

[aubsu.co.uk/tickets](https://aubsu.co.uk/tickets)  
[aubsu.co.uk/freshers2021](https://aubsu.co.uk/freshers2021)  
@aubsu

# Welcome

## MONDAY 27TH SEPT

13:00 to 14:00      Meet Your Officers

### What's it about?

Join us on livestream to meet your Sabbatical Officers, Ellie and Judith. Ask them (almost) anything!

## TUESDAY 28TH SEPT

11:00 to 15:00      Cooking Masterclass

### What's it about?

Worried about eating the same beans on toast every day for the next three (or more) years? Join us for a small in-person cooking workshop, with simple in mind. (Disclaimer: no cooking masters present)

## WEDNESDAY 29TH SEPT

All Day      Get Involved: Clubs and Societies

### What's it about?

So you've heard about clubs and societies, and want to know more? Follow our Instagram to find out what the clubs and socs have in store this year.



# Week

## WEDNESDAY 29TH SEPT

All Day

Special Event: Black History Month

### What's it about?

Tomorrow will be the start of October, and we all know that means it's Black History Month. Follow our Instagram account to see what we've got in store.

## FRIDAY 1ST OCT

11:00 to 15:00      Shopping Trip to IKEA

### What's it about?

Got some big dreams for your room in halls? Need to pick up some additional bits and pieces? Or do you just want to experience the famous IKEA meatballs? Whatever your intent, hop on the bus and join us for a fun time.

# Freshers

## MONDAY 4TH OCT

10:00 to 14:00      Freshers' Fair

### What's it about?

It's back! Join us on campus and have a peruse of local companies in Bournemouth that can support you through your time at AUB, as well as checking out all our Clubs and Societies!

11:00 to 15:00      Drink and Draw

### What's it about?

Wanna meet new friends? Have a low-stakes scribble? Eat some cheese and drink some (non-alcoholic options available) wine? Join us in the Arts Bar for some drinking and drawing!

## TUESDAY 5TH OCT

11:00 to 15:00      Stitch 'n' Bitch

### What's it about?

Grab your needles and come and sew, knit or crochet your stress away. Bring your own crafting supplies and come for a good ol' gossip/chin wag/chit chat!

# Week

## TUESDAY 5TH OCT

19:00 to 21:00     Murder Mystery

### What's it about?

Sit down, Sherlock Holmes; it's time for AUB to solve some mysteries. How hard can it be? Why don't you join us in the Arts Bar and flex your little grey cells to find out?

## WEDNESDAY 6TH OCT

11:00 to 15:00     Creative Workshop: Upcycle with Vinyl

### What's it about?

Do you ever think "I can totally make that?". Come and join our upcycling with vinyl workshop. You'll get to jazz up a Fairtrade tote bag with your own design using heat transfer vinyl. You'll get to walk away with your fabulous creation.

19:00 to 21:00     Pub Quiz with RAG

### What's it about?

Grab your pens and paper and close that Google tab, as we put your brains to the test. Join us in aid of our chosen charity this year, and there might even be some prize money in it for the winning team.

# Freshers

## THURSDAY 7TH OCT

11:00 to 15:00      Creative Workshop: Paper Marbling

### What's it about?

Were you crafty before crafting became cool? Join our cool paper marbling workshop. You'll learn about different paper marbling techniques and will get to make some funky patterned stationary to take home. Run by AUB Alumni May Summers-Perkins.

17:00 to 18:30      Campus Scavenger Hunt

### What's it about?

Grab your pals, your mates and the neighbourhood cat (not literally) to join in on the Campus Scavenger Hunt. Put on your best detective hats to look for clues around campus, winners will receive a prize!

## FRIDAY 8TH OCT

11:00 to 15:00      Lunchtime Yoga

### What's it about?

What do you call a bagel that has mastered yoga? A pretzel. Join our trained instructor for a little lunch time yoga sesh. A chance to unwind and relax after a busy Fresher's Week.



# Week

## FRIDAY 8TH OCT

19:00 to 21:00      Don't Talk About Cinema Club

### What's it about?

I thought we made it perfectly clear... No?

Alright then, join us on campus for a movie night. Which movie?

Now that really would be spoiling the surprise.

## SATURDAY 9TH OCT

09:00 to 15:00      Outdoors Activity Day

### What's it about?

Fancy yourself an adventurous type? Or maybe you just really want to throw an axe around (safely under guided instruction)?

This may just be the thing you're looking for.



## FREQUENTLY ASKED QUESTIONS

There's always something we forget to mention, so if there's anything you'd like to know that isn't covered on the next couple of pages, give us a shout.

### Where can I get tickets?

All official AUBSU tickets will be sold online via our website shop: [aubsu.co.uk/tickets](https://aubsu.co.uk/tickets)

### How do I join a club, society or network?

Our website has a long list of clubs, societies and networks that students run throughout the year. You can join at any time by contacting them directly and signing up for membership.

### What do I do if an event is sold out?

Some of our events, such as workshops, have a limited number of spaces. This is because these events are pre-booked with an external organiser or have a limited amount of materials available.

If we have any spare tickets, we will make an announcement on social media. We may have some no-show spaces available, so if you're super-keen, contact us at the start of the event to double-check.

### What if I can no longer attend an event?

If you can't attend an event for which you have bought a ticket, please let us know. This means we can reallocate your ticket to someone else.

Tickets are non-refundable, however if you are unsure of anything, please do read our Refund Policy. It is up to you to make sure you can attend an event to the best of your ability before you purchase a ticket.

## How do I buy tickets?

Our website people haven't yet been able to confirm all of your student IDs with the university Boring IT stuff means that for the time being, you'll have to create a guest account on our website to purchase freshers' tickets. To do this, click on 'log in' on the top right-hand corner of our website, then 'guest login', then 'register new account' and 'new student'. Easy peasy.

## I want to show off my AUB pride already. Where do I get my hands on one of those snazzy AUB hoodies?

We have an online store where you can buy AUB hoodies, tshirts, hats, and much more! You can find it on our website!

## What *is* the best way to meet new people?

In our humble opinion? Either by attending some of our freshers' events, or by joining some of our clubs/societies. You can join a club or society at any time, not just in Freshers' Week!



# EVENTS

## All Year Round

Freshers' isn't the only chance you'll get to attend events run by us. We host plenty of activities throughout the year; keep an eye out on our social media channels.



Click here to check out the What's On Calendar!

## How will I know about events?

The What's On calendar on the AUBSU website is regularly updated with events, activities and opportunities for you, so check back often for updates.

Lots of third-year students hold fundraising events for their End of Year Shows. These are often featured on our calendar, so you can have a great night out whilst also supporting your fellow AUB students.

The calendar also includes AUB events, clubs and society events and activities run by our Executive Officers.

We also send out a monthly newsletter, so that you can receive info directly into your uni inbox.









# IMPORTANT CONTACTS

## SU CONTACTS

### AUBSU General

studentunion@aub.ac.uk  
01202 363 345

### SU President

Ellie Grant  
egrant@aub.ac.uk

### SU Vice President

Judith Allen  
jallen@aub.ac.uk

### Democracy Coordinator

Bethan Dovey  
bdovey@aub.ac.uk

### Activities & Communities Coordinator

Nuala Clarke  
nclarke@aub.ac.uk

### RAG Team

rag@aub.ac.uk

### Green Team

green@aub.ac.uk

### Give it a Go

giveitago@aub.ac.uk

## UNIVERSITY CONTACTS

### AUB Student Services

studentadvice@aub.ac.uk  
wellbeing@aub.ac.uk  
01202 363 780

### Universities Police

police@bournemouth.ac.uk

### Accommodation

FB: @accommodationaub









WELCOME TO  
**AUB**

@aubsu  
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[aubsu.co.uk/tickets](https://aubsu.co.uk/tickets)